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Health & Wellness[®] MAGAZINE

May 2020

Marion Edition - Monthly

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WIC's state-of-the-art facility offers a full spectrum of women's screening and diagnostic services, including breast tomosynthesis, also known as 3D mammography, the most detailed routine breast cancer screening exam for exceptional accuracy. When a screening mammogram produces questions, WIC also offers important follow-up testing such as breast MRI and ultrasound, and image-guided breast biopsy, which is often scheduled timely to get answers fast. Our caring staff is at the ready to assist you through every step, for better understanding and exceptional support.

WIC's team of highly experienced radiologists subspecialize in women's imaging, meaning they have additional years of training in their specific fields. Overseen by Medical Director Dr. Amanda Aulls, every screening and test is performed with the utmost empathy and respect, and all images are read in-house by WIC specializing radiologists, Dr. Fredric Wollett, Dr. Malcolm Williamson, Dr. Ryan Tompkins, Dr. Brian Cartwright, Dr. Luis Jimenez and Dr. Alexander Quiroz, who have long-standing relationships with referring clinicians throughout the region, for rapid consultation and collaboration whenever necessary.

In addition to comprehensive breast cancer testing, WIC also offers pelvic ultrasound, a radiation-free noninvasive exam of the uterus, cervix, ovaries and other structures to diagnose disease and dysfunction quickly, safely and painlessly, and DEXA bone densitometry to capture osteoporosis and monitor its progress, and help provide protection from fracture.



It is important to note that WIC maintains ongoing accreditation from the American College of Radiology, ensuring the highest level of safety and accuracy in breast ultrasound, stereotactic breast biopsy, MRI and other women's diagnostic procedures. WIC's standard of care have designated it a Breast Imaging Center of Excellence by the American College of Radiology, an honor given to very few regional women's diagnostic centers.

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*ACR Accredited Breast Imaging Centers of Excellence:
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Pacifica Senior Living:

Dedicated to The Safety of Their Communities

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

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

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

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

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



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

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

Additional cleaning protocols include:

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

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

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

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

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



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CLINICAL TRIALS

No other field of medicine is changing as rapidly as oncology. Over the past decade, literally dozens of new medicines and new approaches for treating cancer have been developed, and this has resulted in many more people surviving cancer than ever before. According to the National Cancer Institute, in 2020, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer. Some of the reasons cancer survival rates have dramatically increased can be linked directly to such things as improvements in early detection methods, more advanced therapies, and genetic research and clinical trials, which are responsible for developing more effective drugs.

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? In some instances, it is because clinical trials are misunderstood and patients may fear being “a guinea pig.” In clinical trials for a life-threatening disease like cancer, no one who participates in a clinical trial is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

Debunking the Myths

Aside from the misunderstanding about being a guinea pig, patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.

All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer ... then in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.



Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, there are many hundreds of promising new cancer drugs and therapies currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists (FCS) is a recipient of the national ASCO Clinical Trial Participation Award and a strategic partner of the Sarah Cannon Research Institute, one of the largest clinical trial organizations in the U.S. As such, FCS offers access to more national clinical trials than any other private oncology practice in Florida ... and, if you qualify to participate in a clinical trial, you can do so in the comfort and convenience of your local FCS cancer center.

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

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

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Telehealth is now available for new and existing patients. Dr. Freeman is providing dermatology care from the comfort of your home. Skip waiting in our lobby and see one of our providers via your smartphone, tablet or computer.

Telehealth Visit Information:

New and established patients can connect with us for routine office visits and consultations. You can receive a diagnosis, treatment plan, and prescription electronically submitted to your pharmacy – all through a virtual dermatology visit!

How to Get Started:

Option # 1

Go to the following link to request your telehealth visit: <https://go.intellitriage.com/200935296226962>

Option #2

Schedule Your Appointment by phone:

Please call us at (352) 732-7779 to book your Telehealth appointment at a specific date and time with your selected provider.

Upon scheduling your Telehealth appointment, you will receive an email from us with a link to download our Pocket Patient app with complete instructions.

At the scheduled time of your Telehealth appointment, you will receive an email with a link to access your Telehealth session.

TELEHEALTH Q&A

Q: What type of appointments can be performed using Telehealth?

A: Ideal issues to be addressed using Telehealth include cases of acne, rosacea, eczema, psoriasis, skin discoloration, rashes, spot checks, wound checks, and itchy skin. Urgent medical and surgical appointments must still be scheduled for an in-person appointment. If you have an emergency, call 911.

Q: Can minors participate in Telehealth?

A: All Telehealth patients need to have their own unique email address, so as long as that's the case, they can participate. A parent or guardian must be present for all Telehealth visits at this time.



Q: Can I choose which doctor I want to see via Telehealth?

A: You may schedule your Telehealth appointment with the physician or provider of your choice.

Q: What if I need to cancel?

A: Call our office immediately if you need to cancel or reschedule.

Q: Who should I call if my provider is not available at my scheduled appointment time?

A: If you allow push notifications on your device for the PocketPatient application, you should expect both a pop-up notification & email when your provider has initiated the meeting. Once the provider initiates your video visit, the link will expire within 10 minutes if you do not join in. Please be sure to connect when you receive your notification. Call (352) 732-7779 (Ocala office) or (352) 750-6946 (Villages office) if you experience any difficulties.

Q: What type of device can I use for a Telehealth appointment?

A: Telehealth visits can be conducted through the PocketPatient app on your iPhone (iOS 11 or newer), Android (Android 7 or newer), or web browser (Chrome v46 or newer; Mozilla Firefox v42 or newer).

Q: Are there any additional resources to help?

A: Yes! PocketPatient has created some useful videos to help explain the process more visually.

Dr. Freeman has instructional video's online if you need assistance. You can also call and the office staff can help. <https://www.docfreeman.com/blog/telehealth-appointments>

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- Eczema
- Shingles
- Fungal Infections
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- Mole Removal
- Actinic keratosis
- Skin cancer screening

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Michael J. Freeman, M.D., PA

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

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

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

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

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STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

There are two bladder abnormalities that are associated with UI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

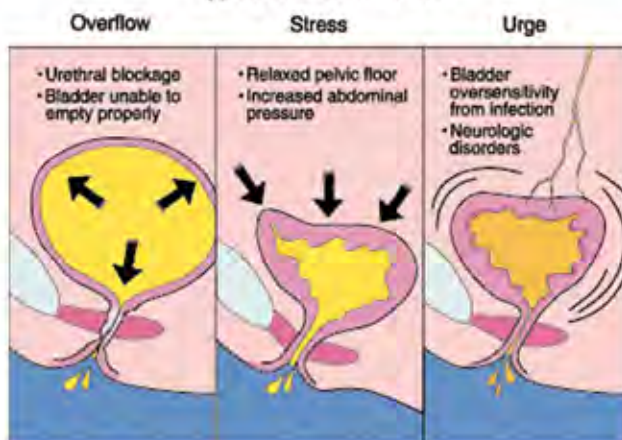
- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.

Types of Incontinence



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Overwhelmed by Anxiety? Consider Ketamine.

By Eric Milbrandt, MD, MPH

Occasional anxiety is part of life. Many feel anxious when faced with a new project at work, before taking a test, or when making important decisions. I felt anxiety as the deadline approached to write this article. This type of anxiety can be unpleasant, but it may motivate you to work harder and to do a better job. Anxiety disorders, however, involve more than temporary worry, stress, or fear. For those with an anxiety disorder, the anxiety does not go away and often gets worse over time. The presence of an anxiety disorder is a risk factor for the development of other anxiety and mood disorders, substance abuse, and risk of suicide. The symptoms can interfere with daily activities such as job performance, school work, and relationships.

Anxiety disorders are some of the most common psychiatric conditions in the western world. In the United States, as many as one in five persons are affected. There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, and various phobia-related disorders. People with generalized anxiety disorder (GAD) display excessive anxiety or worry most days of the week about a variety of things, such as health, work, social interactions, and life circumstances. Symptoms include:

- Feeling restless, wound-up, or on-edge
- Being irritable
- Having difficulty concentrating
- Difficulty controlling feelings of worry
- Sleep problems
- Being easily fatigued
- Muscle tension

Panic disorder is the presence of recurrent unexpected panic attacks. Panic attacks are sudden periods of intense fear that come on quickly and reach their peak within minutes. Attacks can occur unexpectedly or can be brought on by a trigger, such as a feared object or situation. People with panic disorder often worry about when the next attack will happen and try to prevent future attacks by avoiding places, situations, or behaviors they associate with panic attacks. Symptoms of a panic attack include:

- Rapid, pounding heartbeat
- Sweating
- Trembling or shaking
- Feelings of shortness of breath, smothering, or choking
- A sense of impending doom
- Dry mouth
- Feeling out of control



A **phobia** is an intense fear of specific objects or situations. While it may be appropriate to be fearful in certain circumstances, the fear felt with a phobia is out of proportion to the actual danger posed by the object or situation. Common phobias are fear of flying, heights, snakes, needles, and blood. **Social anxiety disorder** involves an intense fear of social or performance situations. Those affected fear being negatively judged by or embarrassed in front of others. People with **agoraphobia** have an intense fear of public transportation, open spaces, enclosed spaces, crowds, or being alone outside the home.

What to do about anxiety?

There are a variety of treatment options for anxiety disorders. For some, medical treatment isn't necessary at all. Non-drug **lifestyle changes** can be an effective way to relieve stress and anxiety. These primarily involve self-care, such as:

- Getting enough sleep
- Avoiding caffeine, alcohol, and tobacco
- Exercising
- Meditating
- Eating a healthy diet

When lifestyle changes alone are not enough, treatment then falls into two additional categories, **psychotherapy** ("talk therapy") and **medication**. Working with a therapist, psychologist, or psychiatrist, people can learn tools and strategies to deal with anxiety as it occurs. One such example is cognitive behavioral therapy (CBT), which teaches people different ways of thinking, behaving, and reacting to anxiety-producing events.

Medications used to treat anxiety include antidepressants, benzodiazepines, and beta-blockers. Antidepressants take time to work, so it is important to give the medication a chance before deciding whether it works. In some people, antidepressants initially make anxiety worse before the brain gets used to their long-term calming effects. Benzodiazepines, such as Xanax or Klonopin, work quickly to control anxiety. However, benzodiazepine tolerance is common, and people often need ever increasing doses or become dependent on them. Beta-blockers are medications that reduce the physical feeling of anxiety by blocking the effects of adrenaline, thereby reducing heart rate, sweating, and tremor associated with anxiety-provoking events. Beta-blockers are particularly helpful in performance situations, such as public speaking.

Recently, two additional treatments for anxiety disorders are becoming popular, especially for those that fail to improve with lifestyle changes, counseling, and medication. **Cranial Electrotherapy Stimulation (CES)**



uses a small handheld device, such as Alpha-Stim, that delivers low-level electrical current via electrode clips that are applied to the earlobes. It can be effective for a variety of acute and chronic stress conditions.

Low-dose ketamine infusions, such as those provided by The Infusion Clinic of Ocala, can be valuable and highly effective for treating resistant cases of anxiety, depression, and PTSD. Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose ketamine has been used safely for that purpose in children, adults, and animals for decades. About 15 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant mood disorders, including anxiety disorders. Since then, studies have proven conclusively that the drug not only works but works quickly, providing significant and lasting relief within hours of the first infusion.

You can find out more about ketamine in the January issue of Health & Wellness Magazine (<https://tinyurl.com/y7sursfq>), online at <https://www.infusionclinicocala.com>, or by calling The Infusion Clinic of Ocala at (352) 325-5755.



THE INFUSION CLINIC
OF OCALA

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

3 Myths About Melatonin, Debunked

By Anne-Marie Chalmers, MD

In the last year, there's been a massive surge in the number of consumers buying melatonin to help with their sleep problems. But with that increase comes a lot of misinformation, too.

Let's tackle three of the most common myths about this supplement's safety record and effects.

What Is Melatonin?

Found in almost every living organism on earth, melatonin is one of the most ubiquitous molecules in nature.

In a nutshell, melatonin regulates sleep, but there's so much more to it: One of melatonin's key functions is to modulate our circadian rhythm by lowering brain temperature and boosting tiredness during periods of darkness. It also regulates blood pressure, thermoregulation, and glucose homeostasis.

The Importance of Melatonin Today

Technically classified as a hormone (just like vitamin D3), melatonin is partially emitted by a pea-sized organ in the brain called the pineal gland in response to darkness. But in the age of bright screens, city lights, and frequent night work, we're constantly disrupting the body's natural production of melatonin. Even a few seconds of exposure to bright light at night can inhibit its secretion.

This is a major concern since our biological clock depends on light and darkness. It's even estimated that about 10% of our genes are controlled by the circadian rhythm.

Myth #1: Melatonin Use Is Dangerous Because It's a Hormone

Although melatonin is classified as a hormone, it is not regulated by blood values (like testosterone or estrogen). Simply being in darkness or eating certain foods naturally increases the secretion of melatonin.

Refusing to take melatonin – just because it is classified as a hormone – doesn't make much sense. If that were the case, there would be a long list of melatonin-containing foods to avoid, including fish, eggs, nuts, many kinds of vegetables and fruits, and even extra virgin olive oil.

With that said, there are some questions about whether melatonin has a physiological effect on the sexual maturation of teenagers. The impact of melatonin supplementation on the onset of puberty in people is still unclear. With just three studies on the topic to date, it's hard to draw any conclusions at this time.

Myth #2: Your Brain Will Become Desensitized to Melatonin

Unlike many prescription sleep medications, you are highly unlikely to become dependent on melatonin.

Researchers have consistently found that melatonin has a low rebound rate and no withdrawal symptoms, meaning that patients rarely experience adverse effects after they stop using it. Similarly, in a long-term study published in 2018, researchers found that the sleep quality of children who discontinued melatonin use did not deviate from controls.

There are some studies that show melatonin may have a reduced effect on sleep parameters after 6-12 months of routine use. In these cases, simply taking a short break (or temporarily reducing your melatonin dosage) appears to improve effectiveness again.

Myth #3: Only People with Sleep Problems Need Melatonin

The role of melatonin extends far beyond sleep. Scientists are exploring melatonin's impact on a wide range of conditions, including cancer therapy, cardiovascular disease, anxiety and depression, and neurological disorders like traumatic brain injuries and Alzheimer's disease.

There's simply too much research to highlight everything in a single article. So let me briefly touch on the potential effects of melatonin for the aging brain:

Besides regulating our circadian rhythm, melatonin is one of nature's best antioxidants, helping to protect the brain from oxidative stress through its action on MT3 receptors. Because of this antioxidant function, there has been a substantial amount of research on the neuroprotective benefits of melatonin (particularly for Alzheimer's disease) over the last 20 years.

The body's natural melatonin production dramatically decreases with age, and lower melatonin levels are considered a biomarker of aging. However, researchers have also found that Alzheimer's patients typically have lower levels of melatonin compared to age-matched controls, leading to a suspected connection between the two.

In animal models of Alzheimer's disease, researchers have found that melatonin may disrupt the production and accumulation of plaques and neurofibrillary tangles, both hallmarks of the disease. More promising, some studies have demonstrated that melatonin slowed the progression of Mild Cognitive Impairment (MCI) to Alzheimer's disease, and helped patients with Alzheimer's disease and MCI improve their cognitive and emotional performance.

While melatonin supplementation may only be effective for patients in the earliest stages of AD, more than one recent scientific review has concluded that melatonin could be a helpful adjunct to Alzheimer's disease therapy.

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

<https://omega3innovations.com/blog/6-common-myths-about-melatonin-debunked/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



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Masks and Hearing Aids

The Covid-19 pandemic not only poses a health risk for our entire population, it also increases the risk of losing hearing aids for those of us who wear masks.

Wearing a mask with behind the ear hearing aids certainly poses a new challenge. The removal of the mask can dislodge hearing aids. We suspect the ear loops on the masks are the cause of hearing aids to unknowingly come off the ear. While everyone is being mindful of handwashing and contact with others, hearing aids are probably the last thing on your mind when you are focused on getting in and out of public places safely and quickly. Since the use of a mask is now common, we have already received quite a few calls from patients who have lost hearing aids by wearing or removing a mask. This has resulted in our having placed more lost hearing aid insurance claims over the past month than ever before. Most of our patients are quarantining at home and have lost their hearing aids during a brief outing to the grocery store or to attend a doctor's appointment.

We are recommending that when you remove your mask, you should check that your hearing aids are still on your ears. Whether your mask is homemade or store-bought, the ties or straps may easily get hooked on your hearing aids and dislodge the devices. Make sure your hearing aids are still in place before you leave any location. You can also secure a mask by using an elastic or a band that fits around your head, not over your ears.



Thankfully, most hearing aids come with a warranty that includes repair and loss coverage and patients can usually have their lost hearing aids replaced easily. Always have your provider check with the manufacturer of your hearing aids to determine if you have replacement coverage available.

Also, the use of a mask has one unintended consequence: interfering with communication. Most of my audiology patients complain that they understand less if they are unable to watch the speaker's lips. Technically, it is not lipreading alone that facilitates communication but the listener's ability to view facial expressions. Speakers wearing a mask do not allow for someone to see half their face, the most important part to facilitate communication.

While masks are now a vital health care tool for many people, their use presents a new set of challenges for hard of hearing people, especially ones that depend upon hearing aids.

Only a fraction of English speech is visible on the lips, but that along with the listener's ability to integrate auditory information completes the communication cycle. For some hearing impaired, especially the elderly, looking at the speaker's face can make a huge difference. In today's society it seems normal for people to speak rapidly and not move their lips. People with a hearing loss often have difficulty understanding rapid speech without visual cues as well as the speakers on the television. About 15 percent of the adult American population reports having a hearing loss and a much smaller percentage of these use hearing devices to treat their hearing loss. With the likelihood that face masks will become part of our culture in the future, the need for audiological testing and, in many cases hearing aid use will become more prevalent.

Our world is very different today and we have to adapt to meet the new challenges that the world is currently presenting to us.

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Knee Pain is More Than Just a Knee Problem

Knee pain is a common complaint that causes individuals to seek medical care. It interferes with daily living and quality of life. Often times, people start self-medicating, with NSAIDs (Ibuprofen), which increases degeneration by reducing the body's ability to regenerate new cartilage. Prescription drugs can also worsen the knee damage, due to masking the symptoms. Most people think their knee pain is only a knee issue. In fact, many doctors will only look at and treat the knee, but this can be damaging for the patient's progress and outcome, as knee pain is usually much more involved systemically.



Dr. Pedro Orta sees many patients that have acute or chronic knee pain. Whether it's from injury or degenerative joint disease, his plan of action is much more involved, and he looks to get to the root cause of the individual's pain, and to help his patients avoid surgery if possible.

Dr. Pedro Orta sees many patients that have acute or chronic knee pain. Whether it's from injury or degenerative joint disease or a failed surgery, his plan of action is much more involved and gets to the root cause of the individual's pain.

Dr. Orta explains, "Most patients present with x-rays, MRIs, or other imaging tests. I use those to evaluate their pain along with multiple tests that look at the actual mechanics of their knee and surrounding areas. Our bodies work synergistically, so just because you have pain in a specific area doesn't mean that's where the problem originated.

"I do a full evaluation and look at the nerve supply from the spine down. I also test the function of muscles that connect from the hip/pelvis to the knee, as well as from the knee to the ankle/foot region. So, I check from the front to the back and top to bottom of the leg. I look to reset the function of muscles and reengage those muscles into proper form and function, as well as approaching from a nutritional perspective to increase optimal joint function.

Shockwave

"Once the cause of the pain is established, I use a multifactorial approach to assist the body in regeneration. One method is through shockwave. Shockwave is an acoustic/sound wave that carries high energy to painful spots and myoskeletal tissues with subacute, subchronic, and chronic conditions. The energy promotes regeneration and reparative processes of the bones, tendons, and other soft tissues.¹ Acoustic waves with high energy peak used in Shockwave therapy interact with tissue causing overall medical effects of accelerated tissue repair and cell growth, analgesia and mobility restoration.¹

It breaks up calcium, adhesions, reduces inflammation, induces blood vessel formation, and releases trigger points. A Russian study purported that in 95% cases shockwave therapy decreases the painful syndrome and also improves the function of knee joints.²



Custom Orthotics

"I also use customized orthotics from Sole Supports™, which are custom made for a patient to fit them perfectly via foot mold. MASS (Maximum Arch Support System) Posture Theory is used not to simply support weightbearing, but rather to calibrate the way the foot arch, position and posture work together. We walk around all day on hard surfaces, which cause our feet to collapse and cause knee joint shearing. This shearing then causes our IT (iliotibial) band and other muscles and tissues in the leg to tighten, and it affects the hips, back, neck, and shoulders.

Laser Therapy and Myofascial Release

"We also use class IV deep laser therapy, which encourages the regeneration of the tissues. This therapy allows the body to naturally heal itself by utilizing light energy, which stimulates deep tissue penetration, reduce inflammation, increase protein synthesis, increase ATP energy, and increases DNA replication. Laser and LED Light Therapy consists of a light-emitting device that can be utilized on many different parts of the body. Laser Therapy has been utilized for a number of inflammatory conditions such as arthritis, tendonitis, and sprains. The number of conditions that have been notably increased in the usage of this therapy includes wound management, shoulder and neck injuries, muscle and joint pain, as well as a long list of others. We also use deep myofascial release techniques, which is applying gentle sustained pressure into the myofascial connective tissue. It reduces pain, alleviates tension, and improves motion.

Biokinetic Reset

"With Biokinetic Reset we test different muscles that connect to the knee. It will show any weakening in the muscles, and then we can treat the area by activating the brainstem. The brainstem is stimulated to reset the brain's function and the communication with the area being treated. I recently saw a female patient that had suffered from foot drop for the past 30 years due to an accident. Her leg flopped when she walked due to this horrific injury and changed the way she walked for 30 years. After two weeks of Biokinetic Reset therapy, she

References

1. <https://www.shockwavetherapy.eu/subpage>
2. N.I. Sheveleva, L.S. Minbaeva, Shockwave Therapy for Knee Osteoarthritis, The Karaganda State University of Medicine, 4(10) 2014 [original article in Russian language]

started to regain her normal gait. Her trauma 'blew the fuse' in her brain and leg/foot communication. Biokinetic Reset is helping her muscles to remember how to connect. She is walking heel to toe.

PEMF

"We also use PEMF, which is specially designed electromagnetic impulses, called Pulsed Electro-Magnetic Field Therapy, are vital for the cell's ability to produce more energy and to maintain or regenerate to a healthy state. The human body contains approximately 100 trillion cells. Each of these cells relies on energy and ATP to correctly metabolize, communicate with other cells, and keep organs and tissues in a healthy state. Proper functioning and flow of oxygen and nutrients is key to keeping our cells vital. When these areas are inhibited, that's when fatigue, disorders, depleted immune systems, pain, and disease form in our bodies. PEMF helps to regenerate the tissues.

"Many patients have tried stem cells, which is fantastic, but it's an added benefit if done in combination with other therapies like those I've mentioned. The body responds best to multiple therapeutic treatments to reach optimal results. We incorporate nutritional and structural care to get to the root cause, and we see a very high number of cases that have remarkable results from our protocols.

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

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

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What Telemedicine Means for Florida

Telemedicine (also referred to as telehealth) has become the main medium for health-care workers that are able to do so. Telemedicine refers to the practice of caring for patients remotely when the provider and patient are not physically present with each other. Modern technology has let doctors to consult patients by using HIPAA compliant video-conferencing tools such as Zoom, TheraNest, and VSee. Allowing patients to continue on with their scheduled appointments remotely has also been a positive for those that do not find the experience comfortable. Telemedicine also allows patients, as well as doctors, to save themselves the commute to the office. This also allows doctors, specifically specialists, to potentially see new patients from across the state (or country for other fields) where they otherwise would have to travel long distances to do so. Patients who are homebound also now have many more options to choose from as they were previously limited to doctors who do home visitations.

Policies vary widely state by state but Florida has been lenient in allowing telemedicine to continue on until May 8th. With that in mind, many wonder if the state can take advantage of this new medium in the medical marijuana world especially given the unknown of when we will see normal everyday life start to return. Hopefully telemedicine will be implemented across the country, even in non-medical marijuana fields, as it has its clear advantages to both the doctor and patient.



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Quick Care Med Urgent Care is a Drive-Thru COVID-19 Testing Site (upon appointment only)

Quick Care Med has selected specific centers that are being utilized as drive-thru testing sites for COVID-19. However, patients must be examined virtually via their telemedicine platform, or determined to have specific symptoms associated with the novel coronavirus beforehand, in order to qualify for a test. Patients will also be asked to follow stringent protocol and CDC guidelines for their safety and the safety of others. For those patients that have the QCARD or would like to sign up for it, they have an option for a discounted screening.*

Quick Care Med is currently scheduling telemedicine drive-thru screening appointments for the COVID-19 Coronavirus. Dates are available by appointment only on certain days.

Here's how the process works in 3 easy steps:

1. **Schedule a telemedicine appointment first by visiting www.quickcaredmed.com/telemedicine/**
2. One of Quick Care Med's providers will see you via your computer, tablet or smartphone, to screen you for the COVID-19 Coronavirus and to determine eligibility for testing.
3. Scheduled patients will be tested at a specified clinic location drive-thru.

Your safety and wellness are Quick Care Med's number one priority. Please reach out to them at (844) 797-8425 if you have any questions, concerns or if you need assistance.

In addition to COVID-19, Quick Care Med is also seeing urgent care patients as usual, but ask that if you have a fever, cough or shortness of breath, that you schedule a telemedicine appointment. All patients are asked to wear a face covering when entering the building and the seating is arranged, so that all patients are kept at a safe distance from each other. Quick Care Med has also implemented even stricter disinfection protocols to keep their entire office and waiting area sanitized. Please be respectful of other people's personal space and keep your children close to you while in the waiting area and treatment rooms.



Why Choose Quick Care Med Urgent Care?

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

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

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

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

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

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

More information about the QCARD*

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

Who can benefit from the QCARD program?

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

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

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

To find out more about the QCARD program, please visit Quick Care Med online at quickcaredmed.com or stop in today.

To Schedule your Telemedicine appointment, please call (844) 797-8425, or visit, www.quickcaredmed.com/telemedicine/.

4 Locations in Ocala

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

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

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

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



HIP REPLACEMENT SURGERY

By Dr. J. Mandume Kerina

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

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

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



Figure 1:
Incision for direct anterior approach-right hip

Joint replacement should be considered when:

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

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

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To further explore the possibility of a total hip and knee replacement with **Dr. J. Mandume Kerina**, please contact UNOVA Health at:
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Chronic Pain:

Finding Relief with Physical Therapy & Manual Stretching

When chronic pain affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches, impaired mobility, and limitations on range of motion.

Chronic Pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

Over 116 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain just to name a few. Whether trauma or degenerative diseases have caused your pain, the consensus is usually the same; people want their pain to go away.

Physical therapy is the leading way to relieve pain and discomfort at its core for many individuals. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Arthritis

Arthritis is an inflammation of the joints. Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes



friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation. Most people may find that there is little to no relief with over the counter NSAID's like ibuprofen.

Physical therapy and manual stretching offer arthritic joints and sore surrounding tissues much needed relief and over time, the individual will see more and more improvement in their pain level.

Back Pain

Unfortunately, back pain affects up to 80% of individuals at some point in their lives. Studies show that for those who suffer from back pain, the symptoms often come in persistent, continuous episodes. This is why being proactive about physical therapy treatments and techniques can help to alleviate or lessen these intervals of pain.

For patients suffering from back pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along

with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Examples of Stretching Exercises to Relieve Pain

Hands: make a fist with the thumb on the outside and hold for 30 seconds. Open the hand abruptly with the fingers spread wide. Repeat six times.

Back: lying flat on your back, bring one leg in towards the chest with the leg bent. Put your arms or hands around the back of the bent leg and gently pull towards your chest. Switch legs and repeat 10 times.

Patient Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, mobility and communication is critical.

Physical 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.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.



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Releasing the Pain of Loss is the Beginning of Hope

Submitted by Hospice of Marion County

No one could have foretold the unfolding events of spring 2020. It is said the entire world is undergoing an experience of “collective grief.” We are grieving the loss of daily life as we knew it, the loss of jobs, the loss of schools, family gatherings, sports and art activities, and for so many, the death of loved ones.

As COVID-19 sweeps through our country cutting down people of all ages, other families are facing the loss of loved ones taken by old age or disease. While loss envelopes all of us on some plane every day, imagine what it’s like to experience the grief of losing a loved one in the midst of this compounding helplessness.

During Mental Health Awareness Month, we must all remember that mental health is as important as physical health. While we may have little control over physical health, we do have options when it comes to staying grounded while undergoing the journey of grief.

That is where the Monarch Center for Hope & Healing can help. Available at no charge to the community, the center has been offering adult, teen and children’s programs, counseling and groups for more than a decade. In this era of social distancing, those face-to-face meetings are off-limits for now, but the Monarch Center’s staff is at the forefront full force to work with bereaved families and individuals



One of the Monarch Center’s teen outreach programs, Club Soul, held its last meeting before the state shutdown on March 30. Here, bereavement specialist Tracie Wiggins (seated on floor) works with a group of teen girls who’ve lost their parents. They’re watching a movie, *McFarland USA*, which addresses the obstacles of life and opened up some soul-searching conversation after pizza and popcorn.

via phone, email or teleconferencing. Their message is that loss of control over external events does not mean loss of everyone’s wealth of inner strengths.

The Monarch staff guides people in understanding that grief is natural and necessary to healing. “It’s essential to feel the pain, not suppress it,” says Director of Bereavement Jessica McCune. “Our Soul Injury program reminds people that you cannot

heal what you cannot feel. We have developed ways of expressing loss through creative pursuits. These techniques can still work with people via various means of communication to help them through this difficult time.”

The Monarch Center’s phone lines are open Monday-Friday, 8 a.m.-5 p.m. Call (352) 873-7456 to speak with a counselor.




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Managing Diabetes Amidst the Coronavirus

By Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

Coronavirus is here with reports that it may return this Fall. If you or a loved one has diabetes and/or heart disease, extra steps should be taken to remain healthy. Be safe, don't panic, be cautious, be informed.

Thousands of people die from the influenza annually. And, thousands have died from the coronavirus. Consider steps to take great care during every flu, virus, and cold season.

People with diabetes are more likely have a weakened immune system, more so with poorly managed diabetes. A recent study related to patients with diabetes indicated a three times higher mortality rate than those without diabetes.

High blood sugar levels lower the body's ability to fight infections. The immune cells don't function as effectively which causes an increased risk.

Keeping your glucose levels as low as possible is important for a healthy immune system and to help heal. Illness can make your glucose erratic. Stress, worry or panic can contribute to high glucose levels.

Working to improve your immune system all year long will always give you a leg up when colds and viruses are around us so we can stave off or lessen the length of time and symptoms.

What Can I Do to Stay Healthy?

If you are a smoker, this is a good reason to refrain from smoking. The coronavirus appears to cause respiratory problems, smoking can worsen the issue.

Stay hydrated! This is the kind of virus that causes infection in your nose, sinuses, or upper throat. Drink water! The amount of water required really depends on your weight. For now, stay with the suggested 8, 8-oz. glasses per day and a little more if you are not feeling well. Herbal teas can be a good option.

COVID-19 and the flu virus can be contracted through oral and nasal passages. If we are not properly hydrated, the droplets from someone else's cough or sneeze can transfer to these areas. The droplets can stay suspended which we can inhale. When the mucus membranes in our nose, mouth, or lungs are dry they cannot block the virus.

The stickiness of mucus helps to trap particles from the air, virus, pollution, and dust to be filtered out before it can reach the lungs. The increase of mucus (stuffy nose) is your body's way of responding to irritants.

Avoid high sugar and sugar-free labeled drinks. Hot showers and the use of a humidifier may help improve conditions in your home.

So.... Stay hydrated!

Food is important. Because we may be less active during this time, don't overeat. You may see your glucose levels spike. There is an exception to every rule ~ eating extra greens and veggies is usually no problem (not including potatoes/root vegetables).

Avoid grabbing those bags of chips and snacks from the grocery stores. Think about healthy foods that are going to give you nutrition. Please avoid those.

Be sure you are getting good rest; this is important to keeping a healthy immune system.

Because most facilities are closed get outside and get some fresh air, go for a walk. Having said that, if you see your neighbors, just wave and keep your distance. Remember, these precautions are just temporary. Or just go to your backyard or lanai.

No reason to be sedentary! Get yourself motivated to get up and move. Start slow, maybe 5-10 minutes 3 times per day. Remember if you stay healthy, you work to keep your family healthy. So, be a good example.

Take up activities to keep you from going stir crazy. The following examples may be great for you and your family to get through the COVID-19 season. Actually, these suggestions can be good for you and your family after we get through this.



- Read that book you've been putting off, read the Bible
- Use face time/video to read to your grandchildren at bedtime

Exercise at home:

- Stretch – set a goal, if you can't touch your toes today, by the time we get back to a normal life you should be able to.
- If you have a set of weights in your home... use them.
- Lean against the kitchen or bathroom counter to do pushups using your own weight (assuming you don't have an issue with your shoulders) rather than getting down on the floor.
- Sit ups
- Walk up and down your stairs
- Do knee bends (use a chair or counter to keep you stable).
- If you are not so mobile, you can do exercises while sitting in a chair.
- Play your favorite music and sing! Have singing contests with your family members – you can do this over face time with your family members at a distance.
- Since many churches are currently closed, some parishes post their services online or listen to other established TV sermons until your own church is open again.
- Learn something new! Go online and learn more about your favorite subject, learn a language, anything that interests you.
- Puzzles. When we were kids, we would put together puzzles with our grandparents. A great way to pass the time while creating.
- Meditate. Meditation helps reduce stress and anxiety and helps us put things in perspective. There are a number of meditation apps available to download on your phone.

Sources:

Keep abreast of a s information changes. The CDC offers a lot of information on what we can do to stay healthy. <https://www.cdc.gov/coronavirus/2019-ncov>

"COVID-19: Extra caution needed for patients with diabetes", <https://www.the-hospitalist.org/hospitalist/article/219144/-diabetes/covid-19-extra-caution-needed-patients-diabetes>, March 17, 2020

Download information on Food for Your Immune System, Supplements, and Homemade Cleaners and Disinfectants.

Need assistance in reducing your glucose and learning to keep it in a healthier range?

Visit www.ReverseMyDiabetes.net for coaching and training information, to set a free 30-minute consultation, or to set up a speaking event
Call (888) 848-1763

Email Denise@ReverseMyDiabetes.net.

Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *11I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13I can do everything through him who gives me strength.*

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *6But godliness with contentment is great gain. 7For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.



Jesus said it like this, ¹⁵ *Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.

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Strength. A powerful element in fighting breast cancer.

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

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

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

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

-Neil Breitenbach, Patient & Cancer Fighter

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