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March 2020

Lake/Sumter Edition - Monthly

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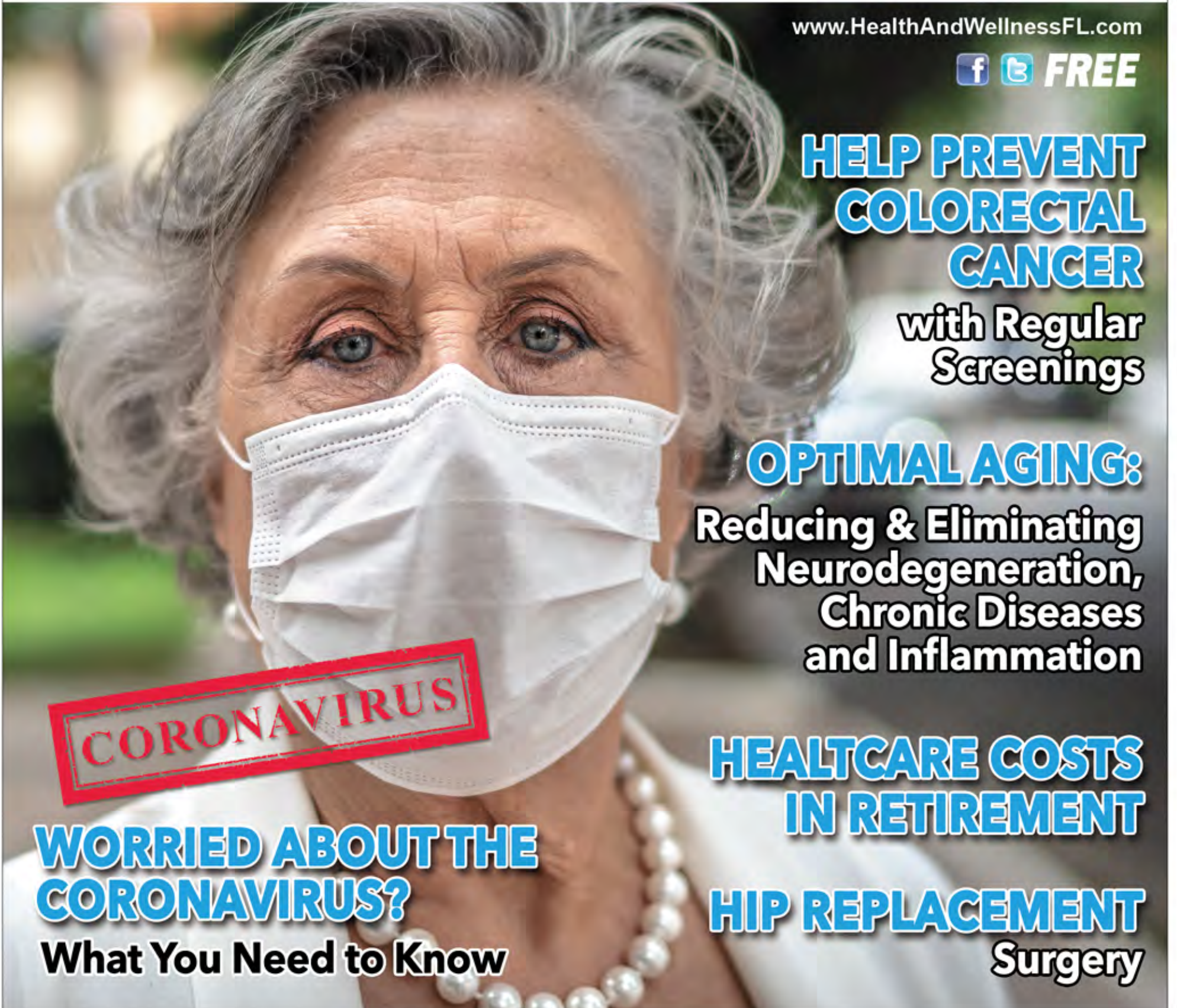
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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



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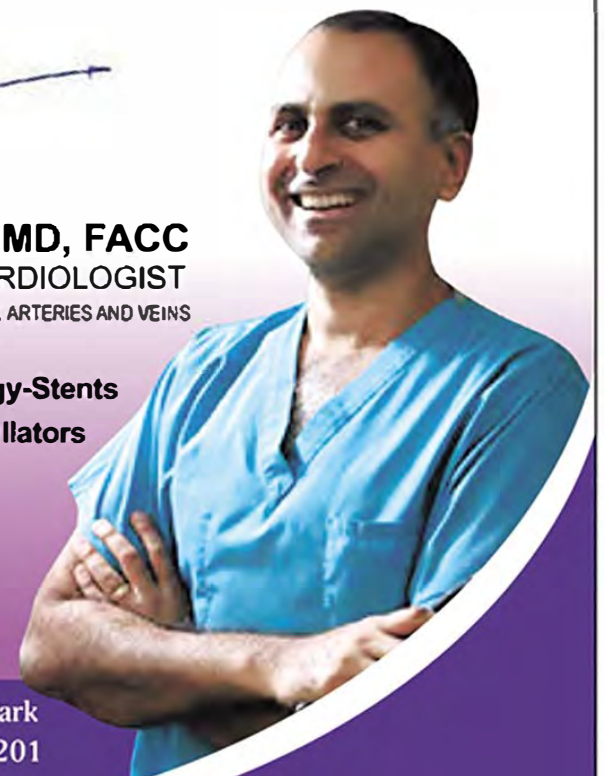
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless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

A handwritten signature in blue ink, appearing to read 'T.E. Vallabhan', with a long horizontal line extending to the right.

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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

"Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
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WHAT RESULTS CAN YOU EXPECT?

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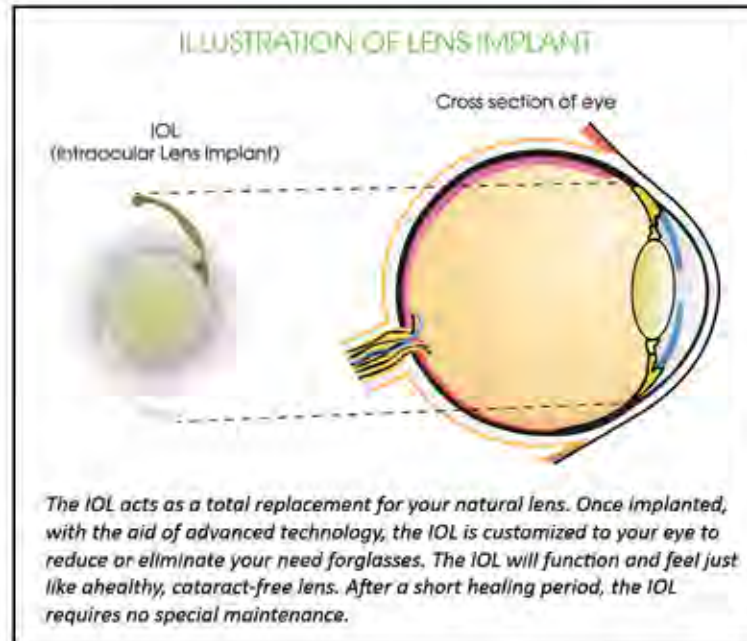
GETTING THE IOL THAT'S THE RIGHT IOL FOR YOU

Cataracts are common, affecting people of every age, but mainly occur in people 55 and older. With The Villages being home to a large population of retirees, there are a lot of cataract surgeries being performed, and a lot of intraocular lens, or IOL, implants being promoted, so naturally people have questions about which is the right one for their lifestyle, personal ambitions and budget.

As a forerunner of the most advanced cataract surgeries and IOL placement in the region, our team of experienced Board-certified ophthalmological surgeons, Dr. Scott Wehrly, Dr. Scot Holman and Dr. Vinay Gutti, have investigated and compared nearly every brand and type of IOL in the industry. After performing tens of thousands of successful cataract and IOL placement surgeries, our surgical team has ultimately chosen to utilize Johnson & Johnson's line of IOLs for their exceptional quality, consistency and array of correction options, as well as a range of price points to accommodate and satisfy more people. "We think their line of IOLs is unmatched in terms of innovation, quality, durability and flexibility," says Dr. Wehrly. "We feel confident using them in every cataract patient we treat."

What are My IOL Options?

Like other medical devices, IOLs are designed to be selected on a case-by-case basis and depend on many factors, like one's eye anatomy and health, as well as lifestyle preferences, vision goals and financial interests. After a thorough eye examination, you and your Lake Eye surgeon will discuss your vision and any eye health issues, as well as the activities you most value and the vision correction you'd find most beneficial, and based on your needs he will outline the IOL choices that will be most likely to deliver the greatest overall long-term satisfaction.



Here are the different IOL options and how they compare and contrast, so you have a basic understanding of what's available.

- 1. TECNIS® Monofocal 1-Piece IOL** - This is a great choice if you want to be able to see distances, such as you do for driving, watching movies, etc. It enables you to depend on glasses only for intermediate and close-up vision. It is the most affordable IOL, making it popular with many patients.
- 2. TECNIS® Multifocal IOL** - This IOL delivers clear close-up, intermediate and far vision correction and is especially suited to people with presbyopia (poor close-up vision), to greatly reduce dependence on glasses. This option lets you personalize the correction to suit your lifestyle.
- 3. TECNIS Symphony® IOL** - The Symphony extended depth-of-focus IOL corrects presbyopia while also providing clear continuous vision for a full range of clarity that functions like a normal, healthy eye. The Symphony can be used in patients with or without astigmatism, and may reduce or eliminate the need for prescription glasses.

4. TECNIS® Toric 1-Piece IOL - The monofocal toric lens corrects astigmatism while also offering brilliant distance vision. After implantation, most patients find they need only reading glasses.

5. TECNIS Symphony® Toric IOL - This extended depth-of-focus toric IOL is a great choice for people with both presbyopia (poor near vision) and astigmatism. It provides a continuous range of focus for excellent distance correction and improved intermediate and close-up vision plus astigmatism correction for less dependence on glasses.

Lake Eye has invested heavily in the latest and most effective technologies to

provide the finest in IOL selection and placement. "In addition to the company's superior IOLs, Johnson & Johnson has devised a pre-loaded IOL technology platform that is revolutionary," says Dr. Holman. "It simplifies implantation and improves efficiency to limit surgery times, and reduces the chance of infection and inflammation."

"It's the finest system I've ever worked with," says Dr. Gutti. "It provides sharp vision, enhanced function and long-term sustainability, fitting the standard of care we at Lake Eye are committed to provide each and every patient."

Lake Eye has offices in The Villages, Lady Lake, Tavares, Leesburg and Wildwood for outstanding care that's close to home. If you have questions about cataract surgery, IOLs or another service, we invite you to contact us.

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CROHN'S DISEASE: What You Should Know About Management and Treatment

T.E. Vallabhan, MD, FACC

Crohn's disease is part of the inflammatory bowel disease (IBD) group. Crohn's disease frequently affects the top of the colon and the end of the small bowel, although it can also affect any area of the gastrointestinal (GI) tract. Over 20% of the population has IBS (Irritable Bowel Syndrome), but that's not accounting for the nearly 3 million Americans that suffer from the symptoms of IBD and Crohn's disease.

Crohn's Disease Symptoms (can be mild to severe):

- Changes in bowel habits
- Bloating
- Gassiness
- Pain
- Constipation
- Persistent Diarrhea
- Rectal bleeding
- Urgent need to move bowels
- Abdominal cramps and pain
- Sensations of needing to relieve bowels further after a BM
- Malnutrition

Eating When You are in a Flare¹

There are certain foods you may want to avoid when you are in an IBD flare, and others that may help you get the right amount of nutrients, vitamins, and minerals without making your symptoms worse.

Your healthcare team may put you on an elimination diet, in which you avoid certain foods in order to identify which trigger symptoms. This process will help you identify common foods to avoid during a flare. Elimination diets should only be done under the supervision of your healthcare team and a dietitian so they can make sure you are still receiving the necessary nutrients.

Some foods may trigger cramping, bloating, and/or diarrhea. Many trigger foods should also be avoided if you have been diagnosed with a stricture, a narrowing of the intestine caused by inflammation or scar tissue or have had a recent surgery. Certain foods can be easier to digest and can provide you with the necessary nutrients your body needs.

Foods IBD Patients May Tolerate

- **Low-fiber fruits:** bananas, cantaloupe, honeydew melon, and cooked fruits. This is typically recommended in patients who have strictures or have had a recent surgery

Source: <https://www.crohnscolitisfoundation.org/diet-and-nutrition/what-should-i-eat>

- **Fully cooked, seedless, skinless, non-cruciferous vegetables:** asparagus tips, cucumbers, potatoes, and squash
- **Lean protein:** fish, lean cuts of pork, white meat poultry, soy, eggs, and firm tofu
- **Oral nutritional supplements or homemade protein shakes:** ask your doctor or your dietitian about what supplements may fit your nutritional needs
- **Refined grains:** sourdough, potato or gluten-free bread, white pasta, white rice, and oatmeal

Potential Trigger Foods To Avoid

- **Insoluble fiber foods that are hard to digest:** fruits with skin and seeds, raw green vegetables (especially cruciferous vegetables such as broccoli, cauliflower, or anything with a peel), whole nuts, and whole grains
- **Sugary foods:** pastries, candy, and juices
- **Lactose:** sugar found in dairy, such as milk, cream cheese, and soft cheeses
- **Non-absorbable sugars:** sorbitol, mannitol, and other sugar alcohols found in sugar-free gum, candy, ice cream, and certain types of fruits and juices such as pear, peach, and prune
- **High fat foods:** butter, coconut, margarine, and cream, as well as fatty, fried, or greasy food
- **Alcohol and caffeinated drinks:** beer, wine, liquor, soda, and coffee
- **Spicy foods:** "hot" spices

Medication and diet are not always effective for treating advanced IBD and Crohn's disease specifically. In certain situations, surgery is vital for proper bowel function and improving one's overall health systemically. Surgical treatments for Crohn's disease are fistula, and abscess removal, stricture-plasty, colectomy, proctocolectomy, and in many of these cases, resection will be necessary.

The Crohn's Disease and Heart Disease Connection Crohn's disease is an inflammatory disease that is not limited to the digestive system, but rather the whole body, including the cardiovascular system. Over long periods of sustained Crohn's disease, studies indicate that there is an increased risk of heart disease and disorders due to inflammation.

In June 2017, a published study in the journal Heart suggested that long-term inflammation can lead to atherosclerosis, which escalates heart disease and stroke. The inflammatory response has also been connected with increased risk of hypertension and depression, which are both strong risk factors for heart disease.

If you have Crohn's disease, talk to your cardiologist as well as your gastroenterologist about your cardiovascular risk factors, and treatment options.

Dr. V

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To find out more information on the Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, Drvcardio.com

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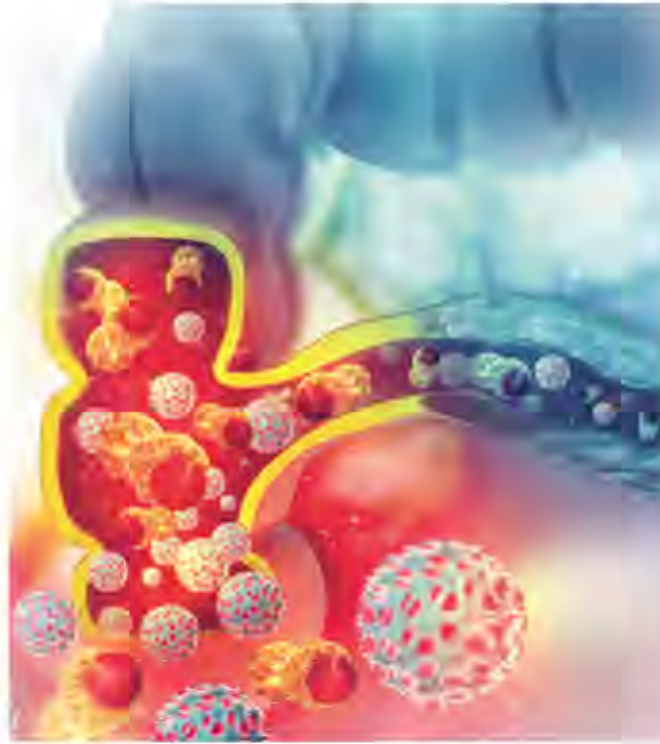
The number of deaths from colorectal cancer has been dropping steadily in both men and women for several decades, according to the American Cancer Society. The reasons for this decline include early detection and improvements in screening methods; yet, many choose to either postpone or totally skip these 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.



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For more information, visit FLCancer.com

Traveling Tips for Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

It's that time of year again; when we hit the road or the sky and travel for vacations, relaxing getaways, spending time with family and taking the kids or grandkids to their favorite destinations.

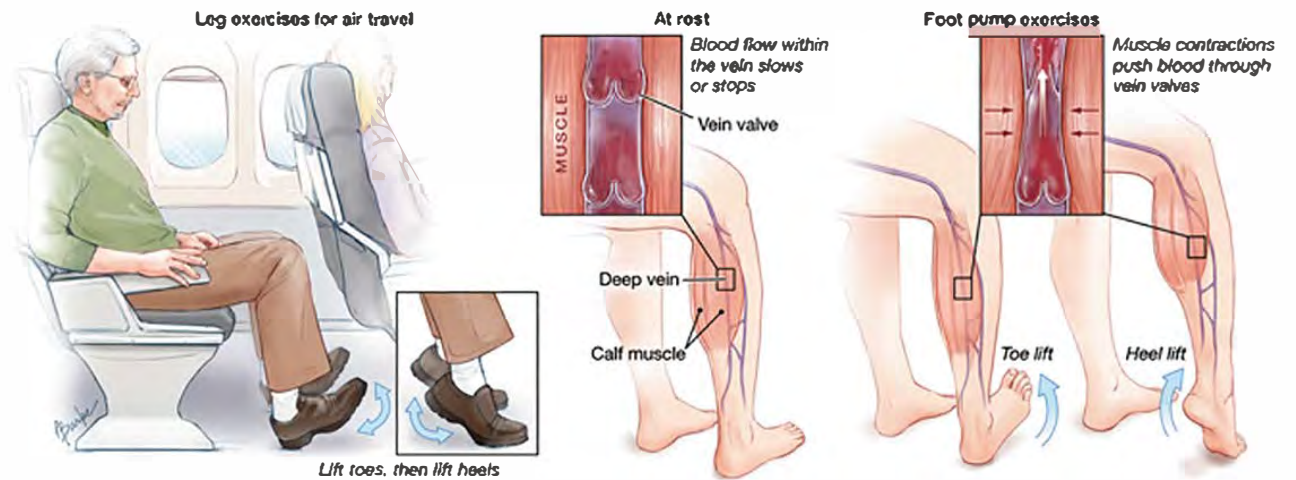
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs., you should consume 100 ounces of water per day, which is approximately 3 liters.

If you suffer from any venous insufficiency issues, it's critical to keep moving your toes, ankles, and calves while sitting for an extended periods of time in a car, train or when on a plane. This will help the blood to keep moving and pumping back to the heart instead of pooling into the feet. If you ever get swollen feet or legs after sitting for long periods of time, you should see your physician about ways to control your venous insufficiency and to get a full check up for your overall health.

What is venous insufficiency?

Various forms of venous issues affect 25 million Americans. Their legs are swollen, achy and they have a heavy sensation. When our veins are working properly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction. If these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health.

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, or dangerous and in need treatment.



Symptoms of venous insufficiency:

- Swollen legs
- Discoloration on skin (brown or red)
- Tingling/burning/itching sensations
- Heaviness
- Aching
- Cramping

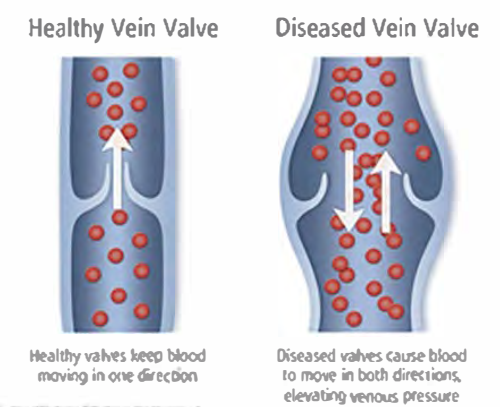
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stockings are the same.

Sure big box stores sell them by the thousands, but they fail in comparison to medical grade and personally fitted stockings.

It's important to understand what compression stockings do. They are tight fitting long socks that go up to your knee and create gradient pressure throughout your foot and legs to help push the blood back to the heart.

Medical grade compression stockings are measured in millimeters of mercury (mmHg). The highest compression available is 30-40 mmHg, then 20-30 mmHg, 15-20mmHg and the least or lightest compression is 8-15 mmHg.

The major differentiating factor between a medical grade stockings and the generic version is the precise measuring that is done to make certain you are wearing the appropriate compression volume. Getting the correct dimensions consist of first measuring around the smallest part of the ankle above the ankle-bone. Second, a measurement is taken of the largest part of the calf circumference, and lastly, at a 90-degree angle, a measurement is taken from the distance of the bend in the knee to the floor. Speaking to your physician is vital if you or a loved one have any of the venous symptoms.



Treatment Options for Venous Insufficiency Include:

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (non invasive thermal and chemical ablation performed in the office)

If you have any questions or concerns call and schedule appointment today with Mr. Carter. He has been treating vein circulation problems for 17 years.



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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

Colon Cancer Prevention, Treatment and Care

If caught early on, colon cancer can be successfully treated. Colon cancer is the third most common type of cancer in the United States. It affects nearly 50,000 Americans each year. Typically, there are little to no signs or symptoms of colon polyps, so it's critical to have colonoscopies every 10 years, or as recommended by your physician.

Colon polyps go unnoticed most of the time, affecting upwards of 200,000 people a year. Polyps are cell growths on the lining of the colon or large intestine. There are diagnostic tests through lab work and imaging that can detect these polyps. If you have them, it's best to have them removed because polyps can turn cancerous and proliferate. However, polyps don't turn cancerous in every case, but your risk of developing cancer increases with the number and size of colon polyps you have. When they do turn cancerous, polyp cells divide and can quickly multiply within the colon and rectum.

How Your Diet Can Lower Your Risk

Dietary changes can resolve some of the risks of developing colon cancer. The USDA recommendation for 5-9 servings of fruits and vegetables daily is due to the antioxidants and fiber, which can help to ward off diseases and also to keep the colon healthy and functioning properly. Numerous studies over the years have indicated that diets rich in mammalian muscle meats (cow, pig, etc.), cheese and processed foods increase the odds of getting colon cancer by nearly two times their plant-based peers.

Studies also indicate that whole grains are beneficial for colon health. Therefore, a diet rich in produce, rice and quinoa with smaller amounts of meat and processed foods may factor in lowering colorectal cancer risks. Eating plant-based foods, whole grains, fish with limited amounts of dairy, eggs, sugar, and meat is optimal for overall health.

Screenings Save Lives—Get a Colonoscopy!

It's imperative to talk to your physician about protecting yourself and your loved ones who may be at risk for colorectal cancer. Getting a colonoscopy



screening is critical for adults with risk factors or over the age of 45. A colonoscopy is an easy procedure and one that can literally save your life. If the polyps are discovered, they can be removed surgically during a colonoscopy or a sigmoidoscopy. If cancerous, chemotherapy or radiation is usually unnecessary as a secondary treatment. It's always best to be proactive in your colon health, rather than waiting and finding that the cancerous polyps have grown and spread into other organs. Talk to your doctor about scheduling your colonoscopy today.

BUT WHAT ABOUT THOSE THAT ALREADY HAVE COLON CANCER?

What If you have Colon Cancer & It's Difficult To Care For Yourself?

Cancer makes people feel tired, sick and weak. Even during treatment, these symptoms and side effects can be overwhelming for many individuals, especially the elderly.

In the advanced stages of colon cancer, uncontrolled bowels can make daily living daunting for patients. That's why home health care can be so advantageous for helping with medical care and monitoring the patients health. Home health nurses and staff are in communication with patient's physician's and can make it much easier on the individual and the loved ones or caregivers.

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

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Choosing Your Facility Wisely

When it comes to selecting a facility for diagnostic imaging or outpatient surgical needs, most patients face the common decision between a hospital, a hospital-owned outpatient imaging center, or a freestanding physician-owned office surgery center. Some are unaware that they have a choice in the matter at all, and simply go where they are directed. Many of these patients are also on a mission to find the highest quality care for the lowest achievable price, particularly if their insurance plans have high deductibles. Luckily for them, money can be saved without a sacrifice of quality, technology, or service excellence. All they need to do is choose their facility wisely.

Patients seeking more affordable imaging and outpatient surgical services should be aware that hospitals and their affiliated facilities are usually more expensive than freestanding, physician-owned outpatient centers. These additional expenses are often due to Medicare charges and other insurance-related facility fees. Costs in these facilities can also be higher to help cover the costs of uninsured persons who come through the emergency room. Patients can save up to 75% on diagnostic imaging by choosing to visit a freestanding, physician-owned facility instead. Medical Imaging and Therapeutics (locally known as MIT) is one example of a freestanding facility which offers both diagnostic imaging and interventional radiology procedures at more affordable rates.

Within the State-Certified center, Dr. Mark Jacobson and his team perform a full spectrum of diagnostic imaging services such as X-ray, Ultrasound, CT, CTA, MRI and MRA. They also perform a variety of minimally invasive, image-guided surgical procedures including Angioplasty, Atherectomy, Biopsies, Epidural Injections, Kyphoplasty, Sacral Fracture Repair, Tumor Ablation, Varicose Vein Treatment, injections for pain, and more. All procedures are performed in a safe, spa-like setting for optimal patient comfort. The same people who consult with you, also treat you and follow up with you until you are well. This consistency is what makes your care so wonderful at MIT.

MIT's surgical center is State-Registered and Accredited, and all staff are registered and certified in both their individual fields and Advanced Cardiac Life Support. MIT's imaging center is also accredited by



Medical Imaging and Therapeutics has just opened a brand new facility in The Oaks on 138TH at 13837 NE 86th Terrace, Lady Lake, FL 32159. For more information about Dr. Mark Jacobson or MIT, visit mitflorida.com or facebook.com/mitflorida. For any additional questions, call 352-261-5502 to contact MIT directly.

the American College of Radiology (ACR) and its technologists are all certified through the American Registry of Radiologic Technologists (ARRT). The facility takes pride in having state-of-the-art technology, including a 1.5 Tesla Large Bore Short Bore MRI, and new 80 Slice CT and Digital X-ray, both designed to image with the lowest radiation dose possible.

Patients can enjoy shorter wait times and more personalized service when they choose MIT as their outpatient center for radiology. Staff members can walk them through each procedure and, if applicable, insurance benefits. Same-day reporting and direct contact with your provider can be expected from MIT's in-house Interventional Radiologist. Golf cart accessibility and front-row parking at the facility is just icing on the cake.

With all these features, many people wonder how Medical Imaging and Therapeutics can be that much better than a hospital. The simple, straightforward answer is that Dr. Jacobson and his staff focus on you. His team is dedicated to protecting patients from excess radiation exposure and unnecessary procedures. Their goal is to deliver an accurate and educated report to your provider to better facilitate your treatment options and care plan. The next time your provider orders medical imaging or outpatient surgical procedures, ask if you can be referred to MIT.

About Dr. Mark Jacobson

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



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HEALTHCARE COSTS IN RETIREMENT

About 70% of American workers are confident they will have enough money to pay for medical expenses in retirement. In a 2018 survey, 30% of all workers reported they were “not too” or “not at all” confident they would have enough money to pay for their medical expenses in retirement.¹

Regardless of whether you’re confident or not, it’s important to have an idea about how much healthcare may cost in retirement. By putting the costs in better perspective, you might be able to better understand what you can pay for and what you can’t.

Health-Care Breakdown

A retired household faces three types of health-care expenses.

1. A household may have the expense of premiums for Medicare Part B (which covers physician and outpatient services) and Part D (which covers drug-related expenses). Typically, Part B and Part D are taken out of a person’s Social Security check before it is mailed, so the premium cost is often overlooked by retirement-minded individuals.
2. The household should expect to pay for co-payments related to Medicare-covered services that are not paid by Medigap or other health insurance.
3. The retired household should expect to pay for dental care, eyeglasses, and hearing aids, which are typically not covered by Medicare or other insurance programs.

It All Adds Up

According to a HealthView Services study using 70 million actual cases, a healthy married couple, age 65, can expect healthcare premiums to add up to \$321,994 over their lifetime. If you include dental, vision, co-pays, and out-of-pocket costs, the total rises to \$404,253.²

For a healthy 55-year-old couple who plans to retire in a decade, the number jumps to \$498,962.³ Should you expect to pay this amount? Possibly. Seeing the results of one study may help you make some critical decisions when creating a strategy for retirement. Without a solid approach, healthcare expenses may add up quickly and alter your retirement spending.

Out-of-Pocket Healthcare Cost

The cost of healthcare for a 65-year-old couple is projected to increase with age.

Source:
1. Employee Benefit Research Institute, 2018 Retirement Confidence Survey
2,3. HealthView Services: 2017 Retirement Health Care Costs Data Report (Costs shown are in current dollars.)

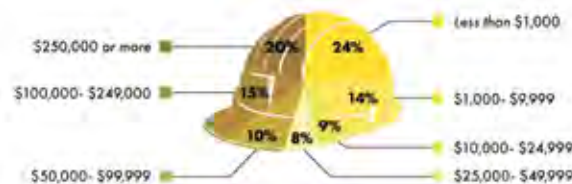


	Age 65	Age 85
Annual Cost	\$11,369	\$39,208
Monthly Cost	\$947	\$3,267

Source: HealthView Services: 2017 Retirement Health Care Costs Data Report (Costs shown are in future dollars.)

Prepared for the Future?

Workers were asked how much they have saved and invested for retirement – excluding their residence and defined benefit plans.



Employee Benefit Research Institute, 2018 Retirement Confidence Survey.

Although healthcare expenses can be daunting, understanding the reality of these costs can help greatly in preparing for the future.

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

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DO YOU HAVE NEUROPATHY?

How Alternative Medicine is Helping to **TREAT** the Disorder

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

Typically, Neuropathy is associated with diabetes, as it's common for nerve damage to have occurred in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

Nerve damage happens when the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective. In the United States, neuropathy affects nearly 20 million people.

Do you have any of these symptoms of neuropathy?

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

Alternative Treatment

The most common treatment for nerve damage is to mask it with prescription medications, but there is a way to actually "treat" the symptoms and improve the nerve function in the body. Over the past decade, Cold Laser Therapy has been effectively proven to treat and reduce neuropathic issues.



A cold laser uses no thermal or heating effect; it creates microcirculation around the nerve fibers through a concentrated light that penetrates through the skin without any injections or cutting. It is easily placed on the areas of concern and permeates the body through an intense light beam.

The laser therapy is quick, painless and highly effective. With the laser light's infiltration, an increase in ATP (Energy) along with an increase in mitochondrial cell function takes place. This increase causes the healing and stimulation of damaged nerves to begin through the circulatory response.

The Advantages of Cold Laser Therapy:

- Decreases inflammation
- Stimulates tendon healing
- Incites nerve healing
- Helps wounds to heal more quickly
- Decreases numbness
- Decreases tingling
- Improves circulation
- Increases oxygen-rich blood
- Improves microvessel flow
- Remove toxins

It's often beneficial to co-treat difficult cases of neuropathy, so along with the cold laser therapy, synergistic approaches are regularly sought after by patients to get them back to an improved functionality quicker than normal.

Additional Physical Medicine, and Alternative Care:

- Decompression
- Electrical nerve stimulation
- Manual stretching
- Massage therapy
- Natural supplementation to the regenerate myelin sheath

Treating the underlying cause of neuropathy is essential. Having a comprehensive evaluation to define your level of nerve damage, the source of the nerves involved, and the ancillary indications, are all critical steps to your outcome. A regenerative medicine expert will walk you through the best treatment options available.

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How On-Site Healthcare Improves Quality of Life

The master-planned community of Ave Maria, Florida has been recognized as one of Florida's fastest growing communities with a focus on an active lifestyle for its residents. Healthcare, however, also plays an important role in the quality of life for its 5,000 residents. Ave Maria is currently home to a walk-in clinic, dentist, veterinarian, hearing center, holistic physical therapy provider and chiropractor.

"Ave Maria is home to active adults and young families, where essential medical services play an important role whether it's cardiac care or obstetric care," states Andrea McLendon, marketing director for Ave Maria Development. "By providing our residents several different types of healthcare directly in-town and a few minutes from their home, we can give them quality of life and peace of mind." According to Healthy People 2020, regular and reliable access to health services can prevent disease and disability, detect and treat illnesses or other health conditions, increase quality of life, reduce likelihood of premature death, and increase life expectancy.

The town of Ave Maria has been designed as self-sustaining, with all daily conveniences located in-town and within a short distance of residential neighborhoods. A fully amenitized lifestyle awaits new home buyers featuring a central Town Center with shops, restaurants, medical offices, fitness center, and Publix Supermarket. Outdoor recreation in-town includes private waterpark with resort and lap pools, concession and beach volleyball, outdoor amphitheater, miles of biking and walking paths, Panther Run Golf Club at Del Webb, tennis and bocce courts, and basketball, baseball and soccer fields. A full-time lifestyle director assists in programming free town events including outdoor concerts, arts festivals, weekly farmer markets, holiday events, and monthly first Friday themed social events.




Setting the pace for new home sales in Southwest Florida, the town of Ave Maria has been named the fastest-selling community for the past six consecutive years as well as Community of the Year 2019-2015 by the Collier Building Industry Association. It is located approximately 40-minutes from the sugary sand beaches of Naples and 70-minutes from the vibrant city life of Ft Lauderdale. At its build out, the town may

include up to 11,000 residences, and 1.7 million square feet of retail, office, and business park uses in its 4,000 acres. A welcome center is open daily, and visitors are encouraged to take a tour. To visit Ave Maria, take I-75 southbound to Exit 111, follow the signs east to Ave Maria, a little over 3 hours from The Villages. For more information, please visit www.avemaria.com or call 239-352-3903.

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Colorectal Cancer Awareness and Prevention

Dr. Dariano, D.O.

Despite advances in diagnosis and treatments, colorectal cancer is still one of the most frequently diagnosed types of cancer. While incidence is decreasing for the most commonly diagnosed age group population, ages 65-74, the rate is increasing for young and middle-aged adults. According to the American Cancer Society, those born around 1990 actually have double the risk of developing colon cancer, and quadruple the risk of developing rectal cancer in comparison to those born around 1950. Clearly, more work needs to be done.

While statistics may feel frightening, there is hope. Evidence is mounting with what can be done to prevent colorectal cancer, even in higher risk populations. While it may seem redundant, as the prevention to many conditions remain similar, this is even more of a reason to practice healthy lifestyle habits. The first step is recognition. Become aware of your body and know what is normal, and what might need to be investigated further. Knowledge is always power. Especially at the beginning, symptoms of colorectal cancer may be vague, which emphasizes the importance of knowing what's normal. Abdominal pain, change in bowel habits, blood in the stool, fatigue, and unintentional weight loss may all be signs.

With advances in technology, our society has become more sedentary, which is likely a factor in why younger people are increasingly developing colon cancer as sedentary lifestyles have an increased risk of developing colorectal cancer. The solution is simple – get up and move. Set an alarm, get a smart watch, get a dog (bonus – dogs improve mood and decrease risks of heart disease), take the stairs, park further away, dance, walk during your lunchtime, every little bit of movement counts. Find movement you enjoy, and stick with it.

Studies showing increased risk of colorectal cancer for Americans are based largely off of those consuming the Standard American Diet, with meat as a staple. To prevent colorectal cancer, eat more plants. Vegetarian and pescovegetarians (vegetarians who also consume fish) have a lower risk of developing colorectal cancer in their lifetime. Red meat, especially when cooked at a high temperature is especially suspect, and should be avoided. Alcohol can also increase your risk for developing colorectal cancer.



Focus on healthier eating by incorporating more plants including vegetables, fruits, beans, nuts, seeds, and whole grains, and drink green tea. Increased consumption of beans alone can cut pre-cancerous colorectal polyp recurrence by 65%. Green tea is considered protective, and may also prevent recurrent polyps. Vegetables and fruits are the preferred foods of healthy gut bacteria, otherwise known as probiotics, which can also protect your colon.

Another concerning potential contributor to colorectal cancer is the increase in environmental toxins. Studies are suggesting that increased exposure to polychlorinated biphenyl (PCB) pollution, organochlorine pesticides, and asbestos and others can all be adding fuel to the fire. Know your surroundings, and prevent exposure when possible.

Assess and address metabolic syndrome, which is characterized by excess abdominal fat, elevated cholesterol and blood pressure, and glucose levels. In vitro studies show these characteristics put you at an increased risk for the development of cancer in general. The fight against metabolic syndrome means more plants, and more movement, among other strategies. Your efforts against one condition double as protection against others, as well.

Turmeric has gained popularity in the United States and has historically been a principle spice in Indian cuisine. Men and women in India have significantly lower risks of developing colorectal cancer, as well as many other cancers. While many focus on turmeric as a supplement, the use of the herb in food preparation is beneficial, and easy to do. As with everything else, quality is imperative.

Although the news of increased risk of colorectal cancer for the younger population is disappointing and may feel daunting, the time to act is now. Use food and lifestyle in your favor and arm your body with the tools to stay healthy. Be aware of your genetic risk of developing colorectal cancer, let your doctor know of any new gastrointestinal symptoms, and get your colonoscopies according to guidelines.

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

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

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



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MAHARAJ
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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:

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How to Avoid Prostate Cancer and Other Prostate Problems

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

What is the Prostate?

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

Tips to Avoid Prostate Trouble

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

1) Exercise Regularly.

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

2) Reduce the amount of eggs you consume.

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



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

3) Eat plenty of seeds.

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

4) Eat lots of tomatoes.

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

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

5) Take a zinc supplement.

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

6) Take a turmeric supplement.

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

7) Take a PSA test.

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

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



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TOTAL NUTRITION AND THERAPEUTICS OFFERS THE LATEST ADVANCEMENT IN BODY SCULPTING

Have you recently lost weight, but still have areas that you want to tighten or tone? Perhaps you'd like to tone up your abs, thighs or derrière, well, advances in body sculpting procedures are helping countless people do just that. Lean down and buff up, with precision technology that reaches far beyond what most people can accomplish at the gym alone.

Total Nutrition and Therapeutics is proud to offer TruSculpt iD, a revolutionary non-surgical, body-sculpting treatment that allows you to personalize your ideal body in as little as one 15-minute treatment. The Fat Cells are destroyed and will not return; however, this does not mean that you can't regain the weight. Keeping an active and healthy lifestyle is the key to any body sculpting procedure.

Are You a Good Candidate for the TruSculpt iD Procedure?

The typical patient is usually those that have undergone a strict diet and exercise plan but still have stubborn areas that are unaffected by exercise and eating nutrient-dense foods. For example, an individual may have stubborn love handles or a bulge of some sort here or there, that really bother them, with TruSculpt iD, they can alleviate these problem areas for men and women.

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

According to Cutera Medical Devices: Personalized Body Sculpting: The Next Evolution

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



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Thighs are commonly out of proportion with the rest of the lower body causing growing interest in leg sculpting. TruSculpt iD offers an individualized and unmatched solution to regain proportion to inner and outer thighs of all shapes and sizes.



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

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

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

Do Your Loved Ones Need Assisted Living?

For most aging people, it is difficult to accept help when completing routine tasks such as preparing food, taking medications, or even walking round without falling. As their family, you must acknowledge the changes you notice and help them realize that they may enjoy a better quality of life with assisted living.

Nobody likes the idea of having to move into an assisted living situation, but as people get older it often becomes a necessity. Most people look up to their parents as they grow up, and the idea that they may one day not be able to live independently is difficult. Parents and their children may deny that any kind of assisted living is necessary, but this denial will only end up doing more harm than good in the long run.

If you have elderly parents, or other loved ones, chances are that they will be able to live independently for the rest of their lives. Unfortunately, chances are just as good that they will need some kind of assistance as they reach the ends of their lives.

Here are some signs that your parents might need some level of assisted living.

Changes in Weight

Weight changes can happen for a number of reasons. A person's metabolism often changes as he or she gets older, so some weight loss or gain might occur even in the healthiest of people. However, extreme weight loss can also be an indicator that people are unable to leave the home to buy groceries or feed themselves. Weight gain and weight loss may also be an indicator of memory loss. Many elderly people simply forget to eat, or they might forget that they've already eaten recently and prepare another meal for themselves. Keep an eye on your parents' weight; extreme changes could be an indicator that they need assisted living.

Poor Hygiene

Assisted living and independent living facilities allow aging parents to live a more active, safe life.

Poor hygiene may also be an indicator that an elderly person can no longer live independently. If you notice that your parents have developed really bad body odor, bad breath or that they are often wearing dirty clothes, it may be because they are unable to take care of themselves.

Falls and Mobility-Related Injuries

One of the biggest reasons why people need assisted living is because they are no longer as mobile as they once were. Many mobility issues can be solved by



adding handrails, non-skid floors and other accommodations to the home, but if your parents are still suffering fall-related injuries it may be time to consider an assisted living facility.

Behavioral Changes

Assisted living facilities are great at helping those living with dementia maintain as independent a life as possible. Obviously, not everybody will be aware of their own dementia or behavioral changes, so it's up to you to pay close attention to your parents as they get older. If you notice some serious changes in mood or behavior, it might be time for some kind of intervention. If you can't keep a close eye on your parents or their behavior, you might want to talk to those close to them. Ask their friends and neighbors if they've noticed any changes in their behavior that would be alarming. If things change too much, you should consider assisted living, especially if those behaviors cause them to become more confrontational or violent than they've been in the past.

Serious Financial Issues

Sudden and serious financial issues such as neglecting to pay bills or paying the same bill twice, participating in obvious scams and excessive gambling can also be signs that a parent needs

assisted living. Forgetting to pay bills or paying bills twice could be a sign of memory loss, and excessive gambling and falling for scams is definitely a sign of poor judgment and a possible sign of dementia. While you don't need to pry into your parents' finances if there is no cause for alarm, you should keep close tabs on their money if you suspect they are suddenly being irresponsible with it.

If you noticed any of these, or other alarming things, while visiting with loved ones during the holidays, it is time to learn about the benefits of assisted living facilities.



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Superficial Radiotherapy Vs. Mohs Surgery:

WHICH IS THE BETTER CHOICE FOR SKIN CANCER TREATMENT?

Recent research places the cure rate for non-melanoma skin cancer at 97.4% with Superficial Radiotherapy. These results, published in *The Journal of Drugs in Dermatology* in 2019, demonstrated the actual results of elderly patients in an outpatient clinic, who were treated with Superficial Radiotherapy for skin cancer in the lower extremities. Lower extremity skin cancers are particularly prone to slow healing and infectious complications, when treated with surgery. Since Superficial Radiotherapy is nonsurgical, there is no concern regarding healing or infection. Not to mention that with results this good, nearly matching the cure rates achieved with Mohs' micrographic skin surgery, patients have a viable, nonsurgical option for cure of their skin cancer.

Traditionally considered the gold standard for cure of skin cancer, Mohs' Micrographic Surgery is a procedure that requires proper excision, review of pathology and surgical reconstruction afterwards. An experienced, fellowship trained Mohs' surgeon can provide the cure rates cited in published literature of 99%. However, since there are no restrictions on who performs the procedure, general dermatologists routinely perform Mohs' Surgery, despite lacking fellowship training. This accounts for the less than expected cure rates, poor reconstruction and less than ideal cosmetic results some patients face afterwards. Because of its complexity and tediousness, Mohs' Surgery was originally designed for use only in specific areas of the body that are not amenable to routine excision or for recurrent skin cancers. It has however become overpracticed, with many general dermatologists only recommending Mohs' when effective alternative therapies could easily be implemented or preferable. Mohs' is one of the many treatment options available to patients with skin cancer, the final treatment decision is based on many factors, including skin cancer type, body area involved, patient age, comorbidities and patient choice.

Dr. Gil Cortes, Dermatologist with NOVU Dermatology mentioned "Many patients come to see me and complain they were never informed about Superficial Radiotherapy as a viable treatment option. They are curious to find out more and want to know how it compares to Mohs'. When I mention the cure rates,

many are very surprised and many more relieved that there is an option that doesn't involve surgery." Dr. Cortes mentions that although he can do Mohs' surgery, he often finds that it is not necessary and takes time to consider each patients' needs and preferences. He mentioned "Mohs' definitely has its place in skin cancer treatment, but is undoubtedly overpracticed." Nonmelanoma skin cancer may be treated with Mohs' micrographic surgery, surgical excision, ED & C, topical creams such as Efudex and Diclofenac as well as Superficial Radiotherapy and more. Of the many nonsurgical options presented, only Superficial Radiotherapy comes close to offering a cure rate comparable to Mohs' surgery.

Although Superficial Radiotherapy is by no means a new treatment method, it has been improved and treatment protocols streamlined, which has led to consistently high cure rates in recent studies. The fact that the radiation involved is nonpenetrating, means side effects are minimal and infection rates close to nonexistent. There is no follow up biopsy or cutting, only clinical monitoring of the treated area by the Dermatologist. Not to be confused with other types of radiation treatments, SRT is different. SRT utilizes low energy X-Rays, or photons, to deliver electromagnetic energy to rapidly dividing cells in order to effectively stop cancer growth.⁴ This is in stark contrast to the traditional machines used in radiation oncology, which deliver high energy megavoltage photons in the range of 6 to 25mV through the use of a linear accelerator (LINAC).⁴ The amount of penetration of radiation is very different between high- energy and superficial machines. High-energy machines used in radiation oncology are designed to penetrate, so they can treat internal malignancies and spare the cutaneous structures.⁴ In contrast, superficial machines spare the deeper structures and target the skin, a quality that is ideal for the irradiation and treatment of skin cancers. Additionally, high energy radiation machines do not offer the cure rates that are seen with superficial radiotherapy, some ranging as low as 75%.

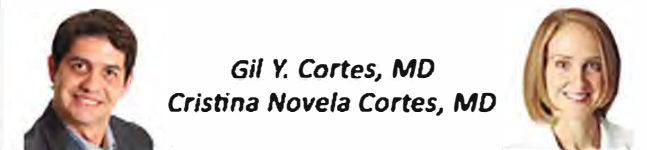
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A limiting factor for some patients, is the fact that Superficial Radiotherapy requires multiple treatments. If patients do not complete the treatment protocol, which can range from 7 to 20 treatments, they will not be effectively treated. Per Dr. Cortes, patients experience is usually positive. "Multiple treatments can be an issue for younger patients who have work constraints, but most seniors don't have an issue with the visits at all. Especially because the actual treatment time is usually less than a few minutes and completely painless." Because of this, therefore patients should find a provider close to home to ensure ease and comfortably complete the full course. A limiting factor for practicing dermatologists, is the cost of the machine. A modern superficial radiotherapy machine is a significant expense, which also requires training and certification for use. Treatments require physician supervision and more dedication of time and personnel, which makes the offices that offer superficial radiotherapy relatively scarce. However, with improving coverage from Medicare and other insurers, superficial radiotherapy is slowly stepping up as a popular, viable, effective and completely nonsurgical treatment option.

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Gil Y. Cortes, MD
Cristina Novela Cortes, MD

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

By Richard W. Rozensky, DDS, D.ABDSM

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

What Causes Sleep Apnea?

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

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

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

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

What are the symptoms of Sleep Apnea?

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



Have you tried CPAP therapy and failed?

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

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

Meet Dr. Rozensky

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

Village Sleep Dentistry

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

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

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Richard Rozensky DDS, D.ABDSM
Clinical Director
352.430.1710
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*Oral Appliance Therapy
for Sleep Apnea*

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.



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STEM CELLS: HEALING YOUR OWN BODY

By Physicians Rehabilitation

Stimulate your body's own stem cells to proliferate and target damaged cells in your body to repair or replace them.

Stem cells are the "gold standard" in regenerative medicine. Today, physicians are using stem cell therapies in the treatment of many diseases/disorders and traumas. The use of stem cells may help deter a knee replacement or surgical procedure and improve the function of joints following injury. Practitioners today are also using stem cells within disciplines like pain management, cardiology, rheumatology and neurology.

As with other cells in our body, stem cells age as we do. That's why at Physicians Rehabilitation, we provide stem cells that are derived from umbilical cord tissue/blood. These "young" stem cells are highly potent and able to efficiently repair "old" or damaged cells.

Research has shown that umbilical cord-derived stem cells are not susceptible to malignant transformation (they do not transform into cancer cells), making them safe for therapeutic use in patients for cell therapy.

Umbilical cord-derived stem cells continue to excrete proteins and growth factors for about 3 months.

It's About Potency When Comparing Live Stem Cell Options.

Our Regenerative Stem Cell injections are derived from an umbilical cord tissue/blood product that captures all the greatest regenerative properties of this otherwise discarded tissue. Our brand of Stem Cell injectable uses a proprietary method of isolating growth factors, cells and stem cells, giving our patients the best possible benefits from a regenerative medicine product. The use of cells, stem cells and growth factors have been shown to be one of the best therapeutic methods to help aid in tissue healing and repair.

Umbilical Cord Stem Cells provide a natural healing therapy with cells that are native to our body.



Mesenchymal stem cells, or MSCs, are multipotent stromal cells (a type of cell that makes up certain types of connective tissue) that can differentiate into a variety of cell types, including osteoblasts (bone cells), chondrocytes (cartilage cells), myocytes (muscle cells) and adipocytes (fat cells).

Our regenerative medicine product is produced in compliance with FDA Current Good Manufacturing Practice and GTP (Good Tissue Practices) standards, which assure quality and safety.

Current Approved Stem Cell Protocols

- Osteoarthritis
- Facet Joint Dysfunction
- SI Joint
- Degenerative Disc Disease
- Rotator Cuff Tears
- Chronic Golfer's and Tennis Elbow
- Tears and Strains
- Achilles Tendonitis

— Q & A —

What are Stem Cells?

Stem cells are unspecialized cells in our bodies that have the capacity to change into ANY healthy cell. The body is made up of about 200 different types of specialized cells.

How Do They Work?

Stem cells have the capacity to migrate to injured tissues, a phenomenon called homing. This occurs by injury/disease signals that are released from the distressed cells/tissue. Once stem cells are delivered to a site of injury or deployed into the blood stream, they go to these distressed signals and dock on adjacent cells to commence performing their job.

First, they release growth factors which help in controlling the inflammatory response that in turn relieves pain while it works to heal tissue and other cells. In addition, stem cells work to increase blood flow to an area by forming new blood vessels.

Cells with the most damage is where the injected stem cells will migrate first. The release of growth factors set the stage for the replication of the necessary healthy cells to repair the damage.



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— CALL US —

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.



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HIP REPLACEMENT SURGERY

By Dr. J. Mandume Kerina

Hip replacement surgery is one of the most successful surgeries available today, with more than 330,000 procedures performed in the United States every year. Studies have shown that patients get more improvement in their quality of life from hip and knee replacement surgery than any other operation or surgical specialty after coronary artery bypass surgery.

Although there are several different hip approaches available to your surgeon, at UNOVA we utilize the Modified Hueter Direct anterior approach for our primary total hip replacements. This approach involves a 3 to 4-inch incision on the front of the hip that allows the joint to be replaced by moving muscles aside along their natural tissue planes, without detaching any tendons or ligaments. It can be done as an outpatient procedure and encourages early mobilization with no precautions for dislocation.

Your surgical journey will start after you and one of the highly skilled total joint surgeons at the UNOVA Hip and Knee Center have determined that you have exhausted all the appropriate conservative measures to address your hip arthritis. With the UNOVA proprietary opioid free anesthesia and post-operative recovery program, patients are moving with a walker in recovery, and are free of a cane by day 6-12, free to resume their normal activities as they tolerate.



Figure 1:
Incision for direct anterior approach-right hip

Joint replacement should be considered when:

- Arthritis is affecting a patient's quality of life
- Arthritis is affecting a patient's ability to function normally (i.e. putting on shoes/socks, getting out of a chair, etc.)
- Arthritis is moderate to severe on x-rays
- Patients are healthy enough to safely undergo an elective procedure

The benefits of the surgery outweigh the risks of the surgery. For most patients who have hip arthritis, pain is also a significant limitation. Pain is a subjective measure however, and some patients who have a high pain tolerance may be able to live with pain for many years. For most patients, quality of life is the most important factor in deciding towards surgery. If surgery is the best outcome, you will undergo a pre-surgical evaluation to determine how best to optimize you for your surgery.

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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!

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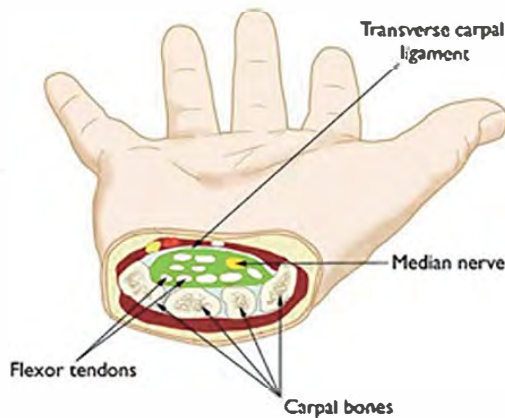
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What is Carpal Tunnel Syndrome (CTS)?

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.

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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

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

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

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

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

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

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

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Cornerstone Hospice Focused on Each Patient's Life, Not End-of-Life

Submitted by Cornerstone Hospice and Palliative Care

Nearly 60 years after the end of World War II, former US Army Sergeant and Villages resident Charles Mellott was honored for his service during a special ceremony, surrounded by family and friends. The Cornerstone SALUTES! ceremony was arranged by the Cornerstone Hospice social worker who was part of the team that ensured the 93-year-old lived his last days in comfort and with dignity.

Mr. Mellott's cardiologist had recommended Cornerstone to care for Mellott. His daughter said the time was right. "It took a huge load off of my 90-year-old mother as a caregiver," says Del Hunt. "She was then able to prepare for his passing.

Hunt said the Cornerstone Hospice team treated her father with compassion. "They spent time getting to know him personally, listening to him with their undivided attention. He looked forward to the routine visits from his nurse and she became his friend," said Hunt. The hospice team even coordinated care with her parents' assisted living facility.

"When our teams collaborate on a patient they aren't focused on how this person is going to die, but rather how he'll live out his last days, and that his family receives the necessary support to allow for it," said Chuck Lee, President and CEO of Cornerstone Hospice.

Each Cornerstone Hospice patient is cared for by members of what is called a "multidisciplinary team" which includes a physician, nurses, nursing

assistants, a chaplain, a social worker and a specially-trained volunteer. The team addresses symptom control, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes.

Hospice focuses on caring, not curing and, in most cases, care is provided in the patient's home. It also is provided in freestanding hospice centers, hospitals and long-term care facilities or wherever a patient resides.

Due to misconceptions about what hospice provides, patients often are brought in too late when much discomfort and strain has already been experienced by the patient and the family.

Patients may be eligible for hospice services when a doctor certifies a patient has a terminal illness and a life expectancy of six months or less. Hospice services are available to patients of any age, religion, race, or illness and are covered under Medicare, Medicaid, and most insurance plans.

Cornerstone provides special services to ensure overall comfort and support including its nationally recognized seven-day care model which ensures continuity in the care team and improved communications amongst staff and the patient, the Pet Peace of Mind program, bereavement counseling and Cornerstone SALUTES! for veteran patients. Cornerstone SALUTES! is a comprehensive hospice program respectfully celebrating veterans' service to our country, at home and abroad, and providing care that recognizes the challenges unique to military families.



Cornerstone Hospice volunteer Retired Col. Paul Farineau salutes Charles Mellott at a Cornerstone SALUTES! ceremony. Cornerstone's veteran volunteers provide honorees with a certificate, a commemorative pin and a salute to thank veterans for their service to our country.

"Veterans often have emotional and physical conditions related to their service which require additional insight from the care team," said Lee. "With one in four people dying today being a veteran, we take extra steps to help them during their last days."

"Words could not describe how that made my dad feel. He was finally recognized for his service to this great country. He appeared to be more at peace and held his head higher. I feel in my heart it did bring closure for him," said Hunt.

About Cornerstone Hospice

Cornerstone Hospice is a leading community-owned provider of end-of-life care in Central Florida. For 34 years Cornerstone has set the standard for hospice care as we serve more than 7,000 people in Lake, Sumter, Orange, Osceola, Polk, Hardee and Highlands counties each year. For more information, to donate, or to volunteer, call 866-742-6655 or visit www.CornerstoneHospice.org

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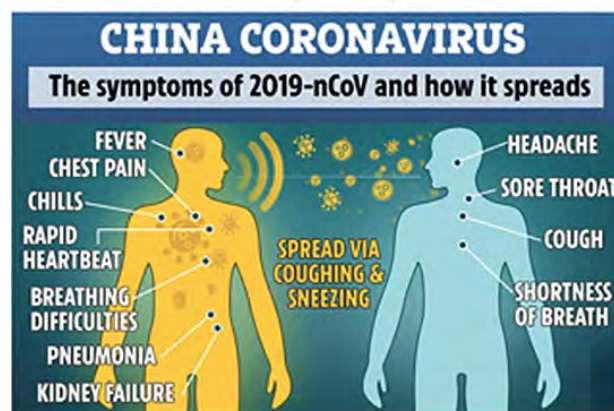


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Worried About The Coronavirus?

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.

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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.

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 (Just past Walgreens)

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

Chiefland
 2205 N Young Blvd, Chiefland, FL 32626

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 you 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.

Tim Neptune is the lead pastor of Venture Church. For more information, visit www.venturenaples.com.

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

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