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September 2019
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WHY WE MADE THE SWITCH TO 3D MAMMOGRAPHY



RAO has long been a pioneer of state-of-the-art diagnostic technologies, leading Central Florida with the most advanced equipment and procedures for greater accuracy, speed and peace of mind. We extend our commitment to women's imaging by being the region's one and only comprehensive services provider. Our mission to deliver unsurpassed quality is why our Women's Imaging Center and TimberRidge Imaging Center replaced their 2D mammography equipment with FDA-approved 3D mammography technology, also known as tomosynthesis.

Women naturally have questions about the difference, and we're happy to explain the superiority of 3D mammography so you can feel confident about scheduling your annual breast cancer screening.

Superior Accuracy

When comparing mammography technologies, it's easy to understand why 3D provides greater

security than 2D: it's all in the numbers. "2D mammography produces about four total top and side images of the breast," says the Medical Director of RAO's Women's Imaging Center and breast imaging subspecialist Dr. Amanda Aulls. "That leaves a lot of areas for breast cancer to hide. 3D mammography combines 2D imaging and 3D composite imaging in one process, creating many images and providing greater clarity, especially of dense breast tissue, which historically has been difficult to see through." This is because both dense breast tissue and cancer display white on a standard 2D mammogram, promoting confusion and oversight. 3D offers greater detail of breast structure for better differentiation and discovery. In fact, studies show that 3D mammography is 20-65% more accurate at discovering invasive breast cancer than 2D alone. "Tomosynthesis makes it easier to distinguish cancer from healthy tissue," says Dr. Aulls, "making 3D mammography in line with our standard of care."

The multiple images and angles composing the three-dimensional model enable RAO's team of breast imaging specialists to see through overlapping breast tissue, for earlier discovery of cancer and a significant reduction in false positive results.

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5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.



3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.

2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

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2019 BREAKTHROUGHS IN CANCER RESEARCH

The American Society of Clinical Oncology (ASCO) recently published *Clinical Cancer Advances 2019: ASCO's Annual Report on Progress Against Cancer*. The report highlights the most important clinical research advances over the past year and makes recommendations for areas of focused research in the future.

Advances Continue in Immunotherapy Research

As you might expect, immunotherapy continues to be a leading area for cancer research. There have been new combinations of immunotherapy drugs this year that are addressing more cancer types than previously had been studied. There are several different types of immunotherapy treatment; however, all of these therapies use the body's own immune system to attack cancer cells. Specifically, new drugs tested in clinical trials have shown better survival rates in renal cell (kidney) cancers and squamous cell cancer of the skin.

Progress Against Rare Cancers

One of the most important advances cited in the report is the progress made in treating rare cancers, which account for approximately 20 percent of all cancers diagnosed each year in the United States. As stated in the ASCO report, "Progress has historically lagged behind the achievements made in more common cancers," because it often takes longer to recruit significant numbers of people with a rare type of cancer who are willing to participate in a clinical trial. However, this year, five major studies are making progress against various types of rare cancers:

- New combination of targeted therapies for a rare type of thyroid cancer produced responses in over two-thirds of patients.
- Treatment was developed for a rare type of sarcoma, a cancer that starts in the bones or soft connective tissue.
- New method of targeted radiation treatment was developed for patients with an advanced type of midgut neuroendocrine tumor.



- Standard treatment for HER2-positive breast cancer was shown to significantly slow progress of a type of HER2-positive uterine cancer.
- First promising therapy was developed for a rare cancer of the joints.

Advances in Cancer Diagnostics

One of the most significant achievements in the past twelve months was the result of a long-term study that demonstrated that some women with early-stage breast cancer can safely forego chemotherapy, sparing them the often-difficult side effects of treatment. The TAILORx study, which opened in 2006, confirmed that as many as 70 percent of women with hormone receptor-positive, node-negative breast cancer did not need to have chemotherapy, based on the results from a 21-gene assay. The study, which used a molecular test to assess the expression of 21 genes associated with breast cancer recurrence, provided evidence that there was no additional benefit from chemotherapy for 70 percent of women with this most common type of breast cancer.

Florida Cancer Specialists (FCS) is a strategic partner of Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. The clinical research program at FCS encompasses Phase I, Phase II and Phase III trials for a wide range of cancer types. Over the past four years, the majority of new cancer treatments approved for use in the U.S. were first studied in clinical trials with FCS participation, prior to approval. To learn more, visit FLCancer.com.

World-Class Cancer Treatment Close to Home

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. This 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 variety 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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4 Things You Should Know About Medical Marijuana

#1—HOW IT WORKS

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the “high” feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included in the leaves of the marijuana. Experienced, qualified medical marijuana physicians like Dr. Gregory Sonn, owner of Iona Cannabis Clinic understand what dosages and strengths work best for your needs.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) and THC through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and THC, creating a multitude of beneficial reactions in the body.

#2—CANNABIS’ HISTORY & REGULATORY STANDARDS

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford’s medical professional journals, it was



touted as a means to reduce depression. In the early 1900’s, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida.

#3—WHAT DOES IT TREAT?

Medical marijuana and cannabis oil can be used to treat and alleviate symptoms of numerous medical conditions. Listed below are the state’s qualifying conditions:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn’s disease
- Parkinson’s disease
- Multiple sclerosis (MS)
- Medical conditions of the same kind or class as or comparable to those above

- A terminal condition diagnosed by a physician other than the qualified physician issuing the physician certification
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition

#4—YOU NEED A CERTIFIED MEDICAL MARIJUANA PHYSICIAN

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, the person must have one of the specific qualifying medical conditions regulated by the government or have a medical condition that is deemed as appropriate.

At Certified Marijuana Doctors there is no charge for your initial visit if you don’t qualify. For the other 95% of their patient population, the physician issues a certification and enters the patient into the Medical Marijuana Use Registry or MMUR. Only people who are registered in the Medical Marijuana Use Registry database can obtain and consume medical marijuana in Florida. Certified Marijuana Doctors guides you through every step of the process.

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September is Prostate Cancer Awareness Month

How to Avoid Prostate Cancer and Other Prostate Problems

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

What is the Prostate?

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

Tips to Avoid Prostate Trouble

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

1) Exercise Regularly.

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

2) Reduce the amount of eggs you consume.

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



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

3) Eat plenty of seeds.

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

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try

frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

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

6) Take a turmeric supplement.

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

7) Take a PSA test.

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

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



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SUICIDE PREVENTION

New Hope

By Eric Milbrandt, MD, MPH

If you are reading this article, chances are your life has been affected by suicide. Perhaps it was a loved one or close friend. Perhaps both. For me, it happened first with my best friend in high school. Then came a college roommate, a coworker, and my stepmother. In each heartbreaking loss, I never saw it coming. As is often the case, death by suicide comes as a complete surprise to those of us who are left behind, leaving us to wonder what we missed, why it happened, and what can we do to prevent such tragedies from happening in the future.

Suicide is defined as the act of deliberately killing oneself or, more specifically, an act deliberately initiated and performed by the person concerned in the full knowledge, or expectation, of its fatal outcome. Death by suicide is the 10th leading cause of death in the United States. In 2017, more than 47,000 Americans died by suicide, while 1.4 million attempted suicide. On average, there are 129 suicides each day.

The desire for death that underlies suicide is thought to occur through intrusive thoughts (ideations) of *thwarted belongingness and perceived burdensomeness*. The former is described as feeling alienated from others emotionally, while the latter is described as feeling that one is incompetent and therefore a burden on others.

There is no single cause for suicide. Most often, it occurs when stressors and health issues converge to create an experience of hopelessness and despair. *Health-related risk factors* include depression, anxiety, substance use, serious physical health conditions, chronic pain, and traumatic brain injury. *Environmental factors* include prolonged stress, harassment, bullying, serving in combat, relationship problems, job loss, divorce, financial crisis, exposure to another person's suicide, and access to lethal means, such as firearms and drugs. *Historical factors* include previous suicide attempts, family history of suicide, and personal history of childhood abuse, neglect, or trauma.

Being aware of warning signs of suicide can help to identify those at risk in order to assist them in finding help. Most people who take their lives exhibit one or more warning signs through what they say or what they do. For instance, if a person talks about killing himself, feeling hopeless, having no reason to live, being a burden to others, feeling trapped, or in unbearable pain. Sudden changes in behavior can also

be a signal, especially if related to a painful event, loss, or life change. Worrisome behaviors include increased use of alcohol or drugs, withdrawing from activities, isolating from family and friends, sleeping too much or too little, visiting or calling people to say goodbye, giving away prized possessions, or searching online for a way to end one's life.

If you or someone you know is showing warning signs, there is immediate help available. The National Suicide Prevention Lifeline (1-800-273-TALK (8255)) is available 24/7, providing free and confidential emotional support for people in suicidal crisis or emotional distress. There is even a Crisis Text Line available by texting TALK to 741741.

Ninety percent of people who die by suicide have a mental health disorder at the time of their deaths. There are biological and psychological treatments that can alleviate these disorders and help prevent suicide. Medications include antidepressants, atypical antipsychotics, and lithium. Unfortunately, many of these take weeks to achieve maximum benefit. In the short term, they may increase suicide risk in some patients, especially children, adolescents, and young adults. Beyond medicines, there are two types of psychotherapy that have proven beneficial. These are cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT). These are provided in formalized, interactive sessions taking place one or two times per week with a therapist, typically continuing for 12-16 weeks.

Ketamine – new hope for those in crisis

Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose intravenous (IV) ketamine has been used safely for that purpose in children, adults, and animals for decades. More recently, low-dose IV ketamine has been shown to be a fast acting and highly effective treatment for those with depression and for those in acute crises who are considering or have attempted suicide.

In a study conducted by Dr. Lori Calabrese and first reported at the May 2019 American Psychiatric Association annual meeting, IV ketamine infusions eliminated suicidal ideation in more than two-thirds of 144



markedly suicidal patients. Even if patients had been suicidal for a long time, been hospitalized, or made suicide attempts, 68% had full remission of suicidality.

Importantly, ketamine therapy, like any medication therapy, should be part of an integrated approach to mental health care that includes ongoing care by a therapist, psychiatrist, and/or primary care physician.

Conclusion

Suicide is preventable yet remains a leading cause of death in part due to a lack of available medical interventions that can work during a suicidal crisis. Being aware of warning signs can provide opportunities to help those at risk. One immediate source of help is the National Suicide Prevention Lifeline: 1-800-273-TALK (8255). Medications and psychotherapy can be of great benefit but often take days or weeks to work, a waiting period that is often not feasible. IV ketamine therapy is a fast acting and highly effective treatment for depression and suicidal ideation. You can find out more about IV ketamine therapy in the January issue of *Health & Wellness Magazine* (<https://tinyurl.com/y7sursfq>), online at <https://www.infusionclinicocala.com>, or by calling The Infusion Clinic of Ocala at (352) 325-5755.



THE INFUSION CLINIC
OF OCALA

40 SW 1st Ave Ocala FL 34471
(352) 325-5755

Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 16 years of experience providing care to the sickest of hospitalized patients, including those with severe depression. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides low-cost ketamine infusions for the rapid treatment of depression (including depression with suicidal ideation), anxiety, PTSD, and chronic pain.

YOUR SECONDARY HEART - THE KEY TO HEALTHY AGING



Maintaining proper circulation can prevent what we often see as normal signs of aging, including memory loss, dizziness, and chronic fatigue.

By Dr. Ken McLeod, Professor at the State University of New York at Binghamton

Most people are well aware of the health complications associated with high blood pressure. As we enter middle-age, our blood pressure tends to rise, and with this rise, the risk of heart disease and stroke increases. What far fewer recognize is that this pattern extends only up to our mid-50s or early 60s, after which our blood pressure - in particular our diastolic pressure - starts declining. This decline can lead to a condition called orthostatic hypotension, or a blood pressure which is too low when we are sitting or standing upright. As we continue to age, the risk of orthostatic hypotension (OH) continues to increase.

Chronically low blood pressure leads to numerous complications which tend to fall into the category of quality of life issues rather than medical complications. For example, low blood pressure commonly leads to dizziness and an increased risk of fainting or falling.

But another serious complication of OH is a decline in cognitive function, including dementia. In long-term studies where individuals are followed for up to 20 years, low pressure was found to be associated with a 5-10-fold increase in the likelihood of developing some form of dementia and a doubling of the risk of developing Alzheimer's Disease.

Even in young adults, it has been shown that remarkably small decreases in blood pressure below the normal level are sufficient to result in significant declines in cognitive performance, including decreased attention span, decreases in working memory, and decreased reaction times.

Why does our blood pressure start dropping after middle age?

A common reason for the drop in blood pressure is that our leg muscles become weak as we age, largely due to disuse. The heart can only maintain normal blood pressure if sufficient blood comes back to the heart between contractions. When we are sitting or standing upright, gravity is pulling all



the blood in our body down into our legs. Without adequate leg muscle activity, this blood does not get back to our hearts, our circulation decreases, and our blood pressure drops.

One set of muscles, in particular, are essential to ensuring good circulation - these are the soleus muscles in the calves of our legs. These muscles are so crucial that physiologists refer to them as our secondary hearts. However, if we have a sedentary lifestyle - primarily sitting all day, and Americans sit on average for 13 hours a day - then the soleus muscles lose their ability to pump blood back up to the heart effectively.

How To Improve and Maintain Proper Circulation For Life

Fortunately, like any muscle, the soleus muscles can be trained back up if they become weakened. The soleus muscles are deep postural muscles, and the trick to training them is long duration, low-level, exercise. For example, standing on our toes for long durations is a good way to train up the soleus muscles, so exercises such as Tai Chi and Yoga can be excellent. The challenge with such exercise routines is that they have to be performed for at least one hour a day, and preferably two to three hours per day, which does not fit with most peoples' lifestyle or physical ability.

There Is Another Way

HeartPartner is a passive-exercise device that utilizes vibration technology to strengthen the soleus muscles that help return blood to the upper body to maintain healthy cardiac output. It's easy and convenient to use at home or work while sitting in a chair, at a desk, or table for just a few hours over the course of a day. HeartPartner can not only improve memory and concentration, but also addresses other conditions related to poor circulation such as leg cramps and swelling, varicose veins, fatigue, and weight control.

I've heard the Chinese have a saying "Health begins in your feet" and perhaps nowhere is this more accurate than in maintaining heart and cognitive health in older individuals.

"The thing I really like about HeartPartner is you don't have to take your shoes off, you don't have to change your clothes, or go to the gym, or put something on. You simply sit down, put the front of your feet on the footpad for 90 minutes while you watch television or read a book. It is that easy."

— Winnie B., Orlando, Fla.

Dr. Kenneth J. McLeod, Ph.D., is President and Chief Executive Officer at Sonostics, developer of the HeartPartner. He also serves as Director of the Clinical Science and Engineering Research Center at Binghamton University in New York. Dr. McLeod received his Ph.D. degrees in Biomedical Engineering from the Massachusetts Institute of Technology.

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Commission on Cancer: Central Florida Health Earns National Recognition

During the month of September, we would like to highlight four cancer awareness groups that often go overlooked—blood, ovarian, prostate and childhood cancers. It is estimated that 1,762,450 new cases of cancer will be diagnosed in the United States in 2019. We recently took time to speak with the professionals at Central Florida Health, who have earned national recognition along with a distinguished cancer accreditation.

The Commission on Cancer (CoC), a national quality program, has granted three-year Accreditation with Commendation to the cancer programs at Leesburg Regional Medical Center and The Villages® Regional Hospital.

The Accreditation & Commendation Details

This honor sets Central Florida Health's hospitals apart, recognizing them as elite medical facilities that provide superior care to patients. To earn CoC accreditation, cancer programs must meet or exceed quality care standards, be evaluated every three years through a survey process, and maintain levels of excellence in the delivery of comprehensive patient-centered care.

Three-year accreditation with commendation is only awarded to facilities that exceed the standard requirements. Central Florida Health's physicians, staff, and protocols have undergone meticulous onsite inspections and have met nationally-recognized standards of care in the diagnosis, screening, prevention education, and treatment of cancer.

Ongoing Recognition

"Leesburg Regional Medical Center was first accredited by the CoC in 1999 and The Villages® Regional Hospital was first accredited in 2013," commented Carol Hutchison, Lead Cancer Registrar at Central Florida Health. "We were then accredited as an Integrated Network Cancer Program in early 2016. The Integrated Network Cancer Program includes accreditation for both hospitals."



Cancer Care Practitioners

As CoC-accredited cancer centers, Leesburg Regional Medical Center and The Villages® Regional Hospital take a multidisciplinary approach to treating cancer as a complex group of diseases that require consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists, and other cancer specialists. The inter-professional partnership results in improved patient care with better communication.

Cancer Care Ancillary Staff and Units

"The 2019 Performance Report by the CoC summarizing our accreditation results documented the commitment of the two hospitals' Cancer Care Committee members, which includes representatives from nursing, nutrition, pastoral care, pharmacy, rehabilitation, social work, and other health care professionals from Central Florida Health," remarked Sonya Zeller, Corporate Director of Quality. She further stated, "The CoC praised the Cancer Care Committee members for their teamwork, particularly noting the quality cancer care."

Phyllis Baum, Vice President and Chief Quality Officer at Central Florida Health said, "Our cancer programs are always dedicated to providing patients with the very best care. Our team is continually learning, researching and discovering new and better ways to provide care. We are proud that

the Commission on Cancer again recognizes our dedication by awarding this accreditation with commendation."

The Commission on Cancer Accreditation Program provides the framework for Leesburg Regional Medical Center and The Villages® Regional Hospital to improve the quality of patient care through various cancer-related programs that focus on the full spectrum of care including prevention, early diagnosis, cancer staging, optimal treatment, rehabilitation, life-long follow-up for recurrent disease, and end-of-life care.

Why Patients Should Seek Cancer Diagnosis & Treatment at CFH

When patients receive care at a CoC-accredited facility, they have access to information about the latest clinical trials and invaluable services such as social support and survivorship planning. Leesburg Regional Medical Center and The Villages® Regional Hospital maintain a cancer registry and contribute data to the National Cancer Database, a joint program of the Commission on Cancer and the American Cancer Society.

About Central Florida Health (CFH): A locally owned and governed not-for-profit healthcare system and the largest, most comprehensive provider of healthcare services in the region, CFH provides services to Lake, Sumter and Marion counties through inpatient acute hospital services at The Villages® Regional Hospital and Leesburg Regional Medical Center, inpatient rehabilitation services at TVRH Rehabilitation Hospital and diagnostic laboratory services at several locations. As a premier healthcare provider, CFH takes pride in providing progressive, innovative technology, along with building strong relationships with patients, families, and physicians. To learn more, visit www.CentralFloridaHealth.org.

Source: <https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2019.html>

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Dental Plaque & Periodontal Disease Can Affect Your Overall Health

Oral health has a lot more to do with their overall health than you may be aware of. The plaque build-up on teeth, says a lot about the plaque build-up in the bloodstream, arteries, and organs. The same is true of periodontal disease and inflammation of the gum tissue. If this infection and bacteria are left untreated, your vital organs will most likely be negatively affected with disease by the germs and microorganisms that attack the delicate immune system.

Arterial plaque is caused by excessive build-up of fat deposits, high cholesterol, and disease. While the plaque in the arteries, known as atherosclerosis, is very different than dental plaque, they correlate due to oral plaques bacteria and inflammatory response, which can cause an adverse systemic reaction via bacteria entering the bloodstream. Dental plaque causes periodontal disease and those with gingivitis are two times more likely to have a vascular disorder like heart attacks and strokes.

Achieving and maintaining optimum oral health is essential for your overall wellbeing.

Periodontal Disease Can Attribute to:

- Infections
- Heart Disease
- Strokes
- Diabetes
- Child Birth Issues
- Headaches
- Cancer
- Other Disorders

Treatment

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. Periodontists must complete three more years of specialized training along with their DMD to become a specialist.

Prevention

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.

Ocala Dental Care

Ocala Dental Care is a restorative dental 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.

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 Care today.

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Hearing Loss and Increased Risk of Falling.

Many of the causes of senior citizens falling and injuring themselves are preventable. Physicians routinely advise their older patients to exercise, have their vision checked, and monitor whether any medications may cause dizziness. In addition to these commonly known contributors to falls is untreated hearing loss, which has been linked in multiple studies to a significant increase in risk of falls. This information needs to be shared widely with patients over the age of 65, along with encouragement to seek treatment for hearing loss as part of an overall strategy to preserve health and life.

*"People with a 25-decibel hearing loss (classified as mild) were nearly three times more likely to have a history of falling than those with no hearing loss. Every additional 10 decibels of hearing loss meant an increased 1.4-fold risk of falling."*¹

Falls from hearing loss lead to injuries and hospitalization.

Falls are responsible for numerous injuries and deaths among Americans 65 and older. Older people commonly experience brain injuries, hip and other bone fractures after a fall. Beyond the human cost, these serious conditions generate billions of dollars in healthcare expenses due to extended hospital stays, surgical interventions, and related treatments.

*"One out of three adults (age 65 and older) fall each year and falls are the leading cause of fatal and nonfatal injuries."*²

One of the most significant studies conducted to determine the connection between untreated hearing loss and falls utilized data from the 2001-2004 cycles of the National Health and Nutrition Examination Survey. This survey has regularly collected health data from thousands of Americans since 1971. More than 2,000 survey participants between the ages of 40 to 69 had their hearing tested and responded to the question, "Have you fallen during the past year?" Researchers also tested participants' vestibular function in order to determine if their balance was being affected by their hearing loss.

The lead researchers reported that people with mild hearing loss (25 decibels) were nearly three times as likely to have a history of falling. Every additional 10 dB of loss hearing increased the likelihood of falling by 1.4. Even after other factors (age, sex, race, cardiovascular disease and vestibular function) were considered, the findings held true.

The association between hearing loss and increased chance of falling is considered clinically significant. Research is ongoing, but it is reasonable to suggest that physicians inform patients of the link between hearing loss and falls, to advise having hearing tested annually, and to encourage patients to wear hearing aids when recommended by their hearing care professional.

Hearing loss decreases awareness of surrounding environment and increases cognitive load. In turn, this raises the potential for falls.

Dr. Frank Lin, an otologist and epidemiologist who conducted this and several other studies on the broader implications of hearing loss, suggests the following possible reasons for the link to falls:

- People who can't hear well might not have good awareness of their overall environment, increasing the potential to trip and fall
- Cognitive load increases in those with hearing loss. The brain is overwhelmed with demands on its limited resources to maintain balance and gait, while straining to hear and process auditory input
- Cochlear disorders may include vestibular dysfunction, leading to poor balance

*"...a possible causal pathway between hearing loss and falling are intriguing because hearing loss is highly prevalent but remains vastly undertreated in older adults."*³



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Pain Management and CBD Water

Neuropathic pain is a worldwide epidemic that occurs in 3 to 8% of individuals in industrialized countries and is often refractory to existing treatments. The high rate of addiction and overdose has pushed those treating chronic pain to look for alternatives. In July 2017, a 400-page report by the National Academy of Science presented plans to reduce the addiction crisis, which it said was killing 91 people each day.

Drugs currently available to target neuropathic pain are, at best, moderately effective and include antidepressants, gabapentin, NMDA receptor antagonists, as well as other anti-convulsants, all of which are limited by their sometimes severe, life-threatening adverse-effect profiles. Cannabinoid based drugs are emerging as a promising class of drugs to treat neuropathic pain and have been tested for analgesic effects in a range of chronic pain conditions. Data show that cannabinoids are often effective in individuals with refractory pain receiving concomitant analgesic drugs. Data from large, well-controlled studies show that cannabinoids are moderately effective in reducing chronic pain and that side effects are less than existing treatments, suggesting that cannabinoids could play a useful role in the management of chronic pain. Like other drugs for neuropathic pain, cannabinoids have a dose titration that is limited by the psychoactive side effects of THC when included but not so when CBD isolates are used. The development of cannabinoid drugs to treat neuropathic pain with

improved therapeutic ratios will depend upon the development of cannabinoid treatments with reduced psychoactivity. This can be greatly enhanced with improved drug delivery systems such as nano- technology and the use of non-THC containing combinations of Cannabinoids.

The endocannabinoid system, which uses endogenous analogues of cannabinoids known as anamides, has been elucidated over the last decade, demonstrating a significant interface with pain homeostasis.

Exogenous cannabinoids have been demonstrated to be effective in a range of experimental neuropathic pain models, and there is mounting evidence for therapeutic use in human neuropathic pain conditions. This chemical profile bodes well for the future potential of nonsmoked, orally bioavailable, nonpsychoactive cannabinoids delivered using nanotechnology drug delivery systems in the management of neuropathic pain.

Recently, products derived from nanoparticles have become more innovative and mainstream. Products such as CBD Nano water have been developed by "... breaking the covalent bonds between hydrogen and oxygen atoms which removes water memory before it is purified through several stages of filtering. The water is then infused with cannabinoids (CBD, CBG) as well as vitamins", minerals and terpenes ("Nanoparticle water"). This results in a "highly medicinal supplemental drink particle" ("Nanoparticle water") and has been demonstrated to relieve symptoms fast.

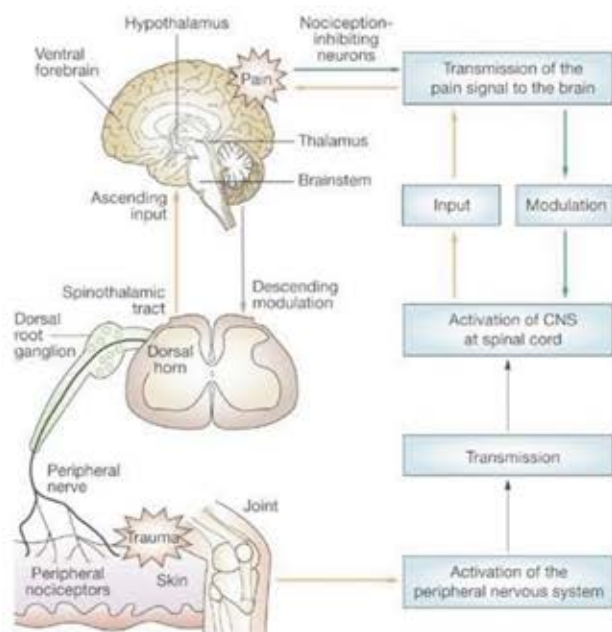


Figure 1 Neuropathic pain diagram

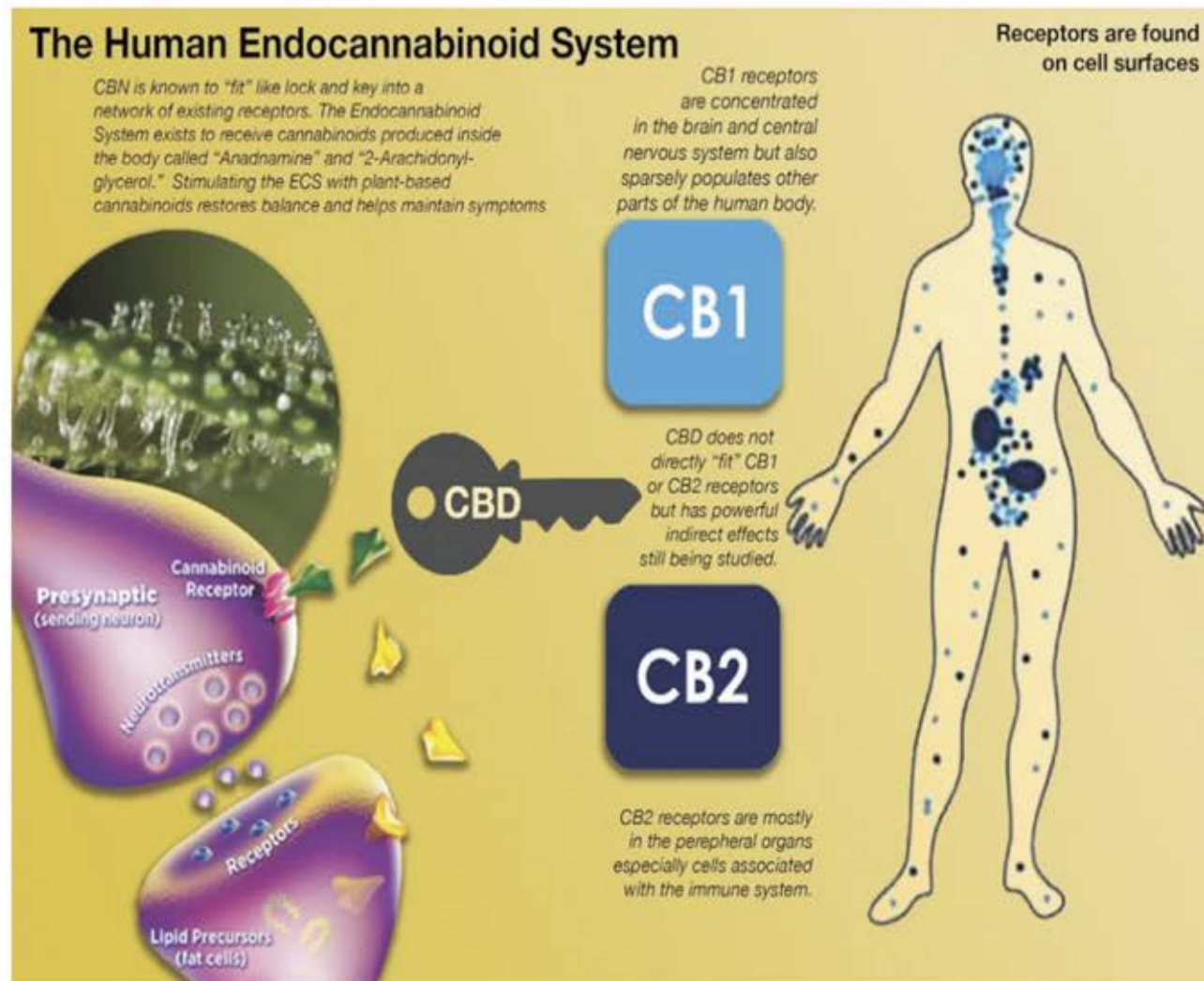


Figure 2, The Endocannabinoid System



The mechanism being thought to be the rapid transit of the blood brain barrier thereby acting on central as well as peripheral pain centers. One must be careful of immediately believing products that say "nano" in them as the exact mechanisms such as liposomal, micellation, and hydrosome delivery all have their strengths and weaknesses.

Although controversial due to substrate sourcing issues and CSA classification confusion, this process is legal, as "CBD derived from industrial hemp lawfully cultivated in a state that has enacted an industrial hemp pilot research program pursuant to section 7606 of the Farm Act (7 U.S. Code § 5940 – Legitimacy of industrial hemp research) is legal in the state in which the hemp is cultivated". Hemp oils imported from outside the USA have also been defended on multiple occasions as legal according to the 9th Circuit Court. The summary "Agency Issues Legislative Rule in Violation of Administrative Procedures Act" by

Harrison M. Pittman of the National Agricultural Law Center is an excellent overview of the Ninth Circuit Court of Appeals decision in HIA v. DEA.

Although anecdotal, increasingly powerful and reproducible testimonials attest to the possibility that CBD Nano water without THC is effective in patients of varying ages and disabilities. Richard A. explained that he is 71 years old and started using CBD water as a treatment for general age ailments. After three weeks, he is sleeping better and recovering more quickly after his workouts. Pam also felt the effects of age in the way of arthritis in her hands and knees. She also experienced heartburn. After utilizing CBD Nano water without THC, she felt that the swelling in her hands have gone down, and swelling in her knees due to surgery has almost completely gone down. Lastly, the heartburn she had been having on a frequent basis has no flared up since starting the regimen of CBD water. All the testimonials mentioned above have

solved physical issues, but Richard A. also experienced a decline in anxiety symptoms. CBD has the potential to help in the management of mental and physical illness alike, and that is why it could be a powerful tool in Allopathic medicine. It is an appealing alternative to traditional Western medicine with unpredictable side effects.

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Figure 1: Retrieved from: <https://images.nature.com/full/nature-assets/nrrheum/journal/v5/n1/images/ncprheum0972-f1.jpg>

Figure 2, *The Endocannabinoid System*, <http://cdn2.collective-evolution.com/assets/uploads/2016/08/Endo-1024x706.png>

Testimonial:

"I can't believe how much ONE HD has changed my life! If you or anyone you know and care about is dealing with hormonal issues, inflammation, aches, anxiety and more, you must try this water! I am overly obsessed with this product."

—Nora Nazerian Los Angeles, CA

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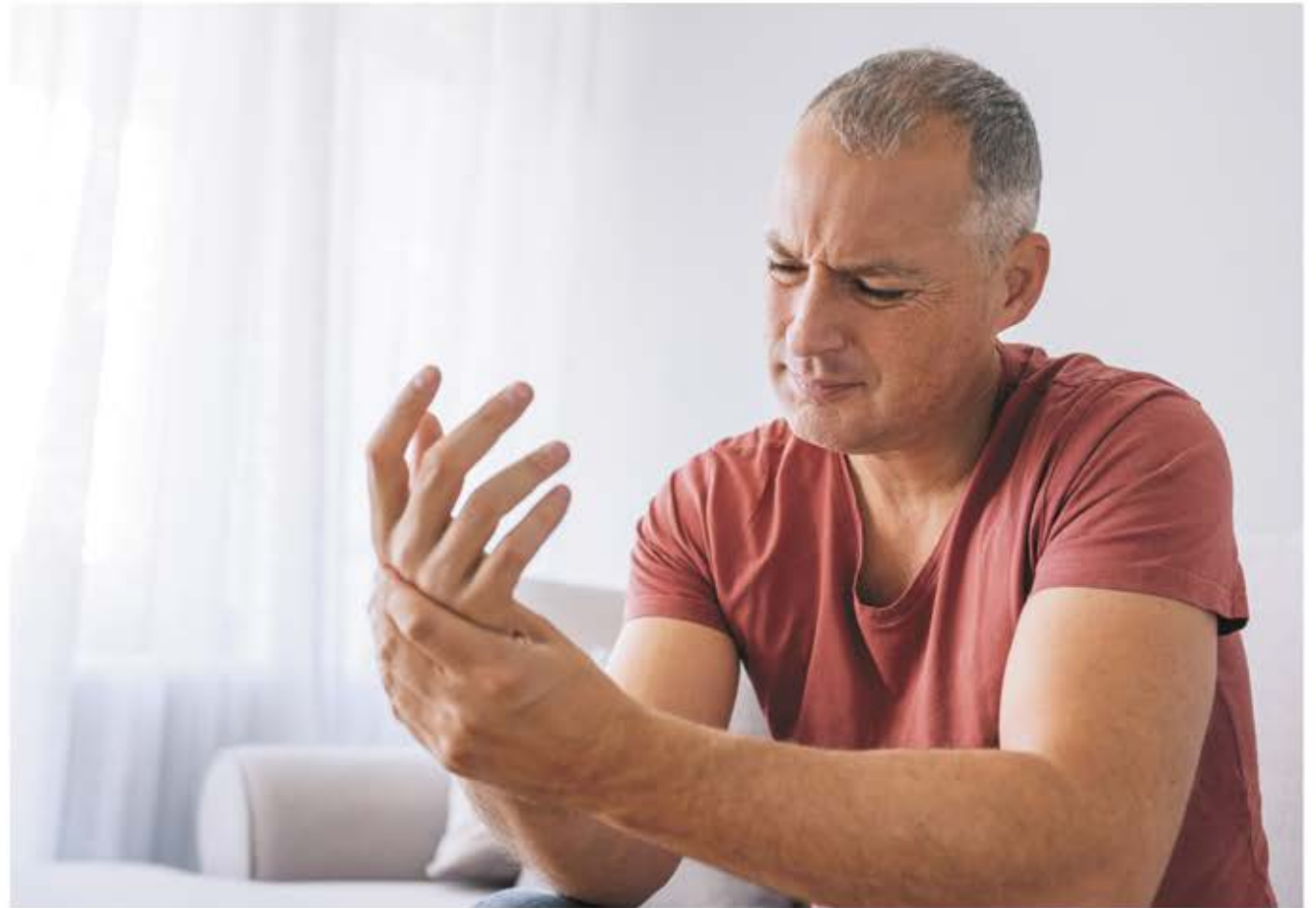
Arthritis causes wearing away of the joints. Some of the common arthritic symptoms are joint pain, stiffness, swelling, stiffness, and fatigue. One of the main types of arthritis is osteoarthritis (OA), also referred to as "wear and tear" arthritis. With OA, wear and tear damages the cartilage in the joints causing them to lose their smooth gliding action and results in friction or rubbing of the ends of our bones. Greater than 120 million people in the US have arthritis.

When arthritis affects the neck, back, hands, feet, or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles may begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches and limit range of motion. Most people may find that there is little to no relief with over the counter nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen. However, many people require muscle relaxers or higher dosage NSAIDs that are only available by prescription.

If you are experiencing pain from arthritis, Quick Care Med Urgent Care can treat your symptoms promptly and prescribe the right medications for you to help you get back to living your life with less pain and inflammation.

Quick Care Med Urgent Care Vs. Emergency Room

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



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

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9

to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

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Finding Balance Through Tai Chi: Reduce the Risk of Falls and Back Pain

As we age, many people find it more difficult to get around and maneuver their way throughout their daily activities. Perhaps you're worried about tripping over uneven pavement or flooring. Maybe you are already using a cane or walker, but still feel apprehensive about your stability, or maybe you have already had the traumatic experience of falling and now need assistance.

Having your gait (stride) checked by a professional therapist is extremely helpful for many individuals with age-related symptoms, and also for people with recent injuries that have an inhibited sense of balance.

A physical therapist will work with you one on one to evaluate your balance, walking ability, foot rotation, steadiness, and control. The therapist will devise a fall prevention program specifically for you in mind. In recent studies, Tai Chi has proven to be an excellent source in helping individuals to gain their balance back by retraining the body to walk stronger with more stability. In addition, the meditative concept stimulates balance and body awareness, as it also helps to build muscle definition with minimal force on the joints.

Tai Chi is a form of exercise that focuses on shifting weight from one foot to the other in a rhythmic pattern. This type of exercise is known to increase balance and prevent falls, especially in the aging population. Tai Chi also alleviates back pain by fostering the flexion and suppleness of the practitioner through recurrent, lengthening, body positioning.



According to the AARP, "Tai chi practitioners learn to 'sink into the earth and feel the connection with their feet,' which can help them negotiate uneven surfaces, explains international tai chi fitness expert Scott Cole. A 2015 study published in the journal *Arthritis & Rheumatism* found the exercise can also help with osteoarthritis, the most common joint disease in midlife, by improving mobility, reducing stiffness, and helping ease pain.

But tai chi, believed to be a centuries-old adaptation of martial arts moves according to the precepts of Chinese medicine, does more than just loosen up your limbs. "When people practice tai chi, there's a decrease of stress hormones produced by the sympathetic nervous system, which can help lower heart rate and blood pressure," says Irwin. "That's similar to the kinds of gains that happen immediately after engaging in more strenuous exercise." What's more, by going through the motions with knees slightly bent, you're working the largest muscle groups in the body – the glutes and quadriceps – which are the first to atrophy as we age.



Innovative Therapies Group offers massage, physical, occupational and speech therapy. They embrace alternative and eastern medicine philosophies and will help you explore new inventive ways to combat your pain or disorders.

References:
AARP, B Stepko, "The ancient martial art is a beginner-friendly, low-impact workout" AARP.com, April 16, 2018



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High Cholesterol = High Risk for Debilitating Diseases

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the blood stream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body over produces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol. If we did not have HDL, our brains would not work properly, and we would suffer from other bodily disorders. The same holds true for too much bad, LDL cholesterol. If we have too much LDL, then it adversely affects our overall health.

What numbers are healthy?

Your total Cholesterol is made up of LDL and HDL. There are blood tests that your physician will order to check your cholesterol level. The best combination of both types of cholesterol is HDL (good) around 40 and LDL (bad) around 100.

TOTAL CHOLESTEROL LEVEL	
GOOD	<200
BORDERLINE	200-239
HIGH	240 or higher

What are the Risk Factors?

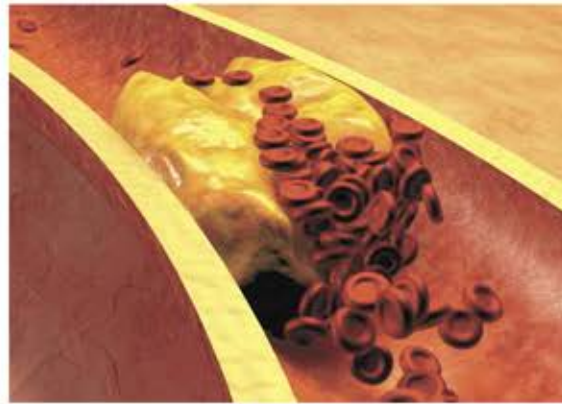
Cholesterol along with another substance in the blood can form atherosclerosis, which is the plaque that builds up in the arteries. If you have excessive plaque, then you are at high risk of having a coronary heart attack, heart disease, stroke and other disease related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides are what combine with the high LDL level and create harmful plaque build up.

What you can do

Because much of the high degree of cholesterol is associated with our food intake and our body's inability to burn fat, you can do many things to help lower your cholesterol naturally.

- Eating healthy diet
- Stop smoking (contributes to atherosclerosis)
- Start an exercise program
- Cut back on alcohol and processed foods

You should have an annual exam with your physician to check your cholesterol levels on a regular basis. If you have a high lipid count, your doctor will prescribe medication (statins) for you to help lower the total level. In addition to statins, you can change your diet to get your levels to drop more rapidly.



Foods to incorporate

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

Cholesterol Lowering Foods

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

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

Dr. Vallabhan

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How Caregiver Burnout Affects Your Health

Submitted by Hospice of Marion County

According to the Family Caregiver Alliance and National Center on Caregiving, an estimated 44 million Americans age 18 and older provide unpaid assistance and support to older adults with disabilities. The value of this unpaid labor force is estimated to be \$306 billion annually, nearly double the combined costs of home health care (\$43 billion) and nursing home care (\$115 billion).

Additionally, most caregivers receive little or no support from their own families or other organizations and are basically on their own. In 2018, the Alzheimer's Association reports that more than 16 million Americans provided unpaid care for people with Alzheimer's or other dementias. These caregivers provided an estimated 18.5 billion hours valued at \$234 billion, and 35% of these caregivers report that their own health has gotten worse due to care responsibilities compared to 19% of caregivers of older people without dementia.

Health of Caregivers Impacted

There's been a growing trend over the last few decades of closing mental health facilities, early discharge of hospital patients, and implementation of managed care practices which causes a shift and burden to families and caregivers. This often results in financial loss, strain among families, and caregiver health issues that manifest due to increased stress.



Studies consistently show the following impacts on a caregiver's health:

- Higher levels of depression and depressive symptoms than in non-caregivers
- Depressed caregivers are more likely to have coexisting anxiety disorders, substance abuse or dependence, and chronic disease
- Caregivers who experience chronic stress may be at a greater risk for cognitive decline
- Caregivers report having a higher incidence of stress, weight gain, headaches, and back strain among other physical ailments and pain associated with caregiving

Women tend to be, more often than not, the primary caregivers. However, being a caregiver whether male or female affects your quality of life and increases the challenge of balancing your personal schedule with that of the intense, demanding focus needed to be a caregiver.

Resources and Tips Available

Caregivers tend to put others first and themselves last. However, it's vitally important for all caregivers to make sure they are taking care of themselves mentally, physically and socially. Below are some resources and tips to consider:

- Don't be afraid to ask for help from family members or close friends who could run errands
- Practice meditation and exercise to help relieve stress—set aside early morning or evening for yourself
- Do something socially just for you—see a movie, have lunch with friends
- Check into your office policies to see if you have family leave benefits
- **Call Hospice of Marion County's Transitions program**—This is a community supported volunteer-based resource program: (352) 854-5200 or visit www.transitionsfl.com to learn more about this program's caregiver support groups, respite for the caregiver, assistance for caregivers in homes and assisted living facilities.



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Navigating the Maze of Assisted Living

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

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

List Your Wants and Needs

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

Here are some questions to think about:

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

Do Your Research

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

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

Visit the Communities

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



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

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

Make the Right Choice for You

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

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

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



trinity springs

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Learn more at 352-480-1002
or TrinitySprings.org.

Medicare Insurance Agent, Susan Tate: Arthritis Treatment

More than 120 million people in the US have arthritis. The degenerative effects of arthritis cause wear and tear of the joints. Some common arthritic symptoms are joint pain, stiffness, swelling, warmth, and limited mobility. One of the main types of arthritis is osteoarthritis (OA). With OA, wear and tear damages the cartilage in the joints causing them to lose their smooth gliding action and results in friction or rubbing of the ends of the bones.

When arthritis affects the knees, neck, back, hands, feet, or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles may begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension and limit range of motion. Most people may find that there is little to no relief with over the counter non-steroidal anti-inflammatory drugs (NSAIDs), like ibuprofen.

Viscosupplementation

Many patients find relief with Viscosupplementation, which is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is made up of hyaluronic acid and helps to protect the knee joint. Once that naturally occurring substance wears away, your body cannot regenerate it on its own. Viscosupplementation is a welcomed benefit for relieving pain, and for getting your knee joint back to doing its job, which is acting as a cushion against friction.



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The procedure can be done in the office setting and only takes a few minutes. After locally numbing your knee, the procedure is monitored under a fluoroscopic image, which essentially is a moving X-ray. This allows the physician to see the inside of your knee while it is in motion.

Arthritis is progressive even with the aforementioned treatment methods. The conservative treatment may stave off the severity of the disorder, but it will continue to advance. In these advanced cases surgery is most likely necessary. Typically, that entails partial or total joint replacement and physical therapy. However, after patients get joint replacement surgery, most times their quality of life is better than it was prior to surgery.

Healthcare

Better health begins by caring for the whole you – body, mind and everything else that can affect your health. In times when it can feel challenging to get the care you need, we want to be here to make managing your health care easier – so you can connect to the personalized care you need, where you need it, when it matters to you.

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Susan Tate
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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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Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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