

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2019

Lake/Sumter Edition - Monthly

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FREE  

CHRONIC PAIN:

Finding Relief with
Physical Therapy
& Manual Stretching

PEMF THERAPY

To Unlock Complex
Conditions

THE IMPORTANCE OF REHABILITATION POST STROKE

MAY-THURNER SYNDROME:

A Vascular Disorder
Affecting Mostly Women

LUPUS Awareness Month

MENTAL HEALTH & HEART DISEASE

BETTER HEARING & SPEECH MONTH



May is Better Hearing Month!



When was your last hearing test?

Is it time for a hearing test?
Take this quiz to find out...

Y N

- ☐ ☐ Do you feel that people mumble or do not speak clearly?
- ☐ ☐ Do you turn the TV up louder than others need to?
- ☐ ☐ Do family or friends get frustrated when you ask them to repeat themselves?
- ☐ ☐ Do you have trouble understanding the voices of women and small children when they are speaking?
- ☐ ☐ Is it hard to follow the conversation in noisy places like parties, crowded restaurants or family get-togethers?

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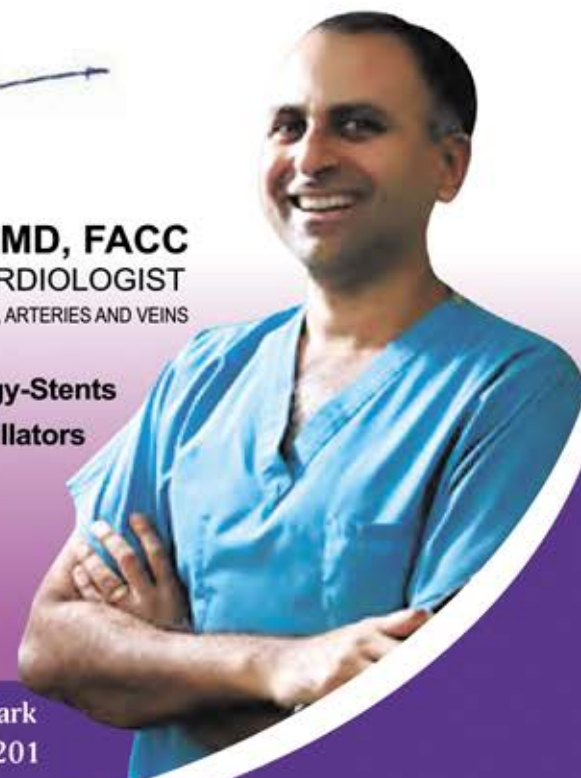
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office.

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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: "Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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



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- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
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THE RIGHT CHOICE FOR YOUR CATARACT SURGERY

A cataract is a clouding of the eye's natural lens, which can cause foggy or blurred vision. While cataracts can occur at any age, they most commonly affect people ages 55 and older. Because The Villages is home to scores of retirees, there are ads, commercials and billboards everywhere about cataract surgery. This article aims to provide more detailed information about this common condition so you have more information about what choices might be right for you.

Left untreated, a cataract will continue to grow, making vision problems worse over time and eventually resulting in partial or total blindness. While that may sound frightening, cataract surgery is one of the safest and most successful surgical techniques in history, restoring clear vision to more than 3 million Americans every year. Removal of the clouded lens is painless and takes only about 10 minutes, including the placement of a new lens, called an IOL. Noticeable results are often immediate, with even greater improvement continuing anywhere from a few days to a couple of weeks. Many patients experience complete restoration of their vision, and a subset achieve better vision than they ever had before. For most people, the right IOL allows less dependence on glasses, and some patients stop needing them altogether.

Why Choose Lake Eye for Cataract Surgery?

Our team of locally-based Board-certified Ophthalmologists has unrivaled experience and training in cataract removal and IOL placement. Our team has performed tens of thousands of successful cataract surgeries and mastered state-of-the-art technologies and techniques many other practices aren't qualified to offer, to promote your utmost immediate and long-term satisfaction.



Dr. Scot Holman

Dr. Vinay Gutti

Dr. Scott Wehrly

For example, our surgical team was the first in the region qualified to perform the revolutionary Femto Laser procedure, which gently removes the clouded lens. "It is the quickest, safest and most effective cataract system ever created," says Dr. Scott Wehrly, who was the first surgeon in Central Florida to perform it. "Lake Eye has been a local leader in advanced technology for 40 years, so when we learned about the Femto Laser, I knew we needed to train in its use and provide it to patients. Its safety and accuracy are incredible."

Once the lens is removed, the patient receives an IOL, and accurate placement is a must for optimal vision restoration. "We are among the first practices in the region to offer the ORA system with VeriEye+ technology," says Dr. Vinay Gutti. "It provides real-time information throughout the surgery so the ideal IOL can be determined and positioned for superior results."

For ultimate vision restoration, the correct high-quality IOL should be selected based on the patient's individual eye health, vision correction goals, lifestyle and other factors.

"One size does not fit all," says Dr. Scot Holman. "That's why we talk to patients before surgery to learn about their routine activities and ambitions. From there, we use only the best IOLs from companies we have worked with for years and in whose quality we have absolute trust."

For glaucoma patients with cataracts, the surgical team combines glaucoma and cataract surgeries using endocyclophotocoagulation (ECP), iStent® and Hydrus®, to reduce intraocular pressure and preserve vision in a single event.

Lake Eye is Lake County's leader in training, experience, and mastery of the latest and most effective technologies, designed to rid patients of cataracts, improve vision and help restore quality of life.

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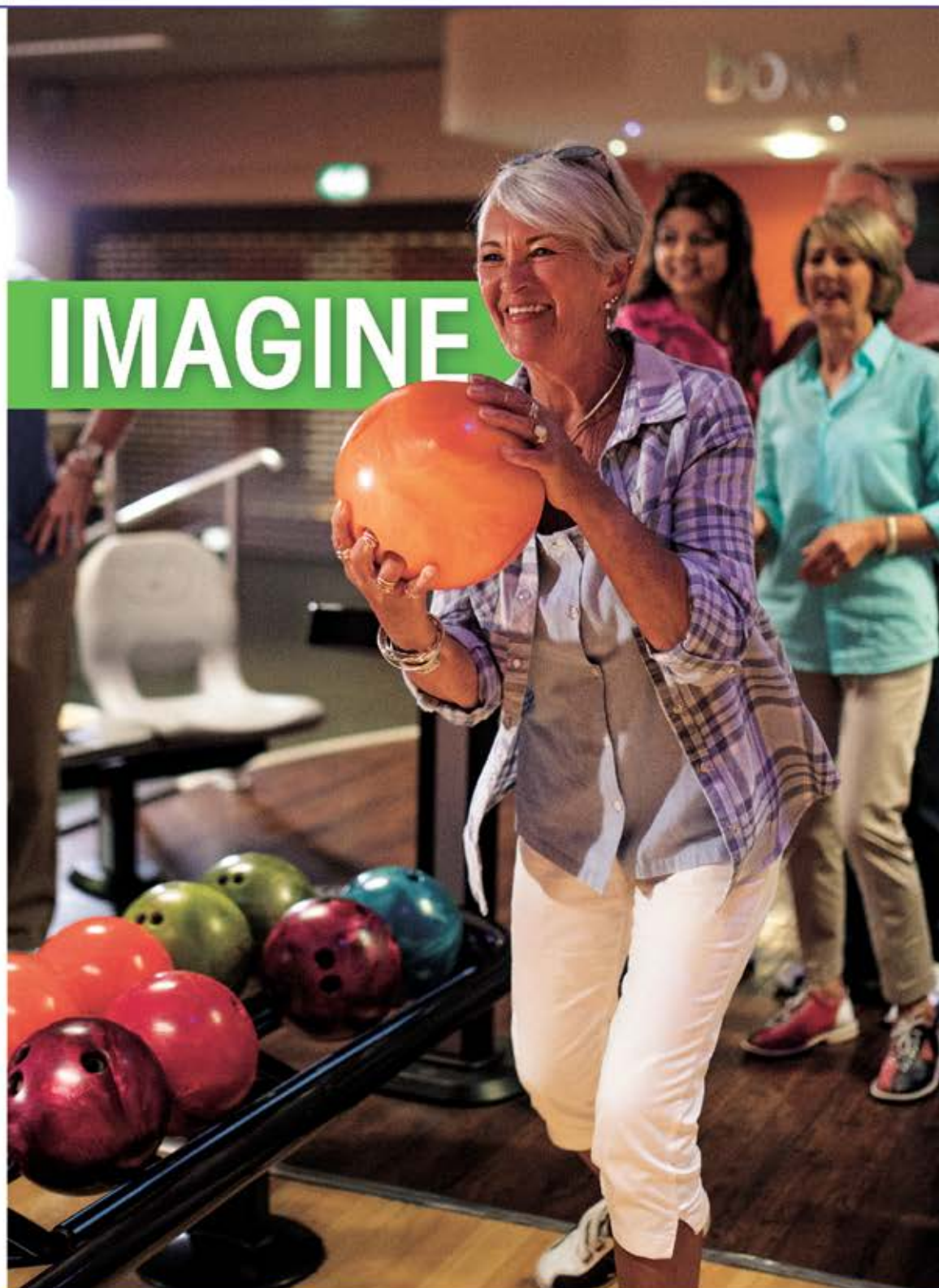
PINPOINTING THE STRIKE ZONE

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TO GREATER ENJOYMENT OF
EVERYTHING YOU DO.



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in the industry, including the
Symfony extended range of
vision lens, which corrects
vision at all distances."*

- SCOT HOLMAN, MD



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ADVANCED CATARACT SURGERY

May is Better Hearing & Speech Month



May is National Better Hearing & Speech Month, and with the warmer weather on its way, it's the perfect time to think about protecting your hearing during noisy summer activities. The louder the sound the shorter amount of time it takes for permanent hearing damage to occur.



Krystal Broy
HAS, BC-HIS

Krystal Broy, a Board Certified Hearing Aid Specialist, would like to give you some tips on things we can do this summer to prevent hearing loss.

- **Wear hearing protection when mowing the lawn** – Gas-powered lawn mowers average 80-85 decibels and can cause damage to hearing after two hours of exposure. Wearing hearing protection, such as earplugs, earmuffs or noise-canceling headphones, can help prevent damage.

- **Use earplugs or a quiet helmet when riding a motorcycle** – The warm summer months are a great time to hit the open road on your bike, but motorcycles



average 95 decibels, and damage to hearing is possible after about 50 minutes of exposure. Use earplugs or helmets with built-in noise-cancelling technology when riding.

- **Step away from the speaker at outdoor concerts** – Attending an outdoor music festival is a popular summer activity, but speakers can produce sounds at 105-110 decibels, and can cause hearing loss in less than five minutes. Try to position yourself away from the speakers, wear hearing protection, or limit your time near the speaker.

- **Watch 4th of July fireworks from a safe distance** – Fireworks have the potential of reaching 150 to 175 decibels. Experts recommend attending a community firework display versus setting off your own – leaving it to the professionals to light them off a safe distance away. If you do light off your own, check the firework's noise rating (all come with them). Fountains, wheels and comets are on the less noisy end of the scale.

This month is Miracle-Ear Foundation's One Day Without Sound – happening on May 31.

The initiative encourages people to take a pledge to remove all unnecessary sound from their lives for one day. This allows them to walk in the shoes of someone with a hearing impairment and help them appreciate their hearing and the sounds around them.

To help more people identify and prevent hearing loss, **Miracle-Ear offers a free hearing check at Miracle-Ear.com.**

Miracle-Ear Foundation also offers qualified individuals free devices and a lifetime of qualifying services.

Call your local Miracle-Ear office to schedule your FREE hearing evaluation.



Monica Dasher, HAS



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ROUTINE EXAMS OFTEN FIND HEAD, NECK AND ORAL CANCERS

While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. Most head and neck cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away
- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.



What Causes Oral Cancer?

All cancers are caused by genetic changes in the DNA (deoxyribonucleic acid) inside our cells. DNA is the chemical in our cells that contains the genetic information needed for many factors, including how cells function. Just as every human being has unique DNA, or a distinctive genetic code, so does every malignant tumor. Cancer develops due to a genetic mutation, or damage to the DNA in our cells.

One of the factors that can increase your risk of mouth cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papillomavirus (HPV) in Caucasian men and women.

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

Clinical Trials Lead to Tomorrow's Treatments and Cures

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the past three years, the majority of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

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



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For more information, visit FLCancer.com

The Importance of Rehabilitation Post **STROKE**

There are Several Different Types of Strokes:

- Hemorrhagic strokes occur when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- Transient Ischemic Attack (TIA), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow to part of the brain

Signs and Symptoms

Improving the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize 95 percent of acute strokes.

B – Balance loss

E – Eyesight changes

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call 911

After an individual has suffered a stroke, it is imperative that they receive the proper ongoing rehabilitative care, typically under the supervision of a physiatrist.

What is a Physiatrist? Physical medicine and rehabilitation (PM&R) physicians, also known as physiatrists, treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons.¹

PM&R physicians are medical doctors who have completed training in the specialty of physical medicine and rehabilitation and might be subspecialty certified in brain injury, neuromuscular medicine, pain management, pediatric rehabilitation, spinal cord injury medicine and/or sports medicine.

Robert Maiello, MD, is a board-certified physical medicine and rehabilitation specialist who treats patients with disabilities or muscle, bone, soft tissue or nervous system injuries to restore their function and quality of life. Dr. Maiello earned his medical degree and completed a physical medicine and rehabilitation residency at the State University of New York (SUNY), Health Science Center at Brooklyn.

References:

1. American Academy of Physical Medicine and Rehabilitation, "What is a Physiatrist?" <https://www.aapmr.org/about-physiatry/about-physical-medicine-rehabilitation/what-is-physiatry> Rosemont, IL



He completed his internship in internal medicine at Maimonides Medical Center in Brooklyn and is certified by the American Board of Physical Medicine and Rehabilitation.



We caught up with **Dr. Maiello** to find out more about his specialty concerning stroke rehabilitation at The Villages® Regional Hospital.

Q: When a patient has experienced a stroke, and they have partial paralysis or have lost the ability to understand or express speech as a side effect of the condition, what is your role in patient care?

A: Our center is a unique rehabilitation setting in that out of all of the surrounding counties we are not a long-term, skilled nursing facility like the others. We are an inpatient physical medicine and rehabilitation center that specializes in many conditions, including stroke rehabilitation. Our goal is to get our patients out of bed, provide therapies that will make them stronger every day, and get them back to the comfort of their own home.

Our stroke admissions program always assesses neurological deficits because while the physical weakness may be apparent, the sensory deficit is usually not. Left hemisphere impairment causes language deficits, while right hemisphere deficits

can cause visual and perceptual shortfalls. Both of these deficits severely interfere with patients' ability to perform daily tasks and activities. Some patients may walk into things; others may have difficulty understanding speech or speaking. Often swallowing is affected, and speech pathologists will need to assist in training the muscles to perform this very complex task.

We also assess the current brain function and determine what their cognitive function was prior to the stroke. Patient's thinking abilities have dramatic impacts on their therapy. Memory issues can cause patients to forget the therapy that they learned the day before, so in many cases, we're rehearsing the procedures and therapies on a daily basis, utilizing compensatory strategies to work around any deficits.

I strongly advise reversing or stopping impairments caused by stroke. In our society, we often overcompensate for our aging. For example, we buy a new house that's one floor instead of two, so that we no longer have to challenge our gluteal muscles. When in fact, keeping our gluteal muscles strong is usually enough to keep seniors active. In therapy, we work on having the patient sit and stand without using their hands to build up these muscles because we need this kind of strength and mobility to perform daily activities.

We also need to monitor and try to control high blood pressure, diabetes, peripheral neuropathy, balance issues, vision loss, and others issues that increase an individual's stroke risk. It's critical to come up with a plan that is personalized for each patient.

Q: What should post stroke patients expect as far as rehabilitative care and healing the brain and body?

A: When I started as a physiatrist 30-plus years ago, we didn't understand the in-depth ability that the brain has to alter and repair itself. However, we now know that the brain can significantly regenerate with dramatic results. However, the regeneration or circuit alteration usually occurs in response to the therapy intervention. The literature has expanded dramatically in the past 10 years with various therapy interventions attempting to facilitate rewiring.

If a patient comes to us with no use of fingers or their wrist, interventions will be more challenging than someone that has at least minimal use. The better the neurological capabilities, the less a person will have to compensate.

If a person has paralysis, we will try to work with their motor deficit. If they've had a small vessel stroke and sensation is intact, but their motor function is weak, they may be able to walk and use part of their arm at the onset, and we will tailor their therapy specifically to their needs.

Q: What's the most important advice you can offer a patient after they've had a stroke regarding ways to avoid a second stroke?

A: In Western civilization, stroke is the number one reason for disability. Avoiding a second stroke relates to why they had the first stroke. If they have atrial fibrillation, anticoagulant medications are superior to antiplatelet.

We need to make sure patients that have diabetes, high blood pressure and high cholesterol take medications to control these comorbidities and risk factors. I implement exercise plans, weight loss, dietary protocols, and lifestyle changes for patients.

It's my responsibility to educate them, their loved ones and to give them a customized treatment plan, but it's imperative that patients know that their risk of a second stroke will never go down to zero! Doing everything you can to stay as healthy as you can is critical.

Dr. Maiello has advanced training and experience in brain and spinal cord injuries as well as sports medicine.

Conditions Dr. Maiello Treats:

- Spinal cord injuries
- Traumatic brain injuries
- Stroke
- Concussions
- Chronic Pain Management
- Multiple Sclerosis
- Hip fracture
- Lower limb prosthetics
- Geriatric frailty
- Lymphedema
- Seizures and epilepsy
- Parkinson's Disease
- Osteoarthritis
- Osteoporosis
- Rheumatoid Arthritis
- Fibromyalgia
- Stress fractures
- Sacroiliac Joint Dysfunction

Stroke Center

The Villages® Regional Hospital offers 24-hour emergent diagnostic and treatment services to patients presenting with acute ischemic stroke and other neurovascular disorders.

For some patients suffering from an ischemic stroke (caused by a blood clot), tissue plasminogen activator (tPA) can be used to dissolve the blood clot and treat the stroke. Our team at The Villages® Regional Hospital is trained to administer this breakthrough treatment quickly and efficiently during such a critical time.

Stroke patients at The Villages® Regional Hospital have access to a unique multidisciplinary team of specialists and the Code Stroke system. The Code Stroke system was implemented to diagnose stroke prior to the patient's arrival in the emergency department. Within minutes, the hospital's response team is able to perform neurological exams, blood tests and CT scans.

If you or someone near you experiences any symptoms of stroke, call 911 immediately. Even if the symptoms seem minor, don't hesitate. Failure to call for emergency help can affect the chances for recovery or even survival.

Advanced Primary Stroke Center

The Villages® Regional Hospital has earned The Joint Commission's Gold Seal of Approval® and the American Heart Association/American Stroke Association's Heart-Check mark for Advanced Certification for Primary Stroke Centers. The Gold Seal of Approval® and the Heart-Check mark represent symbols of quality from their respective organizations.


The Villages® Regional Hospital underwent a rigorous on-site review in October of 2018. A team of experts from The Joint Commission evaluated compliance with stroke-related standards and requirements, including program management, the delivery of clinical care and performance improvement.

The Villages®
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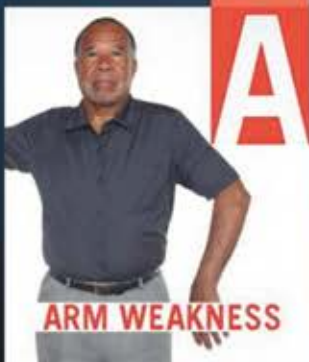
1451 El Camino Real, The Villages, FL 32159

SPOT A STROKE




F

FACE DROOPING




A

ARM WEAKNESS



S

SPEECH DIFFICULTY



T

TIME TO CALL 911

Stroke Warning Signs and Symptoms



Mental Health Awareness Month:

MENTAL HEALTH AND HEART DISEASE

T.E. Vallabhan, MD, FACC

Commonly reported, stress levels, anxiety, depression, and our overall emotional state has a significant impact on our health. From physical pain, appetite changes, suicidal thoughts to our vascular health, the way we deal with and treat mental disorders are critical on our long-standing wellness.

How Our Mental State Affects Our Cardiovascular Health

Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, we often sometimes pick up bad habits like not getting the proper amount of sleep or eating unhealthy foods, like excessively salty and fatty fare, or we're drinking too much alcohol. All of these issues can raise our cholesterol levels, and when we drink too much alcohol, it can also cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical, stimulations in your heart and you may experience a dangerously high heart rate.

Atherosclerosis is the hardening of the arteries due to a buildup of plaque caused by high cholesterol in the blood. When those particles of plaque break away, they can cause coronary arrest. Along with higher than normal cholesterol levels, stress and anxiety can disrupt this preexisting plaque, making patients more susceptible to heart attacks and arrhythmias.

During unhealthy emotional episodes, we sometimes shut our selves in and don't exercise regularly, because of depression and fear. This can have a greater effect on someone with a current heart condition. It's imperative to keep yourself healthy through exercise, eating right, and managing stress.

Many people ignore the symptoms of a heart attack. People may feel chest pains or experience shortness of breath but put it off, because they are too busy, or too drained to consult with their physician.

Heart Attack Symptoms

- Chest Pain and tightness
- Lightheaded
- Dizzy
- Tired/Fatigue
- Shortness of breath
- Anxiety
- Rapid heart rate
- Sweating
- Gray color to the skin
- Arm/Shoulder pain
- Abnormal heart palpitations



Depression and your Heart

One of the most common ailments that doctors treat annually is depression. Nearly 15 million people in the United States are affected by depression. Persistent Depressive Disorder or PDD is a chronic type of depression that usually last for more than a year and can be difficult to treat successfully.

The typical treatment options for PDD are antidepressant medications and counseling therapy. Some of the most common drug classes prescribed are selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). The widely known drugs, like Prozac, Zoloft, and Cymbalta play a role in how the neurotransmitters affect the mood by lessening anxiety levels and creating a more peaceful, cheerful spirit.

While the treatment options mentioned above are helpful for some people, the problem lies in two distinct categories. Number one, depression is just a simple label that is placed over a very complicated,

in-depth, disease with countless causes. And numbers two, a vast majority of patients do not respond well to the medications prescribed. The good news is that there are alternative therapies and behavioral counseling methods that have helped numerous of patients.

If you have any mental health-related disorders or feel like you need someone to talk you through depression, please seek medical help as soon as possible. The earlier you get the help you need, the better your outcome will be, along with alleviating additional stress on your heart and your general wellbeing.

Dr. V

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

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To find out more information on the Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, Drvcadio.com

Dr. Vallabhan

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May-Thurner Syndrome:

A Vascular Disorder Affecting Mostly Women

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

Symptoms

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

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

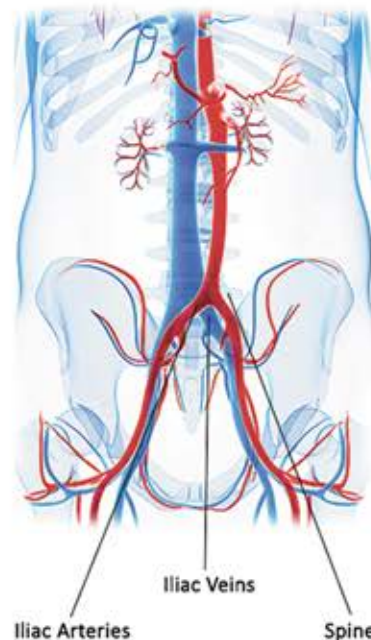
Risks

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

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



Iliac Veins & Iliac Arteries In The Pelvic Area



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

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

Treatment

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

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

At 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 villageheartandvein.com, or call their office to schedule your appointment at, (352) 674-2080.



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Do You Know the Signs and Symptoms of a Stroke?

What if you were riding your bike along the path of your neighborhood and noticed that your eyesight was blurry, or that your arm felt weak? Would you seek help? What if you were having coffee with your friend and you noticed that her speech was slurred? Would you call 911? The number of individuals that ignore the signs of stroke is alarming. If a stroke is caught fast enough, medical treatment can prevent permanent and debilitating damage and death.

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B – Balance loss

E – Eyesight changes

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call 911

Staying Healthy and Avoiding Stroke Complications

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the warning indicators
- Don't delay, if you or someone you know has stroke symptoms—CALL 911

The relaxing environment of Ave Maria in Naples is a tight-knit community with lots of caring individuals. Have you recently discovered that your neighborhood might be adding stress to your once peaceful lifestyle? The hustle and bustle of too many demands, traffic, and overcrowded recreational areas can leave us frustrated and even depressed



F ACE

Look for an uneven smile



A RM

Check if one arm is weak



S PEECH

Listen for slurred speech



T IME

Call 911 at the first sign

If you're longing for something new—a place to really feel at home, Ave Maria, FL might just be the answer you've been looking for. Ave Maria has been named Collier County's community of the year for the fourth consecutive year. What makes it so unique? The details!

Ave Maria is a 5,000-acre master-planned community in Southwest Florida, just east of Naples. The developer, Barron Collier Companies, envisioned a town for all ages, from growing families to retired seniors, with the idea of a better quality of life for everyone. Wide open spaces, natural beauty, outdoor recreation, community clubs and



Come and see why so many residents love to call Ave Maria home.

social activities are all part of the lifestyle that residents enjoy. Only the very top builders are invited to become residential builders in Ave Maria.

Town amenities include over 100 miles of walking trails, an onsite waterpark, golf course and club, tennis, bocce and pickleball, a Town Center with exclusive shopping and dining, a Publix grocery market, private schools, a University, resort pools, fitness center and sports fields, a dog park and playgrounds. With move-in ready homes, models with over 40-floor plans to choose from and prices ranging from the \$100s to over \$500s, it's clear why people are interested in building a new life in Ave Maria.

A great way to experience Ave Maria and its natural beauty is on a 90-minute Orange Jeep Tour safari. These narrated tours cover private land held by the Collier family for over 100 years. Spot alligators, turkey, deer, birds and more wildlife while learning the history and folklore of Southwest Florida. Reservations required at 239-434-5337. Visit Ave Maria's website to learn more about this growing master-planned community and how you too could enjoy living here.

How Do I Get There?

From I-75 south take Exit 111, and then make a left/east on Immokalee Road (County Road 846). Proceed 10 miles to Oil Well Road (County Road 858). Turn right on Oil Well Road to Ave Maria. 20 Models Open Daily. Orange Jeep Tour safaris are also available by reservation.

Ave Maria

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



LUPUS AWARENESS MONTH

Five million people worldwide, and every year 16,000 new cases are reported.

Dr. Dariano, D.O.

Lupus is an autoimmune disease, and like all other autoimmune related conditions, it causes the cells in the body to attack itself. In the case of Lupus, it causes the body to attack its joints, skin, kidneys, blood cells, brain, heart, and lungs. Lupus is considered a chronic condition, meaning that the symptoms and side effects typically last for at least six weeks and in many cases, years. Lupus is not a curable disorder; therefore, monitoring symptoms and what triggers a flare is critical.

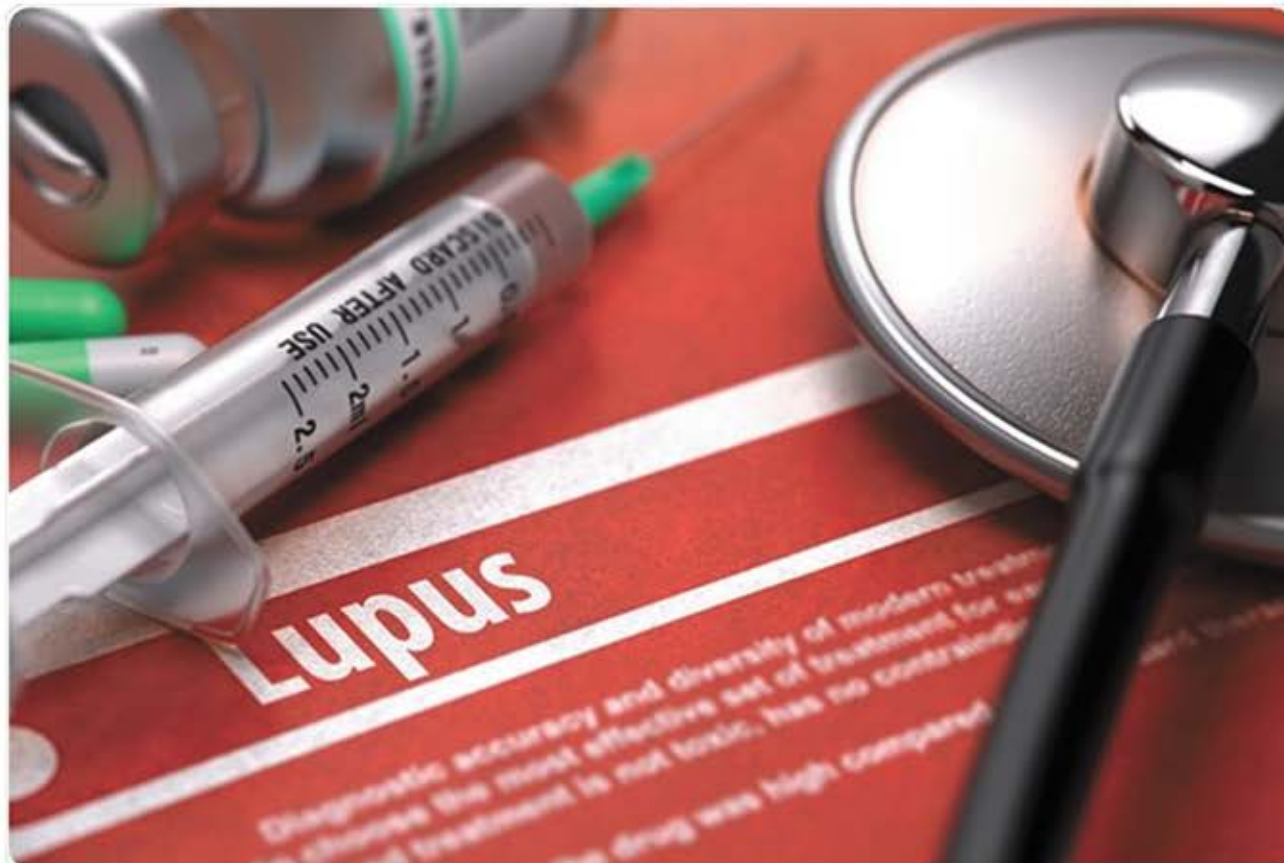
Symptoms of Lupus

Lupus can be difficult to diagnose at first since it mimics many other disorders. According to the Lupus Foundation of America, "Because lupus can affect so many different organs, a wide range of signs and symptoms can occur. These symptoms may come and go, and different symptoms may appear at different times during the course of the disease."

The most common symptoms of lupus (which are the same for men and women) are:

- Extreme fatigue (tiredness)
- Headaches
- Painful or swollen joints
- Fever
- Anemia (low numbers of red blood cells or hemoglobin, or low total blood volume)
- Swelling (edema) in feet, legs, hands, and/or around eyes
- Pain in chest on deep breathing (pleurisy)
- Butterfly-shaped rash across cheeks and nose
- Sun- or light-sensitivity (photosensitivity)
- Hair loss
- Abnormal blood clotting
- Fingers turning white and/or blue when cold (Raynaud's phenomenon)
- Mouth or nose ulcers

"Many of these symptoms occur in other illnesses. In fact, lupus is sometimes called "the great imitator" because its symptoms are often like the symptoms of rheumatoid arthritis, blood disorders, fibromyalgia, diabetes, thyroid problems, Lyme disease, and a number of heart, lung, muscle, and bone diseases.



"You play an important role in helping your doctor manage your disease. Listen to your body, ask questions and stay involved."

Treatment

Antimalarials are used in conjunction with other pain and steroid medications. Antimalarials are most often prescribed for skin rashes, mouth ulcers, and joint pain, but also can be sufficient in mild forms of lupus where inflammation and blood clotting are a concern. Antimalarials improve lupus by decreasing autoantibody production, protecting against the damaging effects of ultraviolet light from the sun and other sources and improving skin lesions.

Several chemotherapy infusion drugs are used to alleviate the symptoms and recurrence of Lupus flares because of their immunosuppressant capabilities. Because Lupus can cause blood clotting, anticoagulants are often prescribed as well.

Getting plenty of rest and finding ways to unwind or destress is critical to staving off Lupus flares.

Managing the amount of time spent in the sun and eating a healthy diet are also ways to lessen the effects of the disease. It's important to see your doctor regularly to monitor any changes in your overall health.

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.

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



352-205-4302

www.riversfamilymedicine.com
1503 Buenos Aires Boulevard, Building 110
The Villages, FL 32159

Do Your Loved Ones Need Assisted Living?

For 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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STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

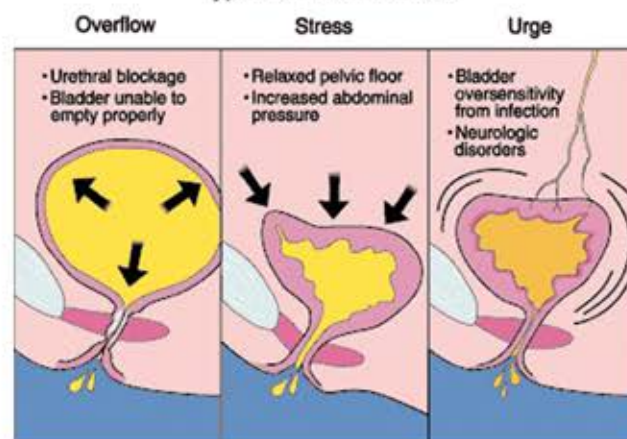
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

Types of Incontinence



There are two bladder abnormalities that are associated with UI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



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There are so many different opinions and experts telling us what diet is optimal, but how do we really know if keto or paleo is right for us? What is a vegan lifestyle suits' our genetic makeup better? It's time you found out which foods work the best with your body on a cellular level, because what we eat directly effects our overall health.

You are what you eat and how your body digests and uses that food. Your optimal state of health is directly related to your NUTRITIONAL status. Healing starts with identifying risk factors, current nutritional deficiencies, genetic predispositions and exploring digestion and absorption of nutrients. Diagnostic testing helps our TNT team set up your unique individualized customized treatment plan, your roadmap to success. TNT's success stories are a result of focusing on each client's Nutrition as the foundation. Taking a "food first approach" makes everything else work better and leads to you feeling better. Without it, no other aspect of your wellness plan will be as effective.

Sexual Health

We've heard all of the sayings like, "An apple a day keeps the doctor away," and we're much more educated now about healthy diets and the importance of exercise, but what doesn't garner much attention is the importance of intimacy and sexuality. Being sexually intimate has the ability to increase our overall health. So, how does this one aspect make us healthier? It has to do with the release of major hormones and chemicals that our bodies need on a regular basis. It's a mind, spirit, body connection on a medical level.

The top 10 health benefits of sexual intimacy:

1. Dopamine is triggered, which boosts our mood and pleasure
2. Cortisol and adrenaline are lowered which reduces the stress hormones and causes relaxation to fill the cells of the body with a sense of calm
3. The hormone oxytocin increases and sends a euphoric sensation throughout the body and mind.
4. Oxytocin increases the intimacy and closeness that we feel with our partner



5. Oxytocin also helps the body relax, which improves a high-quality sleep
6. Oxytocin helps to increase pain tolerance, so very often people with headaches feel a sense of alleviation after intimacy.
7. The heart rate increases momentarily, which benefits vascular health
8. Memory Recall improves as well as brain function
9. An increase in immunoglobulin A (IgA) helps to boost the body's overall immunity
10. Testosterone and estrogen are triggered, which helps bone and soft tissue health

But what happens if you struggle with intimacy? For men, there are pills, injections, and other quick fixes, but for women, they often suffer in silence. In fact, many women believe their issues are a common condition with aging, and that there is nothing that can be done to help them with their issue. However, nothing could be further from the truth.

Sexual disorders in women are often due to vaginal atrophy. Intimacy issues can affect a partner's psychological wellbeing, just as much as it does with the one with the condition.

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Dr. Heather Schweizer of Central Florida Health Sheds Light on Stroke Awareness Month

Every year in the United States nearly 800,000 people will suffer from a stroke, also referred to as a cerebrovascular accident (CVA). If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia, and many more complications. Stroke prevention cannot be stressed enough, and knowing the signs and symptoms is crucial.

Heather Schweizer, DO, is a neurohospitalist who specializes in diagnosing and treating injuries and diseases that affect the various components of the human nervous system (brain, spinal cord and nerves) while placing an emphasis on evaluating the entire nervous system as a whole in order to identify the root cause of the patient's ailment. We caught up with Dr. Schweizer of Central Florida Health to find out more.

Q: As a neurologist/neurohospitalist, please explain your role in managing a stroke patient.

A: My role as a neurohospitalist is at the forefront of stroke management from the moment the stroke patient comes in our doors till they are discharged. I am paged the moment a "stroke alert" is called and I meet the patient in the emergency department (ED) to assess them along with the ED physician. We say in stroke care that "time is brain" because when an acute stroke is in progress, a patient is losing 2 million brain cells per minute! We have to assess the patient's status and history as quickly as possible to administer tissue plasminogen activator (tPA) medication to bust or break apart the clot. This important treatment can essentially save the region of the brain that the stroke is affecting by clearing the clot and restoring blood flow.

The sooner we are able to initiate administration of this medication, if applicable, the more brain we save. And if a patient is found to have symptoms which indicate they have a very large occlusion we may decide to start this clot-busting medication and at the same time transport the patient via helicopter to the University of Florida Health Shands Medical Center, our comprehensive stroke receiving partner hospital for clot retrieval.



After the initial stroke assessment and treatment, I will provide daily hospital care for the stroke patient and we will perform various diagnostic tests to assess why they had a stroke. Their carotid arteries are assessed for stenosis, the heart is assessed with an echocardiogram, and the patient is continually monitored via telemetry to make sure they do not have an arrhythmia, such as atrial fibrillation, which is another cause of stroke. If we can hone in on the "why" of their particular stroke process, then we can better pinpoint the most optimal medication to give them for prevention of another stroke. I always tell my patients that once we are past the initial stroke assessment and emergent phase the two treatments for any transient ischemic attack (TIA) or stroke are 1) rehabilitation for residual deficits (physical, speech, occupational or music therapy) and 2) optimizing prevention of developing another TIA or CVA.

And finally, after the patient's admission for diagnostics and once prevention is optimized, we work closely with the primary internal medicine team, therapy modalities, and case management to place the patient in the most optimal inpatient rehabilitation facility (or outpatient rehabilitation if deficits are minimal) and assure continuity of care with post-hospitalization follow-up appointments with outpatient neurologists.

Q: Tell me about the Code Stroke System and how that helps your response team.

A: The Code Stroke System helps our response team by alerting the whole team that we either have a potential stroke patient on their way in or have presented to the emergency department. Local emergency medical services (EMS) providers are integrated into the system and can also alert this code. We have an overhead page as well as a texting alert system. Once we are alerted, we respond emergently to assure the patient is properly assessed for stroke and possible thrombolysis treatment. The patient is immediately met in the ED by the ED physician and me. A computerized tomography (CT) test is ordered immediately as a CT of the head is the most important initial diagnostic test because we need to rule-out a hemorrhagic stroke before giving the patient blood thinners. Hemorrhagic strokes account for 15 percent of all strokes and this is why blood thinners, including aspirin, cannot be given by EMS prior to reaching the hospital. The entire response team is vital to the whole process, from neurohospitalist to lab technologist to CT technologist to EMS and everywhere in between. Therefore, a good alert system assures everyone is on the same page because, again, time is brain!

Q: Can the brain heal itself after a stroke and what can patients expect (rehab, speech, walking, etc.)?

A: This is a very tough question and the best way to answer it is that it varies. It depends on the size of the stroke, whether there was successful thrombolytic/thrombectomy performed, the age of the patient and the presence of other co-morbidities, such as uncontrolled diabetes, heart failure, hypertension, smoking, obesity, etc. It also depends on the patient's pre-stroke physical condition – did they have dementia, gait disturbance, physical deconditioning prior to having the stroke? All of these factors affect a person's ability to "heal" their brain after a stroke. It is understood, though, that it is possible for collateral circulation around the area of the affected brain to feed these regions, and also, for regions around the stroke to take over functions that were affected by the dead brain tissue. I have witnessed people with the inability to speak clearly rehabilitate substantially to the point where they could communicate quite well.

Q: Why do you think strokes are on the rise, especially in younger adults?

A: Strokes have definitely been on the rise in young adults. There has actually been a stable decline in rates of stroke in patients over the age of 60 and any increase or reduction of decline may be due to better stroke detection with MRI screening. But there has been an increase in young adult strokes, for sure, and I believe this is due to an increase in modifiable risk factors (i.e., diabetes, obesity, hypertension, hyperlipidemia, smoking). It is also due to increased use of certain recreational drugs – specifically, cocaine and amphetamines. Of course, this includes methamphetamine and street drugs that immediately come to people's minds, but it also includes amphetamines that can be prescribed, such as Adderall and Vyvanse. Although opioid abuse is still rampant, amphetamines are heavily abused in the young adult population and the effect of abuse can be substantial. Young adults in high school and college take the amphetamines to "help them study" and I have heard patients say that they even trade pills with others in their class or have study sessions where they all take amphetamines and pull all-nighters. It's a dangerous game they are playing, and stroke is a very real threat. I've had patients in their 20's who I have

treated with subarachnoid hemorrhages secondary to Adderall use. In most cases they are using a prescribed and legal medication.

An Advanced Primary Stroke Center

In 2018, The Villages® Regional Hospital earned recertification and The Joint Commission's Gold Seal of Approval® for Advanced Certification for Primary Stroke Centers. This also includes the American Heart Association/American Stroke Association's Heart-Check mark. The Gold Seal of Approval® and the Heart-Check mark represent symbols of quality from their respective organizations.

The Villages® Regional Hospital has been accredited since November 2016 and provides rapid treatment to more than 550 area residents who suffer a stroke annually, offering 24-hour emergent diagnostic and treatment services to patients presenting with acute ischemic stroke and other neurovascular disorders.

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MIT Medical Imaging & Therapeutics

Dr. Mark Jacobson

What does “therapeutics” in medicine mean?

This week, I am deeply moved by the loss of one of my patients. This one, in particular, left an impression on all of my staff. His relentless endearing spirit regardless of his pain and suffering, never ceased to amaze us. When his wife called with the news, we all felt as though another member of our MIT family had been lost. The solemnness passed throughout every department once again, as we tried to continue about our day, offering hope and kindness to our other patients, who look to us for diagnoses and treatments, and a little “extra attention,” that we often provide, to help them overcome their ailments. Although it is advised not to get attached, sometimes, it is impossible not to, especially if they have spent years and numerous procedures with me. Getting acquainted with my patients helps ease their anxiety. Allowing them to talk and express themselves is often something they don’t get a chance to do as they are rushed from appointment to appointment. In my practice, developing a personal relationship with patients is the norm. What kind of doctor would I be if I couldn’t provide a comforting voice, and tender touch in addition to my medical expertise? Not only do they get a lot from me, but each one unknowingly teaches me a little something which I can apply towards my other patients. The art of listening is somewhat of a dying art among physicians. Patients really deserve to be heard.

To offer a patient therapeutic care often means to keep them comfortable by reducing and hopefully eliminating their pain. For those who are healthy but might be suffering from an injury or chronic pain, oftentimes, there is permanent healing through injections or minor surgical repairs, but then there are those who are afflicted with a terminal illness. Although I feel privileged to assist in the management of my patients during these situations, no matter how sick they have become overtime, we are never really prepared for the news of their passing. We all hope we can all live forever, but unfortunately, we can’t, and it is always a very sad day, and a feeling of loss not only for their families at home, but for those of us who have tirelessly tried to ease their suffering. The tears, hugs, smiles and laughter throughout their journey bring us close to them and their families and so it is often a family member who calls or visits to tell us unfortunate news, oftentimes seeking the support and comfort they also received when they accompanied their loved one during visits to my office.



My oncology patients come to me from many specialties. Perhaps, pain can send them to an urgent care center, who sends them to me for imaging studies, or a primary care doctor may order a CT or MRI because something hurts, a gynecologist orders a mammogram and a suspicious lesion is found. As an interventional radiologist, I can perform a biopsy and send the specimen to a lab that will establish the underlying diagnosis. If it is positive for cancer, the referring physician often consults with me to determine who is the best oncologist to treat them. Very often, the patient returns to me, and I will place a port or PICC line so the patient may receive chemotherapy or other infusion therapy. They may return for numerous followup imaging tests, and minor surgical procedures along the way. I am overjoyed when they recover and continue leading a healthy life, which is the case for many, but for others, their journey is not so simple. Some develop fluid around their lungs, called pleural effusions, or they may develop fluid in their abdomen, called ascites. Using ultrasound guidance, I can drain these fluid collections in the comfort and privacy of my center. These procedures give them relief so they will breath, sleep, eat and perform better, and can continue to live a good quality of life and not have to feel home bound.

There are many advantages to coming to an outpatient center, instead of a hospital. For one thing, it is small and personable. You will see the same doctor and staff

who will develop a relationship with you, and often-times get to know your family members. This is important, because the same doctor will recognize minor changes in your condition that may often go unnoticed in situations where there is no such continuity of care. Outpatient centers rarely have antibiotic resistant organisms such as MRSA, VRE, (In our four years, we have had zero cases) so it is especially healthier for those who are immunocompromised. It’s also comforting to return to the same center and people, knowing what to expect! Simply to be treated in such an environment is restorative to the body and spirit, which in and of itself, is therapeutic!

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A Knee Replacement Implant Made Specifically For You

If you were having a custom kitchen designed by an expert builder, they wouldn't just buy a marble countertop off the shelf somewhere; they would have it measured precisely, finely cut, trimmed and polished before installing it in your highly-anticipated new kitchen. If we are so meticulous about our homes, then why would we let a surgeon choose an "off the shelf" knee replacement for our unique, precious, irreplaceable bodies?

Ironically, the typical knee replacement implant is selected from a base range of sizes. The surgeon has to manually try to make the adjustments during the procedure to fit your specific anatomical bones and inner knee space. With this type of implant, there is usually an issue of the implant hanging over the bone or falling short (underhang), which leaves bone exposed. If your implant isn't aligned properly, you will most likely have major issues with mobility and comfort. This is precisely the reason that 1 in 5 patients are unsatisfied with their knee replacement.

Clinical studies have demonstrated that these compromises on fit can cause residual pain after surgery. A medical device company called, ConforMIS designs partial and total knee implants to fit the patient specifically. Using proven techniques for standard knee replacement, coupled with their exclusive CT scan and 3D modeling technique, called an iFit Image-to-Implant® technology, they create a customized knee to fit your body.

There are also alternatives to having a total knee replaced. For example, many patients are unaware of the fact that they can receive a partial implant. Arthritic damage to one side of the knee is common, so utilizing an implant customized for the medial or lateral deteriorated area is sometimes a better option than a total knee replacement depending on your individual circumstances.

If you are a candidate for a partial knee implant, with the ConforMIS technique, your surgeon would be able to preserve your tendons and ligaments, as well as part of your natural knee bone. This will allow quicker healing, better progress; and preserving bone will provide more natural knee for any future treatments that may be necessary.



Polyethylene is the material that is used in almost all knee implants. Polyethylene allows the joint of the implant mechanisms to move freely. However, the polyethylene sits on a metal platform like a fulcrum, cushioned in between bones. This can cause a great deal of wear and tear on the material of the implant.

ConforMIS manufactures its material differently, and eliminates the typical deterioration through a unique process that makes for less contact stress throughout the knee. Its technology creates a

material that is stronger and more durable than polyethylene implants.

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Experience the History of the Rose Parade First-Hand with YMT Vacations



The Tournament of Roses Parade is an American New Year's tradition, a festival of elaborate, flower-covered floats, marching bands, and more held in Pasadena, California, every January 1st. You've watched the pageantry and beauty of the parade on television—isn't it time you saw the floats in person?

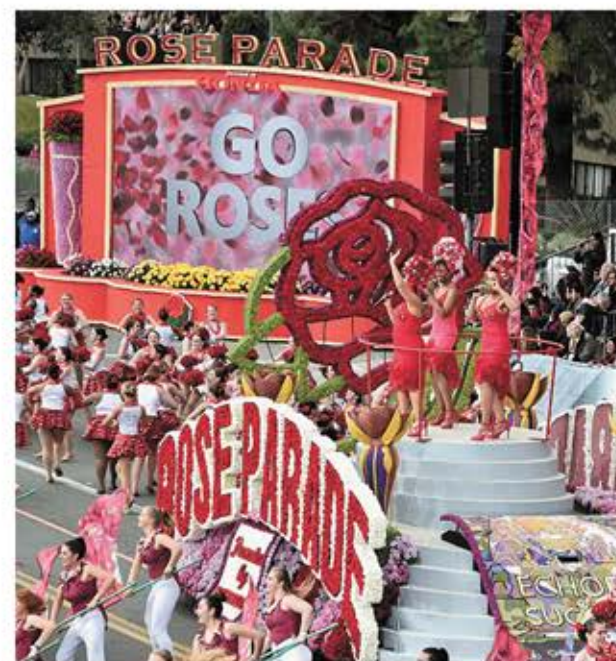
One hundred thirty years ago, the first Rose Parade was held on January 1, 1890. Back when it all began, the Rose Parade was a way for privileged families to show off their new home in California to friends and family back East. The parade route was help along what was known as Millionaire's Row, where their palatial homes were on full display.

Professor Charles F. Holder, a member of the exclusive Valley Hunt Club where many privileged families were members, once wrote, "In New York, people are buried in snow. Here our flowers are blooming, and our oranges are about to bear. Let's hold a festival to tell the world about our paradise."

The first parade featured simple carriages covered in flowers and a queen elected by the student body of the local high school. Today, there are 100-foot floats with live animation and special effects. However, true to its beginnings, each float in the parade must still be covered entirely of organic material, and the weather in Pasadena remains something worth bragging about to all of your friends and family.

If you and your loved ones want to visit this year's, 131st Rose Parade, here is what you can expect:

- 2020's parade takes place on Tuesday, January 1st, 2020, from 8 AM to 12 PM
- The parade takes 2 ½ hours to cover the 5 ½ mile long route down Colorado Boulevard, come rain or come shine.
- The average temperature range is 50° F to 68° F. The mornings usually warm up around 10 AM, but until then, layer up, enjoy a warm drink
- The Rose Parade starts at 8 AM PST sharp, with ABC's coverage beginning at 8 AM PST/11 AM EST, and NBC's programming starting at 8:30 AM PST/11:30 AM EST.
- The parade's American television audience is 50 million, with 30 million international viewers.
- You should be seated by 7:00 AM if you're at the start of the parade west of Fair Oaks Ave. Otherwise, be at your seat by 8 AM. Regardless of where you are seated, plan to arrive in the area at least two hours prior.



You can see the Queen of the Tournament of Roses for yourself this January 1st as the parade once again makes its way down Colorado Boulevard. Each YMT Vacations journey to the Rose Parade features a behind-the-scenes tour of the float building pavilion and an exclusive dinner with a presentation by the Tournament of Roses Committee White Suiters. Guests also enjoy grandstand seating at an ideal location along the parade route.

YMT Vacations has been taking guests to the Rose Parade for over 45 years and they offer multiple ways to enhance the experience by combining it with other destinations. All vacations include a tour of Los Angeles, plus you can add an up-close viewing of the floats after the parade, a guided tour of the Grand Canyon with a stop in exciting Las Vegas, or take a tour up the California Coast to San Francisco. Alternatively take in the sights of the parade and then escape winter with a relaxing cruise along the Mexican Riviera.

Celebrate the next Tournament of Roses Parade the way it was intended to be experienced—in Pasadena!

For information, or to make your reservations, call your travel agent or YMT Vacations at 1-888-702-9497.



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Chronic Pain:

Finding Relief with Physical Therapy & Manual Stretching

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

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

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

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

Arthritis

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



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

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

Back Pain

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

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

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

Examples of Stretching Exercises to Relieve Pain

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

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

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

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

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



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Chronic Pain & Injury? Stem Cells are Helping Countless Individuals Heal & Find Relief

Pain medications fool the body by binding to the opioid receptors in the brain, spine and other areas of the body. They don't treat the health condition; they only mask the pain by disrupting the signals to the brain. Pain medications are one of the most highly addictive drugs available. There are other viable treatment alternatives, one in particular is stem cell therapy.

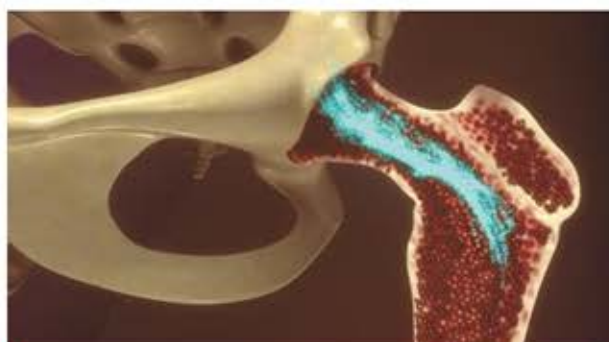
About Village Medical Injury Care's Stem Cells
At Village Medical Injury Care, they pride themselves on using only the highest quality bio-medical suppliers. For that reason, their team has selected AmnioFix® Stem Cells. These premium quality Stem Cells from MiMedx are ethically harvested from the amniotic membrane and feature 285 regulatory proteins as well as some of the notable growth factors for healing power.

Stem Cell therapy with AmnioFix® allografts are produced and processed in the United States according to the quality and safety standards established by the American Association of Tissue Banks (ATTB) as well as the Food and Drug Administration (FDA). And they're calibrated with the aim of modulating inflammation, reducing the formation of scar tissue, and enhancing healing.

Over the past several years, stem cell therapy has become a recommended treatment option, due to their natural and proven effectiveness on various orthopedic conditions. Because our bodies naturally produce stem cells, this treatment is not perceived as foreign to our cells, and the injured joints fervently accept this method of healing. Our joints are constantly under wear and tear, which causes inflammation and injury to occur. Our own stem cells assist in the normal healing process. Stem cells can regenerate tissue growth, and signal repair to the damaged area.

Area and Conditions Effectively Treated with Stem Cells

Stem cells can treat and heal numerous disorders. Some of those include arthritic or damaged joints, ligaments and tendon injuries, chronic and acute bursitis, tendonitis, and plantar fasciitis to name a few.



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- Neuropathy
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- Sciatica
- Shoulder & Arm Pain
- Spinal Stenosis
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While not all applications of Stem Cell therapy require the use of imaging guidance in order to be effective, Village Medical Injury Care's team of experts make sure to use the proper imaging guidance when appropriate for the condition being treated. Remember, without imaging guidance, many Stem Cell treatments are largely ineffective, so it's important to have that availability as well as to have physicians skilled enough to tell the difference. At Village Medical Injury Care, they have both.

Village Medical Injury Care

The Village Medical Injury Care board-certified medical physicians and specialists have been providing the necessary medical services for people who have been in auto accidents, slip and fall's, and workers' compensation type cases. Their expertise in terms of your health and recovery include the necessary protocol, documentation and follow-up for your recovery plan and optimal health.



Owen D. Fraser, M.D.

General Surgeon

Village Medical Injury Care ("VMIC") and the Medical Injury Care Provider Network, now serving The Villages®, is under the direction of Owen D.

Fraser, M.D. Dr. Fraser has more than 40 years of experience treating and caring for injured patients in the Central Florida area. After attending medical school at the University of the West Indies in Kingston, Jamaica, Dr. Fraser went on to complete his residency and general surgery fellowship at Columbia University Medical Center and Harlem Hospital in New York City, New York. He continues to practice in Central Florida, including out of his new flagship clinic in Lady Lake, Florida, where he focuses on personal injury care, medical rehabilitation, and other medical care. VMIC, under Dr. Fraser's direct supervision, offers state of the art advanced medical therapies to allow for individual medical treatment plans to be developed, guiding our patients toward a timely recovery.

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By Physicians Rehabilitation

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- Blood clots in the leg vein or lungs
- Heart attack
- Stroke
- Nerve damage
- Allergic reactions to anesthesia
- Post-surgical pain

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

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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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The Road to **Brain Injury** Recovery with Omega-3 Fish Oil

By Anne-Marie Chalmers, MD

One year ago, my family was in an uproar. A close family member needed brain surgery, which was scary enough. Then, a week after this major procedure, he contracted a life threatening form of bacterial meningitis.

I visited him many times as he fought for his life in the hospital. He was so out of it, he often didn't know my name. It was painful to see this intelligent and caring man struggling to remember where he was, the day of the week or even why he was in the hospital.

Frantic to help, my husband and I brought him bottles of Omega Cure® liquid fish oil and advocated for the hospital to administer a high dose every day. Knowing the research on omega-3s and the brain, we felt that this could be the ticket to preserving his future.

Three Brain Issues Improved with Omega-3

Much of the omega-3 literature to date has focused on fish oil's role in improving the focus, performance, and cognitive development of babies and young adults. For instance, a 2012 study by researchers at the University of Pittsburgh determined that consuming more omega-3 fatty acids could improve a young adult's working memory.

But omega-3s also appear to deliver protective and restorative benefits for the brains of older adults. Let's look at the research surrounding three of the most common types of brain issues:

1. Effects of Aging

From age 40 onwards, it's all downhill, my mother used to joke. And there is some scientific truth to that. After 40, the volume of the brain decreases by 5% for every decade, with the hippocampus region often taking the biggest hit. Since the hippocampus is the part of the brain that encodes memories, the loss can help explain why many people become forgetful with age.

Researchers agree that the Western diet, with all its inflammation-promoting foods, exacerbates the aging process. Still, there is hope for those of us over 40. Animal studies show that diets rich in omega-3s and low in omega-6s reduce cognitive decline.



2. Stroke Recovery

Strokes are the leading cause of adult motor disability in the Western world. The majority of strokes are caused either by a thrombosis or an embolic clot lodging itself in a blood vessel in the brain, blocking the necessary flow of oxygen and blood. The remaining 20% of strokes occur when an artery bursts in the brain, often due to preexisting high blood pressure.

Numerous studies show that omega-3s help reduce the risk of thrombosis, as well as high blood pressure. In addition, these fatty acids play a crucial role in helping the brain recover even after a stroke has occurred. When researchers supplemented mice diets three months before and one month after a stroke, revascularization and angiogenesis (both crucial for tissue healing and development) significantly improved. In the same study, the researchers also found that omega-3 supplementation protected the neurons in the mice brains, helping them survive after stroke injury.

3. Traumatic Brain Injury

Traumatic brain injuries — be they from serving in the military, playing sports, or sustaining a fall — are one of the leading causes of death in children and adults from ages 1 to 44. Even if the result is not fatal, traumatic brain injuries can cause permanent brain damage and impair a person's memory, learning ability, and motor coordination for life.

Omega-3s can have a protective benefit, especially if administered shortly after the injury. Animal studies have shown that when the subjects receive DHA omega-3 up to two hours after a brain injury, it improves

neurological function and nerve cell survival, reduces inflammation and decreases oxidative stress. DHA given prior to the injury also promotes cell survival and function. A study from Sweden showed that resolvins — molecules naturally produced from omega-3 fatty acids — can improve nerve cell function when given within 24 hours of surgery.

Why Do Omega-3s Protect the Brain?

One of the primary reasons that omega-3s are crucial for the brain (and the rest of the body) is that these fatty acids fight inflammation. Now, inflammation serves an important purpose. If you cut yourself or twist an ankle, inflammation starts the healing process in the form of redness, swelling, heat, pain and loss of function.

Normally, the inflammation response is self-limiting. But when there are not enough pro-resolution molecules lying around, inflammation continues to smolder and attack previously undamaged cells. In the brain, excessive inflammation can mean neuronal loss, which explains why the omega-3s' anti-inflammatory properties are so important for healthy brain function.

The Road to Recovery

Today, I am fortunate to report that my family member made a remarkable recovery. He is working again, more physically active than before, and has retained all the warmth and personality he had before surgery. He partially attributes his recovery to Omega Cure, and is faithful about taking his omega-3 oil every day.

As for me, I feel grateful that I was able to provide him with the essential nutrition his brain needed to recuperate.

About Anne-Marie Chalmers, MD

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



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CBD: Multiple Health Benefits from Nature

CBD (cannabidiol) is also a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects without the strict regulations of industrial hemp, AND without the psychoactive, mind-altering effects of THC.

CBD is known to bind to receptors and is thought to regenerate cells and brain function, while terpenes are the leafy green part of the plant that has countless healing properties. There is a synergistic effect that takes place when the compounds are combined.

There are numerous researched studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have fibromyalgia, PTSD, anxiety, depression, epilepsy, cancer, dementia, autoimmune disorders, and many other conditions.

CBD for Anxiety, Depression and Sleep Disorders

The structure of CBD interacts directly with our cells. Our natural endocannabinoid system works synergistically with cannabidiol, 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, sleeping, immunity, pleasure, memory and much more.

CBD for Cancer

Whether the cancer treatment entails surgery, chemotherapy, radiation treatments, reconstructive surgery, or alternative therapies, the bottom line is that these individuals are sick! They are not feeling well and many times find it entirely overwhelming to function at all.



Some of the most common side effects of cancer treatment are pain, nausea, and vomiting, brain fog, extreme fatigue, loss of appetite, hormonal disruptions, weight gain, hot flashes, anxiety, and trouble sleeping. The good news is that CBD oil has the ability to alleviate some of the aforementioned symptoms. And it's also known to shrink cancer cells.

CBD for Chronic Disease and Pain

Neuropathic pain syndromes are related to disorders such as diabetes, fibromyalgia, CRPS, Lyme disease and migraines to name a few. The most common treatment for chronic pain is narcotics. Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes. The benefits from CBD oils are improved sleep, better mood, reduced pain, better appetite and a general improvement in quality of life without addictive drugs. For Diabetes specifically, CBD oil is proving to stabilize blood sugar, acts as an anti-inflammatory, improves circulation and reduce blood pressure.

MMD Holistic Medicine & Wellness Center is a revolutionary leader in the production and distribution of industrial hemp oil. Their company searched far and wide to find only the absolute best, most potent, cleanest CBD on the market. Throughout an intense seven-year process they crossbred two strains of hemp known to be very high in CBD, and very low in THC.

Their products are the only available with a certifiable 0% THC content. THC is responsible for the psychotropic effects of recreationally smoked marijuana. Without it, you reap all the medicinal benefits of CBD, with none of the side effects. Their CBD is 100% organic, and incredibly rich in phytocannabinoid.



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Gum Line Restoration Through a Tiny Pinhole

By Lucia Roca, DDS, MDS, Board Certified Periodontist



It's important to visit your dentist on a regular basis to keep your teeth healthy. Many people overlook that keeping your gum (gingival) tissues healthy are just as essential.

One of the common issues that hygienists and dentists see with their patients is over brushing. If you're not brushing with a soft toothbrush and taking your time to clean each surface of every tooth gently, then you most likely are aggressively over brushing your teeth.

You may be confused about the proper way to brush, and in turn, you could be causing extreme damage to your gingival tissue. Have you noticed any recession on your gum line? Do the roots of your teeth show? If you answered yes to those two questions, you may be a little self-conscious about your smile, and not aware of the potential infection and bacteria that could harbor under the gum line and increase the amount of recession that you already have.

Up until recently, there was only one treatment option for gum line shrinkage or recession. That procedure was accomplished through skin grafting.

Essentially part of your palate (upper mouth) skin was cut away with a scalpel and then grafted into place with sutures to the receded areas. It's not the worst-case scenario, but many patients are reluctant to have a surgical procedure out of fear.

There is a new technique that's showing countless successful results for patients with recession. It's called a Pinhole Technique. A dentist that has received a great deal of notoriety for this new procedure, and has since certified other dentists to perform his technique developed it. Eliminating the need for autogenous gum graft, cutting, and sutures; this method is accomplished by making a tiny pinhole above the receding area and loosening the gum tissue. The dentist will then move the gingiva and reposition it to cover the roots of the exposed area of the teeth, creating a normal gum line. Collagen strips are placed around the teeth, keeping the gum line in place. The patients will see immediate results and will experience little to no bleeding, swelling or pain. The tiny pinhole heals quickly, within 24 hours and the collagen strips are resorbable and do not need to be removed. The strips will help the body to produce more natural collagen, and therefore healing will be rapid.

At Laurel Manor Dental, they are highly trained in treating receding gingival tissue, and they take great pride in your getting you to your most advantageous dental and oral health. Laurel Manor Dental goes one step further because they have an onsite specialist in periodontal disease. Her name is Dr. Lucia Roca, and she is also certified in the Pinhole Technique.

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 clarifying 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



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PEMF THERAPY to Unlock Complex Conditions

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It then opens up the cell's membrane to allow the remedy to make its way into the cells. Opening up the membrane also allows toxins to flow out of the cells.

PEMF therapy also increases ENERGY at the cellular level. This is why PEMF therapy and Functional medicine are the right combination for even the most difficult chronic conditions.

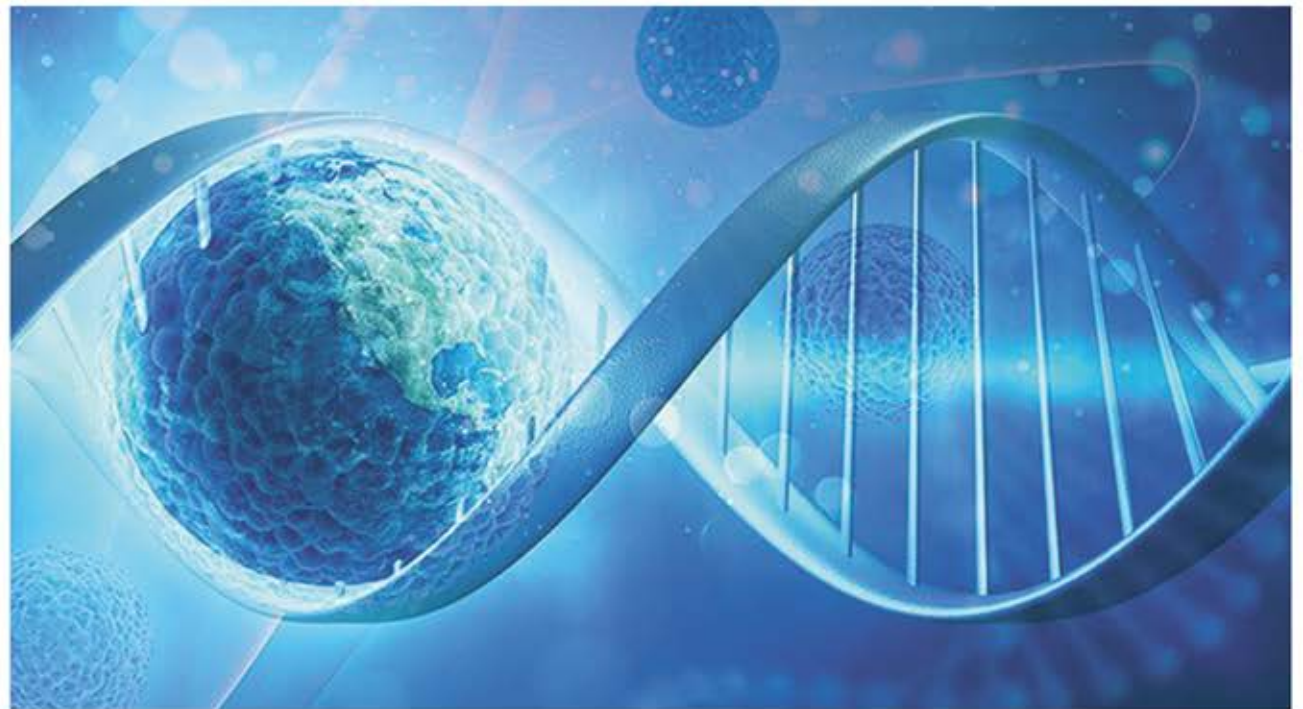
WHAT IS PEMF THERAPY?

PEMF therapy is a natural, non-invasive therapy that uses pulsed magnetic fields to reverse the 5 underlying causes associated with virtually every chronic condition known to man; Inflammation, Poor Circulation, Cellular Toxicity, Blocked Receptor Sites, and Low Cellular Energy.

PEMF therapy is safe and effective. It has many FDA approvals for a variety of conditions and is currently being used by NASA and has ZERO reported long-term side effects.

WHAT DOES PEMF FEEL LIKE?

Our patients have described PEMF therapy as "feeling like a deep tissue massage that leaves you feeling relaxed and energized."



PEMF THERAPY DEVICES

Not all PEMF devices are the same. This creates confusion because all PEMF device manufacturers reference the same medical studies as proof of what their device can do.

Having used dozens of PEMF devices, it is my opinion that only one PEMF device has the power and flexibility to reproduce the types of results seen in the studies – and that would be the Magna Wave Pro.

So, if you have used a different device and didn't see the results that you expected to see, you should try the Magna Wave Pro before you dismiss PEMF therapy altogether.

Jim Cornes tells how PEMF therapy for neuropathy is helping his pain after he suffered a stroke.

"I started using PEMF Therapy 2 years ago after a medullary stroke that left me in ICU for 13 days. Initially it helped me just to feel better in general and help my body heal. Currently I use it to subside my neuropathy pain so that I don't have to take heavy prescription medications just to function through my day and to sleep well at night." – Jim Cornes

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

Submitted by Cornerstone Hospice and Palliative Care

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

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

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

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

Each Cornerstone Hospice patient is cared for by members of what is called a "multidisciplinary team" which includes a physician, nurses, nursing assistants, a chaplain, a social worker and a specially-trained volunteer. The team addresses symptom control, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes.

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

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



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

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

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

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

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

About Cornerstone Hospice

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



Digestion and Tea

Our 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.¹ 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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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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Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

Chiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

What about sciatica? Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or

Help us fulfill the promise of caring.

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medications are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

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TESTIMONIALS

See what some of our patient's had to say about our practice:

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

"I thought I would live with this pain for the rest of my life, but thankfully I was wrong and Doc was right." - M.M.

"Dr. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!" - J.J

"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc" - C.C.

"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning" - B. D.

"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone" - M.C.

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



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

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

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

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

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

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

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The Fear of the Lord

The phrase, "The fear of the Lord," was one I never liked.

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Before I was a Christ-follower I thought, "Who would want to be a Christian and serve a god you would have to be afraid of?"

By that time (in my middle teens) I had way too many fears so why would I want to add God to my list? Besides, it seemed to me that those God-fearing people that I was aware of had no fun and they were a somber, sad looking bunch.

They were in church all the time and lived under so many rules that their kids were leaving home to try and find a life with some fun and excitement.

But I did finally come across a few Christ-followers that had smiles on their faces and seem to love and enjoy each other. These were the ones that over time I slowly became friends with and eventually went to their church.

To be honest at first...I didn't like it. But it wasn't because anyone was mean spirited...but because it wasn't like home.

Let me explain...home for me was full of intense negative emotions and not a fun place to be most of the time as a teenager. So any place that was fun or safe was different.

The church was different in a good way. And it took me a while to get used to all the smiling faces and happy people I met...but I really liked it and I wanted this world to be my home. Eventually my new friends came to my home and my family became Christ-followers and my home did become a happy place.

But this "Fear of the Lord" idea didn't sit well with me after I became a Christ-follower either. Before I was a Christ-follower, as I mentioned earlier... "Who would want to be a Christian and serve a god you would have to be afraid of?"

However now as a Christ-follower, I had fallen in love with God. I now knew Him to be the most benevolent and kind being in the Universe. After



praying and accepting His Son Jesus' death as a payment to redeem me for my fallen and hopeless state and now to feel (even 40 years later) His tender and accepting love in my heart...well it changed me. I have never been able to explain exactly what happened, but I knew when it happened as all other Christ-followers do.

Now that I loved God why would I fear Him? It didn't make sense until I understood what the phrase would come to mean to me personally.

Decades ago I work for a national brand restaurant company. I was a project manager traveling from city to city oversee the purchasing of land and construction management. I was quite successful at such a young age.

My wife and I also wanted children and so it was time.

So there I was, I had a great career a beautiful wife, a great church and having kids. I had it all until...I got the call.

Shifts and changes in the market had caused my job to change in such a way that I could no longer have it all. Tough decisions had to be made that changed everything.

One of the most important aspects of our life was our church. We loved our church and only a word from God to move could change that. So I decided to no longer work for the restaurant company and seek local work.

Without realizing it...I was honoring God first. It was a lesson I had learn years earlier about tithing. If I honored God by giving the first ten percent of my income, He was responsible to always take care of my family. God has promises in the Bible about many aspects of our lives and relationship with Him.

So we stayed at our church and within three to four months I got a local job working with some really great people. Was that just plain luck because I was a nice guy?

I don't believe that for moment.

As I mentioned, the Bible is filled with promises for those who love and honor God with their whole life, but here are a few I'd like to leave with you from Psalms 128 (new living translation).

*Blessed are all who fear the Lord.
Blessings and prosperity will be yours.
Your wife will be like a fruitful vine
within your house.
Your children will be like olive shoots
around your table.
May you live to see your children's children.*

It's one thing to love God with your mind and emotions...but "it gets real," when we honor God with our money and life's major decisions.


*To your spiritual health,
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