

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2020

Lake/Sumter Edition - Monthly

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FREE  

HOME HEALTH TELEHEALTH

VISITS ARE CRITICAL FOR
PATIENT THERAPY AND
MONITORING

COMMONLY ASKED QUESTIONS ON COVID-19

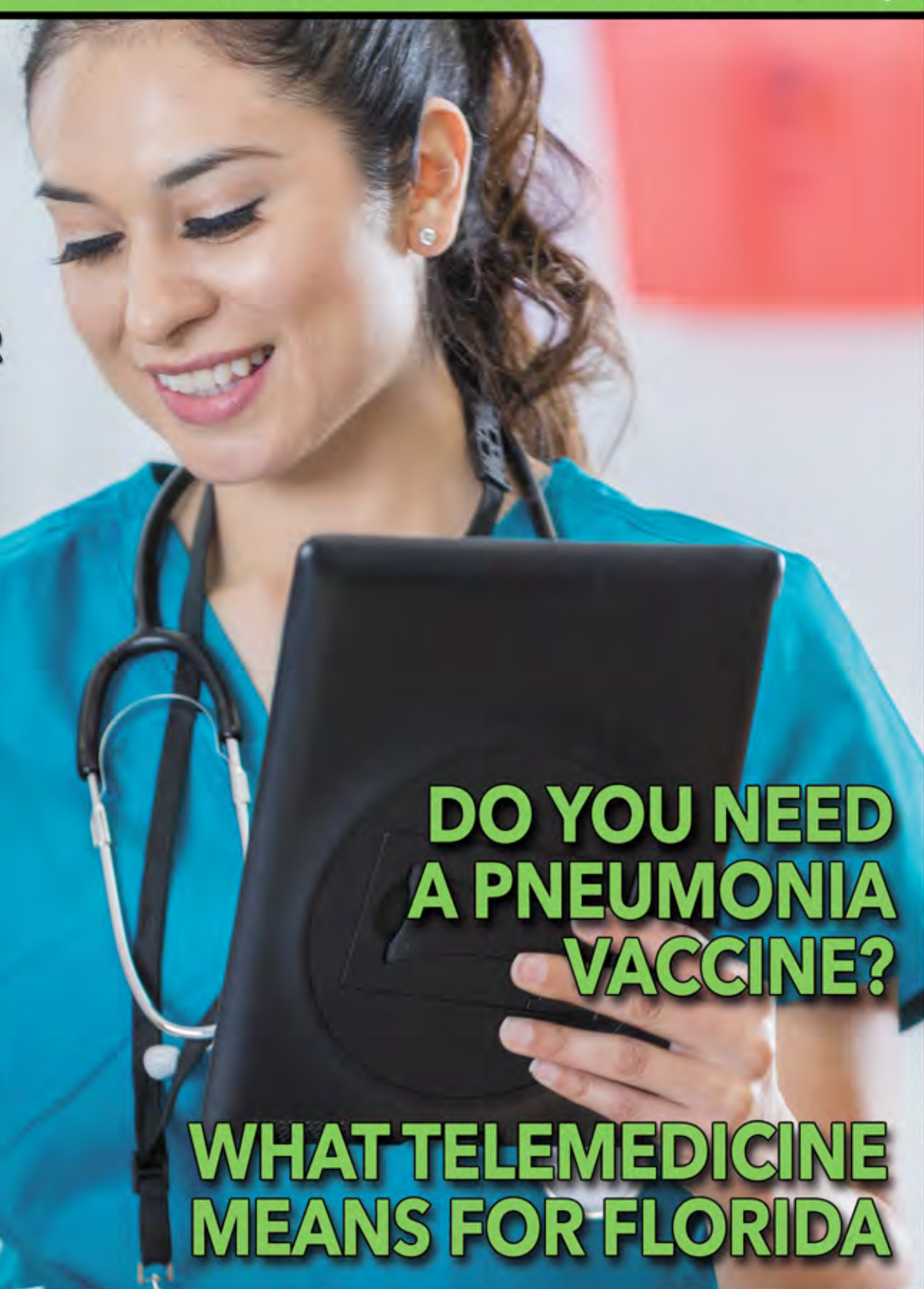
CLINICAL TRIALS

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A PNEUMONIA
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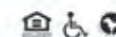


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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
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WHAT RESULTS CAN YOU EXPECT?

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COVID-19

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It's your heart. It should be personal.

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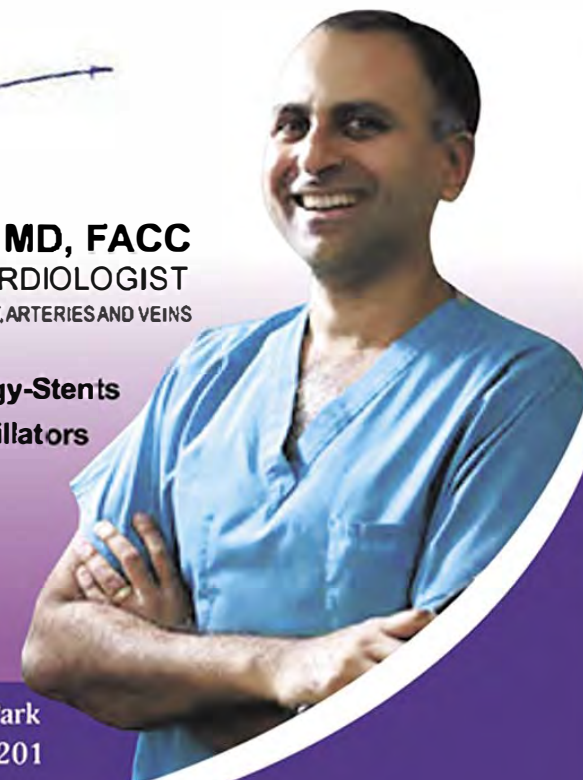
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May-Thurner Syndrome:

A Vascular Disorder Affecting Mostly Women

By Bryan Carter, MPA-C, Phlebology-Surgery

Blood is carried toward the heart through our veins, and is called venous flow; blood is carried away from the heart through our arteries and is called arterial flow. Because proper blood circulation aids the body's movement of nutrients and oxygen to the extremities, heart, brain and other organs, it's imperative to maintain and improve our arterial and venous blood flow as we age. However, it's not uncommon for arteries and veins to fluctuate directional flow, but with May Thurner Syndrome, it can lead to dangerous outcomes like impinged blood flow and DVTs (deep vein thrombosis).

The right iliac artery and the left iliac vein intersect within the pelvis. With May Thurner Syndrome, the left iliac vein can become "kinked" from the pressure of the right iliac artery, pressing it against the lumbar spine, and in turn, may cause the blood flow to become partially or fully blocked. This is how dangerous DVT's can form. Females suffer from this disorder more commonly than men.

Symptoms

The bad news is May Thurner Syndrome rarely shows signs and symptoms. Small indicators may be swelling in your left leg and/or some discomfort or the following.

- Enlarged veins
- Leg feels heavy
- Skin color changes
- Swollen leg
- Warmth
- Pain

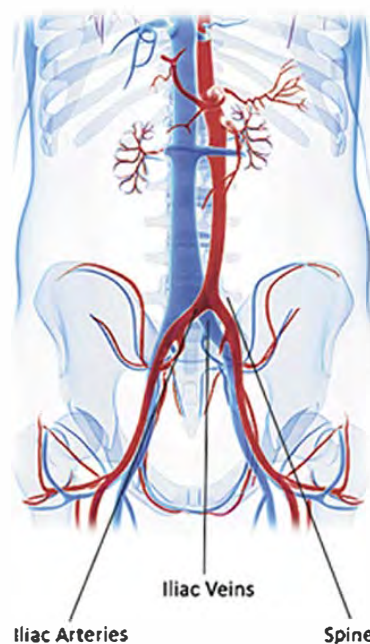
Risks

- Blood clotting factors (medications, health-related or genetics)
- Hormonal Medications (birth control, menopause)
- Child birth
- Dehydration
- Scoliosis
- Spinal compression
- Female

DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs.



Iliac Veins & Iliac Arteries In The Pelvic Area



DVTs are life-threatening, as they can lead to a pulmonary embolism. Thankfully, surgical solutions save lives. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. It's unfortunate that there still seems to be more of a reactive process, than a proactive plan. Speaking to your physician is vital if you or a loved one have any of the venous symptoms or risk factors discussed above.

Diagnostic testing includes contrast venography, duplex ultrasonography, or other imaging of the iliac venous and arterial flow.

Treatment

With DVT's, and those caused by May Thurner Syndrome, the treatment is standard. A stent needs to be placed in the vein and/or artery to open the blood flow, as well as prescribing medication for anticoagulation, like warfarin or another blood thinner to prevent future clotting complications.

Making an appointment with a person that specializes in venous disease is your best place to start.

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.



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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 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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Cardiologist, Dr. Vallabhan Offers Regular In-Office Hours, as well as TELEHEALTH

T.E. Vallabhan, MD, FACC

For the past few months, we've all been practicing social distancing and rigorous hygiene. On April 3rd, Governor DeSantis issued a "stay at home" order and set standards for essential services, including medical treatment. Dr. Vallabhan is still able to see patients with urgent needs and in acute situations, but he has also implemented telehealth for the convenience of his patients that would rather see him virtually and for routine appointments.

Dr. Vallabhan will see patients via a video chat, and the office staff will walk you through how to set that up beforehand. If you have a new issue or symptoms, please have a list of those symptoms or questions readily available to maximize your virtual examination. If you have a blood pressure cuff, scale, and/or pulse oximeter, please take those vitals before you call in for your virtual visit, and write them down. Dr. Vallabhan can record those numbers in your progress notes. If you are taking any new medications or supplements, please have those available as well to discuss them with Dr. Vallabhan.

If you have COVID-19 and have a history of heart issues, it's important to have a follow-up, cardiology appointment, as heart disorders are considered an underlying risk factor for the coronavirus, and some of the medications being prescribed can adversely affect the heart. Having a heart disorder can also make it more difficult for a person to fight the virus. It's important to know when your symptoms first began and how long you had them, along with when you were diagnosed. It's also understandable if you think you may have had it but recovered at home without confirmation of whether or not you had COVID-19; however, this information is essential to Dr. Vallabhan and your health.

Many People Don't Realize How Contagious This Virus Really is:

It's thought that COVID-19 can last on hard surfaces, such as floors, door handles, and countertops for a few days, and on softer surfaces, like cardboard, envelopes, and clothing for approximately 24-hours. Wipe down anything that comes in contact with potential viruses with disinfectant wipes or spray a paper towel with the disinfectant and wipe surfaces down. It's important not to spray any area directly, as the flashback or spray and particles of the virus can be inhaled or land on your face and hands.



A typical sneeze last 45 minutes in the air, but with COVID-19, one study suggests it can last for up to 3 hours. No matter how long the airborne particles are hovering, these droplets can either land on your body, face, or surfaces and, eventually, the floor or ground. It's best to treat any public area like it potentially has the virus. If you've been out, it's recommended not to wear your shoes in your home and to change your clothing.

Tips to Stay Healthy

- Stay Home
- Try to limit any outings and wear a face covering (and gloves when appropriate)
- Disinfect the counters, doorknobs (anything you touch), as well as medication bottles or groceries that are brought inside from the pharmacy or store
- Wash your hands thoroughly for at least 20 seconds with soap and water
- Get a good amount of sleep each night (7-9 hours)
- Eat nutritious foods (order your groceries online if you can)
- Try to stay active, physically and mentally
- Reach out to friends and relatives via the phone or video chat
- Don't stress or become overly anxious—We'll get through this together!

If you are interested in scheduling a telehealth visit, please call the office as you normally would and schedule a virtual consultation. We will resume in-office visits when able.

Even through uncertain times like these, you can trust that Dr. Vallabhan will be here for you and your cardiology care!

Dr. V

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

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

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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:

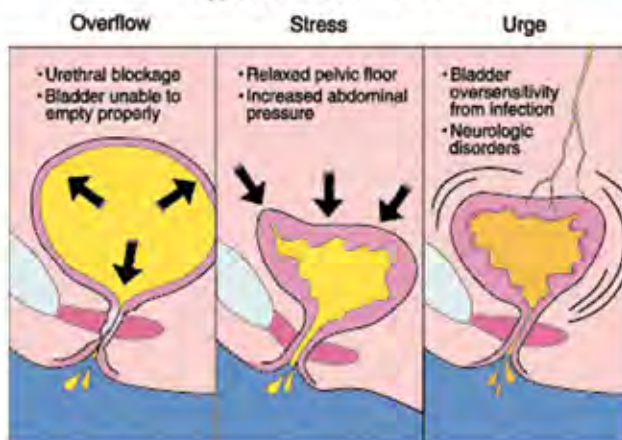
- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



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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Do Your Loved Ones Need Assisted Living?

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

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

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

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

Changes in Weight

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

Poor Hygiene

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

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

Falls and Mobility-Related Injuries

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



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

Behavioral Changes

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

Serious Financial Issues

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

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

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



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Do You Know the Signs and Symptoms of a Stroke?

What if you were riding your bike along the path of your neighborhood and noticed that your eyesight was blurry, or that your arm felt weak? Would you seek help? What if you were having coffee with your friend and you noticed that her speech was slurred? Would you call 911? The number of individuals that ignore the signs of stroke is alarming. If a stroke is caught fast enough, medical treatment can prevent permanent and debilitating damage and death.

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B – Balance loss

E – Eyesight changes

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call 911

Staying Healthy and Avoiding Stroke Complications

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the warning indicators
- Don't delay, if you or someone you know has stroke symptoms—CALL 911

The relaxing environment of Ave Maria in Naples is a tight-knit community with lots of caring individuals. Have you recently discovered that your neighborhood might be adding stress to your once peaceful lifestyle? The hustle and bustle of too many demands, traffic, and over-crowded recreational areas can leave us frustrated and even depressed.



FACE

Look for an uneven smile



ARM

Check if one arm is weak



SPEECH

Listen for slurred speech



TIME

Call 911 at the first sign

If you're longing for something new—a place to really feel at home, Ave Maria, FL might just be the answer you've been looking for. Ave Maria has been named Collier County's community of the year for the fourth consecutive year. What makes it so unique? The details!

Ave Maria is a 5,000-acre master-planned community in Southwest Florida, just east of Naples. The developer, Barron Collier Companies, envisioned a town for all ages, from growing families to retired seniors, with the idea of a better quality of life for everyone. Wide open spaces, natural beauty, outdoor recreation, community clubs and



Come and see why so many residents love to call Ave Maria home.

social activities are all part of the lifestyle that residents enjoy. Only the very top builders are invited to become residential builders in Ave Maria.

Town 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.

Visit Ave Maria's website to learn more about this growing master-planned community and how you too could enjoy living here. **Schedule a virtual community presentation** from 9am-5pm from Monday through Friday by calling 239-352-3903.

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.

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

COMMONLY ASKED QUESTIONS ON COVID-19

Is Coronavirus a hoax? With so much information in the news, it can be hard to know who or what to believe. Coronaviruses are a group of viruses that commonly cause respiratory infections. COVID-19, is a new strain in the coronavirus family, causing illness in many parts of the world.

Is it safe to visit my doctor? It is important to visit your primary doctor for regular health check-ups, health screenings or new concerns. A temporary delay may be considered acceptable, but not visiting your doctors for extended periods of time may result in health complications that can be serious. Physicians are trained in infectious diseases and how to use personal protective equipment, routinely disinfect and sanitize their offices and are going to maintain a safer environment than other public areas.

Should I do a TeleHealth visit? Telemedicine has exploded following the coronavirus crisis and is now covered under many health plans. It is a useful option in certain situations and has a place in patient care, but long-term use is not recommended. Doctors cannot complete a full physical exam, check vital signs or fully evaluate patients in a TeleHealth visit. Certain medical specialties, like psychiatry, may find TeleHealth feasible long term, but many physicians feel it does not allow them to correctly evaluate patients. TeleHealth should be reserved for contagious patients with a cold or flu, mobility-impaired patients, those living in extremely rural areas or other emergencies. It is not a substitute for in person care and risks leaving the patient with undiagnosed medical issues.

Are the models and projections for illness and death with coronavirus true? So far, they have been inaccurate. The number of infected patients and mortality is turning out to be much lower than initially projected. Flawed data from Chinese studies influenced the projections calculated in the United States, leading to falsely elevated infection and mortality models. Social distancing, and quarantine measures, were factored into all these calculations, and cannot now be used to explain the inaccurate projections initially made by the IHME. The draconian state lockdowns, quarantines and closures of schools and businesses all resulted from the use of this flawed data. Its effect of fear and hysteria worldwide and resulting social and economic damage cannot be ignored.

How does COVID-19 compare to the seasonal FLU? Seasonal flu (primarily composed of H1N1 Influenza strain) caused an estimated mortality of 79,000 in 2019, according to the CDC. This data was recently reduced to 60,000 by the CDC and prior data archived. Normally data is increased upon review, such as was the case with H1N1 in 2008 where the data was increased by a factor



of 15. The H1N1 pandemic of 2008 now has a calculated worldwide death rate estimated as 284,000, according to revised CDC data. Comparatively, the WHO reported 18,631 lab confirmed pandemic deaths for the 2009 H1N1 pandemic.

The initial expected mortality from COVID-19 was projected to be 240,000 based on models produced by the Bill Gates funded IHME. It was later reduced to approximately 60,000. Epidemiologists admitted that the initial assumptions in the SEIR model were inaccurate, because they used data from the Chinese.

The final national and worldwide mortality from COVID-19 will be difficult to precise, since the CDC is encouraging physicians to label deaths in a patient with viral symptoms as a COVID-19 death, regardless of the cause and without testing results. This is expected to result in an overestimation in the number of deaths from coronavirus, falsely elevating the mortality rate.

Will a Vaccine help? Currently the 2019 flu vaccine has an efficacy of 45%, with 37% in H1N1-Influenza A and 50% in Influenza B. The predominant Flu strain being Influenza A or H1N1. Vaccines overall tend to be less effective in patients over age 65, those taking immunosuppressive medications and in those with immunosuppressive diseases. Currently a vaccine is being developed, but with the increased mutagenicity of coronaviruses in general, an effective vaccine may be hard to come by.

Is Hydroxychloroquine safe to use? Hydroxychloroquine is the safer metabolite of Chloroquine, an anti-malarial medication which has been on the market since 1935. It is used in autoimmune diseases like Lupus and Rheumatoid Arthritis. Side effects are typically associated with long term use or high doses. Chloroquine has known antiviral properties which were evaluated with HIV research. It has shown benefit in cellular studies with SARS since 2003, and has been shown to reduce viral penetration into the cell. Studies have suggested possible benefit with prophylactic use as well as treatment to prevent more

severe lung complications. Chloroquine and Hydroxychloroquine have been compared in studies and Hydroxychloroquine was determined to be more effective against COVID-19 in vitro. Additional human trials are now underway, soon we will know much more about this treatment option.

Will taking ACE Inhibitors or ARB medication make a patient more likely to have a severe case of COVID-19? It is known that COVID-19 enters the cell via the receptor angiotensin-converting enzyme (ACE)2. The use of blood pressure medications Ace inhibitors, ARBs and some diabetic medications all increase ACE2 receptors expression as an adaptive response to counteract the elevated levels of Angiotensinogen I and II, in the pathway. Therefore, ARBs make entry into lung cells easier for Coronavirus, increasing a patient's risk for more severe disease course A Lancet study publication in March 2020, mentions the increased risk to patients using ACE inhibitors or ARBs and suggested physicians consider changing to another class of antihypertensive medication, especially in high risk patients. Shortly afterwards the American Association of Cardiology and the European Societies of Cardiology made an official statement criticizing the study evidence as insufficient to make any conclusions or treatment changes. Despite that, on March 29, 2020 researchers in The Diabetes Research and Clinical Practice stated "...although not recommended due to lack of robust data, use of ACE inhibitors, ARBs as well as diabetic drugs - thiazolidinediones, liraglutide merit reconsideration in patients due to the definitive evidence that diabetic patients show an increased risk of severe COVID-19 disease." Ultimately, even among physicians there is not agreement on this point, some feel medication change is the correct course in certain higher risk patients, such as those who are diabetic, obese, have heart disease or hypertension. Talk to your doctor about what is right for you.

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Why has the response to the COVID-19 Pandemic been so different from the H1N1 Pandemic? Since 1984, Dr. Anthony S. Fauci has been the director of the National Institute of Allergy and Infectious Disease. He has advised 6 different presidents on multiple infectious diseases and President Obama during the H1N1 pandemic of 2009. The H1N1 pandemic of 2009, which is estimated to have killed up to 284,000 globally, did not lead him to advise for quarantines, mandates for social distancing, masks, travel checkpoints, or suggestions for phone tracking Apps. Are the falsely elevated mortality projections for COVID-19 the reason behind the social distancing measures, city lockdowns, school closures, and shutdown of multiple businesses? How evidence based and effective are these measures? Only Dr. Fauci can explain the reasons behind the draconian measures that have so completely changed our lives, we all deserve an explanation.

Is COVID-19 just another SARS? SARS and COVID-19 are both coronaviruses, and are approximately 80% genetically similar, when analyzed in a laboratory study. However, studies by European researchers mention a number of changes in the COVID-19 virus that implicate probable lab alteration, since mutations like these, rarely occur in nature. At present, no definitive proof of lab creation is evident, but is suspected. COVID-19 has been noted to have many similarities to SARS, but is altered in its replication mechanism, which is thought to make it more easily transmissible. Undoubtedly, the travel of millions of Chinese during the lunar new year holiday from affected areas in China to the rest of the world are likely factors in the pandemic spread of COVID-19.

Will COVID-19 disappear in the summer like SARS did? When comparing COVID-19 with SARS, the virus that most closely resembles COVID-19, and its outbreak in 2003, it is interesting to note that it simply disappeared in the summer months, was never seen again and no vaccine was created for it. COVID-19 behaves similarly to its distant cousin SARS. COVID-19 is vulnerable to heat, humidity and UV light according to government tests by the department of homeland security. COVID-19 lasts less than 2 minutes when exposed to UV light similar to what you would have when outdoors in a sunny day. So, exercising outdoor, socializing outdoors and even eating outdoors are activities that should not be restricted. Patients should not avoid seeing their doctors, use appropriate disinfectants and necessary personal protective equipment when appropriate. To make good decisions, we need to be governed by facts, not fear.

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

With 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-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainswave-treatment/>

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Do You Need a Pneumonia Vaccine?

Rivers Family Medicine

Do you need to get vaccinated for pneumonia? If so, now is an important time to do so. Pneumonia is an infection of the lungs that may be caused by bacteria, viruses, or fungi. The infection causes the lungs' air sacs (alveoli) to become inflamed and fill up with fluid or pus. That can make it hard for the oxygen you breathe in to get into your bloodstream. The symptoms of pneumonia can range from mild to severe, and include cough, fever, chills, and trouble breathing.¹

Many factors affect how serious a case of pneumonia is, such as the type of germ causing the lung infection, the person's age, and their overall health. The people most at risk are infants and young children, adults 65 or older, and people who have other health problems. Pneumonia is a leading cause of hospitalization in both children and adults. Most cases can be treated successfully, although it can take weeks to fully recover. Tens of thousands of people in the U.S. die from pneumonia every year, most of them adults over the age of 65.¹

How Vaccines Work with your Immune System
According to the CDC, the following are the various types of immunity via immunizations: Immunity to a disease is achieved through the presence of antibodies to that disease in a person's system. Antibodies are proteins produced by the body to neutralize or destroy toxins or disease-carrying organisms. Antibodies are disease-specific. For example, measles antibody will protect a person who is exposed to measles disease but will have no effect if he or she is exposed to mumps.

Active Immunity
Active immunity results when exposure to a disease organism triggers the immune system to produce antibodies to that disease. Exposure to the disease organism can occur through infection with the actual disease (resulting in natural immunity), or introduction of a killed or weakened form of the disease organism through vaccination (vaccine-induced immunity). Either way, if an immune person comes into contact with that disease in the future, their immune system will recognize it and immediately produce the antibodies needed to fight it. Active immunity is long-lasting, and sometimes life-long.

Source: 1. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/learn-about-pneumonia>



Passive Immunity

Passive immunity is provided when a person is given antibodies to a disease rather than producing them through his or her own immune system. A newborn baby acquires passive immunity from its mother through the placenta. A person can also get passive immunity through antibody-containing blood products such as immunoglobulin, which may be given when immediate protection from a specific disease is needed. This is the major advantage to passive immunity; protection is immediate, whereas active immunity takes time (usually several weeks) to develop. However, passive immunity lasts only for a few weeks or months. Only active immunity is long-lasting.

If you're child needs immunizations or if you think you're due for a titer or booster, don't hesitate, call Rivers Family Medicine to schedule an appointment.

Do You Need Telehealth-Virtual Visit?

Rivers Family Medicine offers comprehensive care all within their office. They also have implemented telehealth for the convenience and safety of their patients and staff.

NOTE: All Sick Visits will only be Televisit to maintain safe distances and reduce exposure.

To best serve our patients we will be operating with our regular business hours Monday - Thursday 8 - 5 and Fridays 8 - 12. For our staff and patient protection we are not allowing any patients to sit in the waiting room. All patients upon arrival will wait in their car outside until a Nurse can check your temperature and verify you have no common cold symptoms. Call us if you do not feel well and we can triage and evaluate your symptoms.

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

River's Family Medicine Services:

They offer a variety of onsite services for your convenience and to help assist in your care:

- In house laboratory
- Ultrasound
- Echocardiograms
- Electrocardiograms
- Nuclear stress testing
- Pulmonary function testing
- Joint injections
- Skin biopsies and minor skin procedures
- Immunizations

Dr. Dariano is Accepting New Patients

Dr. Erin Dariano has been with Rivers Family Medicine for 2 years. Dr. Dariano was been practicing Family Medicine in Lima Ohio at Lima Memorial Hospital for the past seven years. Dr. Dariano, D.O., Completed her undergraduate degree at Bowling Green State University, and her medical degree at Ohio University College of Osteopathic Medicine. She is a board certified D.O., Doctor of Osteopathic Medicine. Dr. Dariano is committed to providing thorough, compassionate, mindful care for her patients.



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



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Lake Centre Home Care: Home Health **TELEHEALTH** Visits Are Critical For Patient Therapy and Monitoring

Along with regular in-home visits, Lake Centre Home Care is able to connect with you virtually via a smartphone, tablet or computer. These virtual visits allow you to stay in the comfort of your home and have assessments, examinations, physical or occupational therapy sessions, as well as cardiac monitoring or follow-up progress visits after an episode of COVID-19. These visits are also covered by Medicare.

It's a good idea to check your devices audio and video capabilities before your visit and of course, the staff at Lake Centre Home Care is available to walk you through the steps needed.

If you don't have a device, you can ask a family member or friend to borrow their device, or you can call Lake Centre Home Care and discuss further options.

For in-home visits, 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 assesses 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 Centre 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.



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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.



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

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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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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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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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.

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

Submitted by Cornerstone Hospice and Palliative Care

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

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

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

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

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

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

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

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

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

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



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

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

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

About Cornerstone Hospice

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





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Eliminate Your Low Back Pain at Little to No Cost!

Compton Chiropractic is now offering Insurance Approved Braces including Medicare!

By Daniel Taylor, DC, Compton Chiropractic Care

Are you suffering from low back pain? Are you tired of taking pain medication and muscle relaxers that only provides temporary relief?

Looking for other ways to relieve back pain without invasive surgery? If you answered yes to these questions, then we can help. Compton Chiropractic is now offering back and knee braces as a non-invasive alternative to relieve back pain and facilitate healing and rehabilitation at little to no cost to our patients.

How does it work?

Back and Knee pain without support causes constant pressure on the joints and muscles. If left untreated, the pain will progressively get worse and quality of life suffers. Our braces are designed to fit any body type and deliver localized compression directly to those overworked muscles and joints while relieving spasms and reducing pain. Current clinical research has shown that supporting these regions can reduce pain, improve functional status and postpone or prevent the need for medication and surgeries. The self-adjusting braces contour precisely to your body for maximum support and pain relief. The lightweight design allows users to wear the braces comfortably while providing maximum support.



Indications for Back Brace

Post-operative Lumbar immobilization
Herniated Discs
Degenerative Disc Disease
Spinal Stenosis
Postural support
Instability

Lumbar Muscle weakness
Chronic low back pain
Arthritis
Trauma
Spondylolisthesis
Compression Fractures

Indications for Knee Braces

Osteoarthritis of the Knee
Post-Operative Knee
Ligament Tear/instability
Painful Range of Motion

Patello-Femoral Syndrome
Chronic Knee Pain
Meniscal tear/instability
Locking Disorders

CORONAVIRUS

Due to Covid-19, Medicare has announced an easy replacement process for any individual with a previously dispensed brace in need of replacement.

Just contact our office for details.

Compton Chiropractic provides high quality braces at little or no cost to our patients. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain, and decrease the need for expensive surgeries and pain medications. So no matter if you are looking for extra support while playing golf and pickle ball or just want to avoid surgery; with the proper brace we can get you back to the greens in no time. If you or a loved one could benefit from one of these braces, please call us today (352-391-1126) to setup a free consultation with one of our Doctors.

What makes Compton Chiropractic different from other Chiropractors?

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively. The physicians at Compton Chiropractic treat patients as an extension of their own family.

Every patient gets a detailed initial evaluation including a complete history, orthopedic and neurological testing. With a proper diagnosis, our patients will receive a proper treatment plan. With a proper treatment plan, patient's pain is decreased in shorter periods of time.

Compton Chiropractic is also proud to announce that it's Office is Medicare accredited by The Healthcare Quality Association on Accreditation (HQAA). Only a small percentage of Offices in the country hold this unique accreditation which allows us to be a dispensing location for approved Medicare braces.

TESTIMONIALS

"I suffered from sciatica for 10 years until a friend told me about Dr. Compton. After 8 treatments and a brace, I was back on the golf course and out of pain." - L.R.

"My knee pain was debilitating until Dr. Compton introduced me to a brace that literally takes the pain away. My knee feels young again and I couldn't be happier." A.A

"The Doctors are all amazing and actually care for patients like they were family." - A.O.

"I was referred to Dr. Compton by Medicare after an operation. I needed a brace to help me recover and Compton Chiropractic treated me wonderfully." - C.S.

"The Doctors and staff at Compton Chiropractic are knowledgeable and efficient. They are always highly recommended." -Local Family Physician

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

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

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

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

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

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

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

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

-Neil Breitenbach, Patient & Cancer Fighter

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