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Health & Wellness[®] MAGAZINE

June 2019

Lake/Sumter Edition - Monthly

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**AVE MARIA'S
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**GAINSWAVE:
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Marissa

-Marissa Lenney, Patient & Breast Cancer Fighter

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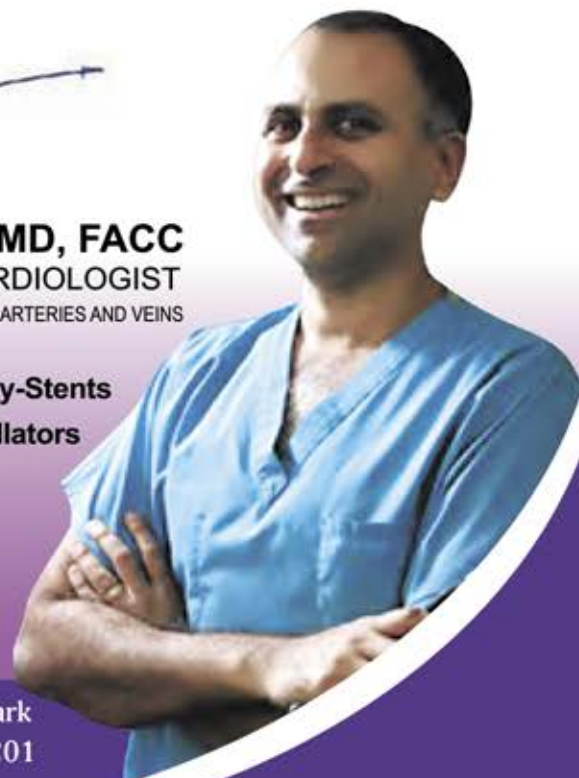
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UV SAFETY

WHAT YOU SHOULD KNOW

We all enjoy the radiant Florida sunshine, but ultraviolet rays can damage eyes, especially with regular or prolonged exposure. Studies and patient cases demonstrate the sun's ultraviolet (UV) light and high energy visible light (HEV blue light) can lead to eye damage and increase the development and severity of cataracts, retinal damage and macular degeneration, and cause photokeratitis, a sunburn of the cornea that can cause vision loss for 1-2 days or longer, pterygia (wedge-shaped bumps that develop on the whites of the eyes and may spread to the cornea, blurring vision and creating irritation) and pingueculae (benign raised yellow bumps in the white of the eye).

As if that weren't enough, some people develop tiny freckles in the iris (the colored part of the eye) that can turn into melanomas. While eye melanomas are rare, like any cancer they can become serious if left unchecked and untreated.

Of course this doesn't mean that everyone should avoid the sun and outdoor activities, but rather enjoy them more mindfully and responsibly, which, luckily isn't that hard at all.

First, invest in high-quality sunwear specifically constructed to block 100% of UVA/UVB rays and absorb most HEV radiation. "We carry a wide variety of fashionable styles and lenses designed to provide excellent eye protection," says Doctor of Optometry, Lindsey Walsh. "I particularly recommend a wraparound style for higher-risk people, as they help block peripheral rays, too."



To improve your protection, wear hats and other protective clothing and try to limit time in the sun between the hours of 10am to 2pm, when the sun is highest in the sky, particularly in environments where there may be a lot of UV "bounce," such as water, snow, sand and concrete, which compound exposure.

Regular comprehensive eye exams can help your ophthalmologist or optometrist discover early signs of eye disease, so make sure to see your doctor every one to two years, and immediately if you notice sudden changes in your vision, floaters, flashes or other problems. You can also discuss the medications you're taking, as some can

increase your sensitivity to UV radiation and sunburn. "We can also recommend supplements to help bolster your resistance to UV exposure," says Adria Anguita, OD. "Increasing levels of vitamin C and other key antioxidants can help protect your vision and overall health."

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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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GAINSWave:

Treating Men's Sexual Health

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

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

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

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

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

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



Shortly after his last visit to one of his doctors, Karl saw TNT's ad about a free 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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Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

What is Deep Vein Thrombosis (DVT)?

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

What Causes DVT?

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

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

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

Symptoms:

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

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

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



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

Treatment Options for Venous Insufficiency

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

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

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

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.

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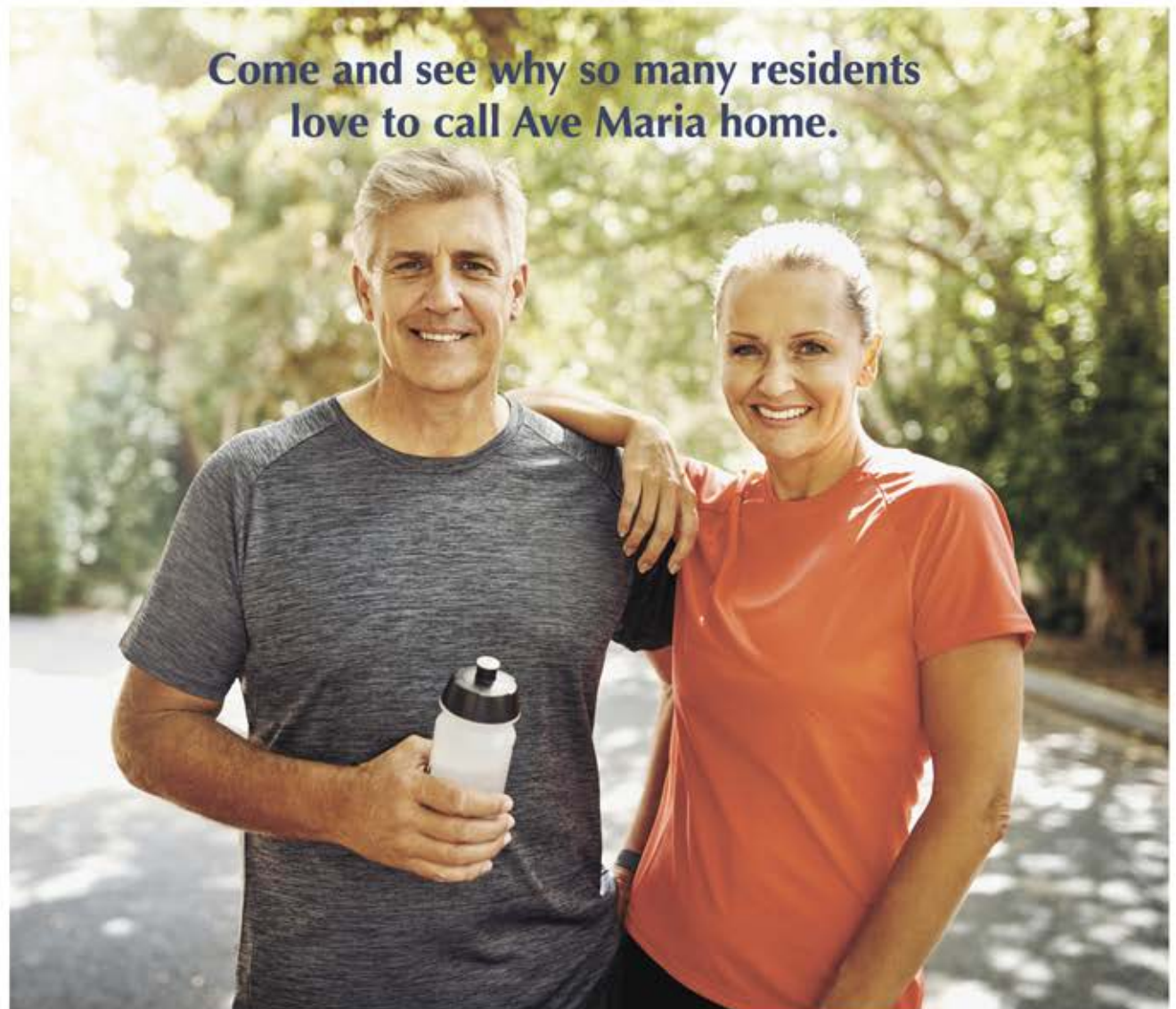
There have been numerous studies on the effects of men's health in regards to a healthy diet and living an active lifestyle. In the findings, the social aspect of building strong bonds and having a sense of belonging were also critical factors in heart health, behavioral and emotional wellbeing and cognitive functioning.

Living an active lifestyle in Ave Maria is easy. Ave Maria has great outdoor spaces, and what's key, is the fact that it's not overly developed or as busy as some nearby communities. Settled in Collier County, Ave Maria is one of the newest communities with award-winning amenities. The amenities include over 100 miles of walking trails, an onsite waterpark, a 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. Whoa...that's a lot of active amenities for one community, but that's what makes Ave Maria different and highly sought after.

The town of Ave Maria offers several styles of homes featuring lake, preserve, and golf course views. 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.

Why is it that so many men enjoy living in Ave Maria? The activity and camaraderie surpass all other communities. For example, Ave Maria has several men's weekly groups such as Resident Men's Pickup Soccer, Men's ½ Court Basketball, Resident Men's Softball, and Men's Tennis Clinics. All of these groups meet at parks within Ave Maria including North Park and South Park and the Panther Run Golf Club also has men's day. Ave Maria is a healthy place for men to live, they can live, and work, and shop and play all within their own detailed private community

For those individuals lucky enough to live here, they will experience the best of both worlds. State-of-the-art entertainment is just a short 30-minute drive away to Naples, and they reside in the quiet neighborly hometown, where kids can safely play in the water park, and grown-ups ride their bikes to the coffee shop or walk to fabulous restaurants for dinner. And if you're looking for some modern flair, Miami is just a quick 2-hour drive away.



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

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 won community of the year for the third consecutive year. What makes it so unique? The details!


Ave Maria is a 4,000-acre master-planned community. Developer, Barron Collier Construction, kept in mind the need to develop a town that was for all ages, from growing families to seniors and they did it with great pride, making certain the specifics were perfect and that the homes are of the highest quality. Women, men, children and the aging population all enjoy the unique customized lifestyle of Ave Maria. There really is something for everyone.

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. Just a 4 Hour Drive from The Villages.

Ave Maria

5076 Annunciation Circle #104, Ave Maria • AveMaria.com • 239-352-3903

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



DO YOU OR SOMEONE YOU LOVE SUFFER FROM ALZHEIMER'S DISEASE?

Dr. Dariano, D.O.

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in a different degree. If you notice any of them, please see a doctor.

1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a check-book.

3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. CONFUSION WITH TIME OR PLACE

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8. DECREASED OR POOR JUDGMENT

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how

to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10. CHANGES IN MOOD AND PERSONALITY

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

WITH EARLY DETECTION, YOU CAN:

- Get the maximum benefit from available treatments.
- Explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer.
- Increase your chances of participating in clinical drug trials that help advance research.

WHAT TO DO IF YOU NOTICE THESE SIGNS

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

Source: www.alz.org

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.



352-205-4302

www.riversfamilymedicine.com
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The Villages, FL 32159

Putting Safety First for Seniors

When was the last time you thought about home safety? How about the safety of your aging parents in their home; have you checked their home for general safety measures recently? Medical professionals will tell you how important it is for adult children to annually perform a safety check of their aging parents' homes in order to help avoid dangerous situations.

Trinity Springs offers an atmosphere of home and comfort, reducing feelings of insecurity, loneliness and confusion. We understand how important a feeling of safety is to our residents and their loved ones. While providing the best in customized care for our residents, we also provide support and education for families.

June is home safety month and we would like to give you a few tips on how you can help to keep your loved ones safe. Basic safety inspections should cover items such as fall prevention, fire and kitchen safety, emergency response systems, and home security. According to the CDC one out of three older people [those 65 and older] falls each year. With a few minor home adjustments, you can rest easy knowing the likelihood of your loved one suffering a fall injury has been decreased. An important first step toward preventing falls at home is to remove anything that could cause a trip or slip while walking. Stumbling on pet bowls, electrical or phone cords, excessive clutter, small furniture or small rugs can all cause you to fall. Be sure to arrange furniture so that there is a wide and clear walkway around the home and install handrails if necessary or where possible.

Kitchen safety is something that you will need to review with your loved ones often as their abilities might change naturally with the aging process or with a change in their prescribed medications. Make sure that smoke and carbon monoxide detectors are installed and in good working order. Other basic safety measures include using a microwave instead of a stove, ensuring the kitchen is lighting is adequate, never leaving food that is cooking unattended and keeping a fire extinguisher handy.

If an emergency does occur in the home, do you have a plan in place for retrieving help? Always keep a list of emergency phone numbers in an easily accessible location (or two). Be sure the information is written in large print that can be read easily if you are in a rush.



Important numbers include poison control, health-care providers and family or friends. There are also many options for personal emergency response providers that can save your loved ones' lives in a dire situation.

Your front door should have dead bolts installed and doors should remain locked whether you're home or not. Most of us grew up in a time where it was common to leave your front door unlocked, but it is now important to make home security a habit. Other general safety guidelines to follow should include leaving a spare key with a neighbor you can trust in case you are ever locked out, never open the door to a stranger (if they are a sales or repair person, then you should call their company to verify their intentions), lastly don't let people know when you are away from your home (through social media or otherwise) as this can make your home an easy target.

Take the time to make sure those you love are safe. As we get older we may take safety for granted and this is no time to forget the easy rules for keeping our homes safe. Other factors such as a change in our physical abilities as well as medications prescribed by healthcare professionals can

also lend to potentially unsafe situations. Being alert and prepared is the best way to approach home safety. We strive to ensure that our residents live at their highest level comfort and security. If any of our residents need personalized care as an enhancement to our basic living services, Trinity Springs also offers specialized personal attention. Our community creates a customized service and assistance plan for each resident with a variety of therapies and life enrichment activities. Since our professional and friendly staff interacts daily with our residents, we continually monitor their individual needs. We welcome you to call us at 352-633-4030 to learn how you can experience the best in senior living.

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IGNORING COMMON CARDIAC SYMPTOMS LEADS TO CRITICAL ISSUES

T.E. Vallabhan, MD, FACC

John 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

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

**It’s your heart.
It should be personal.**
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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, Drvcardio.com

Dr. Vallabhan

Call Office for Consultation
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Lady Lake, FL 32159**

Do You Know Your Testosterone Level?

Tired? 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 ever 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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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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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.

**The Villages®
Regional Hospital**
www.TheVillagesRegionalHospital.org
1451 El Camino Real, The Villages, FL 32159



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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With schools, shops, parks, pools, and more all just moments from your front door, it seems the golf cart is the unofficial vehicle of Ave Maria. Which reminds us: at what point do you have to stop calling it a golf cart?

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Orthopedics and the Advantages of Stem Cell Therapy

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

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

Mimedex cites the following:

"OrthoFlo is an amniotic fluid allograft that is provided lyophilized, and is intended for homologous use to:

- Protect & cushion
- Provide lubrication for enhanced mobility
- Modulate inflammation

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

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



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

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

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

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

Stem Cells Benefits

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

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

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



(352) 751-2862

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What if Your Back Pain is a Spine Compression Fracture?

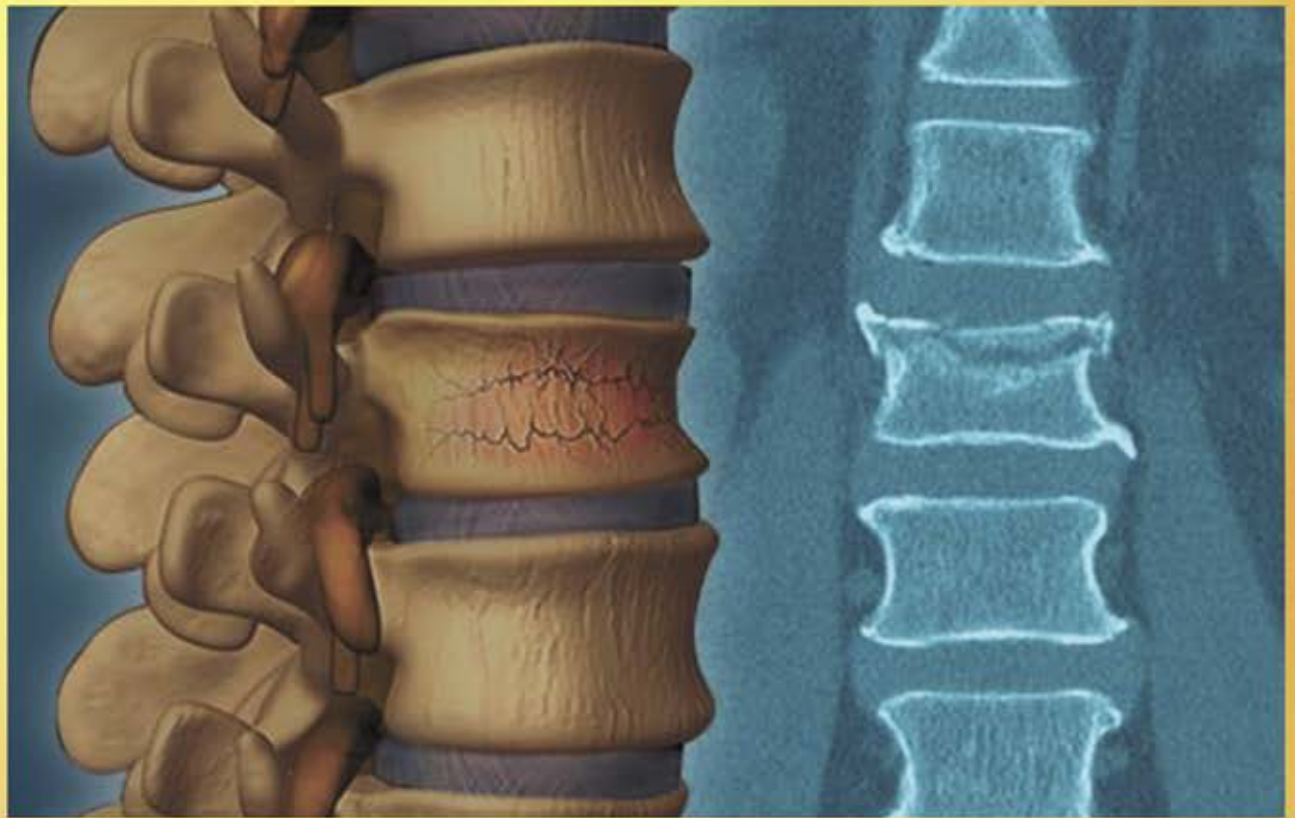
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit your doctor or urgent care center immediately, because you may have a vertebral compression fracture in your spine. If you are able to pinpoint your pain with the touch of a finger to a specific vertebra, it is important to act quickly or it may become too late to repair it.

What is a compression fracture and why is time of the essence? A compression fracture is when a vertebrae cracks and becomes compressed or somewhat flatter than it was before the fracture. Think of an elderly person with a hunchback or curved spine. A hunchback, medically known as kyphosis, is often caused when the bones become frail and brittle from osteoporosis (loss of bone density) and the vertebrae begin to fracture one by one. As these vertebrae fracture, they become misshapen. The rectangular vertebrae become triangular or wedge-shaped, eventually creating a curve in the spine.

Once a vertebrae fractures it will heal on its own, but it takes several weeks or even months to do so, during which time the pain is often unbearable. In the past, doctors would put patients in a brace and prescribe medication, often in the form of narcotics, to help ease this pain. When the compressed vertebrae heals on its own, it heals in its compressed state or compresses even further, sometimes flattening completely and reducing the height of the individual. At this point, nothing can be done to restore its integrity since the bone has hardened, making it impossible to fix.

Compression fractures can also be caused by an impact such as a fall, or from cancer which has metastasized to the spine. Unfortunately for many, a compression fracture can be a first indication of cancer, so do not ignore this sign - get a consultation immediately. If you had an X-ray, CT, or MRI indicating a compression fracture, insist that your physician acts quickly to refer you to a specialist for a kyphoplasty or vertebroplasty.

With a procedure called kyphoplasty, kyphosis can be a thing of the past! A Kyphoplasty procedure can stop pain instantly in over 95% of patients, as well as prevent further collapse of the vertebrae. During the procedure, the physician uses image-guidance in the form of a C-ARM (which is a live X-ray) to obtain access and inject a plastic cement into the vertebrae to restore the integrity of the bone, often stopping pain completely and preventing further damage. The procedure is performed under conscious sedation and



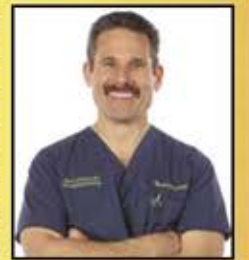
takes approximately 30 minutes under the expertise of an experienced specialist, such as an Interventional Radiologist. Although other specialists are now performing this procedure, an Interventional Radiologist should be your first choice, as they pioneered the procedure, and any image-guided procedure should always require a person trained in radiation safety.

Interventional Radiologists believe that limiting X-ray exposure to patients is crucial, which is something often overlooked by other physicians. An Interventional Radiologist such as Dr. Mark Jacobson, uses a mere fraction of the typical radiation exposure used by other specialists, including other radiologists. An Interventional Radiologist also uses minimally invasive surgical techniques with the least number of punctures (usually one per vertebra) and the smallest needles possible, thereby enhancing safety and reducing healing and recovery times.

In the case where a compression fracture is caused by a cancerous lesion, an Interventional Radiologist can also biopsy the bone and perform a radiofrequency ablation to alleviate pain prior to the kyphoplasty (this is not a replacement for, but complimentary to radiation treatments, because if a patient is in less pain, the treatments can be tolerated better). This is why it is imperative to understand that not just anyone should perform your kyphoplasty, but someone trained in identifying the difference between a simple fracture caused by osteoporosis, and a fracture caused from a possible cancerous lesion. A trained expert will be able to offer to you the best options available.

About Dr. Mark Jacobson

Dr. Jacobson performs hundreds of kyphoplasties each year in his Lady Lake center and is the "go-to provider" for this procedure, not only because of the number of procedures performed and numerous happy patients, but also because of his participation in the research of radio-frequency ablation of cancerous spine tumors. Local, as well as out of town physicians entrust Medical Imaging & Therapeutics for treatment of their patients' spine fractures. MIT is affiliated with the University of Florida College of Medicine as an Interventional Radiology training center for physicians in the interventional radiology residency and fellowship program.



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- Electrocardiograms
- Nuclear stress testing
- Pulmonary function testing
- Joint injections
- Skin biopsies and minor skin procedures
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www.riversfamilymedicine.com

TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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



OUR SERVICES

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- EXERCISE STRESS TESTING
- NUCLEAR STRESS TESTING
- ECHOCARDIOGRAPHY
- EVALUATION OF HEART VALVE DISORDERS
- EVALUATION OF CORONARY ARTERY DISEASE
- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
- EVALUATION OF FATIGUE
- CHOLESTEROL DISORDERS (DYSLIPIDEMIA)
- PREOPERATIVE SCREENING
- WEIGHT LOSS AND NUTRITIONAL CONSULTING



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SAFETY AWARENESS MONTH:

Injury Care & What to do After an Accident

Each year, nearly 1.6 million vehicular accidents take place in the U.S. When we consider that 750,000 people suffer from a heart attack annually, it puts things into perspective. Many people take driving for granted and they can become careless without really considering how dangerous the roads can be, especially here in Florida.

Critical Steps to Take if You're Injured in an Auto Accident:

#1 Check to see if you're injured

If you're injured in an accident, call 911 or ask another individual to do so on your behalf. If you are seriously injured, try not to move and wait for emergency personnel. Do not admit fault to anyone.

#2 Exchange information

Exchange contact information and share insurance data with the other driver. This includes names, addresses, and phone numbers. Write down the other vehicle's make, model, and license plate number.

#3 Get Help

File a report with the police by calling local law enforcement to the scene. Request a copy of the police report.

#4 Documentation

Take photos and contact your insurer; if you're traveling with a smartphone or camera take pictures at the scene. Get shots of the vehicles involved, any damage, and license plates.

#5 Witnesses

If there were any witnesses at the scene, ask for their names, and contact information as well.

#6 Legal Counsel

Consult an attorney. It's essential to consult an attorney whenever you have an accident.

#7 Get a medical checkup

Get to a medical facility for a post-accident checkup. Remember that you only have 14 days from the date of the accident to have a checkup! Contact Village Medical Injury Care right away to schedule an appointment—Don't wait!

#8 Keep a Record of your injuries and write down, date any new symptoms

(radiating pain, sleep disturbances, hearing loss). As time goes on, update your physician in writing with every new symptom that you endure.

Additional Key Points:

#9 An injury care specialist should be able to co-manage the patient with primary care and other doctors

#10 Seeing an injury care specialist isn't about inflating your settlement; it's about getting the right care for the patient to recover.

#11 Still, any injury care specialist should be willing and able to work with your attorney (competent specialists will have experience in this area).

#12 It's important for primary care physicians to have an injury care specialist to which they can refer injured patients; this allows PCP's to ensure quality care for their patient and can help reduce the PCP's malpractice liability, especially in the age of opioid addiction. And for PCP's who are part of an ACO, having an injury care specialist can drastically reduce costs for injured patients. Any PCP without an injury care specialist should establish a referring relationship with one (we are accepting new PCP's into our network).

#13 It's REALLY important for patients who are injured in any type of auto-accident, slip and fall, or workman's comp incident, to see an injury care doctor ASAP after their accident. Many injury symptoms do not appear immediately, and if you wait to see the doctor, insurance may not cover your injury treatment.

Village Medical Injury Care Treats the Following:

- Auto & Vehicular Injuries
- Sports Injuries
- Foot & Ankle Pain
- Disability Evaluations
- Anti-Aging
- Hip & Leg Pain
- Knee Arthritis Pain
- Low Back Pain
- Neck Pain
- Neuropathy
- Numbness & Tingling of the Hands & Feet
- Sciatica
- Shoulder & Arm Pain
- Spinal Stenosis
- And Much More



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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www.VillageMedicalInjuryCare.com

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

When 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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www.OcalaDentalCare.com

Ocala Dental Care

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.

For health concerns and aesthetics, their metal-free prosthetics made with advanced materials in their on-site lab, both restore functionality and complete your smile without unsightly metal.

Ocala Dental Care has three master dentists on staff, dental implant specialists Dr. Manual DeLeon and Dr. K. Woo, along with a general and restorative dentist Dr. Jeffrey Metcalfe. With three dentists at your service, they can prioritize patient procedures and time management, paying particular attention to your comfort and superiority of work.

They understand the financial elements that the patients have to decide upon and offer flexible payment plans to help them receive the quality dentistry they need.

Members of the FDA and Central Florida District Dental Association, they have been serving patients for more than 30 years and look forward to serving all of your dental needs.

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

Migraines & Headaches: Heal Your Pain Naturally with PEMF Therapy

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

Several conditions and dietary influences exacerbate headaches and migraines, these include the following:

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

PEMF Therapy is FDA Approved for Migraine & Headaches

When PEMF is applied to the head to ease Migraines and Headaches, PEMF is regenerating neurons and neurotransmitters that have been failing, as well as stimulating the production of dopamine in the brain as well as serotonin throughout the body.

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



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

What Causes Dysfunctional Cells?

We were designed to be hunters and gatherers walking barefoot 30 to 40 miles per day to survive. Today the average American spends most of our days on cement slabs, either in our homes or at work, which unfortunately blocks much of the electromagnetic energy the Earth is producing for us. Plus, the average American only walks less than half a mile per day. This combination has led us to become electromagnetically deficient.

Stress, environmental pollution, sedentary lifestyles and poor diet, add to many people becoming affected by illnesses and insufficient energy. However, when electromagnetic fields (PEMF) are applied to the body, it can self-regulate and even self-heal in a much more efficient and greater rate.

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

How PEMF Therapy Heals Pain and Improves Health

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

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

References:

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

To find out more about PEMF Therapy, please contact iPulse, PEMF Wellness Center today.

iPULSE PEMF Therapy Wellness Center

352-387-9584

<https://ipulse.life>

10935 SE 177th Pl, Suite 301

Summerfield, FL 34491

Fighting Illness, Anxiety and Pain with CBD Oil

There are countless ongoing peer-reviewed studies on the medical outcomes of utilizing Cannabis as a drug therapy in patients that have cancer, multiple sclerosis, HIV/AIDS, cognitive damage, rheumatoid arthritis, PTSD, epilepsy, ALS, Crohn's, Parkinson's, Lupus, and many other disorders. CBD oil is also a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects without the mind-altering psychoactive effects of cannabis with THC (tetrahydrocannabinol). THC is the mind-altering, euphoric component of marijuana that gives you the "high" feeling.



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

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

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

How Does CBD Work?

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

CBD or cannabinoids can treat many different forms of diseases and disorders with little THC. CBD is not the only cannabinoid found in cannabis;

in fact, over 100 cannabinoids have been discovered so far. The full spectrum hemp contains CBD along with many other cannabinoids that have been used for centuries by many cultures for medicinal purposes. CBD oil is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases may require the additional advantages of THC combined with CBD in the marijuana plant.

Who can benefit from CBD?

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

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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Should You Take Fish Oil Before Surgery?

By Anne-Marie Chalmers, MD

For 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. 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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Vestibular Balance Issues Should Not be Ignored:

A Physical Therapy Method has Helped Countless Individuals Find Restoration

At 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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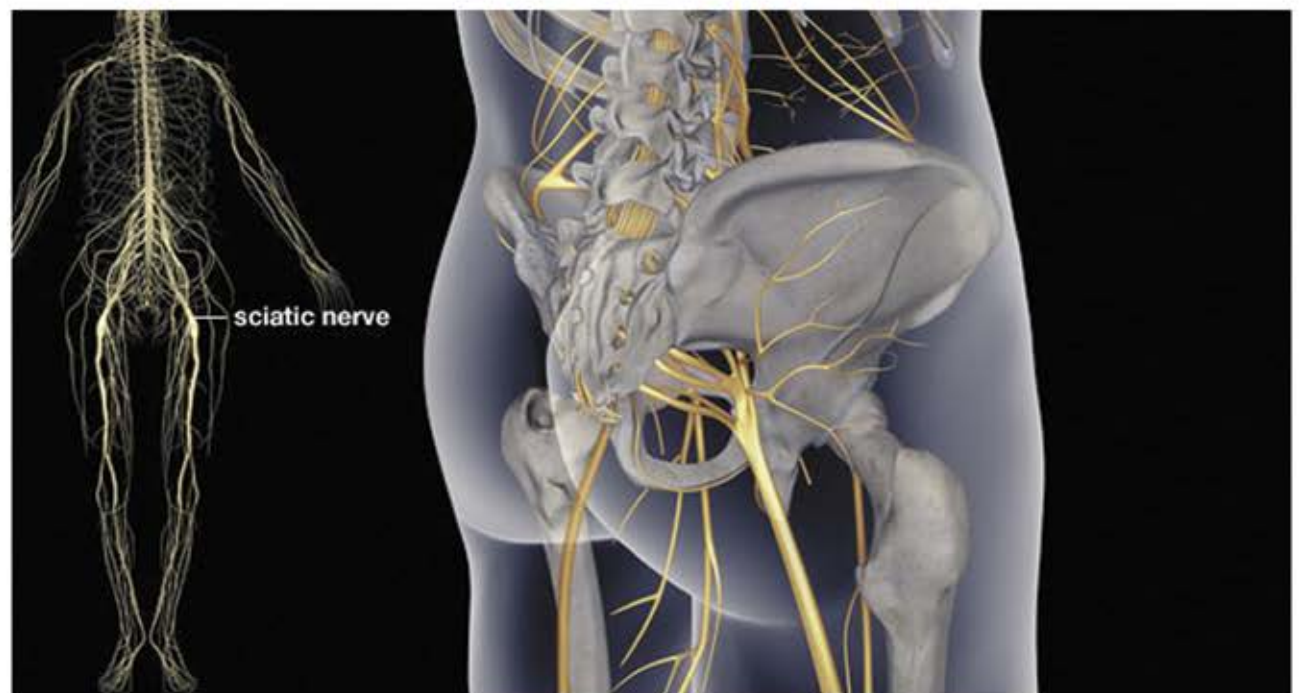
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By Compton Chiropractic Care

Currently there are millions of Americans who suffer from low back and leg pain. A recent survey showed, a large majority of these patients are over the age of 65. When you figure that the Villages has a population exceeding 100,000 and a majority are over the age of 65 then it becomes easier to understand why so many local residents experience this pain. In fact, seven out of ten patients who walk into Dr. Compton's office complain of low back or sciatic pain. It is common knowledge that Chiropractors treat low back pain among other muscular skeletal complaints. What is not well known is that there are over a dozen different techniques and treatment plans to treat the same condition. Different Doctor's feel one technique is better than another but the proof is in the pudding. What makes a Doctor truly unique and beneficial to their patients is being able to properly diagnose a condition the first time and realize when a particular protocol is not working and escalate care to the next level.

Sciatica is defined by The Mayo Clinic as: *Pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.*

Sciatica most commonly occurs when a herniated disk or a bone spur compresses part of a nerve. This causes inflammation, pain and often numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with conservative chiropractic care in a few weeks. Interestingly enough; due to the anatomical location of the sciatic nerve, sciatic type pain can also be caused by Piriformis syndrome or sacro-iliac joint dysfunction. These two conditions masquerade around with similar signs and symptoms and can lead to improper diagnosis and treatment. This means patients spend money and do not get better, never a good thing.



The Doctors at Compton Chiropractic are board certified and have degrees from Palmer College (The First Chiropractic Medical School). Among other common conditions they treat low back and sciatic pain on a daily basis with great success. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

These days it's hard to walk around the golf course and not hear someone talking about their "sciatica". Unfortunately, the great game of golf tends to wreak havoc on ones spine and muscular systems. This is one reason why many top pro golfers (Tiger Woods, Tommo Armour) among other athletes have a chiropractic physician on staff. Certainly if professional golfers with great swings utilize chiropractic care, then local residents who have trouble swinging could potentially benefit more.

Compton Chiropractic has been serving The Villages since 2006 with knowledgeable Doctors and friendly staff who treat sciatica pain on a daily basis. They primarily utilize "Cox Flexion Distraction Technique" which was developed by Dr. James M. Cox in the early 1960's as a non-surgical method of treating disc related injuries. Since that time Doctors of different specialties around the country have studied and utilized these methods with great success.

Many residents are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc and stenosis. Many are also aware that surgery has been the most common treatment for these injuries in the past. However, years of research and technology have pushed us into the 21st century and now there is hope for those who suffer from this debilitating pain. It is now commonplace in medicine to try the most conservative means of treatment first. This approach is a win: win for patients and doctors alike because it means less wasted time and money.



WHETHER OR NOT YOU'VE GOT A PRIMARY CARE PHYSICIAN (PCP), AT DR. COMPTON'S OFFICE, ALL PATIENTS ARE WELCOME.

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WHAT IF I DON'T HAVE A PCP?

Many patients come directly to Dr. Compton's office, as referrals are not required.

WE CAN REFER YOU OUT IF NECESSARY:

All cases and patients are different. For example, if we feel it's in your best interest to see an orthopedic specialist, or if you need additional images, we refer you out and can also coordinate this with your PCP's preferences.

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

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

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

Patient Testimonial

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

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



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Wellness Teas for Your Tummy Troubles

If you are like one of the millions of individuals in our country that suffers from chronic digestive disorders, it's critical to educate yourself on what might inflame or trigger your condition and also to learn about your treatment options. Those methods should also include, natural remedies.

When it comes to gut health and stomach issues, there are plenty of ways to relieve and alleviate various conditions naturally. Many spices and herbal remedies can be made into teas and used as direct, natural, efficient healing treatments for specific disorders, as many of these contain anti-inflammatory, antifungal, antibacterial, antiviral and calming properties.

Ulcerative Colitis

According to the Crohns & Colitis Foundation, "Ulcerative colitis is a chronic disease of the large intestine, also known as the colon, in which the lining of the colon becomes inflamed and develops tiny open sores, or ulcers, that produce pus and mucous. The combination of inflammation and ulceration can cause abdominal discomfort and frequent emptying of the colon.

"Ulcerative colitis is the result of an abnormal response by your body's immune system. Normally, the cells and proteins that make up the immune system protect you from infection. In people with IBD, however, the immune system mistakes food, bacteria, and other materials in the intestine for foreign or invading substances. When this happens, the body sends white blood cells into the lining of the intestines, where they produce chronic inflammation and ulcerations."¹

Wellness Teas for Colitis

- Cumin
- Fennel
- Oregano
- Thyme
- Turmeric

Constipation

Constipation effects the average person from time to time, but if you have chronic constipation or long periods of constipation and bouts of diarrhea, it's important to speak to your physician. Adding more fiber to your diet can be helpful. The following spices and herbs can help to keep your intestinal tract moving and functioning efficiently.



Wellness Teas for Constipation

- Aniseed
- Black pepper
- Caraway
- Cardamom
- Parsley
- Coriander
- Chai Tea

Crohn's Disease

The Crohn's & Colitis Foundation explains Crohn's disease this way, "Crohn's disease is a chronic inflammatory condition of the gastrointestinal tract. When reading about inflammatory bowel diseases, it is important to know that Crohn's disease is not the same thing as ulcerative colitis, another type of IBD. The symptoms of these two illnesses are quite similar, but the areas affected in the gastrointestinal tract (GI tract) are different.

"Crohn's most commonly affects the end of the small bowel (the ileum) and the beginning of the colon, but it may affect any part of the gastrointestinal (GI) tract, from the mouth to the anus. Ulcerative colitis is limited to the colon, also called the large intestine."²

Wellness Teas for Crohn's

- Coconut tea
- Coconut Thai Spice
- Island Sweet (a beautiful citrus blend)

IBS (Irritable Bowel Syndrome)

The International Foundation for Gastrointestinal disorders describes IBS in the following way, "Irritable bowel syndrome (IBS) is a disorder in which abdominal pain is associated with a range of symptoms. Typically, these include intermittent abdominal pain accompanied by diarrhea, constipation, or alternating episodes of both. Other symptoms may also be present. If you have chronic and recurrent abdominal pain and bowel problems, if your daily schedule is often ruled by intestinal discomfort, get help. Talk to your doctor."³

Wellness Teas for IBS

- Asafetida (Spice that mimics Garlic and onion)
- Mint
- Coriander

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

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

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

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



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

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

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

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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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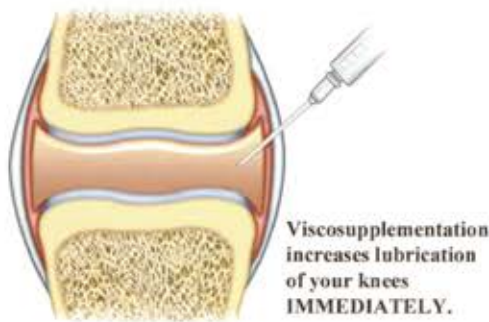
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If you have never had joint injections before, you may be wondering how this treatment works and whether it can truly make a difference. Below are answers to three of your most frequently asked questions:

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When injected into the knee, the Viscosupplementation solution helps to cushion and lubricate the knee joint, nourishing knee cartilage for natural pain management. The solution helps to restore normal function to the joint, including its natural lubrication. Patients experience less pain and are able to enjoy a more active lifestyle.



What are the risks associated with the Viscosupplementation treatment?

The most common side effects are minor, and include mild bruising, swelling or pain at the injection site. In extremely rare cases an allergic reaction may occur, only in those suffering from avian (bird) allergies. A rash, hives, itching and difficulty breathing characterize an allergic reaction. While rare, an allergic reaction requires prompt treatment. The majority of our patients, however, experience little to no side effects from treatment.

When will I feel results?

Though results may vary, most patients feel an immediate reduction in pain and return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

Who is a good candidate for this treatment?

Do you wake up with knee pain? Does your knee pain keep you from certain activities? Have you been told you need a knee replacement? Are you active and sometimes suffer from sore knees? Do you take medications for knee pain? Do you have difficulty going up and down stairs? Are you considering surgery to alleviate your knee pain? Have you tried everything to get rid of your knee pain without success?

If you have answered "YES" to any of these questions or if you are experiencing similar symptoms then you are likely ready to experience the relief and healing that Physicians Rehabilitation can offer.

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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



When You Are At Your Wits End

By Pastor Tim Neptune

Have 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:

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