

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

March 2020

Marion Edition - Monthly

www.HealthAndWellnessFL.com

FREE  



Regenexx[®]
Tampa Bay

The Trusted Alternative to Orthopedic Surgery.



LUMBAR SPINE PAIN

Symptoms, Causes & Treatments

IGNATIOS PAPAS, DO
PM&R Physician
Regenexx Tampa Bay

RON TORRANCE II, DO
Sports Medicine Physician
Regenexx Tampa Bay

JAMES LEIBER, DO
Founder and Medical Director
Regenexx Tampa Bay

GET YOUR MEDICAL MARIJUANA CARD

CERTIFIED
MARIJUANA
DOCTORS

GUARANTEED TO GET YOUR CARD

OR YOU PAY NOTHING

DRY FLOWER, VAPES, TINCTURES, CREAMS, PILLS;
MEDICAL MARIJUANA AVAILABLE IN ALL FORMS!

OCALA
352-414-4545

1713 E SILVER SPRINGS BLVD, OCALA, FL 34470

LEESBURG
352-306-0133

813 W N BLVD, LEESBURG, FL 34748

DELAND
386-232-5599

100 S SPRING GARDEN AVE, DELAND, FL 32720

ORLANDO
407-755-0012

1801 E COLONIAL DR, ORLANDO, FL 32803

OPEN 9 AM TO 5 PM | M TO F

WWW.SMOKINGMARIJUANADOCTORS.COM

18 LOCATIONS TO CHOOSE FROM



THE INFUSION CLINIC
OF OCALA

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

Depression, Anxiety, PTSD?

Antidepressants Not Helping?

Get Rapid Relief With IV Ketamine!



Dr. Eric Milbrandt

- One of the biggest breakthroughs in decades
- Works within hours to days
- Lasting results

www.InfusionClinicOcala.com

Central Florida's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

facebook.com



On Twitter

twitter.com



In Your Inbox

Receive our monthly newsletter. Sign up online

Providing information
that will promote living a healthy, well-balanced lifestyle.

Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

Health & Wellness MAGAZINE

Charlotte Edition | Collier Edition | Lee Edition | Advertise with Us | H&W Archives | Contact Us

In This Issue

- Living with Diabetes?
- Why Wellness Works
- Is it My MEMORY... or is it My HEARING?
- Antidepressants: Are They Right for You?
- How to Find the Right Specialist
- ADDITION
- Tips for Looking Young
- Fix Your Gut, Fix Your Problems
- Study Reveals Diabetes and Age

Skincancer

By David Steiner, MD, Board Certified Dermatologist | Skin cancer is the most commonly diagnosed cancer in the United States. In fact, over one million new cases are diagnosed per year. The main risk factor for developing skin cancer is cumulative ultraviolet exposure, probably acquired early in life. Individual risk factors include blonde or red hair, fair complexion.

Read Our Flip Book Version

Charlotte County Edition | Collier County | Lee County

Featured Article

"The Other Side of Parkinson's Disease"

By Ramon A. Ga, MD - Medical Director, Parkinson's Disease Treatment Center of St. Florida

Parkinson's disease (PD) is traditionally recognized by the motor signs that typically bring the patients to the physicians for medical evaluation: tremor, rigidity, slowness of movements and changes in their gait pattern, associated later on with balance problems. These problems are due to...

St
STRENGTH



Strength. A powerful element in fighting breast cancer.

When champion kart racer, Neil Breitenbach, felt a sharp pain in his chest, he never expected to be diagnosed with stage 3 breast cancer. From his very first consultation with Florida Cancer Specialists, Neil knew he was in the best place he could be because of FCS' ongoing advances in breast cancer research. His care team put him at ease — listening to every question and laying out a personalized treatment plan — and they've been fighting together ever since.

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.

"My team at Florida Cancer Specialists is confident and caring. They always make me feel like everything is going to be okay."

A handwritten signature in black ink, appearing to read 'Neil Breitenbach'.

-Neil Breitenbach, Patient & Cancer Fighter

Where hope is powered by science.™

FindHopeHere.com

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute
World-Class Medicine. Hometown Care.

Proud to serve patients at our two Marion County locations.

Patrick Acevedo, MD
Luis Carrascosa, MD

Mohammad K. Kamal, MD
Sachin Kamath, MD
Shilpa Oberoi, MD

Vipul Patel, MD
Craig Reynolds, MD

EXCEPTIONAL SENIOR LIVING. INDEPENDENT LIVING & ASSISTED LIVING

Enjoy a Charming Lifestyle!




YOU DON'T NEED THE LUCK OF THE IRISH TO ENJOY A CHARMING LIFESTYLE! TOUR TODAY TO EXPERIENCE!

352-414-2507

 **PACIFICA**
SENIOR LIVING
OCALA

Lic#AL9315

Spring move-in savings! Hurry limited apartment homes available!

 11311 SW 95th Cir | Ocala, FL 34481 | PacificaOcala.com




MAHARAJ
INSTITUTE
OF IMMUNE REGENERATIVE MEDICINE

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

'REGENERATE YOUR IMMUNE SYSTEM TO MAINTAIN HEALTH'

ASK US ABOUT MEASURING YOUR IMMUNE SYSTEM

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

Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

The FemTouch treatment is a fast, simple, in-office procedure that uses a vaginal laser to address several, vaginal health-related issues. During the procedure, the CO2 fractional laser gently ablates the vaginal lining to help stimulate collagen production and remodel vaginal tissue. Improved overall vaginal health is restored along with a stronger, tighter vaginal wall.


ADVANCED UROLOGY
INSTITUTE

352.391.6000
advancedurologyinstitute.com

CONTENTS

MARCH 2020

- 6** Diagnosing, Managing and Repairing Vascular Conditions Without Surgery
- 8** How to Avoid Prostate Cancer and Other Prostate Problems
- 9** Help Prevent Colorectal Cancer with Regular Screenings
- 10** Common Acne Treatment Options
- 11** Optimal Aging: Reducing and Eliminating Neurodegeneration, Chronic Diseases and Inflammation
- 12** 5 Ways a Move to Senior Living Can Increase Well-Being
- 13** Stress Incontinence is Nothing to Sneeze at
- 14** Lumbar Spine Pain: Symptoms, Causes & Treatments
- 16** Fix Depression Fast with IV Ketamine
- 17** Do You Snore? You Might Have Sleep Apnea
- 18** Worried About The Coronavirus? What You Need to Know
- 19** 10% THC Cap Proposal
- 20** Melatonin with Omega-3: Not Just for Sleep
- 21** What is Carpal Tunnel Syndrome (CTS)?
- 22** What is Metabolic Syndrome?
- 23** Extend Youth by Wearing Hearing Aids
- 24** Planning End-of-Life Arrangements - Why It's Helpful
- 25** Extending Quality of Life with Palliative Care
- 26** Why Do So Many Patients Trust Compton Chiropractic Care?
- 27** Spiritual Wellness: Maintaining Healthy Friendships

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

Ocala Dental Care

OCALA DENTAL IMPLANT CENTER

SPECIAL
SENIOR RATES



General Dentistry When You Need Us

Implants • Dentures • Dental Lab On Premises
Same Day/Emergency Care
Cosmetic and Restorative Dentistry

Located Near Best Buy in Shady Oaks Plaza on Hwy 200 | 2415 SW 27th Ave., Ocala

www.OcalaDentalCare.com • 237-6196

M-F / 8-5 • Credit Cards Accepted

MICHAEL J. FREEMAN M.D., P.A.

"Dr. Freeman is the most experienced of any doctor in his field that I have been to. He treated many of my conditions that other doctors had not been able to treat."
GARY P.

We Are Moving!

Introducing

Visit Us at Our New Villages Location

13690 US Hwy 441, Suite 300
The Villages, FL 32159

Use Billy's Cafe Driveway

ALWAYS ACCEPTING NEW PATIENTS

Call today! **352-750-6946**

Dr. Freeman Cosmetic Skin Clinic and Eliza Beadles, P.A.-C

She Offers Treatment Such as
Dysport, BOTOX, SCULPTRA,
and Dermal Fillers to Address
the Aging Process.



Dermatologist

MICHAEL J. FREEMAN, M.D., P.A.

Local Practice | Local Doctor | Over 40 Years



The Villages:
13690 US Hwy 441, Suite 300
The Villages, FL 32159

Main Ocala Office:
2750 S.E. 17th St.
Ocala, FL 34471

West Ocala Office:
8750 SW Hwy 200, Suite #102
Ocala, FL 34481



DIAGNOSING, MANAGING AND REPAIRING VASCULAR CONDITIONS WITHOUT SURGERY

Welcome to CVH - Advanced diagnostics, evaluation and nonsurgical treatment of vascular conditions from caring Board Certified interventional radiologists

RAO's Center for Vascular Health (CVH) provides a gamut of next-generation vascular and non-vascular care and a team of experienced and compassionate interventional radiologists dedicated to your health, safety and comfort. Many of the procedures CVH provides once demanded open surgical procedures, but advances in interventional medicine afford less invasive solutions for greater safety and comfort and quicker recovery.

As part of our commitment to accurate diagnoses and effective therapeutic care, CVH offers important services at RAO's Medical Imaging Center and TimberRidge Imaging Center, such as CT angiography to investigate and assess the blood vessels of the heart, brain/head, lungs and extremities to discover narrowed or blocked vessels (peripheral vascular disease). We also provide pain relief services like CT-guided facet joint block injections, which deliver an anti-inflammatory corticosteroid directly to the source of pain to calm irritated nerves and promote smoother joint movement.

When somewhat more invasive procedures are required, CVH partners with AdventHealth Ocala and Ocala Regional Medical Center (ORMC). Our Board Certified interventional radiologists work directly with these trusted hospitals to provide an array of services, including arteriograms to examine arteries throughout the body and brain, radio frequency ablation to treat pulmonary and renal problems, and cryoablation to freeze and kill tumors in the kidneys, among other services.

Two of CVH's most common procedures are uterine artery embolization (UFE), a quick, minimally invasive treatment that shrinks uterine fibroids, and varicose vein evaluation and treatment, which is customized to the type, severity and location of the varicose vein. CVH provides ultrasound vein evaluation and advanced treatments including endovascular laser ablation and phlebectomy, both of which produce less scarring and much quicker healing times compared to traditional surgery.



Our doctors also perform an array of other services such as:

- Infusaport placement and removal for chemotherapy, and chemoembolization specifically for patients with liver cancer.
- Vertebral treatments like kyphoplasty and vertebroplasty to stabilize compression fractures of the spine, as well as neuro and musculoskeletal injections for pain.
- For pain, swelling and potential infertility, varicocele embolization is used to divert blood flow away from an enlarged vein in a male's scrotum with reversed or stagnant blood flow.

If you have a vascular, vertebral or pain management issue, talk to your medical provider about interventional services from CVH, or contact us directly for more information. We are here to help improve your very important life.



CENTER FOR
VASCULAR
HEALTH

*in Partnership with
Radiology Associates
of Ocala*

352-671-4252 | www.RAOcala.com



Keep On Going WITH THE FLOW

RAO's Center for Vascular Health specializes in a wide range of diagnostic and therapeutic services designed to help you stay strong and active. Our Board Certified interventional radiologists subspecialize in an array of vascular procedures, including: evaluation and treatment of peripheral vascular disease, pain-relieving corticosteroid joint and facet injection, selective nerve root blocks, arterial catheterization, catheter and port placement, chemoembolization, varicocele embolization, varicose vein treatment and so much more.

Our team of highly experienced and trained doctors and technicians provides the latest state-of-the-art procedures designed to support and restore health, enhance comfort and improve quality of life:

ROLANDO E. PRIETO, MD, Medical Director of CVH
DAVID C. MCKAY, MD **JAIME L. ABESADA, MD**
CALEB R. RIVERA, MD **RAY SUTKOWSKI, MD**
KAREEM I. BOHSALI, MD **PHIL BERARDI, PA**
JOHN S. SCALES, MD **EDWARD R. TODD, PA**

It's your life. Live it to its fullest, with help from CVH.

www.RAOcala.com • (352) 671-4252



**CENTER FOR
VASCULAR
HEALTH**

*in Partnership with
Radiology Associates
of Ocala*

We are proudly contracted with a variety of insurances and file all claims with the exception of non-contracted HMOs. Visit our website for a detailed list of contracted insurances. Contracted insurances are subject to change.

A FULL CIRCLE OF CARE CENTERED ON YOU.

How to Avoid Prostate Cancer and Other Prostate Problems

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

What is the Prostate?

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

Tips to Avoid Prostate Trouble

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

1) Exercise Regularly.

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

2) Reduce the amount of eggs you consume.

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



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

3) Eat plenty of seeds.

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

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is

released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

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

6) Take a turmeric supplement.

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

7) Take a PSA test.

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

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



855-298-CARE

Advancedurologyinstitute.com

HELP PREVENT COLORECTAL CANCER WITH REGULAR SCREENINGS

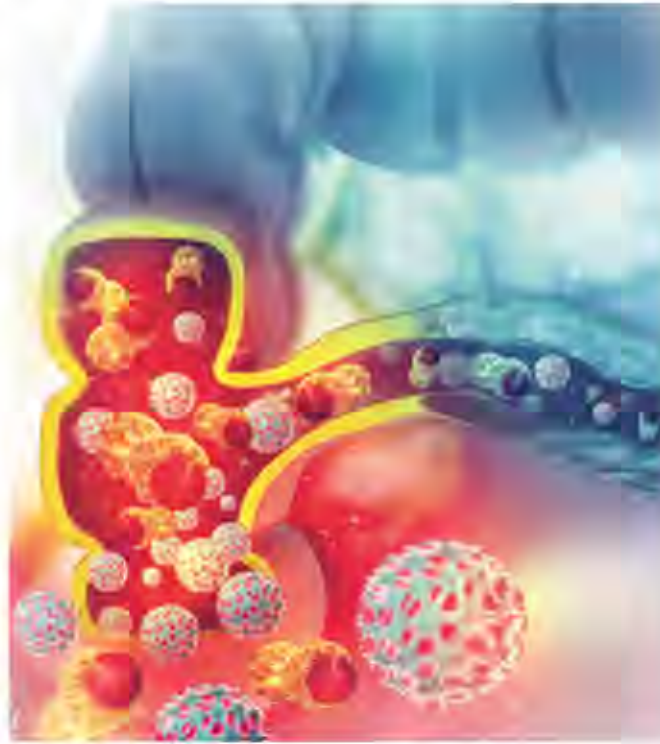
The number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades, according to the American Cancer Society. The reasons for this decline include early detection and improvements in screening methods; yet, many choose to either postpone or totally skip these potentially life-saving screening tests, thus keeping colorectal cancer as the third leading cause of cancer-related deaths in women in the United States and the second leading cause in men.

Almost all colorectal cancers begin as precancerous polyps (abnormal growths) in the colon or rectum, the majority of which take 10-15 years before developing into cancer and may not cause any symptoms until the cancer is well-established. That's why screening is so important. With regular screenings, most polyps can be found and removed before they advance to becoming malignant, thereby preventing cancer from occurring. Screenings can also find colorectal cancer at an early stage, where there is a greater chance that treatment will be most effective and may even result in a cure.

ACS guidelines recommend that, starting at age 45, people who are not at an increased risk due to family history, get a screening for colorectal cancer. If you have a family history of colorectal polyps or cancer, talk with your doctor about what your options are and how to reduce your risk. You may also want to begin screening earlier than age 45, or even receive genetic counseling to review your family medical history.

IMPROVING TREATMENT

The type of treatment for colorectal cancer depends largely on the stage of the cancer. The three primary treatment options are surgery, chemotherapy and radiation. In addition to these treatments, targeted therapies, including immunotherapy, may be used for cases of more advanced cancer. Targeted therapies are drugs that target specific malfunctions (DNA mutations)



in the genes or proteins of cells that allow cancer cells to grow uncontrollably; these drugs, which are usually in pill form, may be given alone or in conjunction with traditional chemotherapy. Some patients with advanced colon cancer may also have a chance to benefit from specific immunotherapies. These are drugs that use your body's immune system to attack and fight cancer cells. The development of more immunotherapies is an area of ongoing research that shows great promise in the treatment of many types of cancer.

Screening remains the number one way to reduce your risk of colorectal cancer and/or treat early stage cancer. The Center for Disease Control (CDC) estimates that if everyone over 45 had regular screenings to detect pre-cancerous polyps, we could reduce colorectal cancer deaths by 50-60%. In addition to early detection, treatment for colorectal cancer has vastly improved over the last few decades. As a result, there are now more than a million survivors of colorectal cancer in the United States.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

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



World-Class Medicine. Hometown Care.

Ocala

1630 SE 18th St.
Suite 602
Ocala, FL 34471

Ocala Cancer Center

4945 SW 49th Place
Ocala, Florida 34474

For more information, visit FLCancer.com

COMMON ACNE TREATMENT OPTIONS

By Michael J. Freeman, M.D., PA

Anyone who has ever walked through the skincare aisle of their local drugstore knows that there are tons of acne-fighting products on the market. So, which one is right for you? Should you opt for an acne cleanser or spot treatment, or both? Choosing the right acne treatment can be challenging, to say the least.

While acne is a common problem among teenagers, many people don't just leave acne behind the minute they toss out those graduation caps. In fact, many adults well into their 20s, 30s and beyond still deal with regular acne outbreaks. So, how do you properly treat acne? There is no singular way to treat acne and the best treatment option for you and your skin will depend on the cause. While you might not know what's to blame for your acne symptoms a dermatologist certainly can help.

Treating Acne on Your Own

If you are dealing with mild to moderate acne, look for products that contain these powerful acne-fighting ingredients:

- Salicylic acid
- Benzoyl peroxide
- Glycolic acid
- Sulfur
- Retinol

How a Dermatologist Treats Acne

If you've tried over-the-counter acne products for more than 12 weeks and aren't seeing results, or if you are experiencing severe, deep or cystic acne then it's time to turn to a skin care professional for help. The first thing your dermatologist will do is determine the cause of your acne. From there, one or more of these treatments may be recommended:

Prescription topical medications: Certain topical medications act as an anti-microbial and anti-inflammatory, which reduces redness and inflammation associated with acne while also removing acne-causing bacteria from the surface of the skin.



A simple extraction: You should never pick at your acne or try to pop a pimple on your own, as you could end up causing further irritation or scarring; however, a dermatologist knows the safest and most effective techniques for extracting blackheads and whiteheads safely.

Birth control pills: For women who notice breakouts that correspond to their menstrual cycle, certain birth control pills may be able to reduce the amount of androgen hormones, which in turn can reduce breakouts. Talk to your dermatologist about the birth control pills that are FDA approved to treat acne.

Isotretinoin: This is an extremely intense oral retinoid that is used for treating severe, cystic acne that isn't responsive to other treatment options. Isotretinoin is better known as Accutane, and this treatment can take up to nine months to see full results. Some patients will require multiple courses of treatment. Due to the nature of this strong medication, there are some possible side effects. It is important to discuss these side effects with your dermatologist before beginning Isotretinoin.

If you are having trouble getting your acne under control it's important that you have a dermatologist that you can turn to for customized care. Take control of your acne once and for all.



Michael J. Freeman, M.D., PA
Dr. Michael J. Freeman is a dermatology practice serving patients in Ocala, Florida and The Villages, Florida. Dr. Michael J. Freeman, David Kosiorek, PA-C, Dave Runyon, PA-C, and Sue Schmeltz, PA-C are all firmly dedicated to giving patients the best in care for conditions including squamous cell carcinoma, psoriasis, melanoma, rosacea, and many others.

The Michael J. Freeman, MD, PA team believes that every patient deserves to have the healthiest and most beautiful skin. They work hard to help you achieve that through evidence-based therapeutics and the latest in dermatology technology and equipment.

The atmosphere at the Ocala and The Villages offices is designed to be calm, serene, and welcoming. The patients at Michael J. Freeman, MD, PA deserve to feel comfortable while they seek treatment for conditions like acne, eczema, rosacea, skin cancer, and rashes. Appointments can be conveniently scheduled through calling the office or through the easy-to-use online appointment maker.

Dr. Freeman and his associates offer comprehensive dermatologic care including full body skin checks, medical dermatology care, and cosmetic treatments in three convenient locations through Ocala, FL.

Call today to schedule your appointment.

Michael J. Freeman, M.D., P.A.
352-732-7779

www.docfreeman.com

LOCATIONS

2750 S. E. 17th St., Ocala, FL 34471

8750 S.W. State Rd. 200, Suite #102, Ocala, FL 34481

13690 US-441 North, Suite 300 & 400, The Villages, FL 32159

OPTIMAL AGING:

Reducing and Eliminating Neurodegeneration, Chronic Diseases and Inflammation

By now, you will have heard a great deal about stem cells from your friends, relatives or through the media. We know that they have significant potential for the regeneration of damaged tissue for people with problems like arthritis and spinal disc disorders, but did you know that it's the stem cells in your bone marrow that form your immune system? And when these are maintained, the result is healthy aging.

Our healthy immune system prevents disease and fights infection. An unhealthy immune system, or immune dysfunction, results in chronic inflammation which causes infections, chronic inflammatory diseases, Parkinson's, Alzheimers, Autoimmune diseases, Cancer and Frailty.

Immunosenescence, is deterioration of the immune system, with normal aging. Immunosenescence in the general population begins to take hold after the age of 40 and takes a serious dip after age 65. One of the effects of immunosenescence is the decline in numbers and function of Natural Killer (NK) cells - the white blood cells that fight off cancer and viruses. The only way to continue to age healthier, is to keep the immune system (T-cells, B-cells and NK cells) strong.

The Maharaj Institute of Immune Regenerative Medicine, has helped numerous individuals with chronic diseases and inflammation. Dr Maharaj's protocols work by improving the immune system and reducing inflammation. His approach is precision based and personalized to offer each patient the protocol that best suits them.

One way to decide on the best course of action is for a patient to have their immune system measured, a comprehensive test that measures about 100 cellular markers, including T-cells, B-cells and NK cells. It also measures pro- and anti-inflammatory cytokines. This test can then be repeated after treatment to show how the immune system and inflammation have improved.

As well as boosting and repairing the immune system, Dr Maharaj can also collect and store it for you in the Institute's Stem Cell Cryobank, an AABB



accredited facility. This is probably the most proactive step you can take to protect your immune system for the future. Having a healthy immune system banked means that, if it ever becomes compromised or needs reinstated, you will be in the fortunate position of having your own stem cells given to you – without fear of rejection or infection from another person's. It is basically like creating a time machine for your immune system - a bit like a computer back up.

All cells age, including stem and immune cells, so this is enough reason to collect and store your stem cells when they are young and healthy. Banking these cells provides the assurance that they will not age and will be available for you at a later date, should you ever need to restore your immune system.

Therefore, harvesting and storing your healthy immune system for later use, or first boosting it, then storing it, can be the best insurance for health later in life. Some of our 'Cryobank' clients have said, "it's like having your younger twin on standby to help"!

Medical Director

Dipnarine Maharaj, MBChB., MD.,
FRCP (Edin.), FRCP (Glasg.), FRCPATH., FACP



ABOUT DR. MAHARAJ

Dr. Maharaj has been working in the field of stem cells for more than 30 years. He is a Hematologist/Oncologist and a Bone Marrow Transplant Physician. He was part of the team, in the 1980s at the University of Glasgow in Scotland that pioneered the use of stem cell transplants for blood cancers, something which is now the standard of care. He has over the years continued to be innovative and now focuses on improving and repairing the immune system using Immunotherapy and Immune Regenerative Medicine.

ABOUT THE MAHARAJ INSTITUTE

Through a science-based approach, The Maharaj Institute focuses on helping all people—the healthy and those facing health issues—in the following ways:

- Providing everyone the opportunity to monitor, adjust and manage the health of their own immune system.
- Giving those at risk today the means to battle disease and potentially avoid it tomorrow, including those who are cancer survivors but are at higher risk of future bouts with the disease.
- Measuring and developing strategies to improve immune dysfunction which occurs in patients suffering from cancer, recurrent infections, chronic diseases and other autoimmune illnesses, as well as disorders associated with aging and frailty.
- Helping the seriously ill regain their natural immune ability to fight aggressive diseases such as cancer and chronic inflammatory diseases.
- Preservation of Stem Cells/Immune Cells of healthy individuals by Collecting and Storing adult and cord blood stem cells for future use.
- Educating health care professionals and conducting research to improve survival and quality of life of patients.

As we move into the new paradigm of personalized and precision medicine, the Maharaj Institute of Immune Regenerative Medicine is uniquely positioned to combine years of clinical and laboratory experience with new innovations in Immunotherapy, Cellular Therapy and Regenerative Medicine, all while giving patients the highest level of compassion, professionalism and respect.

Don't wait—Schedule your appointment today!



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

5 Ways a Move to Senior Living Can Increase Well-Being

The choice to move to senior living can be difficult and emotionally charged. Most people understandably prefer to stay at home as long as possible. But, what I have learned through the years is that many folks who could benefit from a senior living community wait too long before making the decision. In fact, I have heard many residents say they wish they had made the move sooner. Here are the top 5 ways that a move to senior living can improve health and well-being.

- **Safety and Security.** The first and perhaps one of the most common reasons for seeking senior living is safety and security. And indeed, that is a big benefit. But there are others, some of which may be unanticipated.

- **Social contact.** Many older adults who are living alone have too little socialization. Almost all of us have heard the research on the importance of having daily social contact. Seniors who live in isolation are at greater risk for a number of health conditions and even of dying. But, I think few people realize how much better they will feel both physically and emotionally when adequate social contact is restored. Like a wilted plant that is given water, many seniors blossom as a result of living with others in a community setting.

- **Improved nutrition.** Poor nutrition is associated with social isolation. Eating is a social time for most of us. When a person lives alone, there can be a lack of motivation to eat and to prepare balanced, nutritious meals. Many older folks who live alone exist on packaged prepared foods that lack good nutrition. Living in a place where nutritious food is readily available and is enjoyed in the company of others makes a big contribution to well-being.

- **Finding new purpose.** Many older adults have experienced a loss of purpose, whether because of declining health or changing roles in life. Loss of purpose is one of the things that some people believe to be an expectation of growing older. Nothing could be further from the truth. Many older people who move into a community setting are surprised by the new purpose they find.



Research studies have shown that those who have a higher sense of purpose have lower rates of dementia and other chronic health conditions.

- **Better access to health care services.** Almost all senior living communities have some level of health care services. These can include a wellness nurse, visiting physician and/or nurse practitioner, therapy services, and daily wellness checks. This can mean that any changes in health will be noticed and addressed sooner, hopefully avoiding a serious problem and/or a hospital visit.

So, if you or a loved one is considering a move to senior living, think about the many benefits that truly outweigh the difficulty of making such a move. Many people before you have done it and are thriving as a result.

For information about the options and services available at Pacifica, or to schedule an appointment for a tour, call 352-414-2507 today.


PACIFICA
SENIOR LIVING

Ocala

Lic#AL9315

(352) 414-2507
www.PacificaOcala.com

FACELIFT SPECIALIST



BEFORE

AFTER

YOU ARE INVITED FACIAL BEAUTY SOCIAL MIXER

MARCH 31, 2020

WATERFRONT INN
THE VILLAGES

SEMINAR

LUNCH IS SERVED!

Surgical or Non-Surgical
STOP Wasting Money on Temporary Fillers

Breakthrough Long-Term Filler
Dr. Rich is #1 BellaFill Injector

Grand Prize Raffle
(Up to \$1200 value)

CALL NOW

Limited Seating

888-875-3223



IMAGELIFT®

ImageLift.com

Free
Book!

+3,500
Facelifts

Double
Board Certified
Facial Plastic
Surgeon

Dr. Castellano



THE VILLAGES
877.346.2435

Follow on [youtube.com/ImageLift](https://www.youtube.com/ImageLift)
or [FB.com/ImageLift](https://www.facebook.com/ImageLift)

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

Lumbar Spine Pain: Symptoms, Causes & Treatments

By Regenxx Tampa Bay, Regenerative Medicine

The body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylolysis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

The Spinal Column

The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise image-guided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's



bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.

Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.



Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

Steroids, NSAIDs, & Other Drugs - Not Recommended

You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications. Nonsteroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr. Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

The other physicians at Regenexx Tampa Bay are:



Ron Torrance II, D.O. - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



Ignatios Papas, D.O. - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

813-993-0365



Fix DEPRESSION Fast with IV Ketamine

By Eric Milbrandt, MD, MPH

Depression is characterized by low mood lasting at least two weeks and is often accompanied by low self-esteem, loss of hope, lack of interest in activities, and unexplained pain. Depression affects 1 in 5 people at some point in their lifetime. Some have periods of depression separated by years of "normal" mood, while others have nearly continual symptoms for many years to decades. Depression negatively impacts all aspects of a person's life, including personal relationships, work, education, sleep, eating, and health. Most concerning, as many as 8% of adults with major depression die by suicide.

Depression has many overlapping causes, including genetic, environmental, and psychological. Contributing factors include family history of depression, major life changes, certain medications, chronic medical problems, and substance abuse. Genetics plays a role in about 40% of cases.

Counseling and antidepressant medications are the mainstay of treatment. Unfortunately, these treatments take weeks to months to work. For as many as 1 in 4 depressed patients, counseling and antidepressants are ineffective, leading many to fall into despair. In the past, these "treatment-resistant" patients' only hope of returning to normal was electroconvulsive, or shock, therapy. Shock therapy helps about 60% of the time, but side-effects such as confusion, memory loss, and muscle aches are common.

Ketamine – an old drug with a new use

Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose intravenous (IV) ketamine has been used safely for that purpose in children, adults, and animals for decades. More recently, low-dose IV ketamine has been found to be a fast acting and highly effective treatment for depression, anxiety, and certain pain disorders.

About 17 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant depression. Since then, studies have proven conclusively that the drug not only works but works quickly. Studies show that 3 of every 4 patients with treatment-resistant depression see improvement in symptoms within 24 hours of being injected with low-dose ketamine. According to Yale researchers, ketamine's effects are rapid and long-lasting. The effects from a single infusion last between seven and 14 days.



In an official consensus statement published April 2017 in the journal JAMA Psychiatry, the American Psychiatric Association states that ketamine "produces rapid and robust antidepressant effects in patients with mood and anxiety disorders that were previously resistant to treatment." The consensus statement goes on to establish standards for providing IV ketamine treatments for mood disorders, including patient selection, clinician training, drug dosage and delivery, follow-up, and essential safety measures. In doing so, the consensus brings ketamine infusion out of the realm of experimental research and into everyday medical clinics, such as The Infusion Clinic of Ocala.

Ketamine infusion – what to expect

Before beginning treatment with ketamine, your infusion provider will thoroughly review of your history and perform a physical exam to determine if ketamine is right for you. Treatment consists of two phases. The first, a loading phase, consists of six 40-minute infusions given in an outpatient clinic over a two to four-week period. Many patients experience relief within hours of their first infusion and most know by their third infusion whether they will benefit from ketamine. After the initial loading phase, a single 40-minute maintenance infusion, or booster, is given about every 1 to 6 months depending on the patient. While undergoing ketamine infusion therapy, the patient continues to work with their primary medical provider, psychiatrist, and/or therapist. Adjustments to any of the patient's chronic medications remains under the direction of these providers, who receive progress reports from the infusion provider to be sure they are kept in the loop.

Patients are typically awake and interactive during the infusion, which achieves an effect described by the American Society of Anesthesiologists as "minimal sedation or anxiolysis." Some patients describe colors as being more vibrant and sounds being more accentuated.

Side effects of ketamine infusion are generally mild and self-limited. Nausea near the end of the infusion is the most common reaction, occurring in <5% of patients, and is easily treated with antiemetics, such as Zofran. Less commonly, anxiety reactions can occur and are treated with IV benzodiazepines, such as Versed. Your provider will be well-prepared to manage these and any other reactions that might occur.

Patients should not eat food within 4 hours or drink fluids within 2 hours of their infusion. In our clinic, The Infusion Clinic of Ocala, you are welcome to bring a companion to be with you during your infusion. We recommend that you bring headphones and music that is relaxing for you. You will be placed in a comfortable massage recliner in a private room, an IV catheter gently inserted, and the infusion started. During the infusion, you remain connected to a device that monitors your heart rate, blood pressure, and oxygen level. You may listen to music, read, relax or even nap during the 40-minute treatment. Afterwards, you are required to stay for a short recovery period, typically 15-30 minutes. You will need to have an adult present to drive you home from your appointment.

Conclusion

Depression is a common and debilitating condition that robs a person and their loved ones of the joy of living life. Most cases improve with counseling and antidepressant medications, though these treatments often take weeks to months to be effective. For the 25% of patients with treatment-resistant depression, ketamine infusion therapy offers rapid and lasting relief. *Find out more or schedule a consultation at <https://www.infusionclinicocala.com> or call (352) 325-5755.*



THE INFUSION CLINIC
OF OCALA

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

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

DO YOU SNORE?

YOU MIGHT HAVE SLEEP APNEA

Restful sleep is attainable and very important for your health.

Most people know that getting restful sleep every night is important and that getting eight hours of sleep is ideal. What many people do not realize is that a lack of sleep—especially on a regular basis—is associated with long-term health consequences, including chronic medical conditions like obesity, diabetes, high blood pressure, and heart disease, and that these conditions may lead to a shortened life expectancy.

Obesity

Several studies have linked insufficient sleep to weight gain and higher than average body mass index (BMI). Lack of restful sleep is now considered a risk factor for obesity. During sleep our bodies secrete hormones that help control appetite, energy metabolism, and glucose processing. Obtaining too little sleep interferes with the balance of these and other hormones.

Diabetes

Insufficient sleep may lead to type 2 diabetes by influencing the way the body processes glucose, the high-energy carbohydrate that cells use for fuel. Researchers have correlated obstructive sleep apnea with the development of impaired glucose control similar to that which occurs in diabetes. Numerous studies have revealed that adults who usually get less than hours of uninterrupted restful sleep each night have a greatly increased risk of having or developing diabetes.

High Blood Pressure and Heart Disease

Studies have found that a single night of inadequate sleep in people who have existing hypertension can cause elevated blood pressure throughout the following day. This effect may begin to explain the strong correlation between poor sleep, cardiovascular disease and stroke. There is growing evidence of a connection between obstructive sleep apnea and heart disease.

In addition to sleep disturbances, apnea sufferers also experience brief surges in blood pressure each time they wake up. Over time, this can lead

to the chronic elevation of blood pressure known as hypertension, which is a major risk factor for cardiovascular disease. Fortunately, when sleep apnea is treated, blood pressure may go down.

A sleep disorder such as obstructive sleep apnea plays an important role in not only the affected person's health but their bed partner's as well.

Sleep Apnea

If you or your loved one suffers with sleep apnea, you are likely to awaken night after night from the irritating sound of snoring. Besides making life unpleasant for others, snoring may be an indicator of Obstructive Sleep Apnea (OSA).

For some people, the relaxation of the muscles during sleep allows the base of the tongue to fall backward against the throat, which can constrict the airway and cause snoring. OSA is the complete stoppage of breathing for short intervals due to this constriction of the upper-airway. OSA has been proven to cause high blood pressure and in some cases even death.

The trouble with CPAP

Continuous Positive Air Pressure (CPAP) is the most common sleep apnea treatment, however, it is also the least tolerated treatment type. While CPAP is successful when used properly, many patients have trouble complying with the directives, leaving only 23-45% of patients to actually have success with the CPAP method. CPAP machines are difficult to stick with because the device requires the use of a mask over the nose and mouth and must be worn each night, not to mention the considerable noise the machine produces. In actuality, many people who use CPAP wear it for 4 hours or less per night.


Ocala Dental Care
OCALA DENTAL IMPLANT CENTER

2415 SW 27th Ave
Ocala, FL 34471
352-237-6196

www.OcalaDentalCare.com

Other CPAP problems include face breakouts from the straps, eye and nasal irritation, mouth dryness, runny nose and sore throat. Patients with allergies, patients who tend to breathe through their mouth, and patients who sleep on their stomachs may find CPAP difficult as well. Not to mention, traveling with a CPAP machine is not an easy feat. Patients who have tried CPAP and found it not to be a good treatment for them frequently benefit from oral appliance therapy.

What can a small dental appliance do for you?

Fortunately, a small custom fabricated dental appliance can be equally as effective as a CPAP and much less intrusive. These FDA-approved devices essentially treat Obstructive Sleep Apnea by preventing the obstruction and allowing the patient to breathe easily and continuously. The first sign of sleep apnea is often tooth grinding (also called bruxism). Dentists look for worn tooth surfaces, a sign that a patient grinds his or her teeth. Grinding can cause tooth wear and breakage as well as inflamed and receding gums. A spike in cavities can also be a sign of grinding because the force damages teeth, making them susceptible to cavity-causing bacteria. Grinding is just one oral health sign of sleep apnea. A tongue with scalloped edges, or redness in the throat (caused by snoring, which is another previously discussed symptom of sleep apnea) are also signs. A custom-made guard can reduce grinding -- and the cavities, headaches, and jaw pain it causes -- and help with sleep apnea. Worn in the mouth like an orthodontic appliance during sleep, oral appliances keep the soft tissue from collapsing and interrupting normal breathing patterns. The purpose of the oral appliance may be to reposition the lower jaw, tongue or soft palate to keep the airway open.

Benefits of oral appliances

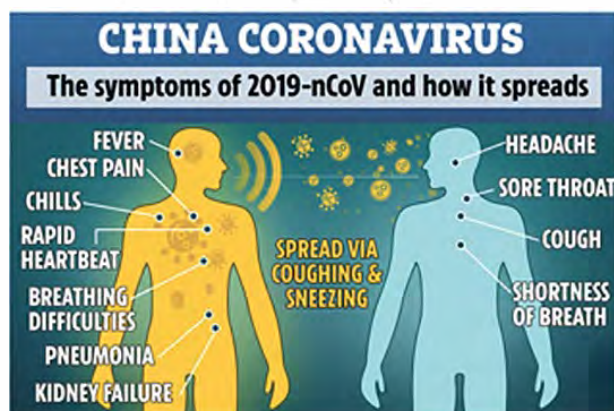
- Cure daytime fatigue
- Ensure a good night's sleep for you and your bed partner
- Help prevent heart disease, sudden cardiac death, high blood pressure, stroke, diabetes, depression, memory loss and even erectile dysfunction
- Help prevent accidents caused by excessive daytime sleepiness related to sleep apnea
- Small and compact, making it easy to travel with

Getting adequate restful sleep is important every night. Being well rested will allow you to fully enjoy your friends and family, as well as decrease your chances of developing the health problems discussed above. Call Ocala Dental Care at 352-237-6196 today to learn more about how a small oral appliance can help you tonight and every night.

Worried About The Coronavirus?

What You Need to Know

According to the CDC, Coronavirus is a virus (more specifically, a coronavirus) identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Early on, many of the patients in the outbreak in Wuhan, China reportedly had some link to a large seafood and animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, indicating person-to-person spread is occurring. At this time, it's unclear how easily or sustainably this virus is spreading between people. The latest situation summary updates are available on CDC's web page 2019 Novel Coronavirus, Wuhan, China.



How it Spreads

Much is unknown about how 2019-nCoV, a new coronavirus, spreads. Current knowledge is largely based on what is known about similar coronaviruses. Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS, SARS, and now with 2019-nCoV.

Most often, spread from person-to-person happens among close contacts (about 6 feet). Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It's currently unclear if a person can get 2019-nCoV by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Typically, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest).

Prevention and Treatment

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using facemask.

Facemasks

CDC does not recommend that people who are well wear facemask to protect themselves from respiratory viruses, including 2019-nCoV.

Facemask should be used by people who show symptoms of 2019 novel coronavirus, in order to protect others from the risk of getting infected. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

Hygiene

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

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

There is an ongoing investigation to determine more about this outbreak. This is a rapidly evolving situation and information will be updated as it becomes available. —CDC

Quick Care Med Urgent Care

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

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

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

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

Quick Care Offers The QCard—Affordable Healthcare for Just \$1 a Day, Ask us How or Visit us Online!

www.quickcaredmed.com

3 Locations in Ocala

3415 E. Silver Springs Blvd, Ocala, FL 34470
 (On Silver Springs Blvd. across from Publix)

8119 SW State Rd 200, Ocala, FL 3448
 (Just past Walgreens)

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

Chiefland
 2205 N Young Blvd, Chiefland, FL 32626

10% THC CAP PROPOSAL

Evidently, the last few years within the Florida cannabis industry have progressed rapidly with proposed changes such as the Smoking amendment that currently allows patients to purchase cannabis for smoking use. Other small victories such as defeating a proposal for recreational cannabis that would have further exacerbated the issue of vertical integration have created quite the storm of optimism among those in the community. But despite these wins, there are other problems surfacing this coming year that could negatively affect both dispensaries and patients.

Rep. Jose Oliva is proposing a hard limit on the percentage of THC allowed in all medical marijuana products; a leap back from the current progression in the program. Cited from a UK study done in the 1950's, Oliva is quoted saying "We're seeing different strains now in Europe that are 100 times stronger, and we're starting to learn that this has some schizophrenic results, especially in young, developing brains." Every year we see similar policies trying to trek its way into senate and undermine Florida's already strict medical program and Florida marijuana cardholders see this as an uphill battle they're willing to fight for. Patients across social media outlets cannot stress enough how much this could negatively affect them as well as the dispensaries revenue. The bottom line is that this proposal will not benefit anybody in the marijuana industry from the patients all the way to the top executives at places like Trulieve.

While these initiatives have not slowed down yet, it is very important to note that most of these laws have not made it past the House and should not be a major concern to current card holders. Despite this, it is important to stay up to date with the current direction of Florida's ballooning marijuana industry although this particular proposal shouldn't worry any medical card holders anytime soon.



CERTIFIED MARIJUANA DOCTORS

Get Your Florida Medical Marijuana Card. Call Today!

Leesburg - 352-306-0133 | Ocala - 352-414-4545 | Port Charlotte - 941-208-3444

www.cmmdr.com

Melatonin with Omega-3: Not Just for Sleep

By Bo Martinsen, MD

With the prevalence of sleep disturbances on the rise, melatonin is now one of the fastest growing supplements in the USA. But the benefits of melatonin extend far beyond sleep.

Researchers today are examining the role of melatonin in cancer medicine, as well as brain and immune health. In addition, there is a growing body of research that shows a strong synergy between melatonin and my specialty, omega-3 fatty acids.

These studies indicate that melatonin and omega-3s increase the benefits of one another and may also work together to fight aging.

What Is Melatonin?

Melatonin is a ubiquitous, multi-purpose molecule. Secreted by the brain's pineal gland in response to darkness, melatonin is most famous for its role in regulating our sleep cycle.

Melatonin, however, is also found in the intestinal tract, liver and retina, as well as in many foods we eat.

Researchers have also demonstrated that melatonin works as an anti-inflammatory agent and powerful antioxidant.

Melatonin Can Protect Against Free Radical Damage

As an antioxidant, melatonin is a natural scavenger of free radicals, or unstable molecules that damage the cells in our bodies. Because of its ability to fight free radicals, melatonin has been found to protect against oxidative stress, which is associated with a range of conditions, including heart disease, cancer, and premature aging.

Neuroscientists in particular are fascinated with melatonin's ability to protect fatty acids from lipid peroxidation, or a process in which free radicals attack and damage the fatty acids. Because the brain is rich in fatty acids and consumes large quantities of oxygen compared to other organs, it is especially

vulnerable to oxidative stress. Today, several studies report that low levels of melatonin may be associated with Alzheimer's Disease. Furthermore, melatonin directly inhibits the secretion and deposition of the beta amyloid protein and reduces intracellular neurotangles, both biomarkers of Alzheimer's Disease.

Melatonin's protective antioxidant benefits could also extend to omega-3 fatty acids. Omega-3s, which are known for their anti-aging benefits independent of melatonin, are highly susceptible to lipid peroxidation. If an omega-3 molecule becomes damaged for instance by exposure to oxygen, it's prevented from carrying out its functions in the cell. That's why some scientists believe melatonin could potentially help maintain the safety and efficacy of omega-3 foods and supplements.

How Melatonin and Omega-3s Work Together

Melatonin also seems to promote the absorption of omega-3s in the body. Studies show that, when taken together, melatonin increases the levels of the omega-3 fatty acid EPA in the brain, thus improving the omega-6 to omega-3 ratio. This is also significant since EPA may be helpful in reducing neuroinflammation.

Intriguingly, omega-3 fatty acids also appear to support the body's production of melatonin. Because omega-3s make up a part of the pineal gland, some scientists believe that the pineal gland may actually be synergistically regulated by the omega-3 fatty acids.

Melatonin and Omega-3s May Fight Aging

Melatonin and omega-3 may also work together to fight aging by supporting the mitochondria. The mitochondrion functions as the cell's powerhouse, providing the energy our cells need to function. It is also connected with cellular aging. If we can improve mitochondrial functioning and prevent damage to these important cell structures, it's believed that we can delay the onset of age-related chronic diseases.

Importantly, research reveals that the omega-3 fatty acid DHA is critical for optimal mitochondrial function. Similarly, studies have also discovered that melatonin exhibits "a protective effect on mitochondrial function," and can even restore mitochondrial function.

New Formulations for Optimal Health

The more we discover about melatonin and omega-3s, the clearer it becomes that these molecules belong together. Omega-3-rich foods often contain high levels of melatonin. Cod liver oil, for instance, is a good source of both, but during the regular refining process, almost all of the natural melatonin is lost.

By combining melatonin and omega-3s again, we can develop smarter formulations for optimal health. We found that when we added melatonin directly into our omega-3 oil, the results were different than taking melatonin alone or as a tablet. While more research is still needed on this partnership, these early findings are promising.

About Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several medical food products that combine effective doses of omega-3s with soluble fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for 20 years.

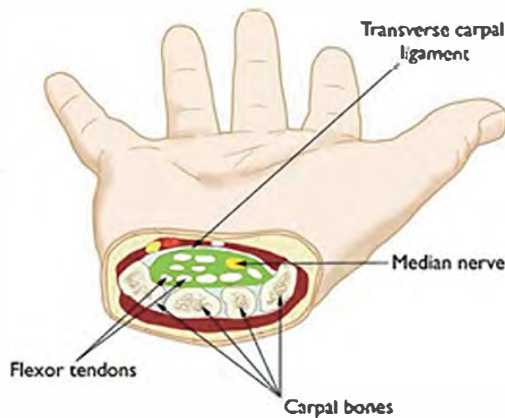


Call us at 941.485.4400
www.omega3innovations.com



What is Carpal Tunnel Syndrome (CTS)?

Every year, a significant number of patients see a physician complaining of hand numbness, tingling, and pain. Many of these patients are assumed to have nerve compression in the neck area and come to the doctor's office with an MRI of the cervical spine. Some may even have had surgery performed in the neck area with little or no relief. The reason the pain persists may be because they have been given the wrong diagnosis.



opening jars or making a fist. When patients wait too long to seek treatment, they can develop muscle loss in the hands with weakness of the thumb.

CTS Risk Factors:

- Obesity
- Diabetes
- Smoking
- Alcoholism
- Thyroid disorders
- Trauma to the wrist or hand
- Repetitive motion activities such as typing, writing, cycling, golfing, and tennis can exacerbate the symptoms

Several Ways to Diagnose CTS

The Neurologist will initially evaluate the patient by getting a medical history and conducting a physical exam. If CTS is suspected, an electromyogram and nerve conduction velocities test will be done to confirm the diagnosis.

According to the American Academy of Orthopedic Surgeons, "In most patients, carpal tunnel syndrome gets worse over time, so early diagnosis

and treatment are important. Early on, symptoms can often be relieved with simple measures like wearing a wrist splint or avoiding certain activities.

"If pressure on the median nerve continues, however, it can lead to nerve damage and worsening symptoms. To prevent permanent damage, surgery to take pressure off the median nerve may be recommended for some patients."

Treatment Options

If CTS is caught early enough, treatment with a wrist splint or a course of hand therapy may be all that is necessary. Hand Therapy utilizes modalities to decrease inflammation and increase circulation for the median nerve and flexor tendons within the carpal tunnel. Joint block tendon gliding exercises, as well as, nerve glides improve function. Patient education should include information on preventive measures to prevent range of motion that exacerbates symptoms.

Hand therapy with the use of modalities, to decrease inflammation and increase circulation to the median nerve and flexor tendons within the carpal tunnel. As well as patient education on joint block tendon gliding exercises as well as nerve glides to improve function. Education should also include, information on preventative measures, to prevent range of motion that exacerbates symptoms.

To schedule your appointment with our Certified Hand Therapist's, please contact Innovative Therapies Group.



Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com

What they might really be experiencing is known as Carpal Tunnel Syndrome (CTS), caused by compression of the median nerve at the wrist. The carpal tunnel is a pathway made of ligaments creating a tunnel through which the nerve travels. In addition to the median nerve, tendons also travel alongside the nerve. If the carpal tunnel becomes narrowed for any reason, this will cause compression on the nerve and tendons. For example, if any of the ligaments forming the tunnel get swollen, inflamed or thickened, this will limit the space available for the nerve and tendons to go through and the person may become symptomatic. It is commonly considered to be an occupational condition due to repetitive movements at the wrist.

Symptoms Associated with Carpal Tunnel Syndrome

In the beginning, a feeling of numbness and/or tingling in the hands is a very common symptom of CTS. Patients often complain that this sensation wakes them up at night.

The symptoms are improved by shaking their hands or hanging them over the side of the bed. Others report dropping things or having trouble



Like WD-40® for Your Aching Joints

We live in an eat-fast-go-fast-isn't-there-a-pill-to-fix-it world. Memory troubles, sleep issues, stress and pain (oh, the pain!) are the price we have to pay.

Or do we?

Try Omega Cure® Extra Strength — an easy-to-swallow and effective way to provide omega-3 benefits to every cell, organ and joint in your body.

Omega3 Innovations | omega3innovations.com | 941.485.4400



Changing lives...
One patient at a time!

352-433-0091

www.innovativetherapiesgroup.com



- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

<p>Ocala 2801 SW College Rd Ocala, FL 34474</p>	<p>Summerfield 14031 Del Webb Blvd Summerfield, FL 34491</p>	<p>Lady Lake 929 US-27 #301 Lady Lake, FL 32159</p>
--	---	--

What is Metabolic Syndrome?

By Zhiyi Qiang, Ph.D. NRCC

Based on recent Centers for Disease Control and Prevention (CDC) data, the top 10 leading causes of death in 2017 in the US were:

1. Heart disease
2. Cancer
3. Accidents
4. Chronic lower respiratory diseases
5. Stroke (cerebrovascular diseases)
6. Alzheimer's disease
7. Diabetes
8. Influenza and pneumonia
9. Kidney disease
10. Suicide

Heart disease (#1), stroke (#5), Alzheimer's disease (#6), and diabetes (#7) are chronic diseases that are very well known. However, did you know these four diseases are all interrelated and may have the same precursor?

There are common components shared by these diseases in our heart, brain and pancreas (an organ that plays an essential role in converting the food we eat into fuel for the body's cells)?

Increasing evidence indicates that many individuals who develop cardiovascular disease, type 2 diabetes, stroke and Alzheimer's actually have common metabolic precursors [1], which have been referred to a general condition called Metabolic Syndrome.

In the United States, 1 in 3 people or over 100 million adults have been reported to have metabolic syndrome [1].

What is Metabolic Syndrome?

The diagnostic criteria of metabolic syndrome have been clearly defined by several organizations, such as International Diabetes Federation (IDF), American Heart Association (AHA), National Cholesterol Education Program-Adult Treatment Panel III (NCEP ATP III), etc., as three or more of the following five abnormalities are present:

1. Waist circumference over 40 inches (men) or 35 inches (women);
2. Blood pressure over 130/85 mm Hg;
3. Fasting triglyceride level over 150 mg/dL;
4. High-density lipoprotein (HDL) cholesterol level less than 40 mg/dl (men) or 50 mg/dl (women);
5. Fasting blood glucose over 100 mg/dL.



Among these 5 components, waist circumference measurements and blood pressure can easily be measured in the comfort of your own home. Fasting triglyceride, HDL and fasting blood glucose can be retrieved from a high quality and reliable clinical diagnostic laboratory.

If you don't have any of these abnormalities, you are considered low risk for heart disease and diabetes. If you have one or two abnormalities, you would be considered at risk for metabolic syndrome. Having three or more abnormalities is diagnostic for metabolic syndrome and places you at high risk for developing heart disease, diabetes, stroke, and Alzheimer's in the future.

Here are some eye-opening facts about Metabolic Syndrome:

1. Metabolic syndrome accounts for 50% of new cases of diabetes and up to 30% of new heart disease cases every year[2];
2. Metabolic syndrome is associated with 2 times greater risk of heart disease [3];
3. Metabolic syndrome is associated with 6 times greater risk of developing diabetes [4];
4. People with both metabolic syndrome and diabetes have the highest prevalence of heart disease compared to those who have neither.[5].
5. Men with 4 or 5 abnormal components in the diagnostic criteria of metabolic syndrome had nearly a 4 times increase in risk for heart disease and a 25 times increase in risk for diabetes compared to men with zero abnormalities [6].
6. Metabolic syndrome is associated with 2 times greater risk of stroke and 3 times greater risk of Alzheimer's disease [3, 7].

Therefore, early identification, treatment, and prevention of metabolic syndrome presents a major challenge as we face an epidemic of unhealthy lifestyles.

How do we prevent metabolic syndrome?

The key is knowing your risk so you can make lifestyle changes before a more serious condition develops. Prevé developed the Metasyn Check for this purpose. It includes lab tests that can signal risks that may be reversed with lifestyle changes and trigger early preventive discussions with your physician.

A Prevé membership includes tools to assist you in your wellness journey:

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

Educational Resources: Read material from our experts to continually learn more about nutrition, fitness, and lifestyle management and make the most informed choices about your health.

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.

Visit our website, prevewellness.com, to learn more and sign up for testing. Visit your local Prevé lab partner at:



Select Labs – Marion County
11115 S W 93rd Court Road
Ocala, FL 34481

References:

1. Rosenzweig, J.L., et al., Primary Prevention of ASCVD and T2DM in Patients at Metabolic Risk: An Endocrine Society Clinical Practice Guideline. *J Clin Endocrinol Metab*, 2019.
2. Wilson, P.W., et al., Metabolic syndrome as a precursor of cardiovascular disease and type 2 diabetes mellitus. *Circulation*, 2005. 112(20): p. 3066-72.
3. Mottilo, S., et al., The metabolic syndrome and cardiovascular risk: a systematic review and meta-analysis. *J Am Coll Cardiol*, 2010. 56(14): p. 1113-32.
4. Melis, J.B., et al., Using metabolic syndrome traits for efficient detection of impaired glucose tolerance. *Diabetes Care*, 2004. 27(6): p. 1417-26.
5. Alexander, C.M., et al., NCEP defined metabolic syndrome, diabetes, and prevalence of coronary heart disease among NHANES III participants age 50 years and older. *Diabetes*, 2003. 52(5): p. 1210-4.
6. Sattar, N., et al., Metabolic syndrome with and without C-reactive protein as a predictor of coronary heart disease and diabetes in the West of Scotland Coronary Prevention Study. *Circulation*, 2003. 108(4): p. 414-9.
7. Vanhanen, M., et al., Association of metabolic syndrome with Alzheimer disease: a population-based study. *Neurology*, 2006. 67(5): p. 843-7.

Copyright 2019 Prevé Wellness, LLC.

This information is intended for educational purposes only. It is not intended to prevent, diagnose or treat disease or as a substitute for a physician's consultation.

* The links to other websites are being provided as a convenience and for informational purposes only; Prevé Wellness, LLC bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.

Extend Youth by Wearing Hearing Aids

Time to think about healthy practices that promote a happier and longer life. This month get a hearing test, or if you already have hearing loss, seek proper treatment, such as wearing hearing aids.



have to concentrate hard simply to hear your conversation partner while taking a walk, you are also more likely to notice the broken pavement on the path in front of you.

We can consider eating a more balanced diet, quit questionable habits like smoking, or devote more time to physical exercise. But if any of these resolutions sound daunting, here is an easier thing to do that could still have a positive effect on your physical, emotional, and mental health. This month get a hearing test, or if you already have hearing loss, seek proper treatment, such as wearing hearing aids.

Wearing hearing aids keeps you socially active

It is hard to enjoy time with friends and family when you can no longer keep up with the conversation. Phone calls that do not come with helpful visual cues are especially hard with hearing loss, so it becomes more difficult to stay in touch. Larger social gatherings typically come with a lot of noise that makes it even harder to carry on a conversation, so they are not as much fun anymore.

Research has consistently shown people tend to become socially isolated when they have unaided hearing loss. Modern hearing aids are designed to highlight speech in a variety of listening environments so that you can stay engaged. They also offer intuitive connectivity options to optimize listening with landline and cell phones.

Wearing hearing aids wards off mental decline

Great research in recent years from Johns Hopkins, the National Institute on Aging, and other reputable

sources has highlighted the correlation between detrimental changes in the brain and unaided hearing loss. They have identified faster loss of brain tissue and marked differences in brain structure in older adults with hearing loss than those without.

Hearing aids make sounds in the environment audible, speech clearer, and music more enjoyable so that you can engage in the hobbies and physical exercises that keep your body and mind active. When you do not have to worry that you won't hear an approaching car or doorbell ring, can freely hear and understand the conversation around you, and can enjoy the sounds of nature and beautiful music, cognitive load and stress decrease. In fact, there are now hearing aids that have been proven with brainwave studies to reduce the mental effort required for listening.

Wearing hearing aids reduces the risk of falls

Falls are responsible for numerous injuries and deaths among Americans 65 and older. Studies show that people with even a mild hearing loss were nearly three times likelier to have a history of falling than those without hearing loss, and with increasing hearing loss this risk rises accordingly. Hearing loss reduces awareness of your surrounding environment and increases cognitive load, which in turn leads to a greater risk of falling.

Hearing aids allow you to better hear sounds such as oncoming traffic, and also quickly locate where these warning sounds are coming from. When you don't

Wearing hearing aids reduces the risk of depression

Research has also reinforced the correlation between untreated hearing loss and depression. This is largely due to the social isolation we discussed earlier. Those who give up trying to hear and communicate cut themselves off from social activities. They may think their hearing loss cannot be helped, or that it is a sign of age and indication to stop participating in life. These negative changes all increase the risk of depression, especially in women.

Fortunately, plenty of research also show us the counter-effects of hearing aids against depression. Amplification via hearing aids not only improved the hearing abilities of study participants, it also showed positive effects on anxiety, depression, overall health status, and general quality of life.

<https://www.signiausa.com/blog/extend-youth-wearing-hearing-aids/>

PremEar Hearing

A Tradition of Excellence

Ocala's Only Family Owned Hearing Care Provider
with 2 Locations.

352-438-0050

4620 E Silver Springs Blvd #501, Ocala, FL 34470

352-236-6700

4414 SW College Rd #1530, Ocala, FL 34474

www.premearhearingfl.com

The Industry Experts for On-Site
Laboratory Implementation, Management and Support

THE FUTURE OF LABORATORY TESTING

Prevé
PERSONALIZED HEALTH MANAGEMENT

Now offered at Select Labs-Marion County
352-389-8088 | www.prevehealth.com

Select Laboratory Partners

PremEar Hearing

A Tradition of Excellence

- Modern Devices
- Old Fashioned Service
- Caring Providers
- Family Owned
- 2 Locations

West 352-236-6700
College Road@Market St
Jeff Smalt HAS-Owner

East 352-438-0050
Silver Springs by Lowe's
Sandra Kilpatrick HAS

Best of the Best
Ocala 2018
Satisfaction
Test & Place

Planning End-of-Life Arrangements

Why It's Helpful

Sometimes we have the privilege of pre-planning an end-of-life celebration or funeral and other times, we must deal with unexpected situations. Whatever you are faced with when these circumstances arise, Dignity Memorial has many options to help you plan and prepare.

Every life is unique. Through accomplishments, relationships, passions and traditions, each life is a story like no other. Dignity Memorial® professionals believe a funeral or a celebration of life should be as unique as the person it honors. We are experts at planning meaningful and memorable personalized funeral celebrations. From food to flowers, music to mementos, each customized funeral service is a special tribute to the person it remembers. We celebrate each life like no other.

Whether you're planning a funeral for a loved one or pre-planning for yourself, start with a story, passion or pastime to provide inspiration. We'll help you weave those very special memories into a beautiful service with personal touches and lasting impressions.

You have choices as to how you want to be remembered, or how your loved one should be memorialized. Depending on the personality, the family dynamic and the social aspect of your life choices, these ingenuities should be considered when planning a funeral or celebration of life. A funeral or memorial service should be a one-of-a-kind celebration. Everyone has their own unique story. How do you want to tell yours? Imagine is a book full of ideas for creating a beautiful and unforgettable remembrance for yourself or a loved one. A representative at Dignity Memorial will walk you through your options and help you make the best choices for your loved one.

Planning:

A funeral planning meeting, sometimes called a funeral arrangement conference, is the time for us to plan a tribute fitting of the individual. We will talk about your family's traditions, your loved one's wishes and any religious requirements you might have. We'll discuss what should be included in an obituary, what elements would mean the most in a funeral or memorial service and more.



Before your funeral arrangement meeting, think about the following:

- Who will be the main point of contact for the funeral home? Is it you or someone else? Decide who will be in charge of communicating with the funeral home and funeral director.
- Who will be there to support you? It is helpful to have a close friend or family member at the arrangements conference for emotional support and to take notes for you.
- Were there any arrangements made ahead of time? If your loved one prepaid for funeral arrangement, purchased cemetery property, or even simply wrote down preferences and wishes, gather the applicable documents and bring them to the funeral planning meeting.
- What elements should be included in the funeral? What are your family traditions? What religious rites are required? What kind of funeral, burial or permanent memorial will best honor your loved one's personality and life views? From a faith-based funeral followed by a cemetery burial to a no-holds-barred celebration of life followed by a fireworks display containing cremated remains, we specialize in creating personalized services.

You can use the checklist below to help you better prepare:

1. Clothing, including undergarments (these items will be used to dress your loved one if you are planning a viewing or prefer special clothing for a cremation or casket burial)
2. Eyeglasses and jewelry (these items may remain with your loved one or be removed and returned after the service)

3. A recent photograph (for cosmetic purposes, if a viewing is planned)
4. Military discharge papers (for a veteran, if applicable)
5. Social Security number
6. Life insurance policies
7. Names and contact information for 6 to 8 pallbearers, if applicable
8. A collection of approximately 30 photos we can use to create an Everlasting Memorial™ digital archive and a multimedia scrapbook

Coping with the death of a family member or friend isn't easy, but when you choose a Dignity Memorial provider, we pledge to help you plan a fitting tribute, handling all of the details so that you can be with friends and family when you need it most.

Dignity
MEMORIAL

To find out more, please call:

Dignity Memorial

Forest Lawn Memory Gardens
5740 S Pine Ave.
Ocala, FL 33480

352-732-3020

Extending Quality of Life with Palliative Care

By Hospice of Marion County

All of us deserve to live as comfortably as possible; however, when an accident, sudden illness or chronic condition takes hold of our lives, comfort may seem impossible or out of reach. In the past decade, hope for relief from acute pain and distressing symptoms has become a reality and within reach, thanks to a growing trend in modern medicine: palliative care.

What is Palliative Care?

The word “palliative” is defined as comforting, soothing, calming and reassuring. It should not be confused with quick fixes offered in so-called “pain clinic” settings. Palliative care is specialized medical care for people with serious conditions. Its focus is to provide relief from the symptoms, pain, and stress that entails—whatever the cause or diagnosis. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a team of doctors, nurses and other specialists, who work together with a patient’s primary doctor and/or specialist to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and can be offered along with curative treatment.

Examples of those who have benefited from palliative care include a 50-year-old with pancreatitis and a 40-year-old diabetic with neuropathy (nerve pain). Both conditions are chronic but not life-threatening. A patient with pancreatitis was in pain and had trouble eating; now he enjoys food and life again!

How is palliative care different?

Because patients are carefully regulated by their physicians with consultations from experts at Marion County’s Center for Comprehensive Palliative Care, people can rest assured that their pain and symptoms can be managed (most within 24-48 hours) and their conditions monitored on an ongoing basis. Many go on to fully regain their lives. Those with advancing illness can deal with their situation without the added burden of debilitating pain or life-altering symptoms that prevent them from enjoying daily life.

When did palliative care start at Hospice of Marion County?

About ten years ago, the Senior Medical Director for Hospice of Marion County attended a medical conference and learned that 80% of hospital patients were suffering. The study concluded those patients could benefit from palliative treatment. This fact applied not only to terminal patients, but to those who were not facing death. Hospice of Marion County determined to change that statistic, at least in Marion County. The organization began providing consults for hospital patients and single-handedly spearheaded the program, seeing 70 patients in two months. The positive results were astounding.

Thus, the Center for Comprehensive Palliative Care (CCPC) was launched. As a consulting service to physicians, CCPC was awarded national recognition as a model program in its first year. Its success continues to grow, but the patients are the real beneficiaries.

How does someone get palliative care?

Well-informed consumers should know the facts. They can request palliative treatment if the outcome from surgery, accident or disease has left them in physical or mental distress. Palliative care improves healthcare quality in three significant ways. It:

1. effectively relieves physical symptoms and emotional suffering,
2. strengthens patient-family-physician communication and decision-making, and
3. ensures well-coordinated care across healthcare settings.

As a holistic approach to care, palliative medicine is about a person’s whole being, including family and loved ones. It is covered by Medicare, Medicaid and most private insurances. A consult is available through one’s own physician or by calling (352) 291-5881 for information about receiving services.

Palliative Care’s Growth

The steady growth is primarily in response to the increasing number of people with serious and chronic illness. People are living longer, but not necessarily better. Their needs are many, placing overwhelming caregiving demands on families. We recognize their needs at CCPC and are addressing these challenges through a strong partnership between patient, family and our supportive palliative care team.

Today, the Hospice of Marion County CCPC team has two medical directors and five advanced practitioner registered nurses, Billie Woodham serves as the program’s director. Together they conduct more than 1,000 consults a year, in hospitals, nursing homes, assisted living facilities and even private homes. We are also gratified to have recently earned the Joint Commission’s seal of approval, the national standard in quality healthcare. Palliative medicine is real medicine. And it can help make life worth living.

Learn how the Center for Comprehensive Palliative Care can help: (352) 291-5881 or visit www.marion-palliativecare.com.



Dignity
MEMORIAL

Celebrating each life
LIKE NO OTHER

Funeral and memorial services to remember
Experience the Dignity Difference

When you choose a Dignity Memorial funeral home or cemetery, you receive personalized, compassionate care. Backed by the largest network of funeral home providers in North America.

Forest Lawn Memory Gardens
5740 S Pine Ave.
Ocala, FL 33480
352-732-3020
www.dignitymemorial.com



Worsening illness
is affecting our
lives.

Center for
Comprehensive
Palliative Care
(352) 291-5881

The Center for Comprehensive Palliative Care specializes in relief from ongoing pain, life-altering symptoms and emotional distress. Ask your doctor for a consult with one of our experts.

Palliative care means relief.
www.marionpalliativecare.com

WHY DO SO MANY PATIENTS TRUST COMPTON CHIROPRACTIC CARE? THEIR STORIES MIGHT HELP YOU!

By Compton Chiropractic Care

When you have suffered an injury, Compton Chiropractic Care LLC can help you on the road to recovery. Our golf cart accessible facility located in The Villages, FL offers a variety of services to people just like you who are suffering with many different ailments. No matter what condition you are suffering from, the experienced team of professional Chiropractors at Compton Chiropractic Care LLC will work with you to properly diagnose and develop a personalized treatment plan to meet your needs.

Chiropractic care can help solve a wide range of problems that just don't include back and neck pain, we can also help patients who suffer from headaches, migraines, shoulder pain, arthritis, hip pain and personal injuries like car accidents. Our experienced physicians are also highly skilled in decompression therapy.

All four of our doctors are graduates from the Palmer College of Chiropractic. No matter what type of care you need, if you live in The Villages, you can certainly come to Compton Chiropractic Care and expect your needs to be met!

But don't just take our word for it—Find out what our patients have to say:

Patient Testimonials

"Doc thanks! My back is better than it has been for years." - Male Patient

"I wish I would have found your clinic years ago. I am playing the best golf of my life and without that lousy pain. Thanks again Doc. See you soon."
- Female Patient

"Dr. Compton, I cannot begin to thank you enough for helping my husband and myself. We can actually enjoy our retirement now pain free." - Female Patient

"Doctor, I must be sure to mention again how very grateful i am for the care i was given at Compton Chiropractic. I am back north for the summer and I am feeling excellent. I will be making an appointment as soon as I return to Florida." - Female Patient

"I have been going to Chiropractors my entire life and I have never experienced a more genuinely sincere Doctor than yourself. I was very impressed with your extensive examination and ability to correct my pain so swiftly." - Male Patient

"Dr. Compton and staff have impressed me from the first phone call all the way to check out. The entire staff is pleasant and made me feel welcome. They were able to explain each step of my care and asked AND WAITED for response if I wasn't clear about an explanation. Dr. Compton explained what he was doing and why throughout my entire examination. He didn't seem bothered by my questions or long explanations that required more than yes or no responses. The therapist was great as well and she follows the same practice of explaining the hows and whys. I am very comfortable with Dr. Compton and staff and will continue with them for my chiropractic care. Great job!!!" -Female Patient

"I am happy with the sophistication and good "bedside manners" of the doctors and pleasant, effective service offered by the office personnel. In my two years as patient, I also have been satisfied with their handling the payments with fairness and full disclosure. This is an important part of chiropractic care which reimbursement by insurance is usually very difficult." -Male Patient

If you have pain, or other immobility issues, call Compton Chiropractic Care Today and discover how so many others, just like you are finding long term relief without drugs and without surgery!

The Compton Chiropractic Center:

- Friendly, Knowledgeable Staff
- Personalized Therapy Treatments
- Patients Are Our Number One Priority
- Treating More Than Neck And Back Pain
- Chiropractor With A Medical Approach
- Top Quality Health Care For A Reasonable Fee
- Palmer Graduates
- Call Today For A Free Consultation

No matter what type of care you need, if you live in The Villages, you can rest assured that you will receive superior care at the Compton Chiropractic Center. Please call today, to schedule your appointment.



COMPTON CHIROPRACTIC CARE

Providing Quality Chiropractic Care to patients in and around The Villages, Florida.

Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

Accepting

- Medicare
- Blue Cross Blue Shield
- Cigna, Aetna
- Humana
- United Health Care plans
- Personal Injury

COMPTON CHIROPRACTIC

**Call Today:
352-391-9467**

Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *“As iron sharpens iron, so one person sharpens another.”* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan’s own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other’s back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *“A man who has friends must himself be friendly...”* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don’t connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other’s needs ahead of your own. The Bible says it like this:

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.” Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don’t try to “one up” their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, “You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.”

You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you’ll have more friends than you can handle in a short time.

COMPTON CHIROPRACTIC CARE

352-391-9467





Dr. Brett Compton
Chiropractic Physician
Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Biology Sciences

Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

FREE
CONSULTATION
Call Today
to Schedule
352-391-9467

11974 County Rd
101 Ste. 101
The Villages, FL 32162

SICK NOW? SEEN NOW!®



From the common cold to a broken bone, Quick Care Med Walk-in and Urgent Care revolves around getting you back to feeling good!

Providing immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

Toll Free:
844-797-8425
3 Locations in the Ocala Area to serve you.



WALK-IN CLINIC & URGENT CARE
www.quickcaremed.com



95,250+

REGENEXX PROCEDURES
PERFORMED SINCE 2005

Joint Surgery Alternatives?

Return to your active lifestyle without drugs, cortisone shots, or surgery.

We offer **the nation's most advanced non-surgical stem cell and platelet treatments** for osteoarthritis, joint injuries and spine conditions. We use the patient's own bone marrow derived stem cells, which is the only FDA-compliant tissue source in the U.S. for orthopedic procedures.

All injection procedures are performed using ultrasound and fluoroscopic guidance for precise cell placement.



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



The Trusted Alternative to Orthopedic Surgery.

8600 Hidden River Parkway, Suite 700 | Tampa, Florida 33637 | **813.696.6237**

RegenTampaBay.com