

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2020

Marion Edition - Monthly

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THE CORONAVIRUS
PANDEMIC WITH
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AND TIPS FOR
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**Coronavirus
COVID-19**



COVID-19

Protection, Planning & Care for Older Adults

Florida Department of Health • FloridaHealth.gov

According to the Centers for Disease Control and Prevention, older adults may have a greater chance for serious illness from COVID-19—especially people with weak immune systems or underlying chronic medical conditions like heart, lung, diabetes or kidney disease.

- **Symptoms include:** fever, coughing, and shortness of breath. If you develop symptoms, stay home and call your health care provider. You may be able to recover at home.
- **You need emergency help** if symptoms become more severe, there is chronic chest pain, breathing is difficult or your lips turn bluish.



Protection

Wash your hands often with soap and water for at least 20 seconds. Wash after blowing your nose, coughing or sneezing, Wash after spending time in a public place. Wash before and after touching people you're caring for. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

Cover your coughs and sneezes. Use a tissue or your sleeve when coughing.

Practice Social Distancing:

- Avoid crowds and large gatherings, especially in venues with poor ventilation.
- Don't shake hands with people.
- Keep at least 6 feet between you and other people.
- Stay away from people who may be sick.
- Try shopping during off-hours—later on weeknights or earlier on weekends—when crowds at stores are lower.
- Avoid touching “high-touch” surfaces: elevator buttons, door handles, handrails, etc.
- Find out if family or friends have been sick in the past two weeks **BEFORE** they visit. If they have been sick, reschedule at least two weeks out.

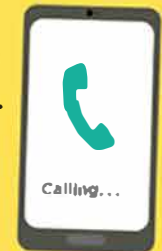
Planning

Get a flu shot if you are showing no symptoms of illness.

If you depend on regular medical treatment like dialysis, wound care, etc., talk to your health care provider about special arrangements.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers. Make sure phone numbers are up-to-date.

Stay in touch with the people on your list and let them know you may need them for help if you become sick.



Have a two–three week supply of the following:

- Non-perishable food
- Medical and health care supplies
- Prescriptions: make sure they are up-to-date



Care

Caregivers, help prevent the spread of COVID-19.

If the person you're caring for lives in a facility:

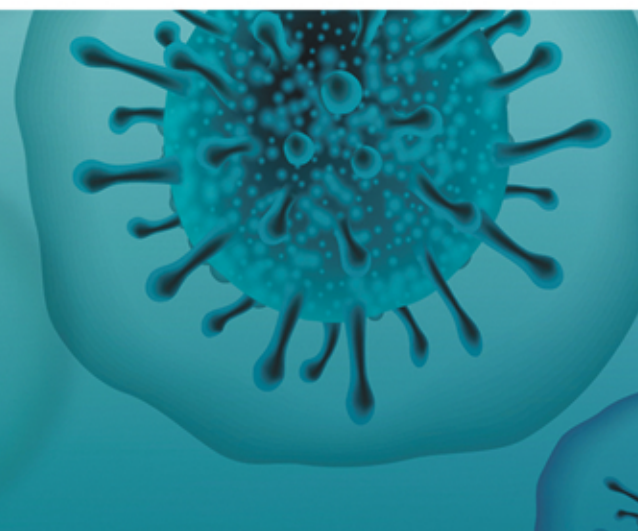
- Know the facility's outbreak protocol.
- Ask daily about the health of the other residents.
- Monitor visitors. Ask if they've been ill over the past two weeks or if they currently have a fever. A “yes” answer means the visit needs to be postponed for at least two weeks.

If you're caring for someone at home, you'll need to prepare a separate bedroom and bathroom for them. Learn more about this type of at-home care: [CDC.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

HYGIENE
IS IMPORTANT.
FOLLOW
PROTECTION
GUIDANCE
ABOVE.

The Florida Department of Elder Affairs is holding multiple weekly calls with the Area Agencies on Aging and the Aging Network lead and local service providers. The Comprehensive Assessment and Review for Long-Term Care Services is providing evaluations, 24-hour notices of appointments and remote medical files for individuals in homes, nursing facilities and assisted-living facilities.

COVID-19 CORONAVIRUS



WHERE TO GET TESTING AT A MOBILE TESTING-COLLECTION SITES

Governor DeSantis said, “More mobile testing sites are coming and hundreds more are being tested each day.”

COVID-19

If you have mild to moderate symptoms (fever, cough or difficulty breathing), call your physician, other healthcare providers or the Florida Department of Health hotline (866-779-6121) as soon as possible. Seek care without exposing others.

If you have Severe symptoms and trouble breathing, Call 911

Call ahead before you visit any care center and let them know that you think you may have COVID-19.

MARION COUNTY:

The county’s COVID-19 testing hotline is live and can be reached at Phone: 352-644-2590.

For a Full list of mobile sites in your area and times available, please contact the Florida Department of Health hotline at 866-779-6121 (24 hours a day), or email, COVID-19@flhealth.gov.



Homemade Hand Sanitizer Recipes

Making your own hand sanitizer is a popular mission, now that the shelves are bare. Below are recipes for homemade versions, but we can’t promise that they work. It is recommended by the CDC to use at least 60% alcohol.

Homemade Hand Sanitizer Gel

- 2/3 cup 60 to 99% rubbing (isopropyl or ethanol)
- 1/3 cup 100% pure aloe Vera gel
- Optional: 8-10 drops essential oil for smell

Mix all ingredients well, then place a funnel on an empty hand sanitizer or soap bottle with a pump and work the gel through.

Homemade Hand Sanitizer Spray

- 2 ounce spray bottle
- 3 tablespoons 60 to 99% Ethanol or Isopropyl alcohol
- 10 drops of essential oil (lavender, lemon, pine, etc.)
- 5 drops of oil such as jojoba (optional for moisture)
- Distilled water

Combine alcohol, and oils in a spray bottle. Fill the rest of the bottle with distilled water. Shake before each use.

Homemade Disinfectant Wipes

- 1 box of unscented baby wipes (PLEASE Label as disinfectant!)
- 1.5 cups 60 to 99% alcohol
- 2 ounces aloe vera gel
- 2 tsp vegetable glycerin
- 1 tsp of essential oils

Mix together in measuring cup and pour over wipes. Make sure the wipes to saturate and soak completely.



St
STRENGTH



Strength. A powerful element in fighting breast cancer.

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

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

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

-Neil Breitenbach, Patient & Cancer Fighter

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CONTENTS

APRIL 2020

2 COVID-19: Protection, Planning & Care for Older Adults

3 Where to Get Testing at a Mobile Testing-Collection Sites

6 Peripheral Vascular Disease

9 Preventing Head, Neck and Oral Cancers

10 5 Reasons to Avoid Knee Replacement Surgery

12 Pacifica Senior Living: Dedicated to The Safety of Their Communities

13 Detecting Melanoma

14 Cannabis & Coronavirus

16 3D Imaging Minimizes Time and Cost of Dental Procedures

17 Advanced Treatment for Overactive Bladder

18 PTSD and Recovering from Trauma

19 COVID-19 Update & the QCARD

20 LP(A), The Hidden Heart Attack Risk Factor Finally Comes of Age!

22 Dr. Orta: Boosting the Immune System Through Functional Medicine

23 Rotator Cuff Injuries: How Physical Therapy Can Help

24 Steps to Help Prevent the Spread of COVID-19 if You Are Sick

25 Have the Talk, Give the Gift April is National Healthcare Decisions Month

26 The Link Between Hearing Loss and Depression

27 Spiritual Wellness: When You Are At Your Wits End

Health & Wellness MAGAZINE

INFORMATION & UPDATES

CORONAVIRUS

COVID-19

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LETTER FROM THE PUBLISHER

As we're all trying to navigate through our changing world due to the novel coronavirus, we are blessed to have such resilient and dedicated partners, educators, and readers. We thank you all for supporting us as a small business, and in return, we are also always here for you. In these uncertain times, the stories you've shared regarding your solidarity are inspiring. We encourage you all to continue to rally together, support local businesses, and connect with each other.

There has never been a more important time to stay the course with your health and wellness goals. As always, we have in-depth articles from key-thought leaders, practitioners, and entrepreneurs that are here to help you live your most vibrant life. Reassuringly, we will get through this together.

In challenging times, we're reminded of our shared strength and encouraged to be grateful for what truly matters.

Yours Sincerely,

Cristan and Sonny Gensing

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PERIPHERAL VASCULAR DISEASE

A STEALTHY DISEASE NOT TO BE IGNORED

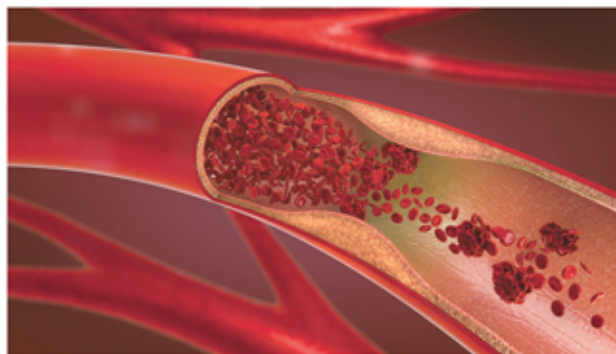
Peripheral vascular disease, or PVD, is a broad term that covers a wide scope of disorders affecting the blood vessels. Most often, PVD is caused by peripheral artery disease, which is a hardening of the arteries known as atherosclerosis. With atherosclerosis, fatty deposits in the arteries cause them to collect plaque, narrowing and blocking blood flow. Atherosclerosis causes a host of cardiovascular diseases, including PVD. PVD most commonly occurs in the legs, arms and vessels leading to the kidneys. Once a narrowing or blockage in an artery occurs, the affected area doesn't get proper circulation, starving it of oxygen, a condition called ischemia.

Symptoms of PVD can vary, and usually appear gradually. For many, there are no symptoms at all in the beginning, making this a sneaky disease. People often first notice symptoms when walking quickly or for long periods and experience relief when they rest. Once symptoms remain while at rest, it is a sign that the disease has advanced.

Symptoms typically occur in the legs, arms, hips and/or buttocks and can include aching, cramping, tired "heavy" limbs, tingling, numbness, coldness of the skin, skin that takes on a pale or reddish-blue color or looks thin and shiny, thickened toenails, and wounds on extremities that are slow to heal and in very serious cases, become gangrenous. "One of the problems with PVD is that as many as 40% of people who have it experience mild to no symptoms" says interventional radiologist Dr. Kareem Bohsali. "That's why awareness and diagnostic testing are so crucial, so we can spot disease before it progresses into something dangerous."

People at Risk

PVD affects more than 8 million people, or roughly 1 in 20 Americans over age 50. Left untreated, PVD is a primary cause of disability. Though atherosclerosis is the leading cause, others include: diabetes, smoking, a personal or family history of heart disease and/or stroke, high blood pressure, insulin resistance, high LDL cholesterol and/or low HDL cholesterol, high triglyceride levels, being overweight, inactivity, blood clots, injury, infection, structural defects and diseases like Buerger's disease and deep vein thrombosis, and venous inflammation from arthritis, lupus, varicose veins and other conditions.



Even people without these issues can develop PVD, especially as they get older. "Even if you feel fine, the possibility of PVD should not be ignored," says vascular and interventional radiologist and Medical Director of RAO's Center for Vascular Health, Rolando Prieto, MD. "Testing for PVD is the best way to determine its presence and extent. And any blockage in the vessels of the legs and arms can suggest possible blockage in other areas, which can lead to heart attack and stroke, so early diagnosis is important."

Diagnosing PVD

CVH's Board Certified interventional radiology team has years of training and experience diagnosing and treating PVD. CVH maintains ongoing accreditation from The American College of Radiology in key diagnostic procedures, for a superior measure of accuracy and quality in the following technologies:

CTA – Computed tomography angiography provides detailed images of blood vessels to reveal areas of narrowing and blockage.

MRA – Magnetic resonance angiography exposes clogged arteries and vessels using a magnetic field and radio waves that produce clear images without ionizing radiation. Most MRA studies involve an intravenous contrast agent to highlight details within the vessels.

Doppler Ultrasound – This radiation-free exam uses sound waves to create images of circulation through arteries and veins, enabling the discovery of blood flow interruption.

MRI – Like MRA, MRI utilizes radio waves and a magnet to create images. MRI may be used instead of MRA for certain patients who need to avoid a contrast agent.

"We offer a full range of PVD testing," says Dr. Prieto. "All are noninvasive and painless and don't require the use of sedation, so most patients can drive themselves to appointments. Which test is used depends on a patient's clinician's recommendation, and is customized to their particular needs and circumstances."

PVD – The Good News (Yes, There's Good News!)

As dire as it all sounds, PVD is treatable and stoppable; better yet, when caught early, its damage is preventable. So don't think of PVD as an inevitable part of aging, but rather a condition that may invite certain changes in lifestyle and, when warranted, medical treatment that in most cases doesn't require open surgery.

Lifestyle changes – You've heard it before so we apologize for the repetition, but your life and function are important, so do your best to eat more vegetables, unsweetened fruit and whole grains and fewer red meats, processed foods, sugary foods and other less healthy choices. Get regular exercise, including walking. PVD can make activities uncomfortable, but keeping your circulation strong is a crucial part of limiting the disease from progressing.

Medication – Your doctor and you can discuss medications that may help reduce risk and symptoms.

Minimally invasive surgical options – The medical doctors of CVH provide safe and effective treatments for PVD, some of which may be able to be performed during the same appointment as testing. Treatment options from CVH include:

Angioplasty – Your interventional radiologist inserts a tiny catheter fitted with a balloon into the affected artery. The balloon is gently inflated to widen the narrow space, allowing better blood flow through the channel.

Stenting – In some cases, your doctor may place a small tube called a stent inside a blocked or narrowed artery to keep it open and functioning properly.

Atherectomy – With atherectomy, a tiny catheter is inserted into the clogged artery and a balloon is inflated to hold the space open. Your interventional radiologist then carefully shaves off the edges of the fatty clog, repeating the process until the artery is open enough to encourage healthy blood flow.

These treatments are relatively quick and usually require little downtime, making them safer and less invasive than traditional open surgery.

Acting today can prevent serious problems tomorrow. If you have symptoms of PVD, fall in a higher risk group, or are curious about your risk, talk to your medical care provider about diagnostic and therapeutic care from CVH. It can preserve not only quality of life, but life itself.

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RAO's Center for Vascular Health specializes in a wide range of diagnostic and therapeutic services designed to help you look, feel and be your best. Our Board Certified interventional radiologists subspecialize in an array of vascular procedures, including: evaluation and treatment of peripheral vascular disease, varicose veins, uterine fibroid embolization (UFE), arterial catheterization, catheter and port placement, pain-relieving epidural steroid injections, selective nerve root blocks, chemoembolization and so much more.

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PREVENTING HEAD, NECK AND ORAL CANCERS

Oral, head, neck and throat cancers account for about 4% of cancers in the U.S. According to the National Cancer Institute, these cancers occur more than twice as often among men than women. While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. Early diagnosis means that these cancers are more treatable.

Most head and neck cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

One of the factors that can increase your risk of oral cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papilloma virus (HPV) in Caucasian men and women.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)
- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away



- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

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.

CLINICAL TRIALS LEAD TO TOMORROW'S TREATMENTS AND CURES

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

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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5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

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



3. Device Failure Caused By Allergies

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

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

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

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

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

Alternatives to Surgery

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

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

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

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

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From balance issues, diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own. Trips, slips, and falls from household items like extension cords, bulky area rugs, slippery bathtubs, ladders, and uneven flooring, are often what cause so many seniors to fall. If you live on your own, it's important to be safe. You could try to make things logistically better within the home, such as making sure the phone is within reach, clearing clutter, recommending assistive technology like walkers, hearing aids, long-reach activator poles, buttoning aids, bed and bathtub handles and medical alert devices, to name a few.

Aging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. If you're contemplating senior living, Pacifica is here to help you safely transition and move into their community even through the coronavirus pandemic, storms or whatever else we will face in the future. Their staff practices universal precautions and will help residents with proper, ongoing hygiene. No matter what the world is facing, Pacifica is always stocked with food and water and all essential supplies for their residents and patients.

They can assist with medication management and implement protocols to help seniors thrive in all manner of times. Additionally, Pacifica is well-equipped with a generator and solar panels onsite. With plenty of activities, you will never feel isolated or be faced to watch the news all day long (which exacerbates depression in many individuals).

Pacifica offers 24-hour care, doctor onsite visits, housekeeping service, laundry service, chef prepared meals and transportation.

COVID-19—Ensuring the health and well-being of our residents and employees. Pacifica follows all recommended guidelines from the Centers for Disease Control and Prevention (CDC).



Their staff has been trained on proper procedures and will continue to be vigilant to ensure they are keeping their community prepared. Pacifica is proactively focused on prevention using the following methods:

- All guests including family, friends, vendors and staff should limit visits unless absolutely necessary.
- Upon entering the community all guests are required to complete a screening.
- All visitors must enter a community through the main entrance and wash their hands and/or utilize available hand sanitizer whenever they enter the community.
- Postponing some social events or excursions where our residents would be exposed to groups of people from the general public.
- Visits to private family homes are acceptable.
- We continue to monitor additional screening questions to new residents to ensure they have not been exposed to COVID-19 or visited affected areas.
- Family, friends, staff, vendors, and all potential visitors who are ill must postpone visits to the community until they are well.

Additional cleaning protocols include:

- Heightened focus on disinfecting high-touch areas like doorknobs, elevator buttons, faucets and handrails
- Increased cleaning of high-traffic common areas such as dining rooms and activity spaces

- Reinforcing hand-washing and infection control training for all employees
- Providing additional personal protective equipment and cleaning supplies

Pacifica Senior Living has enough food and supplies in the community for all residents, and consistently restock. They prepare meals three times per day, as well as snacks and hydration. Pacifica provides access to 24-hour health care staff, regular checks made to check on the residents for care and safety, planned activities to avoid isolation that meet the CDC guidelines, and physician's visits within the community.

Resident health and safety is always Pacifica's top priority and they thank you in advance for helping to support us in our company-wide efforts to keep our community COVID-19 free.

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



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DETECTING MELANOMA

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

Melanoma is the deadliest form of skin cancer. Fortunately, it rarely develops without warning, and the number of fatalities caused by melanoma could be greatly reduced if people were aware of the early signs and took time to examine their skin. With early diagnosis and treatment, your chance of recovery from melanoma is very good.

What Causes Melanoma?

The main cause of melanoma is too much skin exposure to ultraviolet (UV) radiation. UV rays from the sun and tanning booths can damage skin cells, causing the cells to grow abnormally. The best way to prevent melanoma is to reduce the amount of time you spend in the sun, wearing hats and protective clothing when possible and generously applying sunscreen.

Melanoma can occur anywhere on the body, including the soles of your feet or your fingernails. In women, melanoma is most often seen on the lower legs, and in men, it most commonly forms on the upper back.

Anyone can get melanoma, but people with the following traits are at a higher risk:

- Fair skin
- Excessive sun exposure during childhood
- Family history of melanoma
- More than 50 moles on the skin
- Several freckles
- Sun-sensitive skin that rarely tans or burns easily

Melanoma can appear suddenly as a new mole, or it can grow slowly, near or in an existing mole. The most common early signs of melanoma are:

- An open sore that repeatedly heals and re-opens
- A mole or growth that takes on an uneven shape, grows larger or changes in color or texture
- An existing mole that continues to bleed, itch, hurt, scab or fade

Because melanoma can spread quickly to other parts of the body, it is important to find melanoma as early as possible. The best way to detect changes in your moles and skin markings is by doing self-examinations regularly. If you find suspicious moles, have them checked by your dermatologist.

Visiting your dermatologist for a routine exam is also important. During this skin cancer "screening," your dermatologist will discuss your medical history and inspect your skin from head to toe, recording the location, size and color of any moles. Melanoma may be the most serious form of skin cancer, but it is also very curable when detected early.

Call today to schedule your appointment.

Michael J. Freeman, M.D., P.A.
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LOCATIONS

2750 S. E. 17th St., Ocala, FL 34471
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13690 US-441 North, Suite 300 & 400, The Villages, FL 32159



Michael J. Freeman, M.D., PA

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

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

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

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

Cannabis & Coronavirus

Covid-19 has slowly spread its way into the lives of almost every person starting with financial distress and ending in the constant fear of carrying on with everyone's daily routine. These strange times have called for unorthodox measures to be taken in order to flatten the curve of the spread such as work from home, telemedicine, and other contact free options of their previous counterpart. As such, the Florida Department of Health has now temporarily allowed patients to re-certify their marijuana prescriptions over the phone up until April 15th, giving them an alternative to the typical doctor office visit. The clinical side of the industry isn't the only side taking preventative measures; dispensaries are now doing minimal contact purchases as well as ramping up the delivery sector to protect patients especially for those who are immuno-compromised.

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all. This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus. Regardless, as we all go through the unknowns of this novel coronavirus, let's continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).



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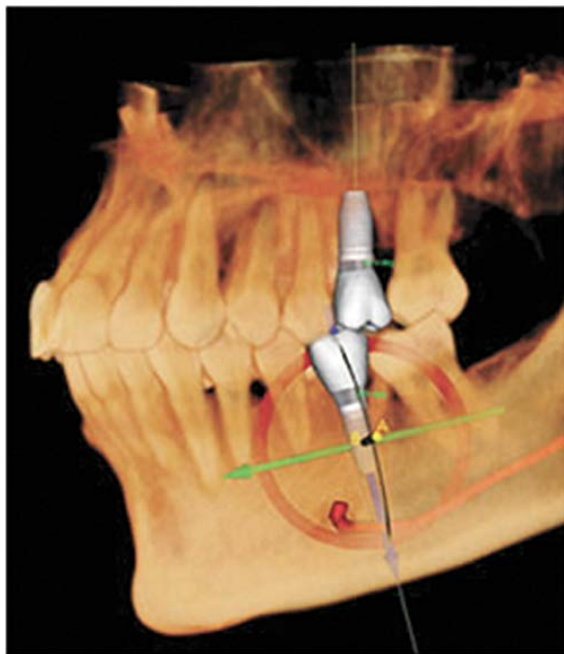
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3D Imaging Minimizes Time and Cost of Dental Procedures

Physicians have relied on computerized axial tomography scans (CAT) for many years. CAT scans are an X-ray procedure that uses many different X-ray images with the help of computers to generate cross-sectional or even 3D views of internal organs and structures within the body. A knee replacement surgery, for example, would never be performed without first examining 3D imaging.

More recently, however, implant dentists have begun to rely on 3D imaging techniques to provide them with a detailed view of the mouth and skull. The advantage that 3D imaging holds over regular dental X-rays is that bone structure, bone density, tissues, and nerves can be viewed clearly.

3D images can be completed in less than half a minute. This means that far less radiation enters the body than if a regular set of bitewing X-rays were taken. The main use for 3D imaging is as an aid to plan dental implant treatment and other oral surgery.



Dental implants are the most sophisticated replacement for missing teeth, but have historically proven to be time-consuming to place. 3D imaging vastly reduces the time it takes to place implants. It is thought that in the near future implants will be placed in a single visit because of this unique type of imaging.

How is 3D Imaging Used?

3D imaging is advantageous because it allows the implant dentist to magnify specific areas of the face. In addition, the implant dentist can easily view cross-sectional “slices” of the jaw, which makes planning treatment easier and faster.

Here are some of the main ways 3D imaging is used in dentistry:

- Assess the quality of the jawbone where the implant will be placed.
- Determine where nerves are located.
- Diagnose tumors and disease in the early stages.
- Measure the density of the jawbone where the implant will be placed.
- Pinpoint the most effective placement for implants, including the angle of best fit.
- Plan the complete surgical procedure in advance, from start to finish.
- Precisely decide on the appropriate size and type of implants.
- View exact orientation and position of each tooth.
- View impacted teeth.

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How is 3D imaging performed?

3D images are quick and simple to perform. A Cone Beam Imaging System is at the heart of the 3D imaging scanner. The cone beams are used to take literally hundreds of pictures of the face. These pictures are used to compile an exact 3D image of the inner mechanisms of the face and jaw. The implant dentist is able to zoom in on specific areas and view them from alternate angles.

Previous patients report 3D imaging is comfortable. Additionally, the scanner provides an open environment, meaning that claustrophobic feelings are eliminated. 3D imaging is an incredible tool that is minimizing the cost of dental treatment, reducing treatment time and enhancing the end results of dental surgery.

“Smiling Reviews” from a Few of Our Patients

Truly pleasurable experience. Staff was attentive and the workmanship was efficient yet very, very thorough. Highly recommended. I have worked in healthcare for 20 years and i must say...absolutely Professional and courteous...Patient care was utmost in all the staff, dentists and hygienist's minds. Highly recommended!!! - Anthony C.

A pleasant staff and a friendly atmosphere. Very helpful staff scheduled my wife for her bothering her tooth. We got it quick and no problems the very next day. Thank you! - Valentine K.

Love this dental office! They are highly advanced in there procedures and have a super pleasant staff that took such great care of me making sure I felt comfortable and relaxed during my wisdom tooth extraction. I never felt so at ease at a dental clinic before until she took care of me at Ocala Dental Care. Will be seeing her again and will be going back again - Julie V.

Advanced Treatment for OVERACTIVE BLADDER

Have you tried treatment for overactive bladder and still suffer from any of the symptoms below?

- ✓ Urgency to get to the restroom in time
- ✓ Increased frequency of urination
- ✓ Getting up at night 2 or more times to urinate
- ✓ Wearing adult protective undergarments or pads
- ✓ Inability to empty your bladder completely
- ✓ Curbing your usual activities because you must be near a restroom at all times

If you are a man or woman who said yes to any of these, then you should know about some of the advanced therapies that are available and can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately, in many patients, these do not work or don't work well enough. Some patients may even be unable to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation. If you or someone you know has OAB, the use of sacral neuromodulation or Botox may be the answer. In a specialty trained urologists' hands these treatments can succeed where others have failed.

SACRAL NEUROMODULATION

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder. This works by sending messages back to the brain to regulate the "on-off" switch for bladder function. A simple way to think of SNM is as a pacemaker for the bladder. It can help to bring your bladder function back to normal function if it is too active or even underactive.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence and urinary re-tention. Currently one company (Medtronic Inc., Minneapolis) produces this SNM device for international use under the name InterStim®. In Europe, it is also



used successfully to treat bowel dysfunction including severe constipation, fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.

SNM is a very appealing option to patients due to its high success rate (up to 80%) and a unique trial phase. This trial phase of 3 to 7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder function. This can be placed using local anesthesia or light sedation and takes minutes to perform. This gives the patient the ability to "test drive" the device without going through the full implant. It also helps patients to gain insight on just how much the InterStim could help them. At the end of the trial, the leads are removed in the office without damaging the nerve.


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If the PNE is successful in reducing symptoms, it is likely that the full implant will work in these patients. The InterStim uses an implantable lead and small battery that are placed for long-term treatment of OAB or urinary retention. Once placed, the InterStim can last up to ten years depending on its use. The battery can be easily changed under local anesthesia. After implan-

ation, the InterStim is virtually undetectable even in a bathing suit. This device can drastically improve a patient's quality of life.

BOTULINUM TOXIN (Botox)

Botox injections are another option in the treatment of OAB. The Botox is placed directly in the bladder muscle for treatment of OAB and urge incontinence.

This is done with a simple cystoscopy (small telescope) and can be done under local anesthesia or sedation. It works by binding to nerve endings allowing for relaxation of the bladder muscle. This has been shown to improve symptoms in up to 70% of patients and up to 60% of patients will have complete resolution of their OAB or urge incontinence. Botox, however, only lasts 6 to 9 months and needs to be repeated. The FDA considers this an off-label use even though it has been used successfully for years. Use of Botox in the bladder carries no greater risk to the patient than cosmetic procedures.

These are only a few of the many options that can significantly improve quality of life. A full range of treatments for OAB and any other urologic concerns are offered at Advanced Urology Institute.



PTSD and Recovering from TRAUMA

By Eric Milbrandt, MD, MPH

PTSD, or Posttraumatic Stress Disorder, is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event, such as sexual assault, warfare, automobile accidents, or other life-threatening events. Importantly, the exposure need not be direct or first hand. Instead, PTSD can occur merely by learning about the violent or unexpected death of a loved one. It can also occur as a result of repeated exposure to explicit details of trauma, such as law enforcement personnel investigating details of child abuse.

A rose by any other name...

PTSD has been known by a variety of other terms. Soldiers returning from World War I were described as having "shell shock." After World War II it was known as "combat fatigue." Only in the 1970s did the term "posttraumatic stress disorder" come into use, in large part due to conditions seen in veterans of the Vietnam War. It was officially recognized as a diagnosis by the American Psychiatric Association in 1980 in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III).

Trauma is an often-misunderstood word. Trauma need not be physical to be harmful, as psychological trauma can be equally damaging. Trauma is any life event, series of events, or ongoing events that create a negative impact on your life that changes or distorts your vision of yourself or your place in the world. It is the result of an overwhelming amount of stress that exceeds one's ability to cope. Examples of traumatic events or situations include:

- Abandonment and neglect
- Emotional, physical, spiritual, and sexual abuse
- Accidents, fires, natural disasters, random acts of violence, financial concerns, sudden loss
- Terrorism, repetitive viewing of terror acts on TV and social media
- Divorce, adoption, bullying, domestic violence, multiple moves, death, loss of pets
- Death or suicide of loved ones
- Veterans, war, or having a loved one experience war or combat
- Childhood medical or mental health issues
- Medical or mental health issues affecting loved ones

Symptoms, incidence, and pathophysiology of PTSD

Symptoms of PTSD generally fall into four categories that can vary in severity between individuals. These include:

- Intrusive thoughts such as repeated, involuntary memories, nightmares, or flashbacks of the traumatic event. These may be so vivid that people feel they are reliving the experience.
- Avoiding reminders of the traumatic event, such as people, places, activities, objects, or situations that bring on distressing memories. Affected individuals may try to avoid remembering, thinking about, or discussing what happened or how they feel about it.
- Negative thoughts and feelings including ongoing and distorted beliefs about oneself or others (e.g., "I am bad," "No one can be trusted"); ongoing fear, horror, anger, guilt, or shame; feeling detached or estranged from others.
- Arousal and reactive symptoms, such as being irritable, having angry outbursts, being easily startled, or having problems concentrating or sleeping. These are often called fight-or-flight responses.

In the days following a traumatic event, it is common to develop the above-mentioned symptoms. When these symptoms last less than one month, they are referred to as acute stress disorder. About half of people with acute stress disorder go on to develop PTSD, with symptoms lasting more than a month and often persisting many months or years. In the United States about 3.5% of adults have PTSD in a given year, while 9% of adults develop it at some point in their life.

Pathophysiologic mechanisms of PTSD include an over-reactive adrenaline and cortisol response, which creates deep neurological changes in the brain that leave the individual hypersensitive to future fearful situations. Structural MRI studies of PTSD patients demonstrate reduced brain volume and activity in the prefrontal cortex, hippocampus, and amygdala. These areas are linked to the experience and regulation of emotions, placing memories in the correct context, and formation and recall of emotional memories. Essentially, the body's neurohormonal stress response to trauma causes physical functional damage to these important brain areas.



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Recovering from trauma

A variety of treatment approaches are utilized to help patients recover from traumatic events and PTSD. Counseling approaches include cognitive-behavioral therapy (CBT) and interpersonal psychotherapy. In CBT, individuals learn to identify thoughts that make them feel afraid or upset and replace them with less distressing thoughts. Interpersonal psychotherapy usually takes the form of support groups, in which groups of patients provide each other with encouragement, support, and advice. Medications include antidepressants, such as Zoloft (sertraline), Prozac (fluoxetine), Paxil (paroxetine), and Effexor (venlafaxine). Physical modalities include exercise, sport, and physical activity for adults and play therapy for children.

Recently, two additional treatments for PTSD are becoming popular, especially for those that fail to improve with counseling and medication. Cranial Electrotherapy Stimulation (CES) uses a small handheld device, such as Alpha-Stim, that delivers low-level electrical current via electrode clips that are applied to the earlobes. It can be effective for a variety of acute and chronic stress conditions. Low-dose ketamine infusions, such as those provided by The Infusion Clinic of Ocala, can be valuable and highly effective for treating resistant cases of PTSD, anxiety, and depression. You can find out more about ketamine in the January issue of Health & Wellness Magazine or online at InfusionClinicOcala.com.

Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 15 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, anxiety, and PTSD. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides both Alpha-Stim and low-cost ketamine infusions for the rapid treatment of depression, anxiety, PTSD, and chronic neuropathic pain.

COVID-19 Update & the QCARD

Each day, we learn new facts, figures, and protocols concerning COVID-19. Recently, we were informed by the FDA that they are investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. At this point, we also know that the vaccine will take approximately 12 months to become available. As we navigate through the coronavirus pandemic over the next few months, disinfection and social distancing is the recommended preventative advice, and boosting the immune system is also beneficial. Healthier individuals are better able to fight the infection and make full recoveries. If you get sick, you need to be tested!

Quick Care's Answer for Those without Medical Insurance

If you don't have health insurance, things can get pricey rather quickly. Luckily the QCARD is an alternative to conventional health insurance giving you access to the Quick Care medical professionals with ease and affordability. The QCARD is a program based for self-pay patients or anyone without medical insurance. Quick Care Med always takes the lead in finding innovative ways to help their communities and their patient demographic. They implemented this program to offer a well-needed resolution for so many individuals and families.

Who can benefit from the QCARD program?

Almost anyone without medical insurance will find QCARD to be a valid answer to their healthcare needs. For example:

1. Headaches
2. Influenza or colds
3. Injuries or trauma
4. Asthma or allergy Issues
5. Twisted ankle
6. Your child has a bad cold or is colicky.
7. And the list goes on and on

*QCARD's copay is \$10 per visit. Average medical office visits can be hundreds of dollars!

The QCARD works in 3 easy steps!

1. Patient can sign up online or in the office
2. Patient pays \$1 a day plus a \$10 copay at time of service
3. Patient can be seen as many times in a month as they like for just the \$10 co-pay



Where can you use the QCARD?

Quick Care Med has 10 locations in Alachua, Citrus, Levy and Marion Counties. We have 3 offices in the Ocala area, plus other locations in Dunnellon, Beverly Hills, Crystal River, Homosassa, Inverness, Newberry and Williston.

Why get the QCARD now?

If you don't have insurance, then you should get the QCARD now. It is a good idea to have at least a basic healthcare plan to deal with life's unforeseen events. It will give you access to medical professionals when you need it the most.

QCARD is a great healthcare plan for the following:

- Those with no medical insurance
- Part timers
- Snowbirds
- Just off parents insurance
- Agricultural workers
- New to the area

If you have insurance and want to avoid high deductible, the QCARD is perfect for you. It is a great companion to high deductible insurance plans, as you can keep the insurance to cover only catastrophic events. You will save money by not having to pay the high deductible.

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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, plus our newest location in Chiefland that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

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

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

NEW LOCATION: Chiefland
 2205 N Young Blvd, Chiefland, FL 32626

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

By Dr. Robert Superko

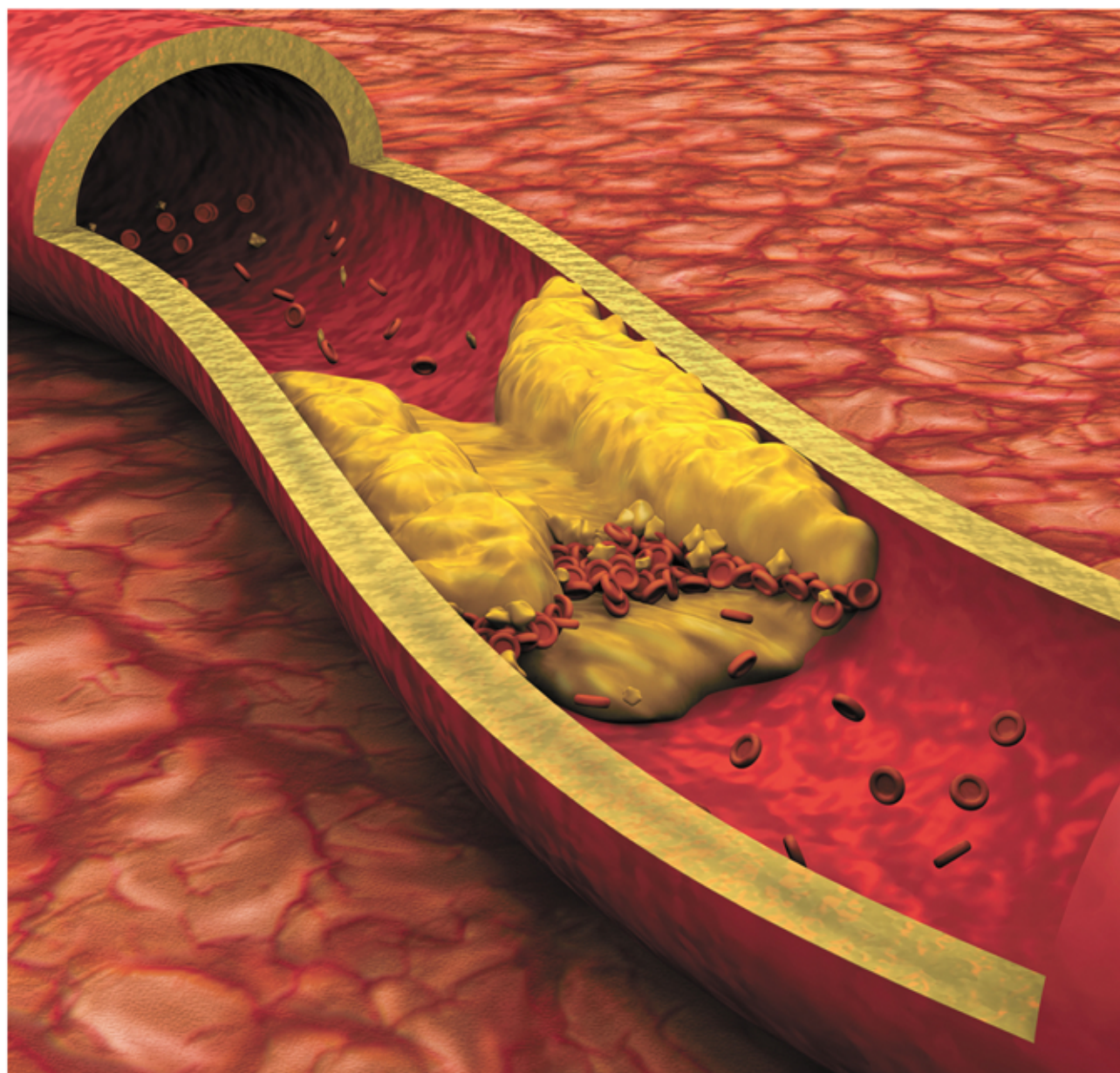
The Problem. Heart disease is often an inherited disease. It is also a complex poly-genic disease, which means that there are several inherited factors that can contribute to your risk of heart disease. But most often when someone speaks about heart disease, we think about 'cholesterol'.

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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Dr. Orta: Boosting the Immune System Through Functional Medicine

Each day, we learn new facts, figures, and protocols concerning COVID-19. As we navigate through the coronavirus pandemic over the next few months, disinfection and social distancing is the recommended preventative advice, and boosting the immune system is also beneficial. Healthier individuals are better able to fight the infection and make full recoveries.

Along with a nutritional standpoint, there are viable treatment options and procedures that bolster immune function and can also alleviate viral, bacterial, and parasitic infections. Dr. Orta is a holistic chiropractor with over 20 years of experience in functional and regenerative medicine, and he is the founder of Healthy Living Natural Health and Pain Management Center. We caught up with Dr. Orta to find out more about his expertise.

“The first step is to discuss a patient's diet. It's critical to eliminate sugar as it compromises the white blood cells. Making the majority of the diet plant-based with fresh fruits and vegetables is essential, and individuals should stay well hydrated. We encourage our patients to drink at least half of their body weight in ounces throughout the day. Eating simple carbohydrates and too much animal protein or dairy causes inflammation and metabolic syndrome, which is the underlying cause of most disease.”

Dr. Orta continued, “We have many cutting-edge treatment options in our office setting. If a patient presents with an issue, we do in-depth muscle testing and, in some cases, comprehensive blood panels to accurately diagnose the source of their disorder. For patients that are ill, we also use a remarkable machine called TrueRife.

“TrueRife uses frequencies to detect viruses, parasites, and bacteria. We scan the body and use TrueRife's high-resolution vibrations at varying frequencies to shatter the cell walls of the cause of these diseases and disorders. The physician that invented the device based the concept on, if opera singers can shatter glass with certain frequencies, why can't frequencies shatter cells. After years of researching which frequency worked on various cells, we now have precise measurements to help patients heal rapidly with this procedure.



“For example, yesterday a patient presented with severe lymphedema, and since amoebas and lymphatic swelling are commonly seen together, we scanned her with TrueRife, and she had massive clusters of parasites throughout her body. She said that she always felt like things were crawling in her legs. TrueRife is excellent to help with the symptoms of Lyme's disease, Parkinson's, autoimmune disorders, viral infections, and numerous other conditions. If we suspect viral or bacterial loads, we incorporate TrueRife, as it disrupts the functioning of microorganisms.

“We also have an infra-red sauna, which is a powerful immune booster, as it naturally detoxes the body by increasing body temperature, pushing out toxins and increasing white blood cell counts, which fight infection. It significantly activates the body's immune function.

“PEMF is also a valuable treatment for immunity. Specially designed electromagnetic impulses, called Pulsed Electro-Magnetic Field Therapy, are vital for the cell's ability to produce more energy and to maintain or regenerate to a healthy state. The human body contains approximately 100 trillion cells. Each of these cells relies on energy and ATP to correctly metabolize, communicate with other cells, and keep organs and tissues in a healthy state. Proper functioning and flow of oxygen and nutrients is key to keeping our cells vital. When these areas are inhibited, that's when fatigue, disorders, depleted immune systems, and disease form in our bodies. We place the pad over the thymus, spleen and liver to charge up the body and increase cellular voltage and regeneration.

“Whole-body vibration is a machine that manually “shakes” the muscle and tiny fibers to stimulate the lymphatic system to pump much more efficiently and increase circulation. We also, of course, recommend herbal and nutritional supplements custom-tailored to the condition that we are treating. It's excellent at getting the lymphatic stimulation and circulation.

“Specialized, wholistic chiropractic care is much more involved than traditional, standard adjustments. Wholistic Chiropractic care relieves stress off of the nerves and helps the body to move from the sympathetic nervous system (fight or flight) into the parasympathetic system, which soothes the immune and central nervous system. HRV (heart rate variability) is also a fantastic way to read a person's stress load. HRV also analyzes a patient's health and recovery ability. We can see virtual, live time changes in a patient going from sympathetic dominance to parasympathetic dominance after our treatments.

“It's important for patients to know that there are alternative therapies that can help them with multiple conditions. You don't always need surgery, and you certainly do not need drugs that merely mask symptoms. We focus on finding the root cause and then implementing a strategic plan to help our patients heal and regenerate their bodies comprehensively.”

Dr Pedro A. Orta DC is a holistic chiropractor at Healthy Living Natural Health & Pain Management Center in Ocala, FL. He has been in practice for 25 years. He practices and has a passion for natural, holistic, functional and regenerative medicine to help you regain & maintain your health. Whether you are struggling with neck or back pain, headache or migraines, fibromyalgia, arthritis, degenerative conditions, knee or hip pain, sciatica, carpal tunnel or any other health condition, they are here to help you find optimal health.

If you are seeking a better way to health, contact Dr. Orta's office today at (352) 732-9355.



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Rotator Cuff Injuries: How Physical Therapy Can Help

Here in Florida, we have gorgeous weather throughout the entire year, which allows for more activities like jogging, tennis, pickleball, kayaking, pushing grandchildren on the swing, and the list goes on and on; but with all of this healthy activity, many individuals are more prone to injury and wear and tear. One of the most common injury sites is the shoulder. The shoulder is a combination of bones, joints, ligaments, tendons, and muscles that provide an extensive range of motion in common everyday tasks, as well as in advanced athletic performance.

Whether you're using a walker, picking up a heavy grocery bag, or driving the ball 200 yards, an optimal range of motion is key to healthy living. However, many times shoulder pain is due to advanced arthritis or degenerative joint disease. In advanced cases, surgery may be inevitable, Shoulder replacement surgery is also known as shoulder arthroplasty.

Most tears of the rotator cuff occur slowly over time as the tissue wears out, and they commonly occur in those 50 years and older. Any force strong enough to tear tendons also damages and weakens the surrounding ligaments. Shoulder pain is multifactorial, and rotator cuff tears may result in instability, frozen shoulder, and severe discomfort. Many rotator cuff tears can be treated nonoperatively. However, painful tears and tears that interfere with shoulder function may be treated with surgical repair. Rotator cuff tears are very common in the elderly population. Studies show that 30% of those under the age of 70 and 70% of those over age 80 have a rotator cuff tear.¹

Imaging such as an MRI is necessary to accurately diagnose the condition, and an evaluation of the overall shoulder stability is essential if the individual wants to return to their normal activities. Once this is determined, the best option for that specific patient is planned out, including rehabilitation and physical therapy.

Physical/Occupational Therapy for Rotator Cuff Tears or Post-Surgery

To relieve inflammation, pain, and to restore joint function and range-of-motion, physical therapy, along with medications, and ice applications are highly effective in many cases. Physical therapists/Occupational therapists are trained to strengthen and target the smaller muscles around the shoulder. This helps to support the larger muscles, tendons, ligaments, and any additional damage to the shoulder.

PT/OT for Shoulder Injuries or post-surgery include:

- Isometric Exercises
- Shoulder Pulleys
- Stabilization
- Resistance Bands
- Active Assistance Motion
- Hand Therapist Care

Physical or Occupational Therapist and Hand Therapy

Seeing a physical therapist can alleviate the symptoms and heal the muscles of the shoulder through specific exercises and soft tissue mobilization. Physical therapy is normally prescribed after surgical repair to speed up the recovery process and to allow the shoulder to heal and function optimally. Along with Physical/Occupational therapy, Certified Hand Therapist's are trained to help you

regain strength and fine motor movement in the hand and fingers, as these are often affected from shoulder injuries.

Physical/Occupational therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical therapy.

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

During this period where we are all managing our physical distancing for the COVID-19 Stay at home order, please know that our PT, OT and ST are available for Telehealth visits.

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Steps to Help Prevent the Spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

Stay home: People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.

Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.

Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation

Stay away from others: As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.

Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people.

Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.

When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

Call ahead: If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider's office.

If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Cover your coughs and sneezes

Cover: Cover your mouth and nose with a tissue when you cough or sneeze.

Dispose: Throw used tissues in a lined trash can.

Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

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

Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Soap and water: Soap and water are the best option, especially if hands are visibly dirty.

Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all "high-touch" surfaces everyday

Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

Clean and disinfect: Routinely clean high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom. If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

Source: [cdc.gov/COVID19](https://www.cdc.gov/COVID19)

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Have the Talk, Give the Gift

April is National Healthcare Decisions Month

Submitted by Hospice of Marion County

It seems way too soon... until it's too late.

Think of the many things we put off every day, most of them tasks we'd rather not do. Procrastination is all too easy, especially when it comes to talking about something as unpleasant as the end of life. It's one of those topics we assume is best swept under the rug until another time.

The truth is, the time to talk about it is sooner rather than later. Just as preparing a will is optimal when we are of sound mind and body, so is preparing for future healthcare needs. Having to make decisions for others is decidedly complicated, especially when that person – someone beloved – can no longer speak for themselves. That's why the time to consider writing out your final wishes should be done now.

Free advance directives are available on the HMC website all year long.

An advance directive can be as simple as a two-page *Living Will* or as lengthy as the *Five Wishes*, a detailed-yet-user-friendly booklet. In Florida, an advance directive requires neither an attorney nor a notary—just the writer's signature and that of two

witnesses. Despite the simplicity of these documents, only about 25% of all Americans have completed one.

Regardless of age or health status, we owe it to those we love to discuss our wishes and follow through with a written advance directive, which is revocable at any time. Advance directives are recognized by hospitals and the courts, but they must be in the hands of your

physician and easily accessible to family members. The worst place to keep it is in the bank safety deposit box; keep it instead in a top drawer where everyone knows its location. With so many things in life today out of our hands, take comfort in the fact that we can control something so important for those who are dear to us. Visit our website to learn more or call (352) 873-7456 if you need assistance.



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This is your chance to give your family the best gift.
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Make your end-of-life decisions known. It's not as hard as you think!

Fill out your Living Will or Five Wishes document.
It's never too soon until it's too late!

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The Link Between Hearing Loss and Depression



Several studies have been conducted on the link between depression and hearing loss. Recent findings indicate that of the groups studied, women of all ages and adults age 18 to 69 with hearing loss are more likely to experience “significant depression” than hearing loss sufferers over 70.¹

“We found a significant association between hearing impairment and moderate to severe depression.”²

There are several likely reasons that loss of hearing leads to depression in so many. Communication, which is vital to social interactions, becomes a source of stress when someone has to strain to hear others speak, and frequent misunderstandings result in embarrassment. After a while, people with untreated hearing loss begin to avoid social situations, particularly if they involve loud surroundings like parties or crowded restaurants where understanding speech is even more difficult. Withdrawal tends to progress until the person gradually quits on life, choosing to remain in silent isolation rather than struggle to hear and communicate publicly. Hearing loss sufferers may think they simply cannot be helped because hearing loss is a “terminal” condition for which there is no cure. Older patients may feel their hearing loss is a signal that they are simply too old to participate in social activities. Cutting oneself off from society and activities is a red flag for depression.

“Loss of hearing represents more than just difficulty hearing sounds. It can lead to social isolation and depression.”³

The following are ten facts medical professionals need to know about the risk of patients with hearing loss developing depression:

1. In a study conducted on Generation X and Baby Boomer patients with untreated hearing loss, participants were found more likely to develop depression and other psychological issues than their hearing peers.⁴
2. Another large study of adults 50 and older with untreated hearing loss found they were more likely to experience depression and other emotional and



mental instabilities and were significantly less socially active than their peers who wore hearing aids.⁵

3. This same study found depression and similar disorders were found to worsen as hearing ability declined.

4. Patients with untreated hearing loss find it more difficult to communicate with others, leading to the avoidance of social interaction with friends and family. Isolation is a known contributor to depression.⁶

5. The onset of depression in older adults has been associated with the development of dementia or Alzheimer’s disease – which is also a co-morbidity of hearing loss.⁷

6. Along with depression, patients with untreated hearing loss are known to experience anxiety, paranoia, relationship problems, stress, and other negative emotions.⁸

7. Using hearing aids can significantly improve emotional and cognitive conditions in patients over the age of 65.⁹

8. 36% of patients who begin wearing hearing aids experienced improved overall mental health, while 34% increased their social engagement.¹⁰

9. Despite the fact that hearing aids can help improve patients’ lives, the average span of time from patient realization of hearing loss to purchase of hearing aids is eight years.¹¹

10. An initiative called Healthy People 2020 calls for an increase in hearing tests for adults between the ages of 20-70.¹²

“...but studies also show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.”¹³

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When You Are At Your Wits End

By Pastor Timothy Neptune

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end... hang on, cry out to God, and look for His deliverance.





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