

CENTRAL FLORIDA'S

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

June 2019

Marion Edition - Monthly

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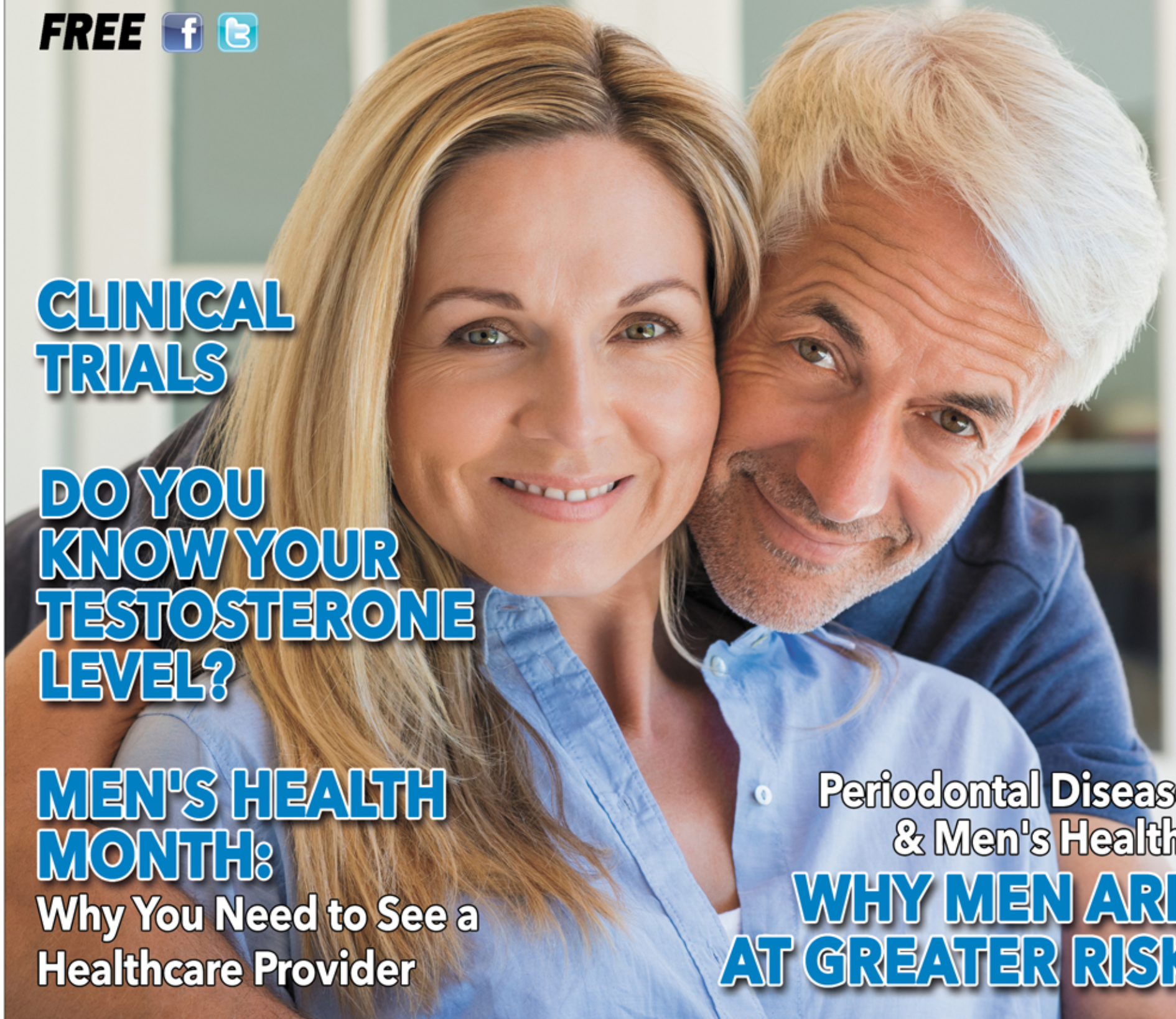
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TRIALS**

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MONTH:**


**Why You Need to See a  
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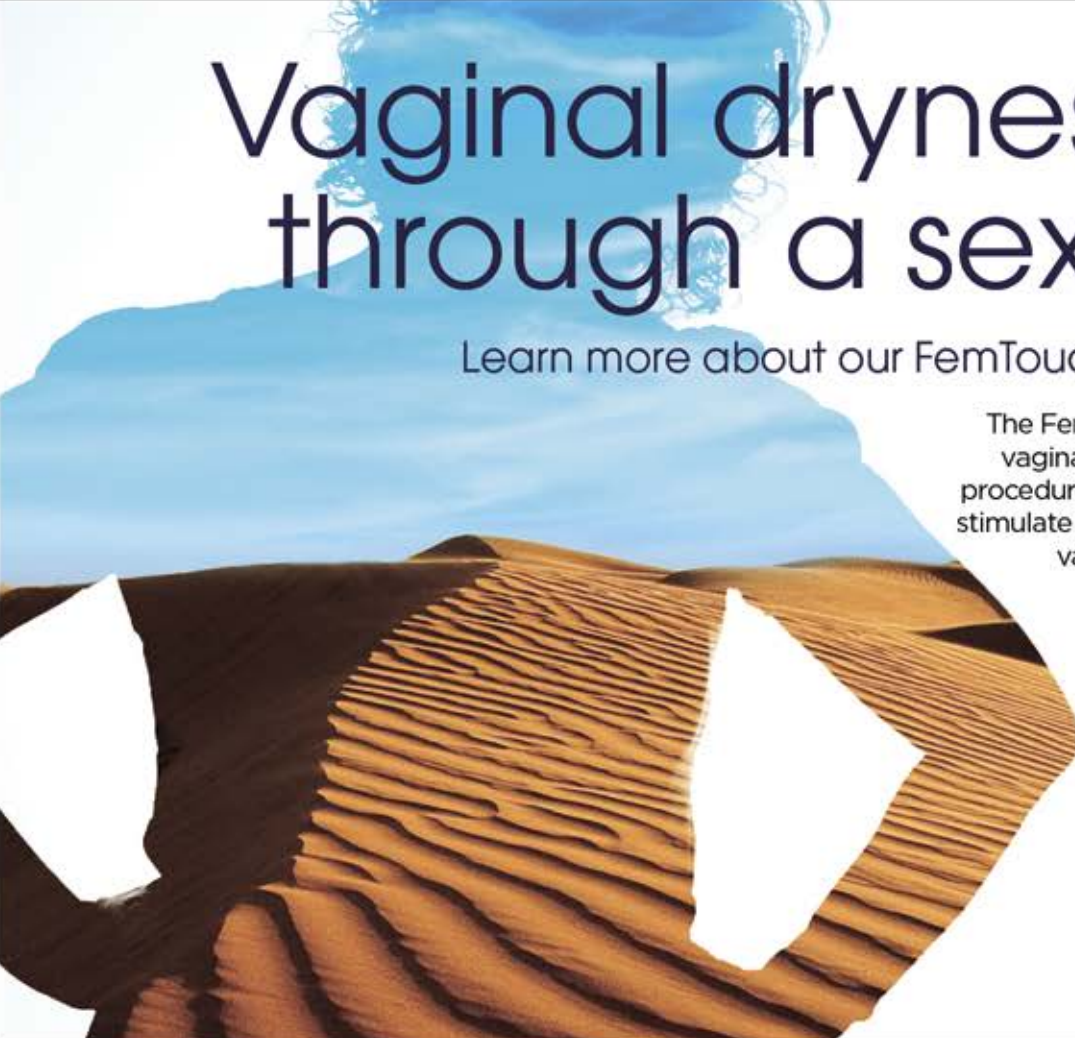
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*"By getting treated locally at Florida Cancer Specialists, I was able to spend more time with the people who matter most — my family."*

*Marissa*

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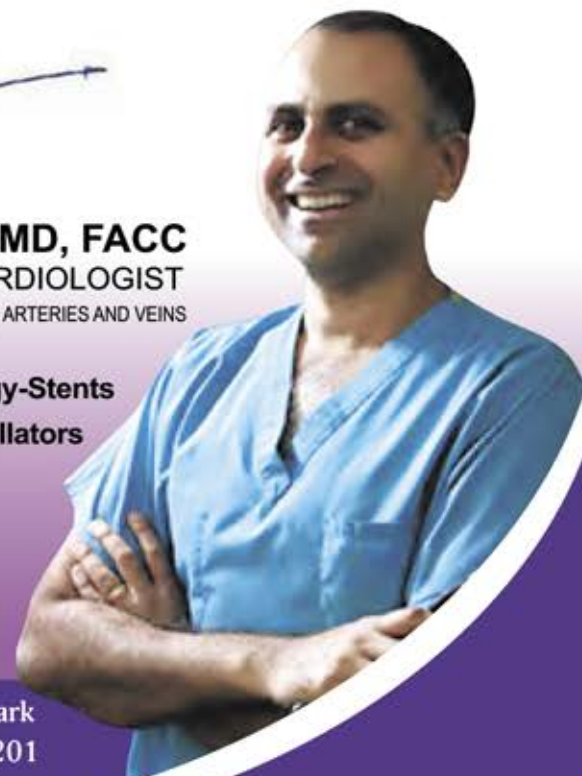
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## MRI - A GREAT CHOICE FOR MUSCULOSKELETAL ISSUES

**M**agnetic Resonance Imaging, or MRI, is a diagnostic tool that uses a powerful magnetic field and radio frequencies to capture data that is sent to a specialized computer, which produces highly detailed images of joints, soft tissues and bones. MRI's ability to capture musculoskeletal (MSK) structures and tissues makes it a superior test for isolating the source and extent of MSK injuries, diseases and degenerative disorders. No x-ray or ionizing radiation of any kind is needed to perform an MRI, making it a safe but thorough diagnostic tool.

MRI is particularly helpful in diagnosing degenerative problems like osteoarthritis, also called degenerative arthritis, which affects a large segment of the population, especially as people get older. Osteoarthritis is the most common form

of arthritis and can be caused by blunt force trauma, overuse injuries and, most commonly, the simple act of aging, as the cartilage that cushions the bones wears out, creating pain, inflammation, a grinding bone-on-bone sensation and limited flexibility.

MRI can see deeply into the body to view joints, including the spine, knees, hips and shoulders, as well as muscles, ligaments and tendons, to find disease, injury, malformation and other causes of pain and dysfunction. In some cases, a contrast agent is injected into a vein, where it travels to the area being studied to highlight details. MRI is a highly effective test for determining the presence of osteoarthritis, tears and sprains, tissue inflammation, herniated disks, tumors and other common MSK ailments.

RAO maintains ongoing accreditation from the American College of Radiology in MRI technologies, ensuring our adherence to safety, quality and accuracy. RAO features radiologists who specialize in MSK imaging for a quick, precise diagnosis, so you can begin appropriate care to help you return to the activities and life you cherish.

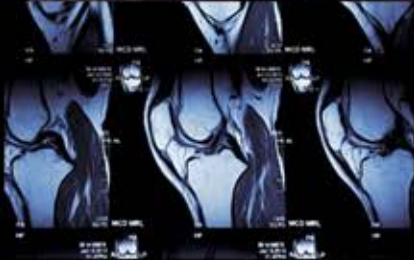
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*More than 12% of Americans over 25 suffer from osteoarthritis, a degeneration of joint cartilage caused by injury, overuse and simple aging. By age 45 and older, many of us find that joint pain, stiffness and immobility prevent us from being as active as we want to be.*

Radiation-free MRI imaging goes beyond x-ray in determining the location, extent and complications associated with joint, ligament and other musculoskeletal problems, so that effective treatment can begin. It's our mission to help you get your body – and your life – back on track.

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T.E. Vallabhan, MD, FACC

# IGNORING COMMON CARDIAC SYMPTOMS LEADS TO CRITICAL ISSUES

**J**ohn F. Kennedy once said, "The time to repair the roof is when the sun is shining." This statement holds true when we focus on many of the issues in life, especially our health. Some of the most common cardiac risk symptoms are often overlooked. Ideally, individuals should start to be mindful of their heart health from a younger age, but it's never too late to improve your cardiac function or to get the treatment you need to enhance your lifestyle and overall health.

People are living longer, and staying healthy is at the forefront of most our minds. The aging population is primarily concerned about keeping up with their grandchildren and having the capability to freely live an active lifestyle well into their eighties and nineties, but without being proactive about our cardiac health, we set ourselves up for critical heart disorders and issues.

Some of the things we can do are to follow a heart-healthy nutrition plan like the Mediterranean diet. We should also incorporate regular exercise and keep our stress levels down. If you smoke, you **MUST** quit now to help your body heal from the damage to the blood vessels and arteries that have already taken place. It's never too late to stop smoking.

## Cardiac Risk Factors & Indicators

- High Blood Pressure
- High Cholesterol
- Tightness in Chest
- Shortness of Breath
- Jaw pain
- Arm Pain
- Back Pain
- Fatigue

These symptoms are significant indicators of heart disease, but the most common warning sign that people have is —Ignoring their symptoms!

It's the familiar adage of denial—If we ignore or avoid the symptoms, then we don't have to deal with any of the accountability. However, just like most things, if you ignore them, they'll go away, but not in a right way.



If left untreated, they will go away through deterioration and damage, and eventually death. Being proactive about your heart's health is imperative.

Unfortunately, many people are more sedentary than they'd like to believe. A limited or lack of physical activity is not going to do your body or your heart much good. In our modernized world, we have grown complacent. We don't walk as much to get from A to B; instead, we drive a car to work, sit at a desk all day, drive home, sit down to eat dinner and then sit in front of the television until we go to bed. If this sounds even remotely familiar, you need to have a consultation with a cardiologist to test your cardiac condition.

Coupled with a sedentary lifestyle, the prevalence of individuals being diagnosed with diabetes is astronomical. Diabetes is a significant risk factor for cardiovascular disease. Very often obesity and diabetes work in conjunction to damage your heart and arteries, deplete your nutrient, oxygen-rich blood, and can cause venous insufficiency and blood clotting issues. If you have diabetes or suspect that you may, it's critical to seek medical attention to get your blood sugar levels to a manageable state and to assist you with an overall healthy lifestyle plan.

## Risk Factors For Heart Disease

- Age
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Overweight
- Chronic stress

## What You Can Do

- See a cardiologist for important diagnostic testing
- Don't ignore symptoms
- Eat a heart-healthy diet
- Avoid sugar and salt in excess
- Stop smoking
- Exercise daily (at least a 30-minute walk)

*This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.*

# Dr. V

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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](http://Drvcadio.com)

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# CLINICAL TRIALS

As of 2019, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer, according to the National Cancer Institute. Some of the reasons cancer survival rates have dramatically increased over the past two decades can be linked directly to such things as improvements in early detection methods, more advanced therapies, and to genetic research and clinical trials which are responsible for developing more effective drugs.

## Cures for Cancer Will Come from Clinical Trials

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? Many times it is because clinical trials are misunderstood and patients fear being "a guinea pig." In clinical trials for a life-threatening disease like cancer, no one who participates in a clinical trial is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

## Debunking the Myths

Aside from the misconception about being a guinea pig, patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.

All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer; then in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.

## Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, there are hundreds of promising new cancer drugs and therapies



currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists & Research Institute (FCS) is a recipient of the national ASCO Clinical Trial Participation Award and a strategic partner of the Sarah Cannon Research Institute, one of the largest clinical trial organizations in the U.S. As such, FCS offers access to more national clinical trials than any other private oncology practice in Florida; and, if you qualify to participate in a clinical trial, you can do so in the comfort and convenience of your local FCS cancer center.

**World-Class Cancer Treatment Close to Home**  
Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified

physicians who bring world-class cancer treatments to local communities, both large and small, throughout Florida. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

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



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# Emergency Room Leading Proficiency

It's only natural that a visit to the emergency room sparks anxiety about the issue itself, tests and fear of all the unknowns associated with an unexpected health issue. Emergency rooms are designed to be a safe place for individuals seeking immediate and significant medical attention. The Villages® Regional Hospital (TVRH) is prepared for such circumstances by providing the most comprehensive emergency care in the region.

## The Villages® Regional Hospital's ER

Providing emergency care is one of the most important services TVRH addresses. The hospital's focus is that all patients receive the very best health care especially in the most pressing of circumstances. TVRH understands that human nature drives patient frustration during the ER experience, which includes waiting to be seen, diagnosed, treated and released from or admitted to the hospital. At the same time, TVRH staff is clear that the only way to provide proper healthcare is through a variety and sometimes seemingly endless testing protocols. It's simple - sometimes the science behind treatment methods require a most precious prescription of time.

Every experienced ER staff member understands that those in need of care and those waiting for loved ones are anxious and stressed. To ease those concerns, hospital staff members strive to set expectations about the emergency room experience, which is unique, and often requires time-intensive steps to ensure a patient is safe. The patient's well-being is the ER staff's priority and why TVRH follows stringent guidelines that can sometimes be perceived as unnecessary. There are no shortcuts; proper ER care cannot be compromised.

The life or death realities of an ER require prioritizing the most serious cases as they come in, which can indeed disrupt and delay the care of other patients with non-life-threatening issues. In the ER, every patient is entitled and expected to become the priority when their life is at risk, even when it means that other patients with more manageable issues may be delayed a bit. Those are just fundamental issues in every emergency room.



The extreme demands of the ER are like no other in healthcare. TVRH's ER is staffed with highly trained and experienced nursing and clinical team members who specialize in emergency care. These are the individuals who through their extensive training and expertise know how to respond quickly, prioritize, and multitask according to the unique and stressful demands of an emergency room.

**A Faster and More Efficient Emergency Room**  
The Villages® Regional Hospital is constantly evaluating its operations and systems to identify efficiencies and better methods to improve the patient experience. For instance, the hospital has successfully reduced emergency room wait times a bit by implementing a more efficient system that moves low acuity patients through different triage protocols; more serious patients progress through other protocols more appropriate for their immediate health needs. Plus, the emergency room has been redesigned with individual patient rooms to create a more private experience, a significant and welcome change from the traditionally shared patient space in most emergency rooms.

And due to the unique, seasonal nature of the community it serves, every year the TVRH ER adjusts its staffing to meet the significant demand increases that occur during the busiest months.

Recently, TVRH expanded its ER to accommodate up to 50 beds, as well as its MI (heart attack) Treatment Center, Primary Stroke Center, and an Accredited Chest Pain Center with PCI and Resuscitation. Additionally, their patients have access to an entire Heart Center, the area's only neurosurgery team and more than 100 other specialists.

When seconds count, The Villages® Regional Hospital's team of emergency medicine specialists stand ready to support, quick diagnose and treatment for the most challenging situations. Specialty referral resources, including an academic affiliation with the University of Florida Health Shands, are seamlessly integrated throughout emergency treatment, from inpatient admission to post-discharge once patients arrive back home.

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#### TVRH Fast Care App

When there's an emergency, time is of the essence. Get the care you need quickly with TVRH's new, free mobile app (available for download on iPhone, iPad, and Android phones). In the Apple App Store or Google Play, search "TVRH Fast Care" to download.

**The Villages® Regional Hospital provides a higher level of emergency care with a patient centered model of care.**

The emergency room and emergency care team at TVRH are here to provide excellent care, advanced technology to reduce wait times and to increase efficiency. Every second counts! If you or someone you know needs emergency treatment, call 911 or get to the emergency room immediately.

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# Periodontal Disease & Men's Health: Why Men Are at Greater Risk

**W**hen it comes to oral hygiene and dental health, men and women aren't quite the same. According to the American Academy of Periodontology, nearly 57% of men will develop some form of periodontal disease compared to only 38.4 % of women. In more severe disease states, men have a much higher incidence of heart disorders than their female counterparts. And in an unfortunate catch 22, some forms of cardiac medications can cause dry mouth, which therefore elevates the risk factors for periodontal bacteria and disease to form. In addition to cardiovascular disorders being interconnected to periodontal disease, diabetes is also more prevalent in men than women and is also linked to both heart disease and periodontal disorders.

Individuals with diabetes are one of the principal groups that are affected by gum disease, especially men. People with diabetes have numerous ailments that correlate to the issue of their high blood sugar. Diabetics are at increased risk of infection and bacterial growth because of their blood sugar levels, and they also are at higher risk for high blood sugar because of the periodontal disease. Researchers suggest that periodontal disease increases high blood sugar, making individuals with uncontrolled diabetes at greater risk of infections and complications of their condition.

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



## How To Prevent Gum Disease

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

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

  
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*Ocala Dental Care is a restorative dentist office dedicated to offering exceptional care from dental basics to extensive procedures, all within a warm, inviting setting. They provide comprehensive restorative and general dentistry services to patients, including dental hygiene cleanings, root canals, endodontics, dental implants, dentures, crowns, and full mouth reconstruction.*

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*If you or someone you know is concerned about their oral health, or if you need a check-up, please contact Ocala Dental today.*



# KEEP AN EYE ON YOUR TIRES

## THEY ARE SUPER-IMPORTANT TO YOUR SAFETY

By John H. Piccin

**T**ires come in all varieties. Without getting into all different types of tires, let's concentrate on the everyday tires on your two or four door sedan, SUV or pick-up truck.

First of all, you should frequently check to make sure your tires are properly inflated. Tire pressure gauges should be available to you at all auto parts stores. The tire manufacturer's recommended tire pressures are on a label usually located inside the driver's door and can easily be seen when the driver's door is open. For most uses, the manufacturer's recommendations should be followed. Recommended tire pressures may be different for the front and rear tires, usually depending on front to rear weight distribution of the vehicle.

Proper inflation will keep the full width of treads on the ground, resulting in more adhesion to the road. Proper inflation also will keep the tire sidewalls optimally stiff so that they don't distort or collapse under cornering side pressure, which would allow that part of the car to slide, possibly out of control.

Tread depth is also significant for general driving purposes as the grooves allow rain water to go away from the tire, thus allowing proper adhesion of the tire to the road, and stability to the path of the vehicle.

Extremely worn tires will not allow the water to be pushed away from the tire and can result in hydroplaning. Hydroplaning occurs when water remains between the tire and the road, causing your vehicle to not stop in time to avoid a collision, or in some circumstances, causing the front and rear of the vehicle to switch ends with possible catastrophic consequences.

Some high performance vehicles are equipped with high performance tires which have relatively soft rubber treads (for added adhesion to the road) but which wear quickly to the point of being dangerous with regard to hydroplaning-sometimes with as few as 7,000 or 8,000 miles on them!

It is also important to have all four tires of the same make and model so that they are all adhering to the road approximately the same. Also, if you drive a rear-wheel drive car aggressively, your rear tires



will wear more quickly than your front tires, resulting in increased chances of your car switching ends in the rain and going out of control.

It seems to this non-engineer that tires are somewhat like clothing-"you usually get what you pay for." But whereas a worn knee on a pant-leg or a worn sport jacket elbow might look bad, it won't hurt you. Improperly inflated or excessively worn tires could result in you or your loved ones getting severely hurt.

So, please pay attention to your tires' inflation and condition. Do not be "penny wise and pound foolish" when it comes to your tires. Your safety and that of motorists around you may depend on it!

For more information, please feel free to call John Piccin or his daughter and law partner, Katie Glynn, for a free office consultation, (800) 969-5446 or (352) 351-5446, at 320 NW Third Avenue, Ocala, FL 34475, since 1981.



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# Do You Know Your Testosterone Level?

**T**ired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer "yes" to at least one of these questions after age 40. Common symptoms of low testosterone, they can also result from a myriad of lifestyle, social, emotional and behavioral issues.

It is a physician's goal to "treat the whole patient," so we try to identify those issues that are most relevant to the symptoms. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was "normal" as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as "metabolic syndrome" is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It's estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that's required to restore sexual function.

The good news is managing low testosterone is easier and simpler than ever before. Just a decade ago, almost all testosterone replacement was by a painful, deep-muscle injection with oil-based testosterone administered every two weeks. Levels were difficult to manage and had dramatic swings with levels too high for the week immediately following the injection and too low for the week prior to the injection.



Today, testosterone is applied via a cream or gel that is applied to the skin daily. These preparations provide even absorption and steady testosterone levels. Small implants that release a steady, consistent level of testosterone in the bloodstream for eight to 10 months are also available.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Additionally, testosterone treatment should be considered only if prostate

cancer is not present, or has been successfully treated. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels.

Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream. Every man should know his testosterone level. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.

If you have any questions regarding your testosterone level, you can contact Advanced Urology Institute at (855) 298-2273.

  
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# Overwhelmed by Anxiety? Consider Ketamine.

By Eric Milbrandt, MD, MPH

**O**ccasional anxiety is part of life. Many feel anxious when faced with a new project at work, before taking a test, or when making important decisions. I felt anxiety as the deadline approached to write this article. This type of anxiety can be unpleasant, but it may motivate you to work harder and to do a better job. **Anxiety disorders**, however, involve more than temporary worry, stress, or fear. For those with an anxiety disorder, the anxiety does not go away and often gets worse over time. The presence of an anxiety disorder is a risk factor for the development of other anxiety and mood disorders, substance abuse, and risk of suicide. The symptoms can interfere with daily activities such as job performance, school work, and relationships.

Anxiety disorders are some of the most common psychiatric conditions in the western world. In the United States, as many as one in five persons are affected. There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, and various phobia-related disorders. People with **generalized anxiety disorder (GAD)** display excessive anxiety or worry most days of the week about a variety of things, such as health, work, social interactions, and life circumstances. Symptoms include:

- Feeling restless, wound-up, or on-edge
- Being irritable
- Having difficulty concentrating
- Difficulty controlling feelings of worry
- Sleep problems
- Being easily fatigued
- Muscle tension

**Panic disorder** is the presence of recurrent unexpected panic attacks. Panic attacks are sudden periods of intense fear that come on quickly and reach their peak within minutes. Attacks can occur unexpectedly or can be brought on by a trigger, such as a feared object or situation. People with panic disorder often worry about when the next attack will happen and try to prevent future attacks by avoiding places, situations, or behaviors they associate with panic attacks. Symptoms of a panic attack include:

- Rapid, pounding heartbeat
- Sweating
- Trembling or shaking
- Feelings of shortness of breath, smothering, or choking
- A sense of impending doom
- Dry mouth
- Feeling out of control



A **phobia** is an intense fear of specific objects or situations. While it may be appropriate to be fearful in certain circumstances, the fear felt with a phobia is out of proportion to the actual danger posed by the object or situation. Common phobias are fear of flying, heights, snakes, needles, and blood. **Social anxiety disorder** involves an intense fear of social or performance situations. Those affected fear being negatively judged by or embarrassed in front of others. People with **agoraphobia** have an intense fear of public transportation, open spaces, enclosed spaces, crowds, or being alone outside the home.

#### What to do about anxiety?

There are a variety of treatment options for anxiety disorders. For some, medical treatment isn't necessary at all. Non-drug **lifestyle changes** can be an effective way to relieve stress and anxiety. These primarily involve self-care, such as:

- Getting enough sleep
- Avoiding caffeine, alcohol, and tobacco
- Exercising
- Meditating
- Eating a healthy diet

When lifestyle changes alone are not enough, treatment then falls into two additional categories, **psychotherapy** ("talk therapy") and **medication**. Working with a therapist, psychologist, or psychiatrist, people can learn tools and strategies to deal with anxiety as it occurs. One such example is cognitive behavioral therapy (CBT), which teaches people different ways of thinking, behaving, and reacting to anxiety-producing events.

Medications used to treat anxiety include antidepressants, benzodiazepines, and beta-blockers. Antidepressants take time to work, so it is important to give the medication a chance before deciding whether it works. In some people, antidepressants initially make anxiety worse before the brain gets used to their long-term calming effects. Benzodiazepines, such as Xanax or Klonopin, work quickly to control anxiety. However, benzodiazepine tolerance is common, and people often need ever increasing doses or become dependent on them. Beta-blockers are medications that reduce the physical feeling of anxiety by blocking the effects of adrenaline, thereby reducing heart rate, sweating, and tremor associated with anxiety-provoking events. Beta-blockers are particularly helpful in performance situations, such as public speaking.

Recently, two additional treatments for anxiety disorders are becoming popular, especially for those that fail to improve with lifestyle changes, counseling, and medication. **Cranial Electrotherapy Stimulation (CES)**



uses a small handheld device, such as Alpha-Stim, that delivers low-level electrical current via electrode clips that are applied to the earlobes. It can be effective for a variety of acute and chronic stress conditions.

**Low-dose ketamine** infusions, such as those provided by The Infusion Clinic of Ocala, can be valuable and highly effective for treating resistant cases of anxiety, depression, and PTSD. Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose ketamine has been used safely for that purpose in children, adults, and animals for decades. About 15 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant mood disorders, including anxiety disorders. Since then, studies have proven conclusively that the drug not only works but works quickly, providing significant and lasting relief within hours of the first infusion.

You can find out more about ketamine in the January issue of Health & Wellness Magazine (<https://tinyurl.com/y7sursfq>), online at <https://www.InfusionClinicOcala.com>, or by calling The Infusion Clinic of Ocala at (352) 325-5755.



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**Dr. Eric Milbrandt** is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 15 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, anxiety, and PTSD. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides both Alpha-Stim and low-cost ketamine infusions for the rapid treatment of anxiety, depression, PTSD, and chronic pain.

# Men's Health Month:

## Why You Need to See a Healthcare Provider

**W**e've all heard the jokes about how men never want to ask for directions, and they avoid the doctor like the plague, but when it comes to men's health, going to a healthcare provider is crucial for prevention, early diagnosis, successful treatment outcomes, and quality of life.

June is Men's Health Month, so it's the perfect time to remind men of the top health issues that their gender encounters.

- Prostate Cancer
- Liver Disease
- Heart Disease
- Hypertension
- COPD
- Lung Cancer
- Depression
- Injuries
- Accidents
- Diabetes
- Skin Cancer
- Pneumonia
- Influenza

### Urgent Care's Role In Men's Health

Being proactive about your health and getting regular checkups is essential. Urgent Care is a relevant and convenient choice for many individuals, but for men, this could very well be the answer to many of their health concerns because it's easier to walk into the urgent care facility without an appointment, at a time and day that fits your schedule. Men should take advantage of this convenience to protect their health, get treatment, and to quickly find the right steps necessary for your personal situation.

For men that have not been feeling well, get injured at work, develop anxiety, have unusual pains, or are experiencing flu-like symptoms, they often don't want to wait to get an appointment with their primary care provider, and the last place they want to go to is the emergency room. No one wants to sit around waiting for hours or paying the hefty price tag that is synonymous with the ER.

Urgent care clinics are an excellent alternative to the ER unless of course, it's a life-threatening situation, which then the emergency room should be your first priority. However, urgent care facilities such as Quick Care Med can treat many injuries or illness from, broken bones, sore throats, and poison ivy rashes to tetanus shots.



**Quick Care Med Urgent Care Vs. Emergency Room**  
If your health needs are not emergent like a heart condition or other impending lifesaving issues, the benefit of urgent care in comparison are numerous. To name a few, the wait time will be much shorter. For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med Urgent Care provides you with the proper paperwork to follow up with your primary care physician or specialist, Quick Care Med Urgent Care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.

There are numerous reasons men, women, and children go to urgent care, from sore throats, skin infections, school sports physicals, vaccinations, colds and flu, sprains, heat exhaustion, animal bites, dehydration, broken bones and much more. Before you go to the ER, consider if you could instead be treated at urgent care because of the numerous benefits to you and your loved ones.

Quick Care Med wants their patients to have a primary care doctor of course, but they also take pride in the fact that they are a buffer for people between their primary care provider and the emergency room. Quick Care Med is a convenient stop for all patients, and they care for patients like family.

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations

in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays! At Quick Care Med, once patients enter their doors, they become a part of the Quick Care Med Family!

**Quick Care Med Walk-in and Urgent Care revolves around getting you back to feeling good!**

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6341 N US 441, Ocala, FL 34475  
(Across from John Deer)

**Quick Care Med**  
**Walk-In Clinic & Urgent Care**  
**844-797-8425**  
**www.quickcaredmed.com**

# Untreated Hearing Loss And The Increased Risk Of Dementia

In recent news, there has been a great deal of effort to establish the relationship between hearing loss and cognitive decline, including Alzheimer's and dementia. For decades, researchers and specialists have shed light on these comorbidities. One of the pioneers of these types of case studies is Dr. Frank Lin. Frank R. Lin, MD, Ph.D., is an Associate Professor of Otolaryngology-Head and Neck Surgery at Johns Hopkins University School of Medicine.

One of Dr. Lin's articles, states the following on the correlation between hearing loss and cognitive impairment:

"Current projections estimate that the prevalence of dementia will continue to double every 20 years, such that 1 in every 30 Americans will have prevalent dementia by 2050. At the present time, there is not one single established intervention or pharmacologic therapy that could potentially even help delay the onset of dementia.

Hearing loss is highly prevalent in older adults with nearly two-thirds of older adults 70 years and older having clinically significant hearing loss, but with less than 15% receiving any form of rehabilitative treatment."

Further studies from Dr. Lin and his peers have purported that a significant decrease in hearing causes strain on the area of the brain that processes communication. Individuals that struggle with hearing are less social, and therefore their cognitive decline is affected by less interaction and less mental processing. It is also thought that other senses effected like smell and vision loss will exacerbate cognitive issues due to a cause of degeneration in these areas of the brain.

Dr. Doraiswamy is also a highly regarded researcher on this subject. P. Murali Doraiswamy, MD., a professor of psychiatry and medicine at Duke University School of Medicine and coauthor of The Alzheimer's Action Plan, states that "The improvement in cognition was huge, about double that seen with any of the current FDA drugs for treating Alzheimer's." He continued, "Studies have shown that



*uncorrected vision problems raise the risk for dementia. Every doctor knows that hearing loss can result in cognitive problems, but they still don't focus on it as a priority when they evaluate someone with suspected dementia, which is a big missed opportunity. The benefits of correcting hearing loss on cognition are twice as large as the benefits from any cognitive-enhancing drugs now on the market. It should be the first thing we focus on."*

## Schedule a Hearing Test

If you are experiencing hearing loss, it's important to seek a qualified Hearing Aid specialist, because they are trained to get you the best outcome and resolution for your specific issue. If you've noticed that it's difficult to hear conversations in a noisy atmosphere, or you feel the need to adjust your television volume much higher than before, it's vital for you to have your hearing checked.

Perhaps you or your loved one keeps asking for people to repeat themselves, or you can't quite pick up where sounds are coming from; if this is the case, don't wait until your hearing loss gets any worse, schedule your appointment as soon as you possibly can.

At **Miracle-Ear**, their team of experienced, Hearing Aid Specialists and caring staff are unwavering in their commitment to helping their patients of all ages hear the world around them clearly and with self-confidence. Miracle-Ear offers a comprehensive array of innovative hearing products, and services tailored to meet each patient's unique hearing needs, lifestyle and budget.



**Krystal Broy**  
HAS, BC-HIS

Krystal is originally from Chambersburg, PA and has been a resident of Florida for over 30 years. She graduated from the University of Central Florida with a bachelor's degree in Public Relations. Krystal received the Professional of the Year Award for consecutive years. She has also received the Gift of Sound Award for helping those in need with the gift of hearing.



**Monica Dasher**, HAS

Monica is originally from Oxford, Florida. She has three lovely children. Monica is dedicated to providing her patients with excellent care. Her dedication has been recognized with the following awards: Customer Service Award and the Make a Difference Award.

Whether you're in Lady Lake, The Villages or near any one of our 1,400 locations nationwide, Miracle-Ear is here for you. Their offices are welcoming and friendly, and all hearing aids come with a free lifetime of aftercare.

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# Fighting Illness, Anxiety and Pain with CBD Oil

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



The treatment for diseases like cancer, epilepsy and other chronic disorders require a higher dose of CBD oil in tincture form, and it's imperative to seek out products that are regulated and distributed by a reputable practitioner that is experienced with

understanding a client's disease or disorder. **Dr. Israel Spaulding Sr.** specializes in providing his clients with the highest-quality of CBD that is pharmaceutical grade, manufactured in the U.S.A., certified to prove potency; and it's also grown, packaged and distributed under the most comprehensive quality control. The brand is called CTFO, which is a pharmaceutical grade line of full spectrum Hemp CBD that the company created specifically for doctors and pharmacists.

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

- Reduces anxiety
- Improves sleep
- Relieves pain
- Alleviates Seizures
- Controls & eases muscle spasm
  - Anti-nausea
  - Anti-psychotic
  - Anti-tumor factors
  - Brightens skin
  - Cancer cell death
- Cancer cell growth inhibitor
  - Fights viral infections
- Reduces beta-amyloid plaque
- Reduces cognitive impairment
- Reduces Seizures/anticonvulsant
  - Reduces inflammation
  - Relaxes organs and tissues



## 10X PURE

### Key Benefits:

Hydrophilic, increased potency  
Accelerated, increased absorption  
Supports Optimal Health

## How Does CBD Work?

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

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

other cannabinoids that have been used for centuries by many cultures for medicinal purposes. CBD oil is an excellent alternative for people that would benefit from cannabinoids alone, while other more complex medical cases may require the additional advantages of THC combined with CBD in the marijuana plant.

## Who can benefit from CBD?

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

**Dr. Israel Spaulding, Sr.**

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# Vestibular Balance Issues Should Not be Ignored:

## A Physical Therapy Method has Helped Countless Individuals Find Restoration

**A**t least 50 percent of the U.S. population will develop a balance issue, at some point in their lives. Balance disorders typically happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular disruptions.

Patients suffering from vestibular related disorders frequently experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular problems in their lifetime, and that number is on the rise.

**BPPV:** The most common form of vestibular complications is Benign Paroxysmal Positional Vertigo or BPPV.

- **Benign** - Not life-threatening
- **Paroxysmal** - Brief spells that come and go
- **Positional** - Triggered by certain head positions or movements
- **Vertigo** - A false sense of rotational movement

Tiny calcium crystals (otoconia) in the inner ear that slough off and get lodged in the fluid of the ear canals (labyrinth) usually are the cause of BPPV. Benign Paroxysmal Positional Vertigo

can be effectively treated with one of two simple manual therapies that move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These therapies can be performed in the convenience of Innovative Therapies Group's office.

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a

fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

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



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

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

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# GAINSWave:

## Treating Men's Sexual Health

**T**his month's testimonial is bit different than the others we have done because it concentrates on a subject that is sometimes difficult to discuss - Sexual Wellness. Although it can be an uncomfortable topic for men, it is extremely common. This is especially true for men ages 40-70 years of age. Our client, Karl Von Behren, was willing to take on the task of sharing his story on this very sensitive subject.

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

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

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

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

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



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



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

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

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

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

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

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

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

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



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

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

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

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# Should You Take Fish Oil Before Surgery?

By Anne-Marie Chalmers, MD

**F**or years, doctors advised patients to stop taking omega-3 supplements before surgery. This was due to the belief that consuming fish oil could increase a patient's risk of bleeding during an operation.

New studies, however, have extensively documented that taking omega-3 supplements before operations not only appears to be safe, but may even be highly beneficial.

## Is Fish Oil Before Surgery Really a Risk?

The efforts to analyze the hypothetical bleeding risk of omega-3s have been ongoing for years. In 2007, researchers reviewed 19 clinical studies involving more than 4,000 surgical patients. These patients took fish oil supplements at doses ranging from 1.6 to 21g of EPA/DHA per day. In the studies analyzed, the patients also took aspirin or heparin — two common blood-thinning drugs.

The review concluded that the risk of problematic bleeding was virtually nonexistent, even when combined with other medications known to increase the risk of bleeding.

Another review from 2008 similarly found that no published studies had reported clinically significant bleeding episodes among patients treated with anti-platelet drugs and fish oil at doses ranging from 3 to 7g per day.

## Even Large Amounts of Omega-3s Considered Safe

More recent studies have added to the evidence. One review from 2018 found it safe to consume doses of up to 10g of EPA/DHA per day in the short-term. For context, that would be the same as swallowing almost ¼ cup of Omega Cure® liquid fish oil, or taking 33 regular fish oil capsules daily, which is significantly more omega-3 than any patient needs to take.

Similarly, another 2017 study focused on children, also declared that fish oil therapy surrounding surgery was safe and did not increase the risk of bleeding.

## Benefits of Taking Fish Oil Before and After Surgery

In the medical community today, there's excitement that omega-3 fatty acids may actually reduce the risk complications post-surgery. In addition, studies indicate that omega-3s could potentially improve microbiome health, regulate constipation, ease anxiety, and reduce the need for excessive painkillers — all common concerns for surgical patients.



### 1. Fewer Post-Surgical Infections

One review analyzed the effects of omega-3 supplementation on pre- and post-surgery colon cancer patients. These types of operations are especially risky due to the high occurrence of postoperative infections. The authors found that omega-3 supplementation was associated with fewer post-surgical infections, as well as a shorter hospital stay.

### 2. Reduced Risk of Cardiac Complications

In a 2017 review, another group of researchers similarly discovered that omega-3 supplementation reduced the length of hospital stays, as well as the risk of atrial fibrillation.

A 2018 study also investigated how omega-3s impacted cardiac surgery patients. During the week before their scheduled surgeries, more than 1500 patients were randomly assigned to take either a placebo or 6.5 to 8g of EPA/DHA. Starting from the day of their surgery until their release from hospital, the omega-3 group continued to take 1.7g of EPA/DHA.

The results? The team discovered that patients with higher EPA/DHA blood levels actually had a lower risk of bleeding and saw a reduction in the number of blood transfusions.

### 3. Improved Microbial Health

In recent years, researchers have also started to look at the microbiome's influence on the immune system. The microbiome — the name used to describe the bacteria that live in and on us — can either support or hurt our health, depending on the composition and types of germs.

During surgery, patients are typically both exposed to new types of bacteria and are also given antibiotics that kill off many existing microbial team-players. Both of these factors can disrupt the microbiome, which is why it is important to help support the good bacteria as best as possible.

Studies show that omega-3 fatty acids improve the ratio of beneficial to harmful bacteria, as well as diminish the ability of harmful bacteria to colonize the intestines. In addition, fish oil also diminishes the amount of pro-inflammatory endotoxins produced by harmful bacteria. All of these benefits can potentially make a big difference for patients' vulnerable immune systems in a hospital setting.

## Support Your Health with Fresh Fish Oil

It's time to rethink the old approach of stopping to take omega-3 supplements prior to surgery. Nobody tells patients to stop eating fish. And as the research demonstrates, consuming omega-3s from fish oil prior to surgery is similarly safe, unless a person has a bleeding disorder or is on lots of blood thinning medications.

Finally, as the data suggests, getting an effective omega-3 dose can potentially support a patient's recovery. And that is a good reason for practitioners to re-examine their supplement protocols.

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

<https://omega3innovations.com/blog/should-you-stop-taking-fish-oil-supplements-before-surgery-and-other-medical-procedures/>

## 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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# Managing Life's Aches and Mishaps

Submitted by Hospice of Marion County

**T**here are currently over 40 million people in the U.S. aged 65+ and this number is anticipated to double by 2050. As a result, demand for durable medical equipment (DME) is in higher demand for this segment of the population due to normal aging ailments, falls and other illnesses.

Statistics published by the U.S. Bureau of Labor Statistics suggests that sales of home health aides and personal care aides are expected to increase by \$13 million in 2020, a 70% increase from 2010.

Whether it's you or someone you know, we've all experienced accidents, falls and other mishaps that can cause havoc on our bodies. Maybe it's a sprained ankle that's making your mobility difficult. Sometimes we hobble along on our own hoping it will get better. However, in either short-term or long-term care and especially with post-surgery care at home, DME home medical equipment and supplies play an assistive role in faster patient recovery.

Luckily, there are many options for consumers of home medical supplies and equipment ranging from personal aids for daily living, mobility aids such as wheel chairs, to monitoring equipment such as oxygen and diabetic supplies to hospital beds.

Accent Medical, a durable medical equipment company and affiliate of Hospice of Marion County, is a not-for-profit organization that in addition to serving hospice patients and their families, offers the



same quality care and products to anyone in Marion County. Clients can pick up or if home delivery is required, that too can be arranged.

"We do the leg work, so you don't have to," says Accent Medical Administrator Mike Ratner. Adding, "Our friendly qualified staff goes the extra mile to deliver the best products with the best service. We tailor our services to meet a customer's specific situation and individual needs."

Accent Medical technicians will hand-assemble in the home, educate folks on safe and easy ways to

operate all of the equipment, making sure clients understand "how to" instructions before leaving their home.

Additionally, if purchasing equipment is not in your budget or required for long-term use, an option to rent is available as well. Accent Medical will provide a free price estimate and recommend only the items that are right for the customer.

"Our team can help you select the best quality product to suit your budget, plus we offer a 'happiness guarantee' with a no-hassle return policy," says Ratner. "We are with our customers every step of the way and live by our motto—Enhancing quality of life, one person at a time."

**To learn more about Accent Medical, call (352) 622-7260 or visit: [www.accentmedical.org](http://www.accentmedical.org)**

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**W**hether you've been to Europe in the past or if you're making the decision to finally book your dream vacation there, it can be overwhelming. Deciding where to go, how long to stay and what to see are easier to choose when an expert traveler can give you advice. That's where YMT vacations outshines the rest.

Make your dreams a reality by booking an affordable, guided European tour. YMT offers plenty of options! Cruise down the Rhine, or through the heart of French wine country. Explore historic castles in Britain, witness the lush Irish landscape, visit the valuable treasures of the Vatican, savor the wine culture of Spain and Portugal, and travel the same paths as ancient gods and kings in Greece. YMT gives you a unique European experience with guides to answer all your questions and manage logistics. You can focus on what matters most – enjoying your vacation. Whether you book a land tour, a combined cruise and land package, or one of our Transatlantic cruises, there is no better time to enjoy guided tours of Europe.

One of the ways to see many countries in one trip is on a cruise and YMT vacations has put together a new elite European travel option for their clients.

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### Lisbon Portugal

Lisbon is watched over by 7 picturesque hills whose view of an ancient city with cobblestoned streets and stately ruins combined with a modern metropolis is one of Europe's prettiest. Be sure to sample the variety of fresh seafood and succulent Alentejan beef served at local restaurants.

### Porto Portugal

One of Portugal's oldest cities. Its historic center has been named a UNESCO World Heritage Site, and is the perfect place to sample a glass of port wine-named after Porto itself.

### Bruges Belgium

Bruges, home to some of the world's best preserved Medieval architecture, as well known for its chocolate and waffles.

### Amsterdam Netherlands

Discover the charm of the renowned Amsterdam canals, which provide an ideal vantage point to see the city's wonderful architecture. The capital of the Netherlands, Amsterdam is widely considered to be one of Europe's most sophisticated cities.

### Cologne Germany

one of Germany's most important metropolitan regions. You'll learn about this former Roman province and influential medieval and Renaissance era trade base that was nearly wiped out during WWII. Virtually all of Cologne's buildings were built after the war, and the landscape is characterized by simple and modest post-war buildings, with just a few pre-war buildings that were either rebuilt or miraculously untouched during Allied air raids. You'll also visit the spectacularly spired Cathedral Church of Saint Peter, a UNESCO World Heritage Site and Germany's most visited landmark!

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# When You Are At Your Wits End

By Pastor Tim Neptune

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31*

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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