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February 2020

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Ask your doctor about the risks
of osteoporosis and vertebral
compression fractures (VCFs)

CONSIDER

- Have you had a sudden onset of severe, sharp pain that lasted longer than three days?
- Have you had a broken bone after age 50?
- Have you been told you have osteoporosis or low bone density?

**If so, you could have a VCF
and not know it.**

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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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



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And that's how I treat it.

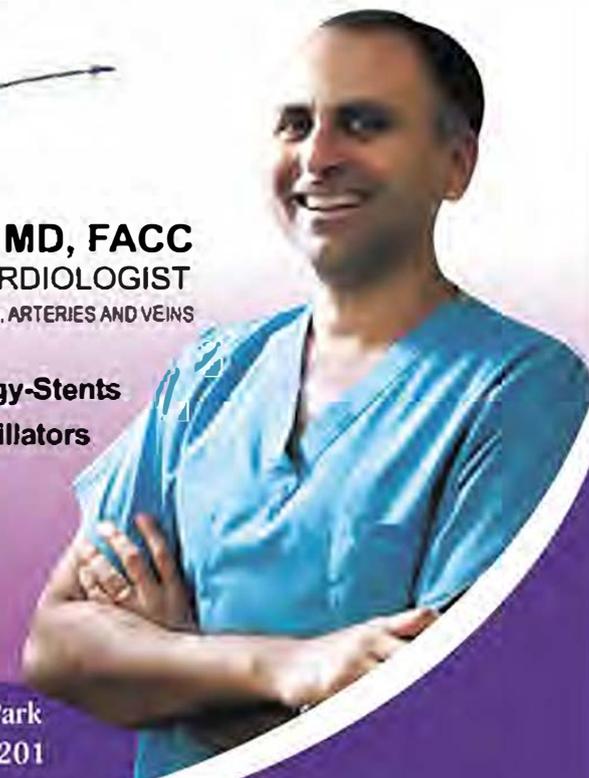
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



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LAKE EYE WELCOMES DR. JOSE ALFREDO VAZQUEZ

Demand for vision and eye health services here in The Villages continues to grow, and we at Lake Eye always strive to offer the beloved people of our community quick appointment times. To that end, we have added yet another talented doctor to our staff so that we may serve patients more efficiently than ever.

We're proud to introduce Dr. Jose Alfredo Vazquez, a Comprehensive Ophthalmologist and Fellow of the American Academy of Ophthalmology with board certifications from the American Board of Ophthalmology and the National Board of Medical Examiners, among many other certifications and honors, both academic and professional.

Dr. Vazquez earned his doctorate from Ponce School of Medicine in Puerto Rico, and completed an internship in General Surgery at University of Puerto Rico Affiliated Hospitals. He studied Internal Medicine at Damas Hospital, where he later served as Director of the Medical Ophthalmology section. Dr. Vazquez also served on an Associate Professor position with Ponce Health Sciences University. After moving to the US to complete a residency, he earned a Fellowship in Ophthalmology Research from Tulane University Medical Center in New Orleans, Louisiana.

Dr. Vazquez relocated to Florida, where he has remained to offer eye health and vision services to countless patients. Fluent in both English and Spanish, Dr. Vazquez joins Lake Eye to help expand our practice to meet the ever-growing demands of folks throughout The Villages.

With the country's largest population of citizens ages 60-70 years and older, The Villages contains an unusually high concentration of vibrant, active people with eye health and vision needs, including the diagnosis of diseases like cataracts, glaucoma and age-related macular degeneration, as well as treatment for dry eye, red eye, low vision and other issues.



Dr. Vazquez has numerous times been named among America's Top Ophthalmologists by the Consumer's Research Council of America, and we feel certain that once you meet him you'll be as delighted by his warmth and skill as we are.

Dr. Vazquez will be serving patients at all Lake Eye locations, including our brand new Sumter Summit office in Wildwood, opening in March, 2020. With the addition of Dr. Vazquez and a sparkling new location, Lake Eye is committed

to providing the finest vision and eye health services to patients living throughout our wonderful community.

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STRESS MANAGEMENT FOR YOUR HEART: WHY IT'S CRITICAL

T.E. Vallabhan, MD, FACC

We all know it's imperative to keep ourselves healthy through exercise, eating right, and warding off viruses and infections. However, one of the most overlooked stressors on our hearts is—*anxiety*.

According to the American Heart Association, "More research is needed to determine how stress contributes to heart disease — the leading killer of Americans. But stress may affect behaviors and factors that increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating. Some people may choose to drink too much alcohol or smoke cigarettes to "manage" their chronic stress; however, these habits can increase blood pressure and may damage artery walls.

And your body's response to stress may be a headache, back strain, or stomach pains. Stress can also zap your energy, wreak havoc on your sleep and make you feel cranky, forgetful and out of control. A stressful situation sets off a chain of events. Your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. These reactions prepare you to deal with the situation — the "fight or flight" response.

When stress is constant, your body remains in high gear off and on for days or weeks at a time. Although the link between stress and heart disease isn't clear, chronic stress may cause some people to drink too much alcohol which can increase your blood pressure and may damage the artery walls."

If you find that you are feeling more stressed than normal it's important to take time for yourself, relax and do something that brings you joy, even if that's simply taking a nap!

Dr. Vallabhan's Tips to Relieve Stress

Tip #1

Take Time for Yourself—Read a book, take a warm Epsom salt bath, get a massage, take a relaxing drive, take a nap, meditate, pray, or simply watch your favorite program on TV (not an action packed thriller) can be very relaxing and relieve some stress.



Tip #2

Exercise—Increasing cardiovascular exercise is critical for oxygen intake, circulation, and increasing both brain and heart health. It can also be a wonderful outlet to release frustration and lower blood pressure. People that exercise regularly, have significantly lower stress and cortisol levels. It's important to speak to your cardiologist or primary care doctor before embarking on any new exercise program. For those with cardiovascular disease, it's well known that swimming or water aerobics are exceptional options to safely increase cardio without as much vigor as with land exercising. Also, low impact exercise like walking, Yoga or Pilates are also beneficial ways to get your cardio in without overdoing it.

Tip #3

Don't Ignore Your Symptoms—If you have any issues with anxiety, stress, PTSD or changes in your heart rate, blood pressure or are experiencing tightness or palpitations, don't ignore your symptoms. If stress or cardiac issues are left untreated, they can create exacerbated conditions or even death. Talk to your physician right away if you notice any changes in your health.

Dr. V

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Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

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

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MORE PEOPLE ARE LIVING WITH CANCER

According to the American Cancer Society, there are more than 15.5 million Americans with a history of cancer who are alive today; 1.34 million of those survivors are here in Florida. The evolution of cancer treatment over the last 40 years has resulted in much better outcomes for patients; today more people are living with cancer than ever before.

WHAT CAUSES CANCER?

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent or, more commonly, acquired during a person's lifetime due to environmental factors, such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system's ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

HOW EFFECTIVE IS CANCER TREATMENT TODAY?

Remarkable advances have been made in the treatment of cancer, especially over the past two decades. Through research, we have learned that each person's cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly effective targeted treatments and immunotherapies that are based on a patient's unique genetic profile. Genetic sequencing of a patient's tumor can help identify which drugs or treatments will be most effective for that individual.



Today, millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet for many types of cancer, the disease is something that can be managed, and many people can live with cancer when it is being controlled by treatment.

Early detection and diagnosis, as well as advances such as immunotherapies and targeted treatments (most of which are available in pill form) are also making it possible to live with cancer and continue to have a good quality of life. Further, improvements in chemotherapy and secondary medications to manage side effects, such as nausea or fatigue, offer better outcomes for patients than ever before.

WORLD-CLASS CANCER CARE CLOSE TO HOME

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

CLINICAL TRIALS LEAD TO TOMORROW'S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon, one of the world's leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In recent years, 84% of all new cancer drugs were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life. For more information, visit FLCancer.com



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The Villages, Florida 32162

Villages Cancer Center

1400 N US Highway 441, Suite 540
The Villages, Florida 32159

Villages North

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

For more information, visit FLCancer.com

For those who suffer painful spinal fractures, balloon kyphoplasty may provide welcome relief

Dawn, 58, enjoys walking on the beach and looking for seashells in her oceanfront community. It's a relaxing way to spend her precious free time between working two jobs – as a nurse at a skilled care nursing home and as a home health care provider.

One day recently, the physical demands of Dawn's work caught up with her.

"I was moving a tub, and I was bent down pulling the tub backwards. I'm not sure what was in it, but it was heavy. And something on the floor caused me to fall. I fell from no higher than knee high."

Dawn knew instantly that something was wrong when she felt a pop in her back. *"It was loud, and the pain was horrible."*

She left work and went home, but after two days of intense pain that wouldn't let up, Dawn went to the emergency room. There, she had an X-ray and found she had suffered a compression fracture of her L2 vertebra.

"Being off work wasn't really an option for me," said Dawn, who lives alone and has chronic diabetes.

She was also concerned about taking opioid medications like Percocet, which she had been prescribed at the emergency room.

"I didn't want to be dependent on them. I don't like the way they make you feel anyway."

Emergency room physicians referred Dawn to a spine surgeon. After determining that Dawn's spinal fracture was caused by osteoporosis, her surgeon performed a minimally invasive surgical procedure called balloon kyphoplasty that uses balloons and cement in an innovative technique that has been shown to bring many patients rapid pain relief after just one hour.

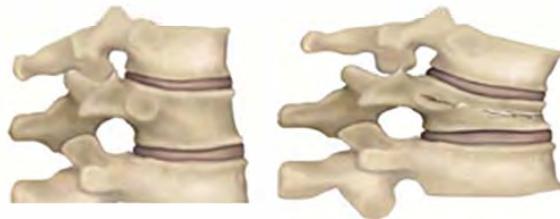
Balloon kyphoplasty is a minimally invasive procedure for the treatment of pathological fractures of the vertebral body due to osteoporosis, cancer, or benign lesion.

With her pain having gone away and her activity level improved after her balloon kyphoplasty,

Dawn has begun seeing an endocrinologist to manage her osteoporosis with calcium therapy and bisphosphonate medications.

QUESTIONS AND ANSWERS

What are the typical symptoms of a spinal fracture?



A spinal fracture may cause mild to severe back pain and can occur after simple daily activities such as sneezing or lifting a light object. You may have a vertebral compression fracture if you:

- Have sudden onset of severe, sharp back pain that lasts longer than 3 days AND
- Are over 50 OR
- Have been told you have osteoporosis or low bone density.

What are the benefits of Kyphon™ Balloon Kyphoplasty (BKP)?

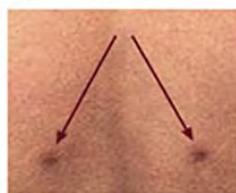


Compared to non-surgical treatment like a back brace or oral medication, clinical studies have shown that people with spinal fractures treated with BKP experienced several benefits^{1, 7-9}:

- Less back pain
- More quality of life
- Better mobility
- Less time on bed rest and fewer days when pain interferes with daily activities
- Satisfaction with the procedure

What are the risks of balloon kyphoplasty?

Although the complication rate for Kyphon™ Balloon Kyphoplasty is low, as with most surgical procedures, serious adverse events, some of which can be fatal, can occur,



"I have been performing balloon kyphoplasty for 20 years now, and I was one of the resident teaching faculty 20 years ago when the procedure was first approved in the U.S. In my practice, if an exam and MRI show a patient is a good candidate for kyphoplasty, then the sooner the better.

It's important to treat a patient's painful compression fracture before the vertebra completely collapses and before it becomes sclerotic. At that point, it starts healing itself a little bit, and it becomes harder to treat. Once the vertebra has collapsed, you can't raise it anymore. The spine becomes cemented in that position, and you get kyphotic deformity and the pain that goes with it."

Dr. Ramin Abdolvahabi,
Palm Beach Neurosurgery

including heart attack, cardiac arrest (heart stops beating), stroke, and embolism (blood, fat, or cement that migrates to the lungs or heart). Other risks include infection; leakage of bone cement into the muscle and tissue surrounding the spinal cord and nerve injury that can, in rare instances, cause paralysis; leakage of bone cement into the blood vessels resulting in damage to the blood vessels, lungs, and/or heart. Talk to your doctor about both benefits and risks of this procedure.

spine-facts.com

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Balloon Kyphoplasty incorporates technology developed by Gary K. Michelson, M.D.

PM0021664-1.0

HEART HEALTH DEPENDS ON KILLING SENESCENT IMMUNE CELLS AND REDUCING 'INFLAMMAGING'

A failing immune system can also be called Immunosenescence, which refers to the gradual deterioration of the immune system brought on by natural age advancement.

Immunosenescence, or aging of the immune cells, is the core cause of many chronic conditions, including heart disease.

Why?

Aging cells can accumulate, and when they do, they emit signals that cause systemic low-grade inflammation. This is also called "inflammaging." Anyone with cardiovascular disease, from hypertension to heart attack will have been told by their doctor that the cause is inflammation. Inflammation can block the growth of new immune cells, damage others, and cause real problems for your heart and arteries. If all our senescent cells could eliminate themselves (apoptosis) as they did when we were young, we would all live longer and healthier lives.

Here's how it works.

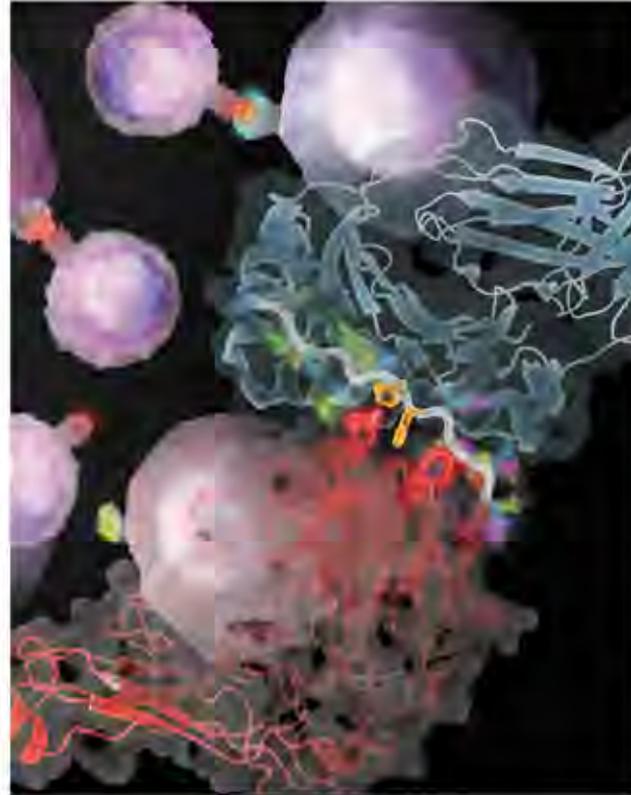
Immunosenescence affects both the innate and adaptive immune systems. However, the most notable changes are with your T-Cell (type of white blood cell) diversity, ability to signal, and population. Senescent T cells have the ability to produce large quantities of pro-inflammatory cytokines (a type of signaling molecule) and cytotoxic mediators. This has recently been shown to have pathogenic implications in cardiovascular diseases such as hypertension, atherosclerosis, and myocardial infarctions. Cardiovascular disease is the number one cause of death worldwide.

So, what to do?

The answers seem quite clear, eliminate your accumulating senescent cells. This will help lower systemic inflammation, and by doing so, you allow more new immune cells to reproduce. That, in turn, will boost your immune system and slow or reverse cardiovascular disease. This approach to correcting the source of the problem is the new paradigm now emerging in medicine.

Measure Your Immune System at the Maharaj Institute of Immune Regenerative Medicine

Dr. Maharaj, Medical Director of South Florida Bone Marrow Stem Cell Transplant Institute, DBA, The Maharaj Institute of Immune Regenerative Medicine,



and an internationally renowned Hematologist/Oncologist/Bone Marrow Transplant Physician and leader in Regenerative Medicine, performs a sophisticated blood test which examines both the innate and adaptive parts of the body's protection system. This test includes about 100 cellular markers, including T Cells, B Cells, and Natural Killer Cells. It also measures the pro- and anti-inflammatory Cytokines and determines how well a person's inflammation is balanced.

This test examines areas that standard blood tests do not and creates an Immune Risk Profile (IRP) that can range from zero – no imminent likelihood of disease – through mild, moderate, and severe. "A person with a severe risk probably already has a disease, with the onset possibly occurring as many as 20 years ago," said Dr. Maharaj. Using Immune Regenerative Medicine, Dr. Maharaj can repair and strengthen the Immune System to the point where it can even be collected and stored in the Stem Cell Cryobank at the Institute, for a time when it may be needed in the future.

The Immune Panel blood test is the first step to being proactive in addressing the root cause of your immunosenescence which is causing heart disease inflammation.

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INSTITUTE
OF IMMUNE REGENERATIVE MEDICINE



Medical Director

Dipnarine Maharaj, MBChB., MD.,
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Dr Maharaj has been working in the field of stem cells for more than 30 years. He is a Hematologist/Oncologist/Bone Marrow Transplant Physician. In the 1980s at the University of Glasgow in Scotland, he helped pioneer the use of stem cell transplants for blood cancers, now the standard of care. He has over the years continued to be innovative and now focuses on measuring and repairing the immune system using Immunotherapy and Immune Regenerative Medicine.

For more information:

The Maharaj Institute of Immune Regenerative Medicine
10301 Hagen Ranch Road, Suite 600,
Entrance C, Boynton Beach, FL

561-752-5522 | info@miirm.org

Why You Should **NEVER** Ignore Leg Swelling

By Bryan Carter, MPA-C, Phlebology-Surgery

When sock lines or pant seams leave an indentation on ankles or calves, it's not always caused by "normal" swelling. If you've noticed that your legs feel swollen, it's either from fluid retention or inflammation. Both of which need to be addressed by a medical professional.

Heart Failure

The most severe cause of swollen legs is Heart Failure. While there are several types of heart failure, the primary concern is that the heart cannot pump blood and oxygen efficiently throughout the body. The heart becomes enlarged due to its overcompensation of trying to adequately pump. The muscle mass of the heart thickens, and the heart tries to beat as fast as possible to keep up with its demand. The bottom line in heart failure is the heart can not pump blood around the body efficiently to meet the demands of the body and will cause a back up of fluids in the legs and body.

PVD

Individuals with peripheral vascular disease (PVD) have blood flow disruptions usually in the feet and legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide.

Individuals with arterial disease due to atherosclerosis (plaque buildup in the arteries) often have PVD. Other blood vessel conditions like DVT's (Deep Vein Thrombosis) varicose veins, pulmonary embolisms, and venous insufficiency are related to PVD.

When our veins are working correctly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction if these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to one's health.

Sodium Intake

When we ingest excessive salt, inflammation takes effect in our entire bodies, as water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.



Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium, which can cause other adverse effects like arrhythmias and muscle weakness.

Blood Pressure Medication

Certain blood pressure medications like calcium channel blockers work by expanding the blood vessels. In some situations, this can lead to leaking into the tissue and exacerbates swelling.

Lack of Activity

A sedentary lifestyle causes poor blood circulation and blood will begin to pool into the lower extremities causing swelling. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrient and oxygen rich blood flow and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Diagnostic tests for determining your leg swelling's root cause

Village Heart & Vein Center uses state-of-the-art testing equipment that provide the best results. These tests help evaluate the current

conditions and map out a treatment plan. Some of the testing consists of leg and ankle venous or arterial dopplers, echo cardiac dopplers, blood work- up for heart failure, and IVUS venograms of for iliac compression. IVUS is an in-depth ultrasound of pelvic occlusion that may be causing blockages and swelling, which is quite common in elderly patients.

Don't Ignore Your Symptoms!

If you have leg, foot and ankle swelling, this could potentially be a sign of a significant heart or peripheral vascular condition.

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

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



VILLAGE
Heart
& VEIN CENTER

Bryan Carter, MPA-C

8575 NE 138th Lane
Lady Lake, FL 32159

(352)-674-2080

Toll Free: 1-855-432-7848 (Heart 4 U)

www.villageheartandvein.com

STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

“Stress incontinence” is a reality for millions of women in America today. The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise—sex; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.¹

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.

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Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.



NEED TO DESTRESS CONCERNING YOUR FINANCIAL SITUATION?

So maybe you've gotten yourself into a spending habit that is out of control, or perhaps you've had an unexpected expenditure pop up that you've been trying to free yourself of with not much luck. Seeking professional wealth management and budgeting advice is essential, but destressing is equally as important because if you let anxiety take over, you will inevitably have more monetary debts to pay in the long run, due to your overall health. Stress wreaks havoc on our bodies and brains. What can you do to relax?

Here are a few ideas to help you relax:

- Watch TV
- Take an enjoyable walk
- Read a book
- Relax on the beach or in the pool
- Do deep breathing
- Exercise
- Stay positive
- Decrease caffeine and alcohol intake
- Stop smoking
- Take a stress management class
- Do yoga
- Meditate or pray
- Take a warm bath
- Get a massage
- Sleep in
- Order take out
- Take a Nap!

Managing your budget, investments, and wealth is a critical step to getting ahead of your financial burden. Perhaps you want to learn more about investing for retirement or wish to diversify your portfolio. Woodall and Associates are dedicated to helping individuals learn conservative retirement planning strategies and helping to create income for life that fits a multitude of different budgets.

Woodall and Associates are experts in their field coupled with hometown compassion. Partnered with the prestigious LPL Financial, you get the best of both worlds when it comes to your financial investments, a well-established corporation and your local advisor's expertise.



LPL Financial is one of the leading financial services companies and the largest independent broker/dealer in the nation*. For more than four decades, the firm has served as an enabling partner, supporting financial advisors in their goals of protecting and growing their clients' wealth. A chief objective of LPL Financial is to reduce the complexity of running a financial services practice so advisors can focus on what they do best: helping their clients attain their financial goals and fulfill their dreams.

PRODUCTS & SERVICES AVAILABLE AT WOODALL AND ASSOCIATES:

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- Treasury Bills
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Financial Planning

- Retirement Plans
- Tax Plans
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- Money Purchasing Plans
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- Life Insurance
- Long-Term-Care Insurance

Woodall and Associates understands that individuals face unique challenges as they prepare for retirement, and Jason Woodall can help take the mystery out of preparing for today and tomorrow. Whether your goal is saving for retirement, college savings, or estate strategy, their personalized service focuses your needs, wants, and financial goals and objectives.

The professionals at Woodall and Associates have years of experience in financial services and can help you address your needs of today and for many years to come. They look forward to working with you through all stages of your life, please call (352) 750-3051 to find out more.



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The COPD and Cardiac Connection:

What You Need to Know About Treatment & Getting the Help You Need

Chronic Obstructive Pulmonary Disease (COPD) and heart disease are interconnected systemically to chronic inflammation in the body. Most individuals are unaware of the fact that they have chronic inflammation, because it's not typically something they can see and what they feel, they often ignore as general aging complaints like stiffness, brain fog, high blood pressure or high lipid levels, diabetes, etc. These issues are what lead to the vast number of comorbidities (More than one disease state).

Patients with COPD have fluid retention, which is also attributed to cardiac issues, and can exacerbate cardiovascular conditions. For both sets of conditions diet is a critical component. Making sure that low sodium, low sugar and carbohydrates are minimal in the diet is helpful to lessen the effects of the inflammatory response. Exercise is also important but should be monitored and discussed with your physician.

Nearly 24 Million Americans have COPD, and large number of them are over the age of 40 and have a history of smoking or being subjected to respiratory irritants such as chemicals and pollutants. COPD is a disease that is encompassed by chronic bronchitis, emphysema, and asthma, causing shortness of breath, productive coughing and inflammation of the airways. It is a progressive lung disease with no cure. Most patients are put on steroids (oral and inhaled), bronchodilators and antibiotics.

COPD Causes Symptoms of Drowning in One's Own Lung Fluid

Individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breath. They frequently feel as if they are drowning and call 911 often due to this terrifying sensation. This is why it's important to speak to your physician about your COPD treatment and the best at home care techniques to keep you safe and comfortable.

Having a disorder like COPD is challenging with continual progressive changes and side effects. Talking to your physician about any fluctuations in your health or symptoms is critical.



COPD Symptoms

- Coughing
- Inability or struggling to breathe
- Producing phlegm
- Wheezing
- Shortness of breath with normal activity
- Blue tinge to fingernails
- Fatigue

Home Health Can Help Immensely with Cardiac Monitoring and Vital Prognosis. Home Health can Also Help Patients Avoid the ER.

Depending on the stage of the COPD, some patients might need to consider home health care or private duty nursing. When under home health care, their team of nurses and medical director can prevent these readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes. Your physician is still in charge of your medical care, and all reports from the home health team are reported to your primary care doctor.

To find out more, please call Lake Centre Home Care today.

Home Health Services

- Skilled nursing services
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home rehabilitation services
- Nursing assessment at each home visit to monitor and manage progress

Lake Centre Home Care is a skilled home health agency that provides nursing; physical, occupational, and speech therapy; along with home health aides and medical social services.

Lake Centre Home Care offers comprehensive patient care. Lake Centre Home Care accepts Medicare Assignment and private insurance with pre-authorization.



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(352) 315-0050

HHA# 299992424

NOW THAT FEBRUARY IS HERE, ARE YOU IRRITATED WITH YOUR LACK OF WEIGHT LOSS?

HOW TRUSCULPT® ID CAN HELP

Did you know that 92% of people fail or give up on their New year's Resolutions? Only 8% of individuals stick with their routine; HOWEVER, even for those of us that are trying are hardest, sometimes, results are stagnant!

Why are you still struggling with those extra pounds, or that less than sculptured physique? Apparently, 92% of us need a little extra help to reach their goals and Trusculpt ID is a revolutionary treatment that's helping countless individuals do just that.

Total Nutrition and Therapeutics is proud to offer Trusculpt ID, a revolutionary non-surgical, body-sculpting treatment that allows you to personalize your ideal body in as little as one 15-minute treatment.

Trusculpt ID is a safe and effective technology that is clinically proven to permanently eliminate fat cells in stubborn areas around your abdomen and flanks. With truSculpt ID, you can get the body definition you want, even in areas that have been resistant to diet and exercise.

According to Cutera Medical Devices:

Personalized Body Sculpting: The Next Evolution

In recent years, the medical aesthetic industry has seen rapid growth in the number of body sculpting and body contouring procedures performed. The trend is projected to continue growing with the overall market growth of 16.3% year over year through 2020.

Trusculpt ID is the latest body sculpting treatment solution from Cutera, providing a personalized, hands-free and hand-held solution to revolutionize your practice. This powerful, non-invasive, Monopolar RF platform tailors to patients' individual needs and features Real-Time Temperature Control for clinically proven results, safety, and patient experience. Trusculpt ID treats the entire fat layer, resulting in an average of 24% fat reduction. It offers unique hand-piece and placement location versatility and customized 15-minute protocols to treat a full abdomen or multiple body areas simultaneously.



Sculpting With Open Arms

Trusculpt ID offers a unique and personalized approach to improve upper arm contouring and definition. Unlike other devices, there is no placement limitation, it is easy to set up, and fast to treat. Provide your patients improved freedom to open their arms and wear sleeveless shirts with confidence.

- Unique approach to treat skin with laxity
- Sculpt challenging areas
- Synchronized treatment zones
- No downtime
- Sculpting To Get A Leg Up



TOTAL NUTRITION AND THERAPEUTICS

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Thighs are commonly out of proportion with the rest of the lower body causing growing interest in leg sculpting. Trusculpt ID offers an individualized and unmatched solution to regain proportion to inner and outer thighs of all shapes and sizes. Give your patients a leg up and the desire to flaunt their youthful shape.

- Versatile to treat various tissue densities
- Tailored for areas large and small
- Flexible treatment configurations
- Immediately resume normal activities
- trusculpt® ID System
- Applications
- truSculpt ID Technology

Trusculpt ID provides an innovative RF technology that delivers clinically proven results to expand your body sculpting business. The system versatility allows for customized treatments to multiple body areas simultaneously based on patients need in as little as one 15-minute treatment protocol.

Radiofrequency (RF) Energy

Trusculpt ID delivers heat to the entire fat layer while maintaining a comfortable skin temperature – optimizing clinical efficacy and maintaining patient comfort. The holidays are upon us—Don't wait—Start your Trusculpt ID treatment now!

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

Total Nutrition & Therapeutics

At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!

Source: <https://cutera.com/trusculptID>

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

Personalize Your IDEAL Body!

truSculpt® iD

If you diet and exercise but still have areas of stubborn fat, truSculpt® iD, our premier body sculpting treatment, is clinically proven to eliminate fat cells regardless of your shape or body type.



Easy | Safe | Proven
Fast | No Downtime

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Treat yourself during this "Month of Love" and receive
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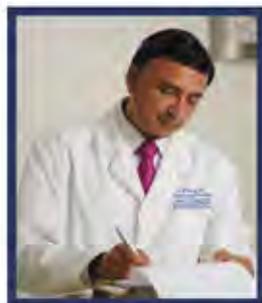


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MAHARAJ
INSTITUTE
OF IMMUNE REGENERATIVE MEDICINE

Medical Director
Dipnarine Maharaj, MBChB., MD.,
FRCP (Edin.), FRCP (Glasg.), FRCPath., FACP

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At Rivers Family Medicine, we provide experienced, knowledgeable, and compassionate care to help you meet your individual healthcare goals. Our patients are our primary focus.

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We offer a variety of onsite services for your convenience and to help assist in your care:

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- Skin biopsies and minor skin procedures
- Immunizations



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www.riversfamilymedicine.com

Get Fit in Ave Maria: Take Control of Your Heart Health

Your heart works hard for you nonstop for your whole life. So, show it some love. Making small changes in your habits can make a real difference to your ticker. In addition to quitting smoking, and making heart-healthy eating changes, exercise is an effective lifestyle change keep your heart healthy. At Ave Maria, our residents have access to many exercise options both indoors and out.

Tips for Better Heart Health

Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.

Make healthy eating a habit. Small changes in your eating habits can make a big difference. Try making healthier versions of your favorite recipes. How? Look for ways to lower sodium and trans fat, and add more fruits and vegetables.

Move More. To keep it simple, you can aim for 30 minutes a day, five days a week of moderate exercise. That includes any activity that gets you moving around and breaking a slight sweat.

Do More of What You Love. Make a point to spend time with people you're close to. Talk, laugh, confide, and enjoy each other. It's good for your emotional health and your heart.

What Kind of Exercise Will Help?

To help lower your blood pressure and risk for heart attack and stroke, the American Heart Association (AHA) recommends an average of 40 minutes of moderate- to vigorous-intensity aerobic activity three or four times a week. For overall cardiovascular health, the AHA suggests at least 150 minutes of moderate exercise — or 75 minutes of vigorous exercise — per week.

Examples of moderate-intensity exercise include:

- **Walking briskly (3 miles per hour or faster).** Ave Maria has miles of walking trails.
- **Bicycling (10 miles per hour or slower).** Our bike friendly town allows you to bike to shopping, dining and more!

- **Playing tennis (doubles).** The Ave Maria North Park is located just north of the Town Center and provides an ideal spot for tennis, baseball, basketball, and plenty of fun in the sun.

Examples of vigorous-intensity exercise include:

- **Racewalking, jogging or running.** Located in the Town Center, the Ave Maria Fitness Center spans 5,000 square feet of workout and classroom area, men's and women's showers, reception area and offices. The workout floor includes state-of-the-art treadmills, stationary bikes, and Star Trac exercise equipment.
- **Swimming laps.** Adjacent to the schools and the North Park lies Ave Maria's famed Water Park, rivaling the finest parks of its kind in the area. With its interactive fountains, slides, pools, and pavilions, the Water Park provides hours of resort-style entertainment on a year-round basis.
- **Aerobic dancing.** The Club at Maple Ridge will be the central hub of activity and relaxation exclusive to residents of Maple Ridge, Maple Ridge Reserve, and Coquina. The Club is poised to include indoor and outdoor activities for all ages including an aerobics studio, bocce court, and dog park.



Ave Maria residents enjoy a seemingly endless array of activities, from free organized events to a waterpark, aquatics center, dog park and miles of walking trails.

With homes from our three featured builders priced from the low \$200s to \$400s, Ave Maria indeed has something for everyone. Just a few hours south of The Villages on I-75. Make a trip of it and visit our 21 models open daily. Call (239) 325-3903 or visit avemaria.com to learn more.

Ave Maria

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

Do You Have Back or Joint Pain?

How Regenerative Medicine Can Help!

Did you know that 80% of people will suffer from back pain at one point or another in their lives? If you see a spine surgeon, most likely you'll be told you need to have surgery. However, many people find remarkable pain relief with regenerative medicine. Wouldn't it make more sense, if most people started with these techniques and procedures before undergoing the knife. It's unfortunate that many back surgeries do not actually fix the pain, problem or have longstanding results. It's known as Failed Back Surgery Syndrome, YES, that is an actual diagnosis!

Non-Surgical Treatment for Back Pain & Neck Pain

If you suffer from chronic low back pain or neck pain and have been told to just live with your pain, or that surgery is your only option, we may have a solution for you — the DRS Protocol™ treatment for back pain and neck pain conditions!

The DRS Protocol™, available only within The Villages® community at Central Florida Regenerative Medicine, is a safe and effective treatment alternative to surgery and has helped thousands of patients who have exhausted all options get relief with treatment for chronic back pain and neck pain conditions.

Many of our patients had tried everything to relieve the causes of back pain or neck pain including addictive painkillers, epidurals, spinal fusion, back or neck surgery, or they have been told to just live with the pain.

Back and Neck Pain Symptoms

- Herniated disc(s)
- Degenerative disc disease
- Back pain
- Neck pain
- Numbness and tingling in arms or legs
- Sciatic pain
- Facet syndrome
- Spinal stenosis
- Failed back surgery syndrome



How DRS™ Works

DRS™, which stands for Decompression, Reduction, and Stabilization, applies an "axial" or distractive force to the injured disc levels. During treatment, intradiscal pressure is dropped from a positive to a negative. This negative pressure promotes diffusion – the intake, of water, oxygen, and nutrients – into the disc, thereby rehydrating the degenerated disc.

The DRS Protocol™ reduces pressure inside of the disc. This reduces the painful herniation and the pain from other disc related degenerative conditions. The pressure reduction results in increased blood flow to the injured area, reduction of pain, increased mobility and tissue repair.

In research studies, the conclusions were that for patients with appropriate back pain conditions, DRS™ is a "front-line, premier treatment."

The DRS Protocol is drug-free, pain-free and is a successful alternative to neck or back surgery for the treatment of back pain and neck pain conditions.

Central Florida Regenerative Medicine offers many other services and procedures along with DRS™ such as cold therapy laser, microcirculation-PEMF, and spinal manipulation to name a few.

Chronic pain is an epidemic in our society. If you have any joint pain or back pain, you have options, and those include drug-free and no surgery alternatives that have worked for countless people just like you.

If you have any of the following issues, call to schedule your consultation today:

- Joint pain
- Back or neck pain
- Arthritis
- Cartilage damage
- Bone-on-bone
- Bursitis
- Tendonitis
- Meniscus tears
- Sprain or strain
- Painful swelling
- Popping or cracking
- Everyday wear & tear
- Inflammation
- Limited range of motion
- Immobility or impingement

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5 Ways to Overcome Anxiety in Assisted Living Facilities

Moving to an assisted living facility can be a time of emotional upheaval for seniors. Not only are they leaving behind a home of their own, they need to learn how to live in harmony with strangers. Settling into a seniors home can increase anxiety and leave many new residents feeling out of place and worried. If you're moving a loved one into an assisted living facility, below are five tips you can share to help them overcome their anxiety in their new surroundings.

1) Learning to sing on a daily basis can significantly reduce tension and anxiety. Seniors who make a habit of singing songs from their childhood or teenage years can reduce their feelings of discomfort and feel more at home. Encourage your loved one to sing in their room even if they don't have a great voice or can't carry a tune. We have introduced this in our home with our child on the autism spectrum and he LOVES it. It's not unusual for him to belt out anything from Amazing Grace to Scooby Doo! Singing is a fun coping method to help remedy anxiety for any age. It really works!

2) It might sound simple, but helping your family member to laugh and smile more can ease their transition into senior living. Share jokes, help them practice silly smiles, and make a point of reducing tension with gadgets that prompt laughter. Search an e-commerce site like Amazon.com for 'noise machine' and you'll be amazed at the goofy sound machines you can purchase for your family member. Better yet, hang pictures up in their room of family and past events that make them smile..

3) Seniors who take part in their new community tend to feel less stressed than those who hole up in their room. Just because your loved one is living in an assisted living facility doesn't mean they can't make new friends. Encourage them to take field trips with other residents or participate in community games and devotion. Participation in our scheduled events will help to reduce their level of anxiety at their new surroundings.

4) Old hobbies can be especially comforting to those who have recently moved into a seniors home. Remind your loved one of hobbies they used to like and encourage them to start enjoying those hobbies again. Anything from knitting and crocheting to model building and puzzles can be enjoyed while living in their new home. They might even discover other residents who have an affinity for the same relaxing hobbies.

5) If your loved one is experiencing mild depression and anxiety, encourage them to speak with their family physician. Changes in behavior could mean their medication needs checking or they need to start taking an herbal supplement like 5HTP to prevent mood swings. Speaking with a medical professional can put your mind at ease and help your loved one adjust to their new home.

Share these five ways to overcome anxiety with your family member and there's a good chance you'll both feel better. Living with anxiety doesn't have to be a permanent state of mind if your loved one is willing to make small adjustments in their daily routine.

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Obstructive Sleep Apnea & Oral Appliances: A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

Sleep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People that suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities.

What Causes Sleep Apnea?

The short answer to sleep apnea's cause is that the airway collapses during sleep due to one or more of the following conditions, obesity, drinking alcohol, smoking, stress, lung disease like COPD, emphysema or asthma, drugs, and various ailments. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications.

What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders
- Chronic disease
- Diabetes
- Depression
- Behavioral issues
- Stroke
- Brain health impairment

If not treated, over time, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

What are the symptoms of Sleep Apnea?

- Snoring
- Gasping
- Dry mouth
- Choking
- Cognitive decline or brain fog
- Restless sleeping
- Depression and irritability



Have you tried CPAP therapy and failed?

The customary first line of treatment for sleep apnea is a PAP device. However, many patients are unable to tolerate the use of a PAP, and therefore are not achieving optimum treatment results. Those patients are candidates for Oral Appliance Therapy, or OAT. Research shows that a custom-fit oral appliance is an effective therapeutic treatment option for Obstructive Sleep Apnea and can also help to eliminate snoring. A custom oral appliance is similar to a nightguard or retainer and is designed to assist in opening the airway. By opening the airway, you increase your oxygen intake, as well as improve your sleep, and your over-all health. The American Medical Association, The American Academy of Sleep Medicine and the American Board of Dental Sleep Medicine, all recommend OAT to be prescribed by a Sleep Physician and fabricated by an ABDSM qualified dentist.

At Village Sleep Dentistry, we not only have the qualifications, but we are also a Medicare approved DME provider as well. If you have Sleep Apnea and are unable to use a PAP device, consider improving your health and your quality of life. Your body and mind will thank you.

Meet Dr. Rozensky

As a Diplomate of the American Board of Dental Sleep Medicine and recognized as a qualified dentist by the American Academy of Dental Sleep Medicine, Dr. Rozensky earned his Doctorate of Dental Surgery degree from University of New York at Buffalo. He then went on to serve our country in the United States Air Force, after which he enjoyed private practice in General Dentistry for over 20 years. Dr. Rozensky now includes his passion for Sleep Dentistry in his practice and finds true joy in the life changing care he is able to provide.

Village Sleep Dentistry

At Village Sleep Dentistry, our dentist Dr. Richard Rozensky and the entire dental team will work closely with you so that you can make informed decisions about your health. In addition to sleep dentistry, we offer all aspects of dental care and treatment including restorative, general, cosmetic dentistry and more...

From the moment you step in the door you will feel at ease. You will be welcomed by a warm and inviting atmosphere, combined with a professional and caring team. You will immediately recognize the emphasis on professionalism and quality, from the people who care for you to the technology they use-this is the way dental care should be!

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Richard Rozensky DDS, D.ABDSM
Clinical Director
352.430.1710
1950 Laurel Manor Drive
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Oral Appliance Therapy
for Sleep Apnea

What if Your Back Pain is a Spine Compression Fracture?

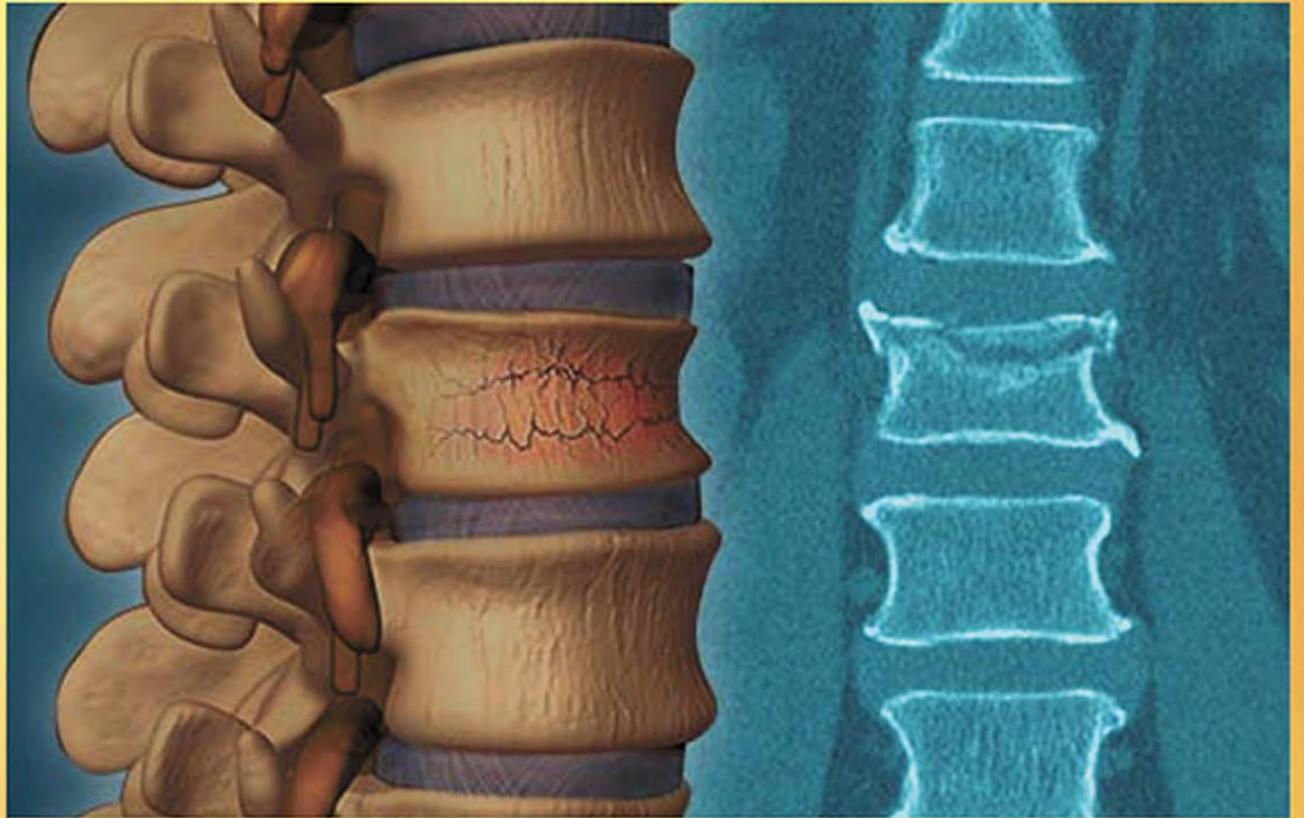
What if you develop sudden onset severe back pain, more unbearable than you ever imagined? If your pain is new or feels different from the chronic back pain you may already be experiencing - which is currently being treated with exercise, pain medicines, and injections - it is recommended that you visit 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



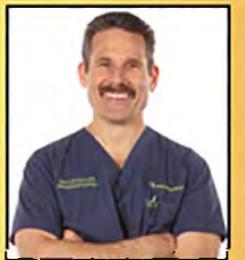
takes approximately 30 minutes under the expertise of an experienced specialist, such as an Interventional Radiologist. Although other specialists are now performing this procedure, an Interventional Radiologist should be your first choice, as they pioneered the procedure, and any image-guided procedure 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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Love Yourself! Keeping Your Heart Healthy

Dr. Dariano, D.O.

Hart disease is the leading cause of death for both men and women. Heart disease is caused by atherosclerosis or plaque clogged arteries that restrict the blood flow in the heart. Every year about 735,000 Americans have a heart attack.

Warning signs for a heart attack:

- Chest pain or discomfort
 - Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach
 - Shortness of breath
 - Nausea, lightheadedness or cold sweats.
- **If you are experiencing any of these symptoms seek medical attention immediately.**

5 MAJOR Risk Factors for heart disease:

- Inactivity (Sedentary Lifestyle)
- High blood pressure
- Abnormal values for blood lipids
- Smoking
- obesity

February is the month of Valentine's Day, so among loving others make sure to take time to love YOURSELF! Your heart is working 24 hours a day 7 days a week to make sure your body has oxygen through blood flow to continue functioning. Unlike other organs your heart is made up of muscular tissue that can be conditioned like other muscles in your body.

A sedentary lifestyle is one of the 5 major risk factors for cardiovascular disease. Exercise is important in maintaining strength in your heart.

American Heart Association recommendation for Physical Activity in adults:

For overall cardiovascular health:

- 30 minutes of moderate-intensity aerobic activity at least 5 days/week or
- At least 25 minutes of vigorous aerobic activity at least 3 days per week AND moderate to high intensity muscle strengthening activity at least 2 days per week.



For lowering blood pressure and cholesterol:

- Average 40 minutes of moderate to vigorous intensity aerobic activity 3 or 4 times per week.

Benefits of regular exercise on cardiovascular risk factors:

- increased exercise tolerance
- reduction in body weight
- reduction in blood pressure
- reduction in bad cholesterol
- increase in good cholesterol
- Increase in insulin sensitivity.

If you are unable to maintain the above listed recommendations don't worry, something is better than nothing! Exercise is important to becoming heart healthy. Love yourself and protect your heart!

Rivers Family Medicine continues to provide their patients with the highest quality of care; they are continually looking for innovative methods of working together with their patients to ensure that they are not only aware of but also involved in the management and improvement of their patient's health.

Dr. Erin Dariano - Dr. Dariano has been practicing Family Medicine in Lima Ohio at Lima Memorial Hospital for the past seven years. Dr. Dariano, D.O. Completed her undergraduate degree at Bowling Green State University, and her medical degree at Ohio University College of Osteopathic Medicine. She is a board certified D.O., Doctor of Osteopathic Medicine. Dr. Dariano is committed to providing thorough, compassionate, mindful care for her patients.

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



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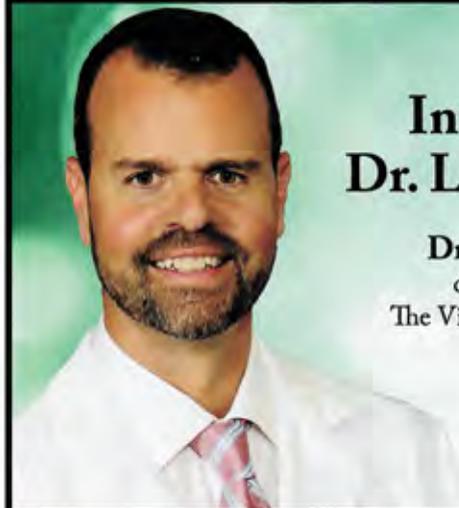
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MELANOMA SKIN CANCER

Dr. Gil Y. Cortes, MD



Dr. Cristina Novela Cortes, MD

Melanoma is a cancer type that begins in the skin cells that create the pigment melanin. Melanoma usually manifests as a dark mole on the skin. However, it also rarely forms in other tissues, such as the eye or even intestines. The most noticeable sign of melanoma is the appearance of a new mole or a change in an existing mole or birthmark. People should be aware of any pigmented areas on the skin that appear abnormal in color, shape, size, or texture.

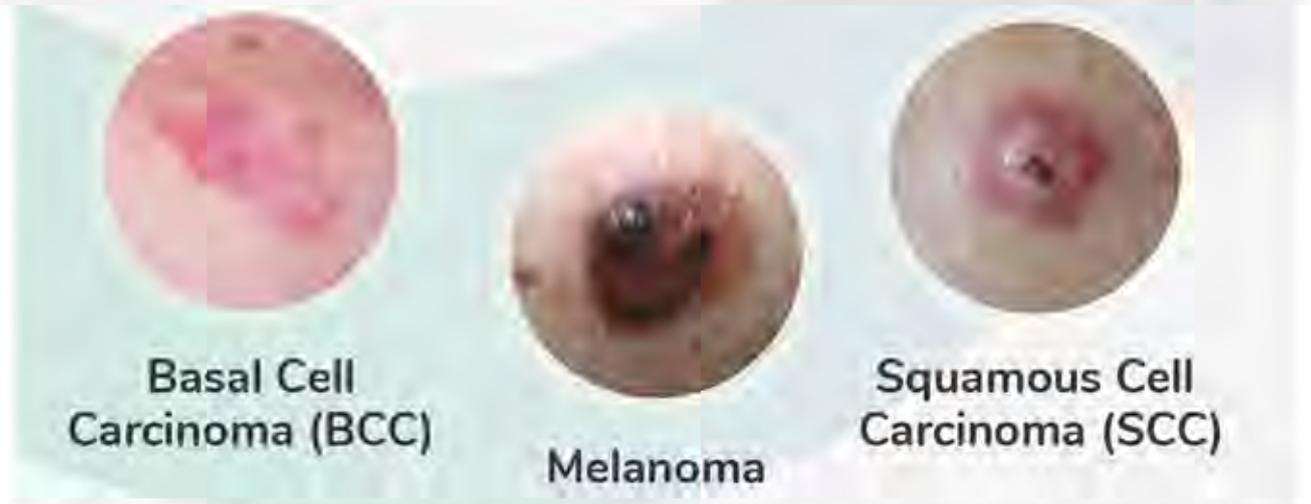
In 2018, an estimated 96,480 patients in the United States were diagnosed with melanoma, and about 7,230 patients died from the disease. With surgery, melanoma that is confined to the skin, is curable in 95 to 98 percent of cases. Unfortunately, if the lesion recurs (returns), gets thicker, or spreads from the skin to the lymph nodes or distant organs, it becomes much more dangerous.

Melanoma is categorized by stages. A particular stage of the disease gives an idea how far the cancer has spread. Essentially, there are five stages of melanoma. The first stage is called stage 0, or melanoma in situ. The last stage is called stage 4. Survival rates tend to go down at each stage of melanoma. However, it is important to keep in mind that survival rates are just estimates. Each person with melanoma is different, and your outlook or prognosis can vary based on many different factors.

Even more surprising is the realization that just millimeters separate the different stages of melanoma skin cancer. A stage 2 melanoma means the tumor has grown just over 2 millimeters in thickness. The five-year survival rate is 70-81 percent and the 10-year survival rate is approximately 60 percent. A stage 3 melanoma is one that has spread to additional areas besides the skin. At this point, radiation and other medication treatments are employed. The five-year survival rate for stage 3 melanoma drops to 40-78 percent and the 10-year survival rate drops to 24-68 percent.

According to the American Cancer Society, the 5-year survival rate for advanced or stage 4 melanoma is 15-20 percent. This means that an estimated 15-20 percent of people with stage 4 melanoma will be alive 5 years after diagnosis.

Doctors previously considered advanced melanoma to be untreatable, but today the outlook has significantly improved. Melanoma has historically been a disease



Basal Cell Carcinoma (BCC)

Melanoma

Squamous Cell Carcinoma (SCC)

that is difficult to treat with just medications and drug development made limited progress. However, in recent years, developments in molecular biology, have led to an increased understanding of the molecular functioning of melanoma which has resulted in the introduction of new insights into the role of oncogenes, immune checkpoints, and signaling pathways, all of which have accelerated the discovery rate of new medications to treat advanced melanoma. Breakthrough drug approvals in recent years, checkpoint inhibitors and MEK/BRAF combination therapies have prolonged survival and changed the prognosis for patients with advanced melanoma.

Because Melanoma is a type of skin cancer that can change its prognosis for patients with just millimeters of skin penetration. Early detection is always key. Everyone should have at a minimum yearly or annual skin exams by a trained professional to catch melanoma as early as possible. If there is a personal or family history of skin cancer or melanoma, screening is even more important.

Currently the recommended treatment of melanoma is a wide excision to remove the cancer and also evaluation to see if it has spread. If you have advanced melanoma, or it has spread, the prognosis can rapidly change. Drug development for melanoma has focused on cutaneous melanoma therapeutics and later stages of disease when surgery is not an option. Advanced melanoma may be treated with a variety of modalities. These include surgery, radiation therapy or chemotherapy. Newer methods of treatment for advanced or stage 4 melanoma includes immunotherapy and targeted therapy. These treatments specifically target and destroy the cancer cells, avoiding

damage to surrounding healthy cells. In about half of all melanoma cases there are mutations or genetic changes in a gene called the BRAF gene. People with melanoma who have this mutated gene can use targeted therapy drugs called BRAF inhibitors. These medicines attack the BRAF protein and shrink or slow the growth of the cancer cells.

Treatment can completely cure melanoma in many cases, especially when it has not spread extensively. However, melanoma can also recur. Fortunately, Melanoma is much more treatable today than it was a few decades ago. Monitoring moles and skin changes can help a person catch melanoma in the early stages and reduce the risk of it spreading.

It is natural to have questions about the treatment, its side effects, and the chances of cancer recurring. People with concerns should discuss them with a doctor who can offer advice that takes their medical history and overall health into account.

Gil Cortes, MD, FAAD
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PLATELET RICH PLASMA (PRP)

By Physicians Rehabilitation

Nonsurgical Option for Musculoskeletal Injuries

According to the World Health Organization (WHO), musculoskeletal injuries are the most common cause of severe long-term pain and physical disability. Soft tissue injuries including tendon and ligament trauma account for 45% of all musculoskeletal injuries in the USA.

For many years, our best option for treating musculoskeletal injuries, sprains and strains was to inject local (numbing) anesthetic and anti-inflammatory steroids into the affected area to reduce swelling and pain. Over time, we have learned that although steroid injections can be helpful and effective, prolonged and repeated use may not be beneficial.

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating these kinds of injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

EXPECTED RESULTS OF PRP

Because the goal of PRP therapy is to resolve pain through healing, it could prove to have lasting results.

Initial improvement may be seen within a few weeks, gradually increasing as the healing progresses. Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

Q&A

How Does PRP Therapy Work?

To prepare the PRP injection, blood is drawn from the patient and is spun in a centrifuge at a high speed so that it is separated into its four components: red blood cells, white blood cells, platelets and plasma. At that point, the Platelet Rich Plasma layer is removed from the bottom layer and prepared for injection. This forms a very "platelet-rich plasma" solution



PRP therapy is a fast and painless procedure. All treatments are performed in office and take approximately one to two hours, including preparation and recovery time. In fact, most people return to their jobs or usual activities right after the procedure.

which is then injected into and around the point of injury, jumpstarting and significantly strengthening the body's natural healing signal. Because your own blood is used, there is no risk of a transmissible infection and a very low risk of allergic reaction.

PRP has been shown to be safe and effective in treating the following common conditions:

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- Rotator Cuff Strains & Tears
- Anterior Cruciate Ligament (ACL)
- PEP (Platelet Enhanced Pleasure) for Erectile Dysfunction and Vaginal Rejuvenation
- Muscle & Tendon Strains & Pains

Is PRP Right for me?

If you have a tendon or ligament injury or want relief of pains non-surgically and traditional methods have not provided relief, then PRP therapy may be the solution. The procedure is less aggressive and less expensive than surgery. It will heal tissue with minimal or no scarring, and alleviates further degeneration of the issues. No ill effects have been reported in any of the many studies executed.

This process uses the patient's own blood thereby eliminating any chance of rejection response and minimizes the likelihood of infection. There will be an initial evaluation with your doctor to see if PRP therapy is right for you.

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DR. YODERS SNP PATHWAY WORK:

How it's Helping Patients Find the Root Cause and Appropriate Treatment for their Disorders

More and more educated patients and healthcare providers are starting to incorporate GWAS (genome-wide association studies) to understand genetic complexes of diseases. There are several genetic mutations in SNPs, which are single nucleotide polymorphisms, and these give researchers and practitioners intricate detail on mutations such as cancer, diabetes, brain disorders and autoimmune disease and the pathways that are involved.

Dr. Yoder's practice includes multiple alternative medicine diagnostic testing options as well as advanced treatment options that are drug-free! Dr. Yoder explains the purpose of SNP testing and how her personal protocol using heart rate variability and in-depth testing panels can help you finally get the treatment you need.

"I have put together two systems, Nutrition testing TM (created by Freddie Ulan) and Wholistic Methylation (created by Dr. J Dunn). Dr. Yoder continued, "Both of these systems utilize applied kinesiology, which is commonly known as muscle testing.

"To begin the initial examination, we use a heart rate variable test to see the state of the autonomic nervous system (ANS). Autonomic refers to something that occurs involuntarily, such as heart rate, blinking, breathing, etc. The two parts of the ANS are the sympathetic and parasympathetic systems.

The sympathetic nervous system is when you are up and active. The parasympathetic nervous system is when you are resting. If your parasympathetic system is not working properly, you may have difficulty sleeping. If the sympathetic system is not working correctly, you may lack energy.

"If a patient is 'blocked', meaning you cannot get well, we check to see if you are 'switched'. Switched meaning you may feel good one day and bad the next for no apparent reason. If you are blocked or switched, we find the root cause via muscle testing using several different test kits. There are five common stressors we test for. These include, food sensitivities, immune challenges, chemical challenges, metal challenges and scars. We then put the patient on a whole food nutrition plan to clear the blocking or switching.

"We then do a body exam to test to see if all the organs are testing optimally. Say for example, the heart isn't testing to optimum levels, we would do a challenge to see if any of the five stressors are affecting it. If they are, we would find the proper nutrition so the body can function better.

"The next step is methylation. We check to see if any of these pathways are blocked. These pathways all can cause many different symptoms. There are 16 pathways throughout the body that we do testing on and this is critical to finding the root cause of your condition. For example, if the GAD is blocked, a person may experience anxiety. If the MAO is blocked, a person may get angry easily. If the VDR is blocked, a person may be prone to infection, colds and flus, and osteoporosis"

Examples of patient's disorders that Dr. Yoder has helped via her in-depth testing and treatment protocols:

1. Pam's hair was falling out at an extremely fast rate. After examination and testing, we discovered two blocked areas in her methylation pathways. We gave her the proper nutrients to unblock the ammonia and sulfate buildup, and her hair started to regrow within three weeks.

2. Bob had chronic itching on his back for a year and a half. His sulfates and histamine pathways were blocked. We put him on supplements and removed his personal care products that had sulfates. His symptoms cleared in one day.

3. Ralph was extremely tired and lethargic. After testing, we found high levels of carbon monoxide in his system. We gave him supplements to clear the toxin from his cells and he found the source of the carbon monoxide leak and thankfully, is doing very well.

Dr. Yoder's practice offers:

- Better Immune function
- Better mood, sleep and focus
- Better detoxification
- Better digestion
- Less pain

Dr. Patricia Yoder is a chiropractor serving Lady Lake and the surrounding area. Our chiropractor and the rest of the welcoming team at Yoder Chiropractic Inc are committed to providing chiropractic solutions to address your unique needs, whether you are experiencing back pain, neck pain, headaches, or even muscular tightness and tension. You may be searching for pain relief after an accident, experiencing an injury, or if you suffer from a specific condition like chronic back pain or a spinal condition. Even if you're looking to improve your overall health, our chiropractor can help you attain your everyday wellness goals! Visit our testimonials page to find out what our patients are saying about our Lady Lake chiropractor and our chiropractic care plans.

Yoder Chiropractic provides the following services:

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- Spinal Manipulation
- Weight Control
- Nutrition
- Sports Injuries
- Golf Injuries
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- Cold Laser Therapy (FDA Cleared for Neck and Shoulder Treatment)
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At your first visit to Yoder Chiropractic Inc, Dr. Patricia Yoder will explain how chiropractic care works and give you a full evaluation to see if our chiropractic solutions are a good fit to address your needs. If there is a good fit, we can customize a plan of chiropractic care for your condition and health goals.

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New Bill to Protect Medical Marijuana Patients from Employers

With SB 962 and HB 595 having been filed back in early November, this bill could change the outlook for those afraid to make the jump towards becoming a licensed medical marijuana patient by further protecting them from being discriminated against by their employers. Unfortunately, this issue has become all too common with Florida's medical marijuana patients. As our current law stands, patients have zero protections against their rights as MMJ patients. Having a pool of over a quarter million people exposed like this has also let a new wave of attorney's flood in to prospect the early stages of MMJ patient protection.

The bill will introduce a new set of procedures for employers to follow shall an employee test positive for marijuana. This is a huge step in the right direction for the State as it prohibits employers from taking action against employees who are also qualified medical marijuana patients (in most situations). Many Floridians are not open to medical marijuana solely due to the reality of possibly losing their main source of income due to speed bumps such as corporate policies or random drug testing.

Thankfully this mindset is slowly shifting in favor of Cannabis advocates and with new bills on the horizon, us Floridians have an optimistic future as far as patient rights goes. If other states and their marijuana laws are to go by, we should have no problem introducing safety nets to those still being discriminated against.

Come this election we will see a shift in focus on these specific issues as more and more people join the already massive 300,000 card holders in Florida. Join the movement and help shift our states policies in the right direction and become a cardholder today!



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LP(A), THE HIDDEN HEART ATTACK RISK FACTOR FINALLY COMES OF AGE!

By Dr. Robert Superko

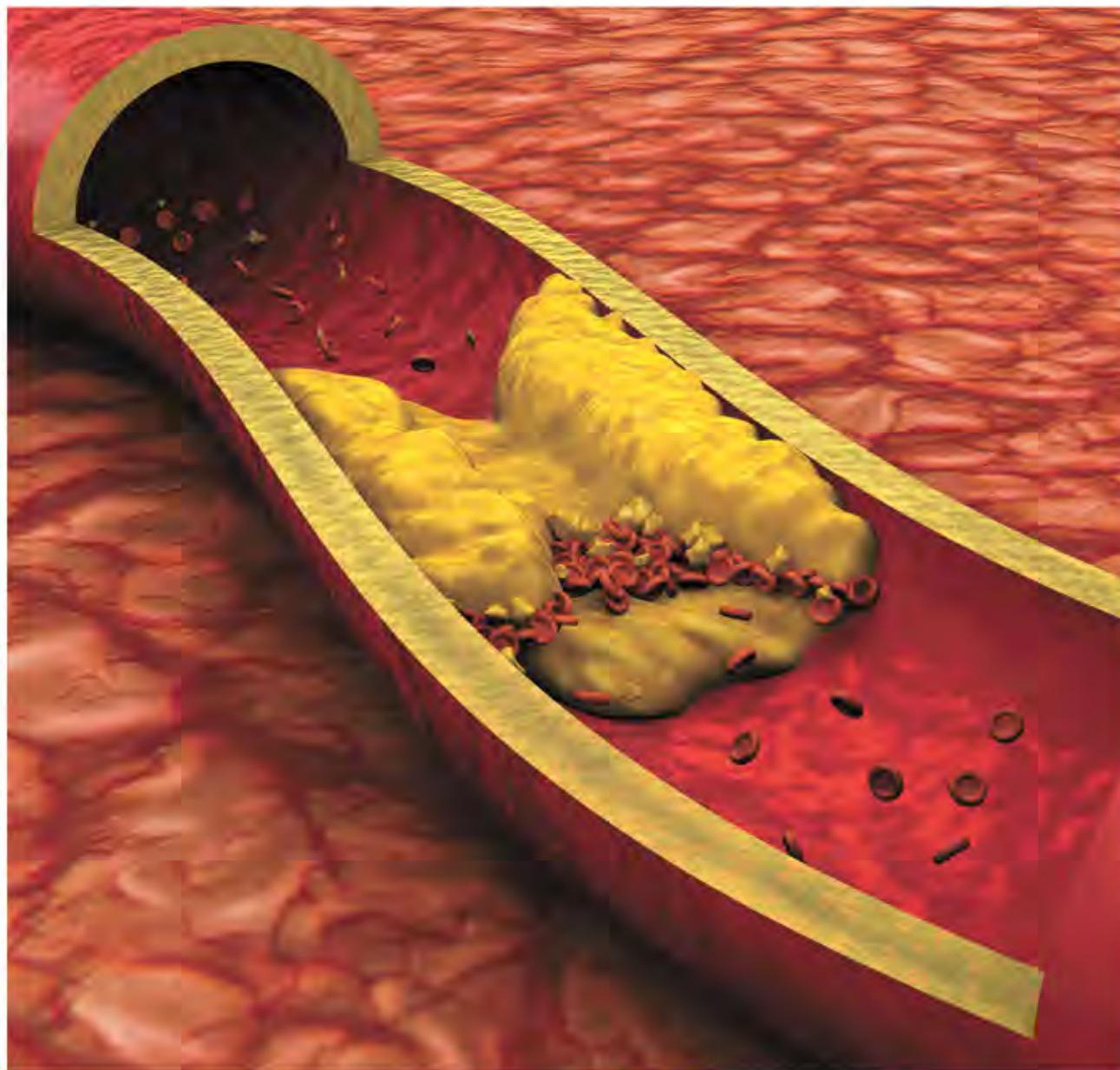
The Problem. Heart disease is often an inherited disease. It is also a complex poly-genic disease, which means that there are several inherited factors that can contribute to your risk of heart disease. But most often when someone speaks about heart disease, we think about 'cholesterol'.

Over the past decade, there have been numerous direct to consumer TV ads, which have publicized that by 'lowering your LDL cholesterol'; you will reduce your risk of a heart attack. What is NOT communicated in these ads is that despite all the progress with blood cholesterol reduction, there still remains a very large group of people who are at very high risk for having a heart attack even with normal or low blood cholesterol. This is not a small group of people. As we published in the medical journal *Circulation* in 2008, the 25% Relative Risk Reduction with statin therapy that is often communicated to patients is only a 3.4% Absolute Risk Reduction. What this means is that if 25% of the control group had a heart attack, 21.6%, or (25%-3.4%), of the group treated with the drug, also had a heart attack! This surprises some people, but it remains true in study after study.

What is important to understand from these clinical studies is that there are other important and significant contributing factors to heart attacks other than cholesterol. These factors contribute to this large group of people still suffering a heart attack despite good cholesterol levels and/or taking a cholesterol lowering medication.

One of the really important factors that explains heart attacks, despite well controlled blood cholesterol, is a particle that circulates in your blood called Lipoprotein (a) or Lp(a) – (pronounced: *ell p little a*). Lp(a) is inherited and NOT affected by your cholesterol.

Lp(a) has been scientifically studied for over 50 years. Although not as often mentioned as cholesterol particle, this odd-sounding particle contributes significantly to Coronary Artery Disease (CAD) risk and is independent of blood cholesterol, blood pressure, and diabetes. This means that if your blood cholesterol is totally normal, but you have high levels of Lp(a) in your blood, your risk of having



a heart attack is 2 to 3 times higher than other people and it has nothing to do with traditional CAD risk factors. The famous JUPITER study has shown that even with low LDL-Cholesterol of only 54 mg/dl, people with elevated Lp(a) had a significant risk of residual heart attack. Until recently the treatment of elevated Lp(a) was limited to high dose niacin therapy and a physical device treatment known as apheresis.

Family Ties. It is true that families are the ties that bind and nowhere is that more evident, and clear, than in the Lp(a) story. Lp(a) is passed on in families in what is termed a dominant fashion. This means

that if you have this problem, you inherited it from either your mother or father, and each of your brothers and sisters, and children, have a 50/50 chance of having it as well. This means it is really important to screen family members if it is discovered that one of them has elevated Lp(a).

What's NEW? While cutting edge physicians and clinics have measured Lp(a) in their patients for many years, the general medical community has tended to walk a more conservative line and await additional research results and recommendations by well-established professional medical organizations.

In **2003**, Sandra Tremulis experienced angina while on a routine run which eventually resulted in the diagnosis of elevated Lp(a) as the cause. Along with a family history of premature heart disease, this episode prompted her to create the Lipoprotein (a) Foundation dedicated to informing the public of the risk associated with elevated Lp(a).

In **2010**, the European Atherosclerosis Society reviewed the scientific data and published their recommendations on who should have Lp(a) testing. They recommend five groups of people which clearly should have Lp(a) determined.

1. Patients with premature cardiovascular disease
2. Patients with very high blood cholesterol known as Familial Hypercholesterolemia
3. Patients with a family history of premature cardiovascular disease and/or elevated Lp(a)
4. Patients with recurrent cardiovascular disease despite statin treatment
5. Patients with elevated cardiovascular disease risk by standard risk assessment.

In **2016**, the Canadian Guidelines concluded that a continuous increase in cardiovascular risk is evident in 30% of the population with Lp(a) levels > 30 mg/dl.

In **2018**, the National Heart Lung and Blood Institute concluded that Lp(a) is a highly prevalent genetic risk factor for cardiovascular disease (CVD) and also calcific aortic valve disease. They recommended several areas for future research.

In **2018**, the American Heart Association, the American College of Cardiology, and 10 other medical organizations updated the cholesterol

guidelines and agreed that an elevation of Lp(a) is considered to be a risk-enhancing factor and contributor to premature coronary disease.

In **2019**, the National Lipid Association concluded that there is overwhelming support of elevated Lp(a) levels as an independent risk factor for cardiovascular disease.

In the past 10 years the pendulum has swung in the direction of accepting elevated Lp(a) as an independent risk factor for heart disease as well as aortic valve disease. It is now acknowledged as a major contributor to coronary heart disease by all the major medical organizations that work in the heart disease field. Specific types of people who should be tested are now defined. Treatment of elevated Lp(a) has been a difficult problem in the past and was restricted to high doses of niacin and sometimes apheresis of the blood. There is now much excitement about a new genetic treatment that may lower Lp(a) by as much as 80% with an injection every 2-4 weeks. This new treatment is an antisense oligonucleotide (ASO) that has been championed by Dr. Sam Tsimikas, a cardiologist at the University of California, San Diego. If successful, this new treatment offers a whole new approach to Lp(a) reduction and reduced heart attack risk.

Know your risk. The key to preventing heart attacks is accurately knowing your complete risk so you can make lifestyle changes before a more serious condition develops. The standard testing performed as a part of your annual physical isn't enough. The Prevé membership now includes Lp(a) as a part of the Ultimate Health Check, which all members receive annually.

A Prevé membership also includes tools to assist with your personal health management:

Community Support Groups: Connect with the MyPrevé community to reinforce the healthy lifestyle you're cultivating with social support along your journey.

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Lifestyle Management Tools: You can't manage what you don't measure. Our lifestyle management tools are integrated with smart technology to track your fitness, vitals, weight, nutrition and behavior.

Personalized Lab Result Discussions: Our lab result specialists will schedule time with you to help you make sense of what your results mean and to develop a strategy to further discuss these results and how to improve them with your physician.

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Improve Your Workout with Omega-3 Fish Oil

By Anne-Marie Chalmers, MD

Is there a relationship between taking fish oil and exercise performance?

That was our hypothesis when we started giving Wellpride® fish oil to Thoroughbred racehorses nearly two decades ago. The theory held water. Horse trainers reported back that their horses had better endurance and recovered faster after racing.

Today, we know a lot more about how omega-3 fatty acids support the body during exercise (both in animals and people). The growing body of research presents a compelling case for why athletes of all kinds should consider adding omega-3s to their workout program.

Improved Muscle Mass

Omega-3 fish oil isn't going to land you on any doping drug list, yet there are numerous reasons why getting an effective dose of fish oil every day could significantly improve your workout. One of the most surprising benefits is the omega-3 fatty acids' impact on muscle mass and strength:

- A 2012 study from Brazil revealed that women in their 60s experienced greater improvements in muscle strength when they consumed 2000 mg of EPA/DHA and exercised each day. This was compared to women who completed the training without omega-3 supplements.
- A 2015 double-blind study focused on seniors (60-to 85-year-olds) found that consuming 3360 mg of EPA/DHA for 6 months helped increase muscle mass and muscle strength, independent of exercise.

While the above studies focused on older adults, there's reason to believe younger individuals may experience similar benefits, too.

One study conducted on healthy adults age 25-45 found that supplementing with 4000 mg of EPA/DHA increased muscle protein synthesis. Another studying the same age group discovered that – when they consumed 3000 mg of EPA/DHA every day – study participants improved the number of bicep curls they could perform.

Note: Both of these studies were small and short-term. Therefore, more research is required in this area.



Reduced Muscle Soreness

Numerous studies have also looked at how omega-3s can impact muscle soreness after exercising, which is known as Delayed Onset of Muscle Soreness (DOMS). Omega-3s are well-known for their anti-inflammatory benefits, and when it comes to DOMS, omega-3s may also reduce the risk of muscle cell injury by improving cell flexibility and elasticity.

A fair amount of research has been done on this topic, so we have picked a few favorites:

- A 2014 study found that healthy college students with higher omega-3 index levels had a decreased incidence of DOMS compared to students with lower omega-3 index levels.
- A 2018 study from New Zealand looked at how omega-3s influenced a team of professional rugby players. The researchers compared how the rugby players self-assessed muscle soreness, fatigue and mood when taking 1500 mg of omega-3s compared to a protein-based placebo. The result? Compared to the protein placebo, fish oil had a greater effect on reducing muscle soreness and fatigue.
- A 2018 study from researchers at Harvard Medical School found similar results when exploring how omega-3s impacted patients with coronary artery disease. Patients who received 3360 of EPA/DHA daily for one year had better physical function, fewer joint replacements, less pain and stiffness, and exercised more per week (compared to the control group).

What to Consider Before Taking Omega-3s

Before your rush out to buy fish oil capsules, it's important to understand that the benefits of omega-3s depend on dose and quality. In one review, researchers found that consuming supplements containing only EPA or DHA did not reduce several markers for DOMS. This is likely because these fatty acids have a synergistic effect in the cells and work together to produce the best results.

Secondly, getting an optimal omega-3 dose matters tremendously. In the studies referenced above, the researchers used between 1500 mg to 4000 mg of EPA/DHA daily to find positive effects. Unfortunately, many regular fish oil capsules contain only 300 mg of EPA/DHA. Depending on the brand and concentration, this means that you would have to swallow between 5 – 13 capsules daily to get the kind of dosages used in the studies cited above.

Alternatively, fresh liquid cod liver oils and certain omega-3 breakfast bars can make it easier to get a higher omega-3 dose without having to swallow umpteen capsules. Just remember to read the nutrition facts first to ensure you get enough EPA/DHA per serving.

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/improve-your-workout-with-omega-3-fish-oil/>

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 president of Omega3 Innovations.



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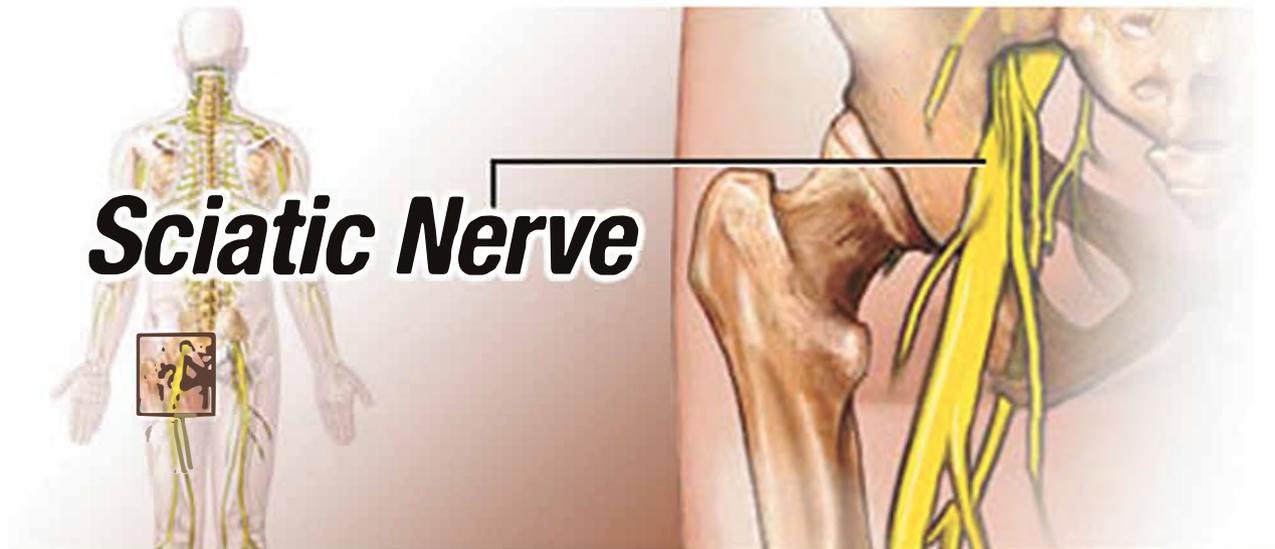
Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

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

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

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



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

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

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

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

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

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TESTIMONIALS

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

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

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

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

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

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

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

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Physical Therapy: Your Key to Wellness!

Getting people moving and keeping them active is the key to health care. But there are so many illnesses and injuries that can prevent people from being active; from simple sprains and strains of ligaments and muscles, to arthritis and back pain, and to medical problems such as neurologic conditions, heart, or lung disease. Physical therapy can be the key that can unlock your health!

Physical Therapists are professionals that offer cost effective care that can reduce pain, increase function and mobility, and hopefully decrease or eliminate the need for medications, injections, and at times, even surgery.

Movement is essential for all of us. It helps to reduce obesity and improve metabolism. It is also essential for focus and attention; movement helps decrease depression and improve mood and energy.

Movement also plays a role in maintaining your balance system and independence. By simply walking every day you can reduce your chance of a stroke or heart attack. Physical therapy can also play an integral role in treating many common conditions such as low back pain, neck pain, knee and shoulder joint dysfunction. For example, in many cases surgery can be avoided and medication usage can be significantly reduced with the role of focused physical therapy. This can lower the cost of health care, as well as the side effects of narcotic and anti-inflammatory medications (nausea, constipation, lethargy, confusion to name a few!).

Possibly one of the most important aspects of physical therapy is that it lets the patient play a key role in their health and recovery. Having a patient centered plan that is designed and created just for you can be empowering and can be essential in eliminating any roadblocks to recovery.

So what is a physical therapist, and what can they do?

Physical therapists are smart folks; they have completed a college education program and have a graduate degree, either a Master's or clinical doctorate. They must graduate from an



accredited program, and then must pass a national licensure examination. With their extensive knowledge they are an integral component in the health care team, helping to diagnose and examine patients and outlining a treatment plan to limit or eliminate conditions that effect a patient's ability to move and function.

A physical therapist often works in tandem with a physical therapy assistant (PTA), another licensed and experienced specialist who works directly under the supervision of the physical therapist. This team approach is extremely effective. Working together, they will devise and outline a treatment plan. This may include modalities such as heat, ice, ultrasound, electric stimulation, and massage. Also, components of care may be therapeutic exercise, functional training, gait and balance intervention, and proper body mechanics. They may create a home exercise program and in many cases may provide a spinal reconditioning and rehabilitation program.

Common Myths about Physical Therapy

1. Physical Therapy is going to hurt. A study shows that 71% of people that have not had therapy believe this.

FACT: The reality is that if you are seeing a therapist you already hurt. Or have a joint that isn't working well. Or have spine pain. Or have some bodily limitation. The goal of the therapist is to limit pain and improve function.

2. You should only have physical therapy if you have had an accident or are injured.

FACT: Therapists are expertly trained to evaluate and correct problems before they become serious. They can diagnose and manage disorders including carpal tunnel syndrome, neck and low back pain, headaches, and shoulder problems, just to name a few. AND, they can also treat and strengthen muscles and tendons and ligaments after an injury or trauma.

3. Physical Therapy is not covered by insurance.

FACT: Therapy is almost always covered by insurance. Sometimes there are insurance limits and this has to be in checked with each policy. However, therapy can often be extremely cost-effective; it can reduce the need for medications, it can reduce the need for imaging and surgery. It may also be effective in reducing falls, thereby reducing additional injuries.

4. Surgery is necessary, and it is my only option.

FACT: Physical Therapy can often be as effective as surgery when treating a number of specific conditions. This can include spinal conditions and degenerative disc disease, rotator cuff shoulder injuries, and even meniscal tears in the knee.

5. I can do physical therapy myself, I don't need a licensed therapist.

FACT: While it is true that the patient has to do the exercises, it is only possible to reach your maximum potential for recovery with an expert, individualized treatment plan.

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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



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



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

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

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

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

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

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

PATRICK L. SMITH, Attorney At Law
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WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2019 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2020.

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In Neil's mind, racing and fighting cancer have a lot in common. Both can be very hard. Both require dedication and the willingness to push yourself to your limits. But with the right team of oncologists with over 35 years of experience, targeted treatments and clinical expertise, great outcomes can happen.

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