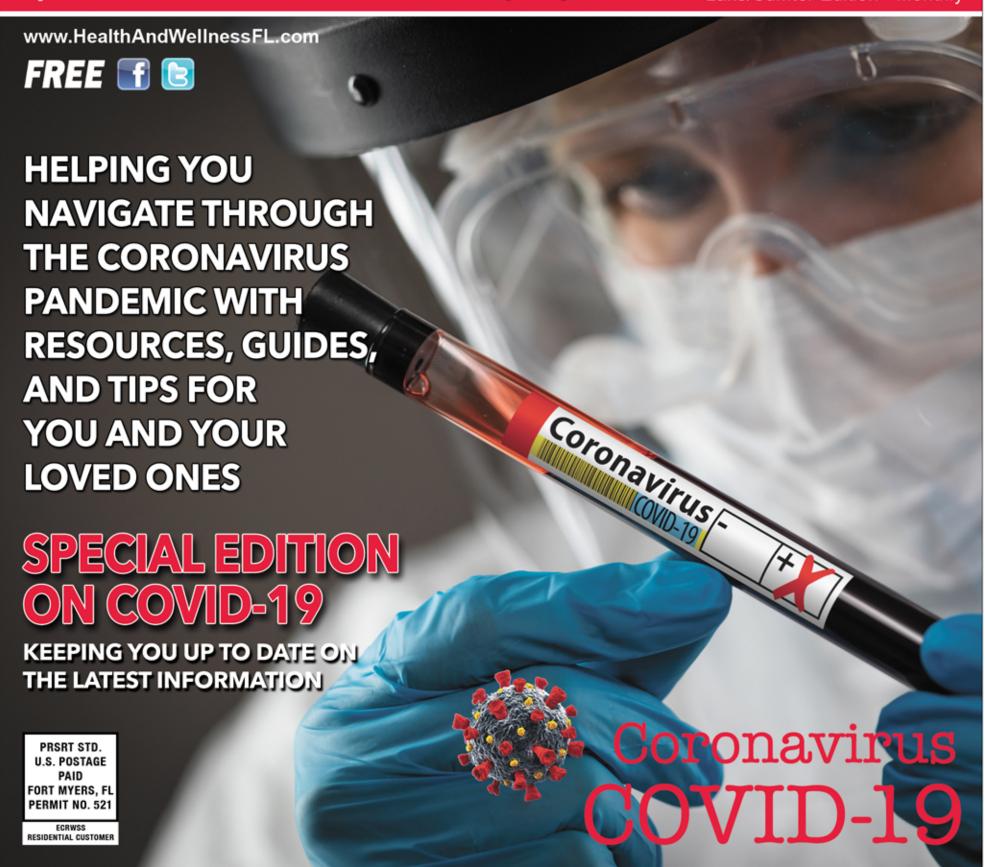
CENTRAL FLORIDA'S

# April 2020 MAGAZINE MAGAZINE Lake/Sumter Edition - Monthly





# COVID-19

## Protection, Planning & Care for Older Adults

Florida Department of Health • Florida Health.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.

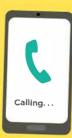
### **Planning**

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

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# 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.

Florida Health Office of Communications 03-08-20



# WHERE TO GET TESTING AT A MOBILE TESTING-COLLECTION SITES

overnor 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.

### LAKE COUNTY:

The county's COVID-19 testing hotline is live and can be reached at Phone: 352-742-4830.

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.



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# 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 Grensing

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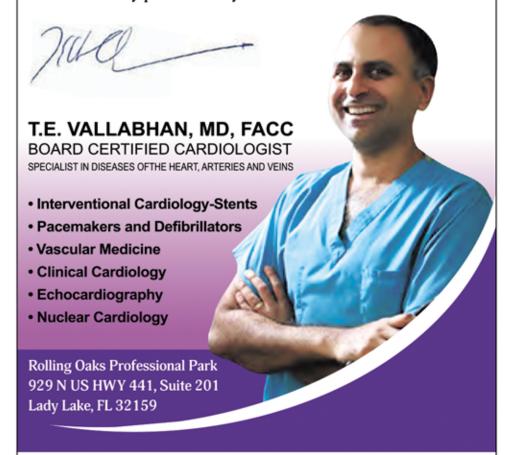
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# **ENVISION SEEING BEYOND DIABETES**

iabetes, as with other health issues, can contribute to diseases of the eye, particularly if a person has untreated high blood glucose, high blood pressure and/or high blood cholesterol. Smoking may also increase the risk of eye disease. However, when caught early, diabetic eye diseases may be treated and managed so that eyes maintain health and clarity.

### **Diabetic Retinopathy**

Diabetic retinopathy is a condition that damages the tiny blood vessels that deliver blood and nourishment to the retina, the light-sensitive layer of tissue at the back of the eye. Diabetic retinopathy affects roughly 40%-45% of adults with diabetes, although only about half know they have it. It is the not knowing that is dangerous, because, while it can be quite serious, early diagnosis and treatment of diabetic retinopathy can reduce the risk of related blindness by as much as 95%. That's why detection is so important.

There are two types of diabetic retinopathy: nonproliferative and proliferative. Nonproliferative diabetic retinopathy, or NPDR, is a condition in which damaged blood vessels leak fluids into the retina, causing swelling and in some cases the formation of fatty deposits called hard exudates. The blood, fluid and exudates can force the macula, the part of the retina that detects light and enables central vision, to inflame or thicken, warping vision. Conversely, NPDR can force blood vessels feeding the retina to close off, starving and damaging the macula and causing blurring or darkening of central vision.

Image of eye with Diabetic Retinopathy showing hard exudates, yellow deposits of lipid and protein within the retina and can compromise vision.

Proliferative diabetic retinopathy, or PDR, describes an advanced form of the disease, in which blood vessels in the retina become blocked, limiting blood supply and stimulating the retina to produce new blood vessels. Regrettably, the new blood vessels tend to be weak, deformed and prone to rupture, causing scarring and cell death. These problems can cause the retina to warp or detach, creating floating or blind spots. PDR can also lead to excessive fluid build-up, elevating eye pressure and promoting glaucoma.

### **Diabetic Macular Edema**

Diabetic Macular Edema, or DME, occurs when the bleeding or other fluid leakage caused by diabetic retinopathy causes the macula to swell. Any damage to the macula can impair central vision, which is needed to drive, read and recognize faces. People with DME tend to rely more and more on their peripheral vision to see. It affects roughly half of all diabetic retinopathy patients.

### **Managing Diabetic Eye Diseases**

Certainly all of this sounds scary, and it should cause enough alarm to encourage people with diabetes to take steps to preserve and protect their vision. Luckily, getting started is simple.

### **Get Regular Eye Exams**

Adults with diabetes should schedule a comprehensive dilated eye exam once a year, or more often if recommended by your eye doctor. Your doctor will examine the systems within your eye and notice changes in their earliest stages, when treatment is easiest and most effective. Caught early and treated appropriately, nearly all cases of serious vision loss can be prevented.

### **Know Your Numbers**

Evidence shows that people who keep their blood glucose at normal levels have significantly less risk of developing diabetic retinopathy than people who don't. So keep track of your blood sugar and see your regular physician immediately if your levels fall outside a healthy range - it is the key to controlling diabetes instead of letting it control you. Keep an eye on your blood pressure and blood cholesterol, too, and if you presently smoke, talk to your doctor about ways to help you quit. It's never too late to get rid of a bad habit.

### **Treating Diabetic Retinopathy**

Controlling blood sugar and getting regular comprehensive eye exams from your ophthalmologist or optometrist are the best places to start.

From there, diabetic retinopathy can be managed with medications, corticosteroids and macular or retinal laser outpatient surgery, wherein a retinal specialist can shrink or stem leaky blood vessels, often right there in his or her office using a local anesthetic.

When diabetic retinopathy and related DME advance to a level where they affect or threaten vision, they can be treated using injectable medication called anti-VEGF (vascular endothelial growth factor). This therapy blocks the VEGF protein that encourages abnormal blood vessels to form. Blocking VEGF is an effective way to reduce these vessels and excess retinal fluid. Typically, patients may require monthly injections for 6 months, after which they are needed less and less as the disease becomes under control. This is often the first line of defense against diabetic retinopathy and DME.

Another effective medication is corticosteroid injection or the implantation of a short-term or long-term corticosteroid in the eye that releases a sustained dose of medication over time. Your Lake Eye doctor will describe the suitability of this treatment for your particular case.

Less often, patients may require macular laser surgery to seal off leaking blood vessels. Most people respond favorably after just one treatment session, which may or may not be performed in conjunction with drug therapy.

Very serious bleeding cases may require a procedure called a vitrectomy, which is the removal of the vitreous gel in the center of the eye, along with any scar tissue. It is also used to treat a detached retina. Should bleeding be severe enough to warrant vitrectomy, your doctor will refer you to a specialist.

Again, while all of this may seem a bit overwhelming, diabetic retinopathy and DME are treatable conditions. With some dedication to your health and vision, and regular appointments with your eye doctor, you can help keep your eyes healthy and functioning long into the future.



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# **ALCOHOL AWARENESS MONTH:**How it Affects Your Health and Your Heart

T.E. Vallabhan, MD, FACC

n our social culture, drinking with family and friends is common for celebrating special occasions and in some instances coping with life. Drinking alcohol has become extremely accepted in our society, and with that acceptance and desensitization of the harmful effects, comes a lot more alcohol abuse than most people are aware of, or willing to acknowledge.

We all know the guidelines of the healthy version of drinking. A glass of wine or liquor for women and two for men is usually the allotted daily amount recommended for the health benefits to transpire. Despite the health claims in moderate drinking, not everyone should drink.

Alcohol damages the liver, kidneys, brain, and heavy drinking also damages the heart, which can lead to heart palpitations and irregular beating, high blood pressure, heart attack, stroke, and cardiomyopathy.

According to a study titled Effects of Alcohol on the Heart reported the following, Some evidence suggests that light to moderate alcohol consumption protects against cardiovascular diseases. However, this cardioprotective effect of alcohol consumption in adults is absent at the population level. Approximately 20 to 30% of patients admitted to a hospital are alcohol abusers. In medical practice, it is essential that patients' levels of consumption are known because of the many adverse effects that might result in the course of routine care. Ethanol damage to the heart is evident if alcohol consumption exceeds 90 to 100 g/d. Heavy ethanol consumption leads to increased risk for sudden cardiac death and cardiac arrhythmias.<sup>1</sup>

In patients with coronary heart disease, alcohol use was associated with increased mortality. An early response to drinking was an increased ventricular wall thickness to diameter ratio, possibly proceeding with continuous drinking to alcoholic cardiomyopathy, which had a worse outcome compared with idiopathic dilative cardiomyopathy if drinking was not stopped or at least reduced (< 60 g/d). In the ICU, patients with chronic alcoholism have more cardiac complications postoperatively. These complications probably are caused by biventricular dysfunction, particularly with the occurrence of severe infections or septic shock, events that are three to four times more frequent among chronic alcoholics



than occasional drinkers or nondrinkers. To prevent further complications from drinking and for long-term management of drinking, patients with alcohol abuse and heart failure should be treated in brief intervention and follow-up programs. Prognosis is good even in patients with New York Heart Association class IV heart failure caused by cardiomyopathy if complete abstinence is accomplished. Noncompliance to smoking and alcohol restrictions, which are amenable to change, dramatically increases the risk for hospital readmissions among patients with heart failure.

Alcohol plays a significant role in your bodies overall health. A full 24 hours after an episode of drinking, your immune system is more susceptible to disease and infection and the entire body and it's organs experience an inflammatory response.

The functions that are damaged by alcohol abuse are often longstanding. If you stop drinking, some of the damage will lessen, or improve like problem-solving, memory recall, attention span, and motor functions, but this will take time. Researchers usually see improvements to the brain after several months or years after abstinence takes place.

There are benefits to moderate drinking, but the problem is that with the acceptance and social aspect of alcohol, many people are at risk of becoming dependent on it for one reason or another. It's quite common to start out drinking socially and to then need it more often as your tolerance level increases.

April is Alcohol Awareness Month, and the National Council on Alcohol and Drug Dependence shines a light on the first weekend in April every year as the weekend of abstinence. If you have trouble avoiding alcohol for those three days, they encourage you to speak to you physician or therapist about getting help.

Source: 1. https://www.ncbi.nlm.nth.gov/pubmed/11805530



T.E. VALLABHAN, MD, FACC BOARD CERTIFIED CARDIOLOGIST SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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### TREATMENT OF **VENOUS DISEASE/** VARICOSE VEINS TIRED & ACHING LEGS? If you suffer from varicose and spider veins, you are not alone. WHAT ARE VARICOSE VEINS? Although veins and arteries are both part of the circulatory system they work in very different ways from each other WHAT CAUSES VARICOSE VEINS? Some predisposing factors include aging, standing occupations, and leg injury or trauma. WHEN AND HOW ARE VEINS TREATED? The most commonly asked questions are: "Do veins require treatment?" and "What treatment is best? TREATMENT METHODS ENDOVENOUS THERMAL ABLATION ENDOVENOUS CHEMICAL ABLATION SCLEROTHERAPY WHAT RESULTS CAN YOU EXPECT? Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.

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# Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

t's all too common for many people to walk around daily unable to see their ankles, and yet, they don't realize the seriousness of the bigger problem happening on the inside. Other individuals may be so affected by the swelling of their ankles and calves that they cannot walk or even get their shoes on.

It is normal to experience a little ankle and leg edema, and it is even expected after a long holiday weekend when we've eaten more foods with a high sodium content, and have had a few extra alcoholic beverages than normal. But the Edema should be resolving overnight. If not then other considerations are to be presumed. One of the most common causes of leg swelling by far is bad veins circulation.

### **Other Common Causes:**

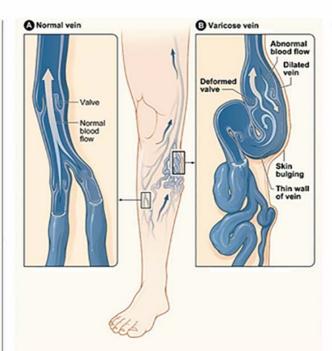
- 1. Heart Failure-Heart is not pumping efficiently
- 2. Medication side effects-Especially blood pressure medicines
- 3. Kidney function decline
- 4. Liver function decline
- 5. Lymphatic functional decline
- 6. Infections
- 7. Most critical-blood clots in the legs

If someone does have leg swelling, many tests are available to find the cause. One of the most important causes is the possibility of a leg blood clot from the "damaged"



veins" or the Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.

First, see your primary care physician, they should evaluate you with checking your blood work, examining your legs, checking medications and simultaneously getting you referred to a cardiology /vascular office to evaluate you for heart function and a leg ultrasound to rule out the potential blood clot and to check for Venous insufficiency. This Venous insufficiency study is a specialized test that hospitals and your local imaging centers are not accustomed to. This test is a very detailed ultrasound, and it's utilized to determine the functional status of the veins as well as to find any blood clots in the veins.



#### **Vein Disease:**

Should your test come back positive for Venous Insufficiency, that means your veins have either been damaged to the point where the valves do not control the blood flow back up to the heart, or the Veins have been significantly stretched out. With both of these diagnoses, again the same situation hold true; your valves can not control the blood flow back to the heart.

Genetics are the number one cause of Venous Insufficiency along with secondary complications like, standing or sitting for extended periods of time, trauma to the legs, obesity, pregnancies, as well as other possibilities.

As you notice the swelling worsening, more and more irreversible damage is occurring under the skin plus you're increasing the risk of potential blood clot formation.



Toll Free: 1-855-432-7848 (Heart 4 U) www.villageheartandvein.com

As seen below in the picture the swelling can progress to the varicose vein's and then leading to the stasis dermatitis skin discoloration and then Venous ulceration and skin breakdown which can lead to cellulitis.



### **Treatment Options:**

If you do have a positive test confirming Venous Insufficiency, treatment options are much better than in the years past. No vein stripping is needed, and diuretics are NEVER a long-term treatment option. Daily use of medical grade and accurately measured support socks are the initial start to control the Venous insufficiency. Daily Pool exercising is highly beneficial, as well as intermittent leg elevation. All of these will aid in keeping the edema control.

The best outcomes for Venous insufficiency are with treatment options that include Venous thermal ablation and Venous chemical ablation. There are no sutures and no down time, and best of all, these procedures are performed in the office. You are able to resume normal routine activity right after your treatment.

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

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

# 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

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.

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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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### Villages Buenos Aires

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### Villages Cancer Center

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### Villages North

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### For more information, visit FLCancer.com

### Lake Centre Home Care:

# Helpful Tips for Seniors Concerning COVID-19

s with the flu or other infections, COVID-19 is particularly challenging for the elderly patient population. Those over the age of 60 are having more difficulty fighting the viral infection and many are facing life-threatening symptoms. As with influenza, the risk of breathing dysfunction and pneumonia are what's causing the virus to take such a great toll on seniors. The FDA is working on drugs that are thought to kill the virus, but until then, it's detrimental that all seniors practice good hygiene, and avoid contact with others until the infectious spread has decreased. At this point we're all uncertain of how long the virus will continue to spread, so the following helpful tips, can keep you safe.

### **Boosting the Immune System**

If you must go out, please treat every person and every area as if contaminated. Wash your hands and disinfect areas that you may have touched. Maintain good healthy habits such as sleeping 7 to 9 hours, eating nutritious meals, practice calming techniques, and consider supplement the immune system with extra vitamin C and any herbal remedies of your choice.

### **Proper Hand Washing**

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.

### **Social Distancing**

If we abide by the social distancing recommendations and hygiene, we should see the virus taper off and phase out much quicker than if we continue to go about our lives unchanged. Take this time to enjoy quality time with your family and friends via video chats, social media, or on the phone. If you are in need of groceries or toiletries, ask someone to drop those off at your doorstep, or order them online. Explain to those that might want to visit you, that you need to take extra precautions and avoid as much contact as possible at this time.

These tips are critical to stop the spread of this very contagious virus and to keep you safeguarded.

Lake Centre Home Care is taking extra precautions by using personal protective equipment, disinfecting any devices and high-touch point surfaces, and offering you peace of mind as you receive medical care at home.

### **Keeping You Safe and Offering Specialty Medical Care**

Lake Centre Home Care accesses each client's home for things that cause trips, slips, and falls like extension cords, bulky area rugs, slippery bathtubs, and uneven flooring, to name a few. They also try to make things logistically better within the home, like making sure the phone is within reach, clearing clutter, recommending assistive technology like walkers, hearing aids, long-reach activator poles, buttoning aids, bed and bath handles and medical alert devices.

In addition to safety, Lake Centre Home Care is a medical care team that specializes in treating seniors in the privacy of their own home. They also provide medical care for those who have recently undergone surgery, strokes, cardiac procedures and other treatment or conditions that require therapy and assistance.

### Lake Centre Home Health Services

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

Lake Centre Home Care can also help with medication management to make it easier for seniors to remember to take which pills at what time. It is not uncommon for seniors to become malnourished, so Lake entre can also make arrangements to make sure clients are eating nutritious meals on a regular basis and getting plenty of liquids.



When it becomes taxing to complete essential tasks like driving to the grocery store because they get lost, or they are apprehensive about driving in heavy traffic, they may need someone to step in and to help them make decisions for their long-term care options, so that they can live a safe and healthy life.

The AARP reports that 89% of patients want to remain in their home, Lake Centre Home Care provides private supportive care for those who want to maintain their independence yet need some form of assistance. In addition to coming to your home, they are available to support their clients with temporary stays in the hospital, or by recommending senior care facilities or wherever help is needed.

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

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



LAKE CENTRE HOME CARE

310 Market St., Leesburg, FL 34748 (352) 315-0050

HHA# 299992424

# Advanced Treatment for **OVERACTIVE BLADDER**

ave 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.



855-298-CARE Advancedurologyinstitute.com 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-

tation, 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.

# TeleHealth:

### VISITING THE DOCTOR IN THE SAFETY OF YOUR HOME.

eleHealth is a method to remotely connect with doctors or medical providers, which can help alleviate and assist with medical issues. Traditionally, Telehealth has been useful in patients who are unable to commute in person to a doctor's office or who live in rural areas, with restrictions placed for access to patients with regular living conditions. But now, Telehealth is available to all Medicare recipients, regardless of where they live or even if they are new or existing patients to a practice.

With the sudden surge of the COVID 19 - Coronavirus pandemic, which has affected the lives of so many with quarantines, stay at home orders or travel restrictions; Telehealth has emerged as an important and useful way for patients to address basic health issues, receive medication refills and determine the need for evaluation in person at a doctor's office or hospital. With the government now easing some of its prior restrictions, Telehealth is poised as a tool to assist patients who are required to avoid social contact, are in a high risk population or currently have contagious illnesses.

The new regulations proposed by the White House and President Donald Trump allow for people with Medicare insurance to facetime through their phone to their doctor to have a "virtual visit" or communicate via email, and submit photographs or other information, such as blood glucose levels or blood pressure readings directly to the doctor's office. This allows for remote monitoring of hypertension, diabetes, skin disorders, and many more conditions, in addition to colds and the flu. Physicians are temporarily eased from prior stringent HIPAA law restrictions, that made phone facetime visits a HIPAA violation, in lieu of the current emergency conditions created by the Coronavirus pandemic. "When we say the cure can't be worse than the disease, that needs to apply to medical care as well, HIPAA laws cannot take precedence over saving lives," said Dr. Cortes with Novu Dermatology "It seems our elected officials have finally learned that with Coronavirus."

Many area physicians have added TeleHealth services to their practice, to assist patients in need. Dr Gil Cortes, MD, FAAD at Novu Dermatology is offering TeleDermatology consultations for new and existing patients and Dr. Cristina Cortes MD, Internist at Novu Dermatology is offering primary care consultations via TeleHealth for new and existing patients as well.



"We are assisting patients and triaging them to keep as many patients as we can out of the hospital or situations that may be dangerous for them, given their condition," mentioned Dr. Cortes "Mostly we want patients to feel safe, so we are spacing patient appointments, practicing social distancing, having providers use masks in the office and allowing patients to wait in their vehicles or even enter through the backdoor and bypass the waiting area completely. Any patients with cold or flu symptoms are sent for outside drive thru testing and told to self-quarantine until test results are back. "Luckily, until now, no cases have been identified in the practice, but we are well prepared to deal with patients via TeleHealth, who may have cold or flu symptoms and have a system for them to communicate with the doctor, receive prescriptions and follow up care."

We do know that TeleHealth is now better covered by Medicare, but what happens if you have private insurance or no insurance at all? Novu Dermatology offers self-pay patients a flat \$75 fee, just to make it easier for patients to have access. "No one should see themselves in a situation where they cannot find a doctor, the medicine they need or have to put themselves in danger to receive medical care," mentioned Dr. Cortes, "As long as we are here, we will do our best to serve the needs of all our patients."





### **NOW OFFERING** TELEHEALTH!

### TELEHEALTH CAN HELP:

- -MEDICATION REFILLS
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- -HYPETENSION
- -DIABETES
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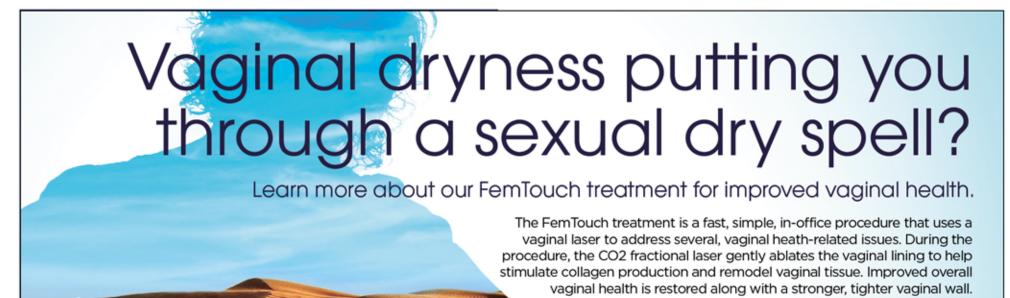


ACCEPTING APPOINTMENTS

Gil Y. Cortes MD, FAAD Dermatologist

Cristina N. Cortes, MD Internal Medicine







352.391.6000 advancedurology institute.com

# GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

ith remarkable outcomes, GAINSWave is growing in popularity in regard to treating erectile dysfunction (ED) and Peyronies Disease, yet it's also used as a preventative treatment. GAINSWave treatment is available for any man looking to enhance sexual health and performance. A medical condition like ED or Peyronies disease does not have to be present for men to benefit. In fact, many healthy men without an issue opt for treatment to "biohack" or optimize their performance as a prevention method.1

#### **How Can GAINSWave Prevent & Treat ED?**

The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through soundwaves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. These soundwaves or 'shockwaves' also are beneficial in preventing the buildup of plaque and increasing blood vessel growth and circulation. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

GAINSWave utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by reduced blood flow. GAINSWave has developed a protocol to treat ED and Peyronies disease (scar tissue) as well as enhance sexual performance.

### Younger Men Should Seek Treatment Early

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible. The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that GAINSwave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.





### Men are Preventing ED with GAINSWave

Many men are now understanding the importance of this technology and how it can benefit them in the long term. GAINSWave offers immediate results that are cumulative. Much like living a healthy lifestyle, starting GAINSWave treatments early is another way men can be proactive about their health.

SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS—TREAT THE ROOT CAUSE!

Source: GainesWave

https://www.biospace.com/article/releases/mobility-spine-andsports-is-helping-men-wave-goodbye-to-erectile-dysfunctionwith-cutting-edge-galnswave-treatment/

### **Total Nutrition & Therapeutics**

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# **Laurel Manor Dental-Offering Telehealth E-Visits & Emergency Care During COVID-19**

ue to COVID-19, we are all making changes and doing things in many different ways than before. Telehealth visits have been monumental in the medical field for the past few years, and with the spread of the coronavirus, the ADA and CDC have implemented new protocols to keep dental patients safeguarded, but also included in these new commissions are the approval of e-visits for specific conditions.

Laurel Manor Dental put out the following statement, "Laurel Manor Dental is following the Governor's protocols and seeing emergency patients only until, at least, May 11th. We are doing our part to keep our patients' dental health stable and prevent overcrowding at our hospitals. If you are having a true dental emergency, and are a current patient, please call 352.430.1710 and follow the directions on the voicemail. Our office is temporarily closed and will reopen as soon as the Governor's mandates have been lifted. Please stay safe and healthy! We look forward to serving you and returning to normal office hours soon."

### Do you need a telehealth dental e-visit or an emergency visit?

Ask yourself the following questions:

- I. Do I have intolerable pain?
- 2. Did I break or fracture a tooth?
- 3. Do I have an ulceration or painful lesion?
- 4. Did a crown or bridge fall off

If you answered yes to one or more of the conditions above, then it's best to contact Laurel Manor Dental via phone, and they will walk you through the e-visit, or schedule your emergency appointment. In some cases, they might need to refer you to a surgeon or other dental specialist or prescribe medication, but they are also prepared to help patients get out of pain in emergency situations.

In emergency visits, Laurel Manor Dental is using stringent protocols for disinfection of all equipment, instruments, surfaces, and flooring. They will not allow patients to have one on one contact with each other and have implemented strict social distancing regulations in the office. If you have an emergency appointment, you will not be around any other patients. As they navigate through this unprecedented time, it's their utmost priority to keep you and Laurel Manor Dental's staff safe and healthy through the next few weeks.

#### **Laurel Manor Dental**

At Laurel Manor Dental, our dentists and periodontists, Dr. Richard Rozensky, Dr. Lucia Roca and the entire dental team will listen to your goals for your oral health and will create a unique dental treatment plan especially for you. Whether you are in need of restorations to regain comfortable tooth function, or if you just want to keep your healthy smile through general dental services, Dr. Rozensky and Dr. Roca can help you, while also maintaining your overall physical health. Dr. Rozensky and Dr. Roca work closely with patients so they may make informed decisions about their oral health.





With advanced technology and dedication to the most up-to-date techniques in dentistry, rest assured that your visit will be comfortable and that you will see a bright, healthy smile in the mirror for years to come. Don't put off your good dental health! Instead, ensure a confident smile and healthy teeth that will allow you to enjoy the foods you love.

We offer all aspects of dental care and treatment, including restorative dentistry, general dentistry, and cosmetic dentistry. Procedures include dentures, partial dentures, implant-supported dentures, hybrid dentures, dental implants, tooth whitening, periodontal care, periodontal therapy, sleep dentistry and more.

If you or someone you love has a dental emergency, please call Laurel Manor Dental at (352) 430-1710 or visit laurelmanordental.com.





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## Ave Maria: Why Residents Value This Community Above All Else

hat do we really want in our community, neighborhood, and home? The answer is resoundingly the same for most people, safety, happiness, good neighbors, amenities, variety, opportunity and location.

For the third consecutive year in a row, Naples has been named the #1 well-being community in the United States. Being happy, feeling good, and having vitality is what it's all about for those enjoying the good life in Southwest Florida.

Collier County is also the state's second healthiest county for the fifth year in a row. Ave Maria, located within Collier County, knows that health and happiness go together and residents there enjoy miles of biking and walking paths, outdoor sport fields, lakes and picnic areas, an amphitheater and dog parks. Staying healthy is a life-long commitment, and Ave Maria offers opportunities for residents of all ages to achieve their health and wellness goals.

Ave Maria is a 4,000-acre master-planned community. Developer, Barron Collier Construction, kept in mind the need to develop a town that was for all ages, from growing families to seniors and they did it with great pride, making certain the specifics were perfect and that the homes are of the highest quality. In fact, the homes are so well built that they survived Hurricane Irma with very little harm and they were reported to have sustained some of the highest winds at over 110 miles per hour.

The town of Ave Maria offers several styles of homes featuring lake, preserve, and golf course views. The amenities include over 100 miles of walking trails, an onsite waterpark, golf course and club, tennis, bocce and pickleball, a Town Center with exclusive shopping and dining, a Publix grocery market, private schools, a University, resort pools, fitness center and sports fields, a dog park and playgrounds. With move-in ready homes, models with over 40-floor plans to choose from and prices ranging from the \$100s to over \$500s, it's clear why people are interested in building a new life in Ave Maria.



Ave Maria has great outdoor spaces, and what's key, is the fact that it's not overly developed or as busy as some nearby communities. Settled in Collier County, Ave Maria is one of the newest communities with award-winning amenities. For those individuals lucky enough to live here, they will experience the best of both worlds.

State-of-the-art entertainment is just a short 30minute drive away to Naples, and they reside in the quiet neighborly hometown, where kids can safely play in the water park, and grown-ups ride their bikes to the coffee shop or walk to fabulous restaurants for dinner. And if you're looking for some modern flair, Miami is just a quick 2-hour drive away.

### **How Do I Get There?**

From I-75 south take Exit 111, and then make a left/east on Immokalee Road (County Road 846). Proceed 10 miles to Oil Well Road (County Road 858). Turn right on Oil Well Road to Ave Maria.



5076 Annunciation Circle #104, Ave Maria • AveMaria.com • 239-352-3903 Take I-75 to Exit 111, follow the signs to Ave Maria Town Center



# YOUR IMMUNE SYSTEM AND THE CORONAVIRUS

By Dr. Dipnarine Maharaj MD, FACP, and Vineet Polineni, B.Sc.

re you concerned about the coronavirus? Experts have deemed the novel coronavirus to be a major threat to public health. However, there is another virus that infects and kills even more every year. Seasonal influenza infects millions and kills over ten thousand people in the U.S. every season. With younger people dying from viral infections every year, it is important to measure and strengthen your immune system so that you are prepared for both seasonal and novel viral infections.

As of March 19th, 2020, there are now over 550,000 confirmed cases of the Coronavirus globally, with over 80,000 cases and 1,300 deaths in the United States, numbers that are growing daily.1 With the incidence of coronavirus developing rapidly every day, we see that the demographics of the most serious cases and fatalities of these patients in the U.S. and globally have similar profiles. Often, they are adults over the age of 65, with underlying diseases and immune dysfunction that occur due to immune senescence, which refers to the gradual decline of the immune system as we get older. However, there have also been cases of young, seemingly healthy victims, which are causing many to rethink the root causes of death in those that contract the virus. Based upon the research that has been conducted on previous coronavirus outbreaks, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS), the Covid-19 deaths of seemingly healthy and older victims alike can be indicative of underlying immune system dysfunction.

Imbalances and dysfunction in your immune system can place you at higher risk of serious infection from the coronavirus. Research has shown that patients with SARS have significantly lower natural kill cell counts and function compared to patients with less severe infections and healthy controls.<sup>2</sup> Natural killer cells, along with B cells and T cells, are one of the main pillars of your immune system that are used to fight infections and serious illness. When these cells are dysfunctional, your body's ability to combat the infection and restore normal function is diminished, placing you at risk of serious infection or even death.

In addition to the coronavirus which has captured the media's attention as it has spread throughout the world, we are also neglecting to take appropriate measures to protect ourselves from the flu, which is even more widespread. According to the CDC, the 2019-2020 seasonal influenza has already caused over 29 million illnesses and 16,000 deaths in the U.S. alone.<sup>3</sup> The World Health Organization estimates that every year, the flu leads to 3 to 5 million cases of serious illness and 290,000 to 650,000 respiratory deaths.<sup>4</sup>

What can we do to protect ourselves from contracting viral infections? There are many everyday approaches that can be taken to keep ourselves healthy, such as washing our hands regularly and practicing respiratory hygiene by covering our mouth and nose after coughing or sneezing. It is also important to get the seasonal flu vaccine as well. Although there isn't a similar vaccine for the coronavirus, researchers are actively working to create one.

While vaccines are vital in increasing our resistance to viral infections, they are only part of the solution. According to a study published in *Pediatrics* in 2017, the overall vaccine effectiveness against death in healthy children was 65% (95% confidence interval, 47% to 78%); however it was just 51% (95% confidence interval, 3% to 67%) in children with high-risk conditions.<sup>5</sup> Along with young children and those with pre-existing conditions, adults aged 65 and older are in the high-risk group which is likely to experience serious flu-related complications.<sup>6</sup> Vaccine effectiveness in older adults ranges from 14% to 62% depending on the viral strain <sup>7</sup>

Therefore, what is the missing piece of the puzzle when you have taken all the steps to protect yourself, yet still may be at significant risk of contracting a viral infection? The answer is a compromised immune system. Previous research has shown that natural killer cells are a crucial part of the body's immune response to fight the flu and other serious infections. Immune system dysfunction can place you at higher risk of being affected by the coronavirus, but you may be at similar or even greater risk of contracting the flu, which affects many more people every year!



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

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Here at the Maharaj Institute of Immune Regenerative Medicine, you can have your immune system measured to get a precise understanding of your immune health and the risk that you may have of contracting serious infections. The Immune Panel that you will receive looks at your peripheral blood and specifically your innate and adaptive immune system at a much more detailed level than standard blood tests, with focus on the three main pillars of your immune system: the B cells, T cells, and Natural Killer cells. After you have done so, you can take steps to work on your immune system to better protect yourself against viral infections.

### WHAT DOES WORKING ON YOUR IMMUNE SYSTEM MEAN?

- 1. If you have a healthy immune system, we can mobilize, collect, and cryogenically store your stem cells and immune cells in case you experience significant illness or infection at a later date. At that point, your younger, healthier immune system can be reinstated, to help combat the illness or infection. Additionally, using your own banked immune system means that you can be sure that there is little to no risk of rejection or infection.
- 2. If we measure your immune system and it reveals dysfunction in any of the three main pillars, the B cells, T cells, and Natural Killer cells, you can receive personalized, precision based treatment at the Institute. This treatment mobilizes your stem cells to move out of the bone marrow, into the peripheral blood stream, from where they will repair the immune system, reduce inflammation and repair damaged tissue. This will get your immune function back on track, so that it can naturally fight off infections.

This occurred for a 22 year old patient who came to the Institute with chronic infections that caused her to experience brain fog, recurrent sinus infections, colds, fatigue, bloating and constipation. Measurement of her immune system revealed significant immune dysfunction and poor natural killer cell function. The patient started receiving treatment at the Institute which boosted her immune system and improved her natural killer cell function. Her condition improved and she experienced improved memory, concentration, and energy, with no recurrence of her brain fog or chronic infections.

The recent outbreak of coronavirus and the underlying causes of death are still being heavily researched, but established research shows us that immune dysfunction plays a central role in this process. Along with coronavirus, seasonal influenza affects millions every year causing serious infection and death. Your immune health is vital to reducing your risk of serious infection from both novel and seasonal viruses and as a component of your overall health. Therefore, the importance of measuring your immune system and taking steps to improve or maintain your immune system function cannot be understated.



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Medical Director
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FRCP (Edin.), FRCP (Glasg.), FRCPath., FACP

# 'REGENERATE YOUR IMMUNE SYSTEM TO MAINTAIN HEALTH'

### ASK US ABOUT MEASURING YOUR IMMUNE SYSTEM

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

### For more information:

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

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# Parkinson's Disease: Long-term Choices

arkinson's is a complex condition that progresses over the years, and to date, has no cure. It is a neurodegenerative disease that wreaks havoc on the brain, which in turn interferes with the body's fine motor skills. The brain's neurons (nerve cells) are what create dopamine and the deterioration of this process is the cause of Parkinson's disease.

In Parkinson's patients, the dopamine chemical production is slowed down and over time it can be completely diminished. Some of the first symptoms of early Parkinson's' disease are impaired sense of smell, constipation and sleep disorders. These early signs are found in the medulla and the enteric region of the brain. Some patients will have diminished voices, develop rigid muscles and show little to no expression on their faces within the middle stages of the disease.

As the disease progresses, it eventually reaches the substantia nigra region of the brain, which controls the bodies movements. Once this stage is reached, patients have a difficult time controlling their bodily functions, and they develop tremors and have jarring irrepressible movements.

Because there is no cure, the main treatments are given through traditional pharmaceutical medications, which are available to slow down the disease's development. Many of these drugs increase the dopamine in the brain, and in some cases, replaces the dopamine alto-

Along with medication management, physical therapy for balance and stretching is helpful. Occupational Therapy is critical to help the individual maintain and relearn how to perform daily activities. Speech pathology is also very effective in maintaining and improving speech related issues that the disease so commonly causes.

### **Making Long-Term Choices**

When it becomes taxing to live alone or care for your loved one, there are difficult choices to make about your future. Considering an assisted living facility can be overwhelming. How do you know if you're making the right choice?

All facilities are not equal, and that is particularly the case with Trinity Springs, because they have set themselves above the average facility. How are the different? Newly renovated and teeming with luxury, Trinity's is a faith-based senior living community, where good things come in threes.



They offer three levels of living, Independent, Assisted and Memory Care. This allows individuals and couples to live freely and then move up in levels as their care needs change.

Residents of their maintenance-free independent living neighborhood will have the freedom and time to do the things they want to do, not the things they have to do. The convenient Oxford location will make it easy to drop by The Villages®, FL, for dinner or a show, attend church services, pick up fresh veggies at the farmers market or taste local vintage wines at nearby wineries.

They have 107 assisted living apartments, which are designed to meet the needs of residents who need a bit of extra support during their daily lives. Their highly trained, compassionate personal care team will be on duty 24 hours a day, seven days a week, to assist with dressing, bathing, toileting, grooming, eating, walking, taking medications. and all other activities of daily living, based on your personal service level.

Their compassionate, experienced memory care team members are specially trained to care for those with Alzheimer's disease, dementia or other forms

of neurodegenerative disorders. Programs and activities are designed to meet each individual's capabilities, needs and preferences while providing meaningful interactions and experiences. Their assisted living memory care environment is designed to be safe, secure and engaging. Both indoor and outdoor spaces offer an atmosphere in which residents can live their best lives.

Trinity Springs is a nonprofit senior living community from Cassia, a national leader in senior housing and healthcare. They're an inclusive community conveniently located in a serene environment.

To find out more, please schedule your tour today.



12120 Co. Rd. 103 | Oxford, FL 34484 🕒 🛵 😯



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

## FLORIDA DEPARTMENT OF ELDER AFFAIRS SHARES **GUIDANCE WITH SENIORS TO PROTECT AGAINST MEDICARE FRAUD DURING COVID-19**

The Florida Department of Elder Affairs' SHINE Program issued guidance to the state's more than 5.5 million elders on how to protect yourself against Medicare fraud as the state responds to COVID-19. "Medicare provides some easy-to-use and preventive measures you or your loved ones may wish to use to help avoid identity theft and other potential seams as our state responds to COVID-19," said FDOEA Secretary Richard Prudom. "We encourage all seniors to heed this guidance, including protecting your Medicare number and not giving out your Medicare card to anyone except your doctor or those you know should have it. These suggestions are beneficial for any possible fraud. I also encourage seniors to visit the Centers for Medicare and Medicaid Services dedicated COVID-19 webpage at https://www.medicare.gov/medicare-coronavirus."

### Keep this list in mind to help prevent Medicare

- DO protect your Medicare number and treat your Medicare card like it's a credit card.
- DO review your Medicare claims for errors and problems, including things like fake charges, double billing or other fraudulent activity, waste or abuse.
- DO visit medicare.gov/fraud to learn more about how you can protect yourself from Medicare fraud.
- DON'T give your Medicare card or Medicare number to anyone except your doctor or people you know should have it.

### Other ways Medicare is helping:

Every day, Medicare is responsible for developing and enforcing the essential health and safety requirements that health care providers must meet. When you go to a healthcare provider, you expect a certain standard of



care, and we work to make sure you get it. That includes taking the following additional steps in response to coronavirus:

- Establishing new codes to allow providers to correctly bill for services related to diagnosis and treatment of the illness.
- Instructing our national network of State Survey Agencies and Accrediting Organizations to focus all their efforts on infection prevention and other cases of abuse and neglect in nursing homes and hospitals.
- Instructing nursing homes and hospitals to review their infection control procedures, which they're required to maintain at all times.
- Issuing important guidance answering questions that nursing homes may have with respect to addressing cases of COVID-19

### Reporting Medicare Fraud

If you think you may have spotted fraud, you should report it right away. No matter how minimal the information you share is, it could be the missing piece to stopping the next fraud scheme. If you are a victim of fraud, know that you won't be penalized or lose your coverage for reporting it. Even if you are not a victim, it's important to report any fraud scams you encounter to Medicare. Report suspected fraud by calling 1-800-96-ELDER or visit www.floridashine.org and click on the Contact Us tab at the top of the page.



# DO YOU HAVE NEUROPATHY?

## How Alternative Medicine is Helping to TREAT the Disorder

iabetic 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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### THE IMPORTANCE OF PROPER

# HAND HYGIENE

Dr. Dariano, D.O.

Experts across the United States recommend hand washing as one of the most effective ways of stopping the spread of COVID-19.

We're sharing this information from the Centers for Disease Control and Prevention (CDC) so you will know the proper technique.

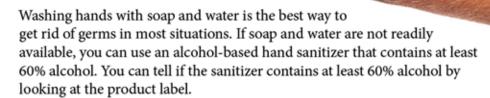
Hand washing is recommended during the following key times when you are likely to spread or come into contact with germs:

- · Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick
- · Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals. Follow these five steps every time you wash your hands to ensure they are cleaned properly:

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- · Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.



Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not get rid of all types of germs and are not recommended when hands are visibly dirty.

When using hand sanitizer:

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds. Do not wipe the gel off your hands, allow it to dry naturally.



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# How Your Gut Health Influences Your Immune System

By Bo Martinsen, MD

#### Experts saw this pandemic coming.

Already in the 1990s – and throughout the last two decades – scientists repeatedly warned us about the increasing likelihood of global pandemics.

Now that COVID-19 has arrived, many efforts feel like too little, too late. But there are still things that we can do to mitigate damage. One of them includes mobilizing "specialized forces" that are key to resisting, surviving, and recovering from infections.

I am talking about the microbiome.

#### How Does Gut Health Affect the Immune System?

One of the most astounding recent developments in medicine is the notion that our gut bacteria (also known as the microbiome) control our immune system and susceptibility to chronic illnesses.

But the microbiome also influences our vulnerability to infection.

Starting from birth, our gut bacteria develop a fascinating collaboration with our immune cells. When harmful pathogens make their way into our digestive system, our gut bacteria are at the frontlines. They combat pathogenic bacteria and viruses by competing with them for nutrients and adhesion sites, releasing toxins to prevent these bad actors from taking hold, and by signaling our immune cells into action.

### What Is Dysbiosis?

Because of this relationship between the immune cells and our microbiome, it's critical to foster a varied, healthy composition of bacteria throughout life. It comes as no surprise that dysbiosis — or having a poor microbial balance — is linked to most illnesses and health outcomes.

The two highest risk factors for dying from infections are advanced age and having a pre-existing, poorly controlled chronic illness. In both of these scenarios, dysbiosis plays a role.

#### How to Improve Our Gut Health

While we can't change our age, we can certainly improve gut health through a variety of means:

### **Eating a Balanced Diet**

There is an old saying that we are what we eat. And if you consider what diet does to the microbiome, this makes sense: We harbor the types of bacteria that favor our food and lifestyle.

Western diets – which are typically low in fiber and saturated with refined sugars and the wrong kinds of fats – are especially appreciated by bacteria that send out inflammation-stimulating and intestinal-wall destroying substances. When we consume these kinds of diets, it nourishes these inflammation-driving bacteria at the expense of our ally microbes.

The consequence is that the immune system is already over-challenged and worn out, with little ability to fight new infections from pathogenic viruses or bacteria.

Poor nutrition status is almost always linked to poor health outcomes for any disease. While history has repeatedly acknowledged the importance of getting the right nutrients, it is disheartening that we have developed a society that frequently undermines this fact. Even in hospitals, where people are most at risk and need the highest quality diet, patients are typically offered poor-quality, pro-inflammatory foods.

Numerous studies are now exploring the role of probiotics for restoring a healthy microbiome. But perhaps most important of all is increasing our intake of beneficial fibers from whole foods like oats, nuts, lentils, beans, fruits, and vegetables.

Additionally, getting enough omega-3s is also important for maintaining a good balance of gut bacteria.

### Having a Healthier Lifestyle

The health of our microbiome is not just die t-dependent. Lifestyle factors – like exercise and exposure to sunshine – also have positive microbiome-regulating abilities. For instance, studies in humans and mice show that aerobic exercise can increase microbial diversity in the gut.

In contrast, behaviors like smoking, drinking alcohol, and unnecessary antibiotic use are associated with poor microbial health. An estimated 30% of antibiotics given to children are not medically necessary. This is especially disturbing since antibiotic misuse can have long-term negative effects on the microbiome.

### **Getting Enough Sleep**

Sleep is another lifestyle factor that has a profound effect on our resident bacteria. Studies reveal that changes in our sleep pattern (as well as sleep deprivation) can disturb the diversity and composition of our microbiome. This connection could partly explain why health care workers who work night shifts are more susceptible to respiratory infections than those who do not work during the night.

Mice studies indicate that melatonin supplementation also increases microbial diversity and promotes a healthier balance of gut bacteria. This connection has led scientists to theorize that the beneficial effects of melatonin may be partially due to this molecule's microbiome-regulating abilities.

For the full article and references, please visit: https://omega3innovations.com/blog/how-your-gut-health-influences-your-immune-system/

### About Bo Martinsen, MD

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



Call us at 941.485.4400 www.omega3innovations.com



# **Rotator Cuff Injuries: How Physical Therapy Can Help**

ere 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

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.

1. Geary MB, Elfar JC. Rotator cuff tears in the elderly patients. Geriatr Orthop Surg Rehabil. 2015;6(3):220-4. doi:10.1177/2151458515583895

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



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# 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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# **HIP REPLACEMENT SURGERY**

By Dr. J. Mandume Kerina

ip 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.

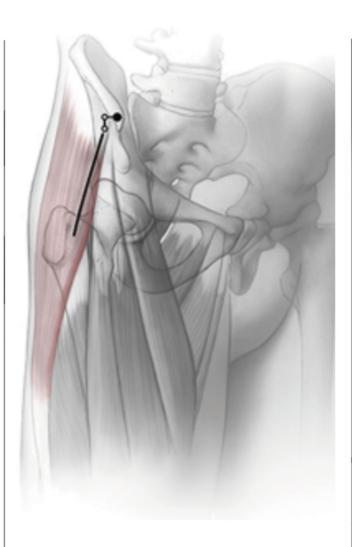


Figure 1: Incision for direct anterior approach-right hip

### 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.

# JUNOVA HIP&KNEE **CENTER**

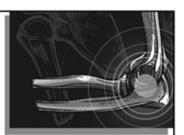
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# WHY DO SO MANY PATIENTS TRUST COMPTON CHIROPRACTIC CARE? THEIR STORIES MIGHT HELP YOU!

By Compton Chiropractic Care

hen 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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- · Personalized Therapy Treatments
- Patients Are Our Number One Priority
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No matter what type of care you need, if you live in The Villages, you can rest assured that you will receive superior care at the Compton Chiropractic Center. Please call today, to schedule your appointment.



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- Humana
- · United Health Care plans
- · Personal Injury

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## How Compression Devices Can Help Your Circulation and Much More

neumatic Compression Pump Treatment is an innovative treatment that has helped numerous individuals that struggle with lymphatic fluid retention, venous insufficiency, and also non healing wounds, which are traditionally caused by the neuropathy associated with diabetes.

#### Lymphedema

Lymphedema is a build-up of lymphatic fluid throughout the body, and it is usually a secondary issue that arises after cancer treatment or lymph node removal, as well as a critical indicator for individuals that an illness or adverse reaction is occurring in their bodies. Women are more susceptible to the disorder and often are unfortunately underdiagnosed or misdiagnosed altogether.

Lymphedema can cause physical debilitations and physiological distress. It is a threatening disorder that needs to be treated by a certified lymphatic therapist, who is trained to properly massage the body and lymph nodes to remove the excess fluid safely. However, it can also be treated with pneumatic compression pump treatment.

#### Diabetic Ulcers-Wound Care

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening. These small sores go undetected due to the lack of feeling. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

Results From Treatment With Intermittent Pneumatic Compression Devices



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#### Venous Insufficiency

The most severe cause of swollen legs is Heart Failure. While there are several types of heart failure, the primary concern is that the heart cannot pump blood and oxygen efficiently throughout the body. The heart becomes enlarged due to its overcompensation of trying to adequately pump. The muscle mass of the heart thickens, and the heart tries to beat as fast as possible to keep up with its demand. Because the blood vessels narrow to try and compensate for the heart lack of ability to supply blood, the narrowing causes severe swelling in the legs and feet.

### **Pneumatic Gradient Compression Devices**

These devices wrap around the patients limbs or can also cover the entire lower region. Air is used to fill the compression wrap to provide pressure in specific

areas. This helps to regulate circulation and therefore is advantageous for venous insufficiency, non-healing ulcers and lymphedema. The wrap is usually worn for a specified period of time each day to increase healing and improve overall health.

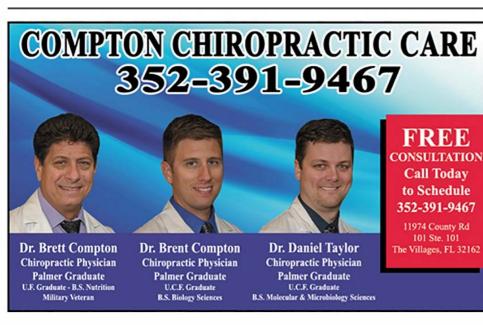
In a recent study on pneumatic compression devices, the outcomes were as follows: Chronic wounds present a significant challenge, because there are few available treatment options for timely healing. Pneumatic compression devices have been used in a number of different types of wounds, including chronic wounds. They are believed to hasten wound healing by maintaining a moist environment, removing wound exudates, increasing local blood flow, increasing granulation tissue formation, applying mechanical pressure to promote wound closure, and reducing bacterial loads in the wound. Multiple nonrandomized, noncontrolled studies have reported that the use of these devices results in faster healing times and more successful closures. Five small randomized, controlled trials have also shown favorable outcomes with the use of pneumatic compression devices compared with conventional treatment, such as diuretics, diet modifications and compression stockings.1

To find out more, contact Lester James with Progressive Wound Solutions.



239-249-1710

1. M. Shirakawa, JAMA Network, Topical Negative Pressure Devices Use for Enhancement of Healing Chronic Wounds Arch Dermatol. 2005;141(11):1449-1453. doi:10.1001/archderm.141.11.1449







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state 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, easyto-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.



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

Submitted by Cornerstone Hospice and Palliative Care

early 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 90year-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.



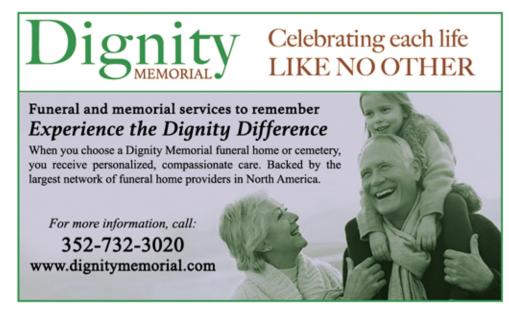
Cornerstone Hospice volunteer Retired Col. Paul Farineau salutes Charles Mellott at a Cornerstone SALUTES! ceremony. Cornerstone's veteran volunteers provide honorees with a certificate, a commemorative pin and a salute to thank veterans for their service to our country.

"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 communityowned 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





Your end-of-year tax deductible donation may be designated to honor or memorialize a loved one who has gone before. It's easy to help us fulfill our promise by donating securely online at CornerstoneHospice.org.



866-742-6655 cshospice.org



# When You Are At Your Wits End

By Pastor Timothy Neptune

ave 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:

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

There 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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-Neil Breitenbach, Patient & Cancer Fighter

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