

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

June 2020

Marion Edition - Monthly

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FREE  

TELEHEALTH

IS HELPING PROTECT
CANCER PATIENTS
DURING THE
COVID-19 CRISIS

MRI:
HELPING
YOU GET
BACK TO THE
ACTIVITIES
YOU LOVE

REOPENING THE STATE:
HOW TO STAY HEALTHY!

IT'S NOT ALL ABOUT THE EARS

SIDE EFFECTS OF
HEARING LOSS
THAT MIGHT
SURPRISE YOU

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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.

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-Neil Breitenbach, Patient & Cancer Fighter

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Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the website's header with the logo and search bar. Below the header are navigation links for different editions (Charlotte, Collier, Lee) and archives. The main content area features a large article on Skincancer with a photo of a woman wearing a sun hat. To the right is a sidebar with 'In This Issue' and a newsletter sign-up form. At the bottom, there are sections for 'Read Our Flip Book Version' (showing three magazine covers) and a 'Featured Article' titled 'The Other Side of Parkinson's Disease' with a photo of a man and woman.

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It's your heart. It should be personal.

And that's how I treat it.

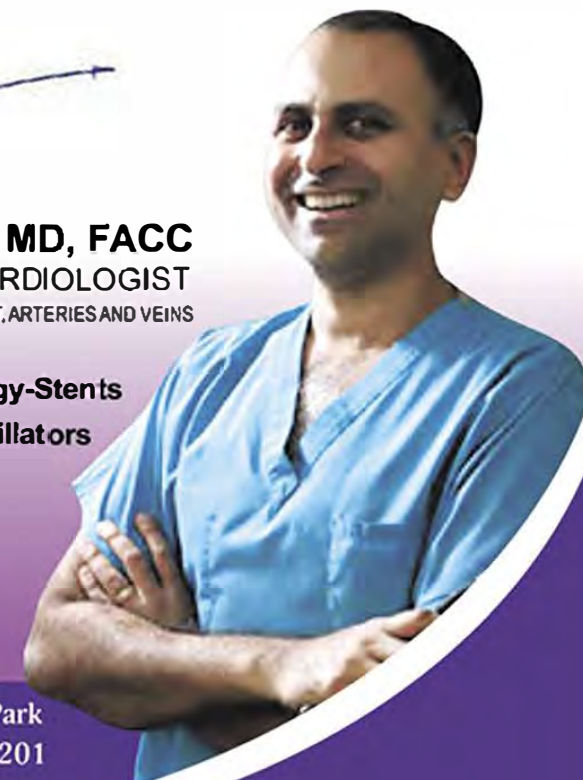
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MRI: HELPING YOU GET BACK TO THE ACTIVITIES YOU LOVE



your Board Certified RAO radiologist, a subspecialist in musculoskeletal diagnostics, can assess your specific problem and work directly with your referring clinician to confirm a diagnosis and help devise the right treatment plan for you.

RAO offers state-of-the-art MRI at our Medical Imaging Center and Medical Imaging Center at Windsor Oaks. At our TimberRidge Imaging Center, we offer high performance Open MRI, which features a spacious chamber with open sides for people who may need more room or are inclined to feel claustrophobic.

Determining the cause and location of osteoarthritis can initiate effective treatment for pain, inflammation, stiffness and immobility. So don't suffer another day – talk to your medical care practitioner about whether MRI might help provide a way back to the activities that support your health and encourage a life of fun, exploration and adventure.

When people think of Magnetic Resonance Imaging, or MRI, they may assume it is used strictly to diagnose serious diseases. But one of the main uses of MRI is to locate and examine the presence of osteoarthritis, which affects roughly 27 million Americans and is the most common form of arthritis. Osteoarthritis is caused by the degeneration of cartilage (the protective tissue between the bones) within one or more joints, which may include the discs of the spinal column. Osteoarthritis is especially common among people ages 45 and older, but can occur as early as one's 20s. In fact, more than 12% of Americans over age 25 have some degree of osteoarthritis due to injury and/or overuse. Obviously, the older one gets, the greater the wear and tear on the joints. Once cartilage breaks down, it can cause bones to grind against one another and promote bone spurs, which are excess bone growths that form along the edges of bones and

spinal discs. Spurs can impede normal joint movement and press on nerves, creating pain and diminished mobility, and sometimes refer pain, tingling or numbness into the head and limbs.

Knowing the specific properties and source of osteoarthritis is the key to devising a customized treatment plan for long-term relief. That's why MRI is such an effective tool. MRI's capacity to capture detailed views of joints, ligaments and other parts of the musculoskeletal system make it an ideal test to locate, diagnose and assess the severity of osteoarthritis. MRI can determine where cartilage is worn away, see if bone spurs are present, and highlight disc problems that may be impinging nerves.

MRI creates comprehensive images of bones, joints and other tissues using a combination of radio waves and magnetic fields, so it is free of ionizing radiation. Once the images are captured and transferred to a sophisticated computer software system,



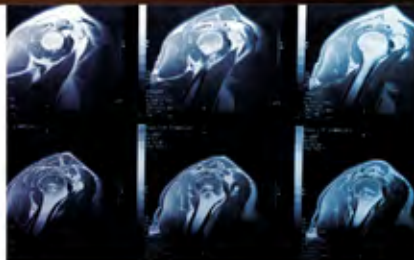
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MAGNETIC RESONANCE IMAGING

More than 12% of Americans over 25 suffer from osteoarthritis, a degeneration of joint cartilage caused by injury, overuse and simple aging. By age 45 and older, many of us find that joint pain, stiffness and immobility prevent us from being as active as we want to be.

If joint, ligament or other musculoskeletal problems are keeping you from the things you enjoy, talk to your doctor about painless, radiation-free MRI imaging. Knowing the cause of pain can initiate effective solutions for osteoarthritis, inflammation, injury and other limitations, and shift the current toward grander adventures.

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5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

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



3. Device Failure Caused By Allergies

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

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

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

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

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

Alternatives to Surgery

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

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

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

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

Regenexx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



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TELEHEALTH IS HELPING PROTECT CANCER PATIENTS DURING THE COVID-19 CRISIS

In March, 2020, Florida Cancer Specialists & Research Institute (FCS) launched telehealth services across all FCS sites statewide, allowing patients continued and convenient access to care, while mitigating the impact and spread of COVID-19. Since the implementation of telehealth, thousands of patients have taken advantage of the service and have participated in more than 16,000 virtual visits (about 22% of all patient visits) with FCS physicians and other clinicians in the past three months.

Cancer Patients Are at Increased Risk

Cancer patients are among the most vulnerable populations in terms of contracting viral infections due to a compromised immune system, which can occur as a result of chemotherapy or other underlying health conditions, such as heart disease, diabetes or hypertension, that are often found in older adults. Wearing masks, increased handwashing, social distancing and other extra precautions help to reduce exposure to the virus. Beyond these measures, Florida Cancer Specialists has instituted visitor restrictions and other safety protocols at all of its clinics across the state and is providing telehealth visits to continue vital cancer care for those patients who are not required to come into the clinic for treatment.

Telehealth Helps Reduce Risk of Exposure

Using video chat, FCS providers consult with patients remotely to share their laboratory results, treatment plans and more. To date, more than 600 providers, including physicians, advanced practice providers, nurses, social workers and nutritionists, have embraced the adoption telehealth not only to fulfill immediate healthcare needs in response to the outbreak, but also to support the delivery of high-quality patient-centered care. Telehealth visits are now covered by most insurance plans; patients may pay the same or possibly less than an in-office visit.



Prior to the COVID-19 crisis, telehealth did not play a significant role in oncology; however, due to the relaxation and updating of previous guidelines from the Centers for Medicare & Medicaid Services (CMS), we have now been able to introduce video meetings with our patients that maintain the high level of care and experiences our patients deserve and expect.

Technology Makes Telehealth Simple for Patients and Physicians

Connecting providers and patients is easy, thanks to advanced technologies, which allow FCS to successfully integrate multiple electronic platforms to ensure our patients have the critical access needed for their continuation of care and communication. Further, and most importantly, personal health information is protected and secure in virtual visits, just as it is with an office visit. While telehealth is not suitable for every patient served by FCS, physicians can identify appropriate patients who are a good fit.

This virtual care solution plays a vital role in response to the pandemic crisis, maintaining patient access to care directly from home for cancer patients who are among the most immunocompromised populations. FCS was among the first cancer care groups in Florida to launch telehealth resources to cancer patients during the pandemic.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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, in nearly 100 locations throughout Florida. FCS is also on the leading edge of clinical trial research that provides FCS patients with access to the newest, most innovative and promising new 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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Ocala Cancer Center

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For more information, visit FLCancer.com

IN NEED OF A DERMATOLOGY CONSULTATION?

Freeman Dermatology Has Implemented Virtual Office Visits

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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- Excessive sweating
- Mole Removal
- Actinic keratosis
- Skin cancer screening

Dr. Freeman also offers well-known brands of skin care products, as well as his own label of products.

For healthy skin, your options are endless. Dr. Michael J. Freeman's Dermatology Practice takes your skin's health seriously from screenings, medical treatments, advanced skin care, cutting-edge technology, laser therapy, injectable therapies, body treatments to chemical peels and more, they've got you covered.



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.

Call today to schedule your appointment.

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

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13690 US-441 North, Suite 300 & 400, The Villages, FL 32159

Do You Know Your Testosterone Level?

Tired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer “yes” to at least one of these questions after age 40. Common symptoms of low testosterone, they can also result from a myriad of lifestyle, social, emotional and behavioral issues.

It is a physician’s goal to “treat the whole patient,” so we try to identify those issues that are most relevant to the symptoms. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was “normal” as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as “metabolic syndrome” is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It’s estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that’s required to restore sexual function.

The good news is managing low testosterone is easier and simpler than ever before. Just a decade ago, almost all testosterone replacement was by a painful, deep-muscle injection with oil-based testosterone administered ever two weeks. Levels were difficult to manage and had dramatic swings with levels too high for the week immediately following the injection and too low for the week prior to the injection.



Today, testosterone is applied via a cream or gel that is applied to the skin daily. These preparations provide even absorption and steady testosterone levels. Small implants that release a steady, consistent level of testosterone in the bloodstream for eight to 10 months are also available.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Additionally, testosterone treatment should be considered only if prostate

cancer is not present, or has been successfully treated. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels.

Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream. Every man should know his testosterone level. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.

If you have any questions regarding your testosterone level, you can contact Advanced Urology Institute at (855) 298-2273.



855-298-CARE

Advancedurologyinstitute.com

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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Fix DEPRESSION Fast with IV Ketamine

By Eric Milbrandt, MD, MPH

Depression is characterized by low mood lasting at least two weeks and is often accompanied by low self-esteem, loss of hope, lack of interest in activities, and unexplained pain. Depression affects 1 in 5 people at some point in their lifetime. Some have periods of depression separated by years of “normal” mood, while others have nearly continual symptoms for many years to decades. Depression negatively impacts all aspects of a person’s life, including personal relationships, work, education, sleep, eating, and health. Most concerning, as many as 8% of adults with major depression die by suicide.

Depression has many overlapping causes, including genetic, environmental, and psychological. Contributing factors include family history of depression, major life changes, certain medications, chronic medical problems, and substance abuse. Genetics plays a role in about 40% of cases.

Counseling and antidepressant medications are the mainstay of treatment. Unfortunately, these treatments take weeks to months to work. For as many as 1 in 4 depressed patients, counseling and antidepressants are ineffective, leading many to fall into despair. In the past, these “treatment-resistant” patients’ only hope of returning to normal was electroconvulsive, or shock, therapy. Shock therapy helps about 60% of the time, but side-effects such as confusion, memory loss, and muscle aches are common.

Ketamine – an old drug with a new use

Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose intravenous (IV) ketamine has been used safely for that purpose in children, adults, and animals for decades. More recently, low-dose IV ketamine has been found to be a fast acting and highly effective treatment for depression, anxiety, and certain pain disorders.

About 17 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant depression. Since then, studies have proven conclusively that the drug not only works but works quickly. Studies show that 3 of every 4 patients with treatment-resistant depression see improvement in symptoms within 24 hours of being injected with low-dose ketamine. According to Yale researchers, ketamine’s effects are rapid and long-lasting. The effects from a single infusion last between seven and 14 days.



In an official consensus statement published April 2017 in the journal JAMA Psychiatry, the American Psychiatric Association states that ketamine “produces rapid and robust antidepressant effects in patients with mood and anxiety disorders that were previously resistant to treatment.” The consensus statement goes on to establish standards for providing IV ketamine treatments for mood disorders, including patient selection, clinician training, drug dosage and delivery, follow-up, and essential safety measures. In doing so, the consensus brings ketamine infusion out of the realm of experimental research and into everyday medical clinics, such as The Infusion Clinic of Ocala.

Ketamine infusion – what to expect

Before beginning treatment with ketamine, your infusion provider will thoroughly review of your history and perform a physical exam to determine if ketamine is right for you. Treatment consists of two phases. The first, a loading phase, consists of six 40-minute infusions given in an outpatient clinic over a two to four-week period. Many patients experience relief within hours of their first infusion and most know by their third infusion whether they will benefit from ketamine. After the initial loading phase, a single 40-minute maintenance infusion, or booster, is given about every 1 to 6 months depending on the patient. While undergoing ketamine infusion therapy, the patient continues to work with their primary medical provider, psychiatrist, and/or therapist. Adjustments to any of the patient’s chronic medications remains under the direction of these providers, who receive progress reports from the infusion provider to be sure they are kept in the loop.

Patients are typically awake and interactive during the infusion, which achieves an effect described by the American Society of Anesthesiologists as “minimal sedation or anxiolysis.” Some patients describe colors as being more vibrant and sounds being more accentuated.

Side effects of ketamine infusion are generally mild and self-limited. Nausea near the end of the infusion is the most common reaction, occurring in <5% of patients, and is easily treated with antiemetics, such as Zofran. Less commonly, anxiety reactions can occur and are treated with IV benzodiazepines, such as Versed. Your provider will be well-prepared to manage these and any other reactions that might occur.

Patients should not eat food within 4 hours or drink fluids within 2 hours of their infusion. In our clinic, The Infusion Clinic of Ocala, you are welcome to bring a companion to be with you during your infusion. We recommend that you bring headphones and music that is relaxing for you. You will be placed in a comfortable massage recliner in a private room, an IV catheter gently inserted, and the infusion started. During the infusion, you remain connected to a device that monitors your heart rate, blood pressure, and oxygen level. You may listen to music, read, relax or even nap during the 40-minute treatment. Afterwards, you are required to stay for a short recovery period, typically 15-30 minutes. You will need to have an adult present to drive you home from your appointment.

Conclusion

Depression is a common and debilitating condition that robs a person and their loved ones of the joy of living life. Most cases improve with counseling and antidepressant medications, though these treatments often take weeks to months to be effective. For the 25% of patients with treatment-resistant depression, ketamine infusion therapy offers rapid and lasting relief. *Find out more or schedule a consultation at <https://www.infusionclinicocala.com> or call (352) 325-5755.*



THE INFUSION CLINIC
OF OCALA

40 SW 1st Ave Ocala FL 34471
(352) 325-5755

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, anxiety, and PTSD. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides low-cost ketamine infusions for the rapid treatment of anxiety, depression, PTSD, and chronic pain.



WHY IT'S CRITICAL THAT CARDIAC PATIENTS UTILIZE TELEHEALTH

T.E. Vallabhan, MD, FACC



Many people are avoiding going to the doctor for essential conditions because they are leery of their safety and fear exposing themselves to COVID-19. However, if you have a heart disorder or new cardiac symptoms, it's imperative to stay connected with your cardiologist, but how do you do that if the office is still closed?

Dr. Vallabhan understands the importance of continuity of care and personalized medicine for his patients. These needs are what influenced him to implement telehealth early on during the pandemic. Dr. Vallabhan explained, "As we've been navigating telehealth virtual visits with our patients as a new and novel idea, it's proving to not only be a necessity in patient care, but also it is creating a more engaging and easier process for many patients that might struggle with getting to the office. We are also able to walk them through some diet, exercise and stress reduction protocols, which are always essential for overall health and wellness. Because we are all experiencing this together, I feel that it's allowed our patients to connect with us in a different way, one that has created a new level of compassion and understanding."

Dr. Vallabhan continued. "If my cardiac patients miss appointments, or ignore their symptoms, many times they will end up in the emergency room. If we can evaluate and assist patients with prescriptions, recommend imaging or lab work and check their vital signs virtually, it's a thorough process that will keep them safe and well monitored for the time being. However, we will soon reopen our office, under

stringent protocols to protect our patients and staff, and we are seeing patients in-office that are in need of urgent cardiac care or testing."

COVID-19 is causing undue stress

One of the most overlooked strains on the hearts is—*anxiety*. According to the American Heart Association, More research is needed to determine how stress contributes to heart disease — the leading killer of Americans. But stress may affect behaviors and factors that increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating. Some people may choose to drink too much alcohol or smoke cigarettes to 'manage' their chronic stress; however, these habits can damage the heart and vascular system.

When stress is constant, your body remains in high gear off and on for days or weeks at a time. Although the link between stress and heart disease isn't clear cut, chronic stress causes an increase in blood pressure, which damages the artery walls.

If you are having any new or intensified symptoms, do not ignore them!

If you are interested in scheduling a telehealth visit, please call the office as you normally would and schedule a virtual consultation. In-office visits are also available if necessary.

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
BOARD CERTIFIED CARDIOLOGIST
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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It's Not All About the Ears: Side Effects of Hearing Loss That Might Surprise You

Ever heard of these side effects of hearing loss? Read on to discover some of the unknown problems stemming from losing your hearing.

It's Not All About the Ears: Side Effects of Hearing Loss That Might Surprise You

For individuals struggling with **hearing loss**, there's more to the problem than just their ears. As with any chronic or life-changing condition, the loss of your hearing over time can be just as debilitating. Especially when it comes to the full range of lesser-known side effects that come along with hearing issues like **tinnitus** – from depression to stress to a worsened quality of life overall. We've taken a closer look at some of the common, but lesser discussed, symptoms that untreated **hearing loss** can lead to – and some of the conditions included may surprise you.

The human body and mind are more complicated than we think. When one thing goes wrong, it can affect other parts of the body in ways we don't expect. When it comes to people with tinnitus or different types of hearing loss, the effects of this condition aren't just limited to the symptoms experienced. Hearing care professionals now understand that tinnitus and other forms of hearing loss can have a significant impact on a range of different areas if left untreated.

Unusual hearing loss side effects that you could experience

If you currently have problems with your hearing that are going untreated, then you may be experiencing some of the side effects on this list. Particularly for individuals with tinnitus where treatment isn't being managed, side effects can be a significant part of this condition. Our auditory nerves can do far more than mess with the way we hear things. In chronic instances, they can also affect the way we see and interact with the world – which can have all kinds of unforeseen consequences.

Cognitive function decline

While the term cognitive function decline is a particularly medical-sounding and intimidating term, what this means is that hearing loss can directly affect the health of your brain. As one of your primary senses, the inability to hear correctly can lead to a lack of stimulation. This reduction in stimuli leads to your mind not receiving the same quality of information.

As with any other part of the body that goes unused, over time, your inability to hear can directly impact the cognitive function of your brain. Evidence has even shown that untreated hearing loss can lead to a higher risk of **dementia** later in life. This makes it even more vital to receive the care and help you need through a hearing device, masking devices, or anything else available to you.

Mental health issues

For many people, our mental health can be directly impacted by how we feel on a given day. Hearing loss, in particular, can be profoundly isolating. As such, the result is mental health problems that can be just as difficult to manage as the hearing loss itself. Anxiety disorders, postpartum depression, and other

disorders can be linked back to hearing issues in specific individuals. Especially when it comes to chronic or long-term hearing conditions. Mood disorder and seasonal affective disorder may also be linked to hearing loss. It's no surprise that mental illness can result from such a stressful and debilitating condition. The best thing you can do to lessen the psychological effect that hearing loss can have is getting treatment swiftly and effectively.

Relationship problems

It's no stretch to say that chronic illness can have a severe impact on those around you. Hearing loss is no exception, and studies have shown those with this condition have a harder time keeping relationships ticking over. Hearing loss can make it more challenging to communicate with the world altogether. The isolation that untreated conditions can cause extends to both working relationships and personal relationships. Talking to others and listening to them is a vital part of a healthy relationship – something that untreated hearing loss can make very difficult.





Stomach issues and chronic pain

As anyone with anxiety, stress, or tension can tell you, stomach pain and related issues can be a serious problem. As a condition that can lead to all of these symptoms, hearing loss can be as physically debilitating as it is mentally. The stress this condition causes can lead to all kinds of unpleasant physical symptoms. Cramps, pain, diarrhea, and constipation are just a few. In the long term, conditions like **IBS** can stem from hearing loss, making the physical side effects just as bad as the potential mental ones for many.

What to do if you're experiencing additional side effects from hearing loss or tinnitus

If you're struggling with hearing loss, whether due to your ear canal, **ringing in the ears**, or other forms of hearing loss, the first step is to speak to a trained medical professional. But for individuals with long-term hearing loss where other symptoms have already appeared, the process may require a little

extra input. If you're struggling with mental illness as a result of hearing loss, then speaking to a therapist or doctor trained in treating depression should be the first step. Typically, when you seek further treatment alongside the treatment for hearing loss, you're more able to access the kind of help you need.

There's no one way to experience side effects, so there's no single solid answer to what you should do. However, speaking with a doctor or medical professional can help you find the path forward. From there, you can determine a plan to treat your hearing loss as well as actively manage other side effects. It's important not to assume that treating the source will cure the side effect. Depression, anxiety, and other mental health issues often won't go away on your own. Getting effective treatment is the ideal way to ensure you're healthy, happy, and feeling as good as possible.

Source:

1. <https://www.signia-hearing.com/blog/unusual-side-effects-of-hearing-loss/>

Treating hearing loss to prevent unwanted side effects

We know that treating side effects is just as important as treating hearing loss itself. But in those in the early stages of a hearing loss condition, seeking help early can prevent those side effects from having time to occur. **Hearing aids** work for many as an effective way to mitigate hearing problems and treat the condition overall, including for people with tinnitus. A trained **hearing care professional** will be able to provide input, plan, and care for your hearing needs. Prevention is the best possible cure – so getting treatment earlier is the ideal thing to do.

If hearing loss is harming your life, a **hearing test from Signia** could be the first step in the right direction. Or sign up to our newsletter to receive all the latest news, information, and interesting articles directly to your inbox.

Contact Premear Hearing today to find out more about your options to improve your hearing or to upgrade your hearing devices.

Premear Hearing Clinics: Serving You Since 1964

Premear Hearing Clinics proudly boasts that The Mahan Family has provided professional and compassionate care to Central Florida's hearing impaired since 1964. Our family continues to provide you with quality hearing products and excellent customer service. We also offer FREE 30 Day Trials, FREE Lifetime Servicing, FREE Repairs for any hearing aid from any manufacturer, and provide Financing options to fit your budget with 0% interest to you. We also accept many insurance plans. At Premear Hearing it is our goal to better your hearing and your quality of life.

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Reopening the State: How to Stay Healthy!

Quick Care Med Urgent Care

We're starting to see a lot more interaction and activity, such as crowded beaches and businesses reopening. This is great for our economy, but we need to remember that the coronavirus is still lingering out there, and the experts expect it to have a second wave. No matter what we're being told or what we personally believe, it's essential to practice the same precautions that you would during a normal flu season, but with greater intensity than in the past. After all, history does tend to repeat itself, and COVID-19 has not been eradicated.

We all know to practice good hygiene, avoid large crowds, wear a face covering, and avoid touching our faces. If you decide to go to the beach, you can certainly wear a mask, or just stay at least 6 to 10 feet away from others. If you get your hair cut, wear a mask. If you go out to eat, wear a mask into the restaurant and once seated at a safe distance from others, take it off and enjoy your meal. If you are sick, stay home! If you have symptoms of COVID, get tested. This is our new normal.

Telehealth—Virtual Office Visits

Telehealth is still available at Quick Care Urgent Care and recommended if necessary.

Quick Care Med is 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.

We're all in this together and we need to be smart to stay safe!

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), Chiefland & 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!

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

Quick Care Med's 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

Quick Care Med
Walk-In Clinic & Urgent Care
844-797-8425
www.quickcaredmed.com

Vestibular Balance Issues Should Not be Ignored:

A Physical Therapy Method has Helped Countless Individuals Find Restoration

At least 50 percent of the U.S. population will develop a balance issue, at some point in their lives. Balance disorders typically happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular disruptions.

Patients suffering from vestibular related disorders frequently experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular problems in their lifetime, and that number is on the rise.

BPPV: The most common form of vestibular complications is Benign Paroxysmal Positional Vertigo or BPPV.

- Benign - Not life-threatening
- Paroxysmal - Brief spells that come and go
- Positional - Triggered by certain head positions or movements
- Vertigo - A false sense of rotational movement

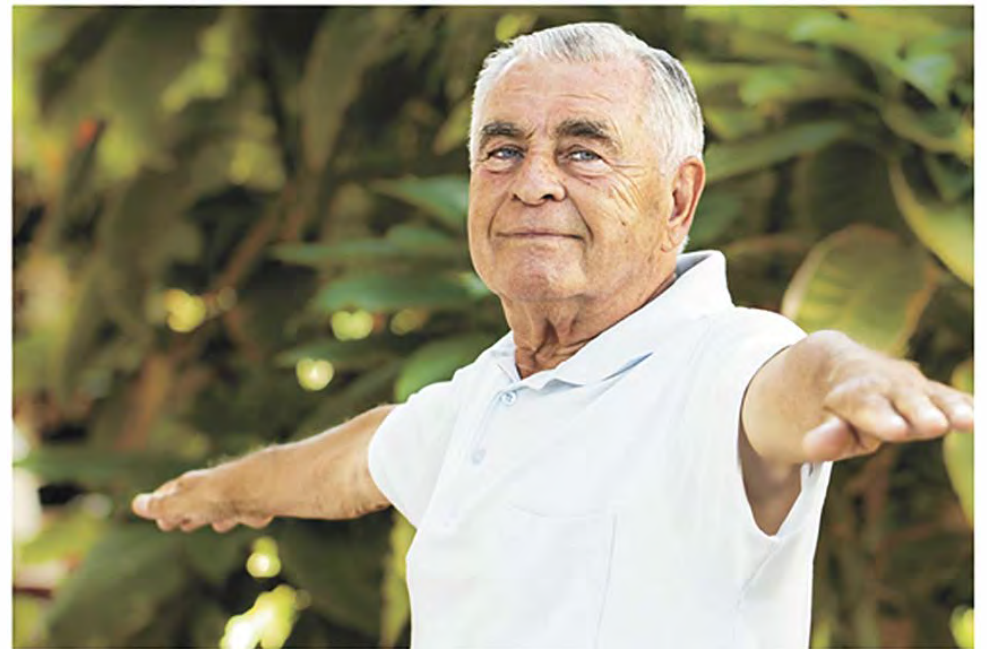
Tiny calcium crystals (otoconia) in the inner ear that slough off and get lodged in the fluid of the ear canals (labyrinth) usually are the cause of BPPV. Benign Paroxysmal Positional Vertigo

can be effectively treated with one of two simple manual therapies that move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These therapies can be performed in the convenience of Innovative Therapies Group's office.

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a

fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Patient & Occupational 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, and mobility 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 & Occupational 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

SICK NOW? SEEN NOW!®



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

Providing immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

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Medical Marijuana Delivery: A New Booming Sector in The Industry

As of the lockdown, medical marijuana delivery and contact-free pick up services have seen a huge rise in popularity. The state of Florida saw a 40% increase in medical marijuana sales with delivery focused dispensaries such as One Plant potentially reaching even higher numbers. With the looming uncertainty of things returning to normal, many patients have stocked up on products as this also limits exposure by reducing the number of visits to the dispensaries. Most dispensaries have had delivery services for some time now, and that option was mostly used by those either too far from the dispensary or those who are homebound. But this sentiment has shifted, and the majority are resorting to safer, contact-free options such as this and taking advantage of telemedicine to recertify over the phone.

Unfortunately, while convenient, it does leave patients limited as they cannot go and drive to the storefront and mostly have to abide to the delivery window. To address this, dispensaries such as Grow Healthy have shown a game changing service with delivery times as short as a couple hours; now making it as quick and simple as ordering a pizza. As new standards are set through the upcoming months, time will tell whether or not the delivery sector will continue to see the same amount of growth within the industry as we enter uncharted territory.

Why is Medical Marijuana so Effective and in Demand?

The endocannabinoid system (ECS) is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and peripheral nervous systems, consisting of neuro-modulatory lipids and their receptors. The endocannabinoid system can be found in nearly any mammal with a vertebrae. The endocannabinoid system is involved in regulating many key bodily processes, including blood pressure, immunity, stress, inflammation, neurotoxicity, and digestive functions. The endocannabinoid system within the human body is a network of cell receptors that respond to key molecules found in marijuana – THC and CBD in particular. CB1 receptors are most densely concentrated in parts of the brain and central nervous system, and less densely found throughout the rest of the body. CB2 receptors, on the other hand, are less densely located in the brain

regions, and more concentrated in the peripheral nervous system and organs. The mapping of these receptors fits well with the diverse range of symptoms and conditions that are found to respond positively to medical marijuana.

In addition to regulating neuronal excitability and inflammation in pain circuits, the endocannabinoid system has been shown to play a regulatory role in movement, appetite, hypothalamic-pituitary-adrenal axis modulation, immunomodulation, mood, blood pressure, bone density, tumor surveillance, neuroprotection and reproduction. The endocannabinoid system has also been shown to affect sensory perception, cardiac output, cerebral blood flow and intraocular pressure.

How to Become a Patient

You must first be Certified by a Licensed and Certified Marijuana Doctor who will provide a patient number for you to order your Medical Marijuana Card from the State of Florida Department of Health Office of Medical Marijuana Use.

Patients with a qualifying medical condition can become a Florida Medical Marijuana Patient in two easy steps:

1. Fill out the form above, or call us at (844) 420-7277 or call one of our Local Offices: Certified Medical Marijuana Doctors Offices
2. Once you are certified by one of the Medical Marijuana Doctors you will receive an email link to order your medical marijuana card from the State of Florida.



Florida's Qualifying Conditions

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition
- Patients can be considered for alternative disorders



Get Your Florida Medical Marijuana Card. Call Today!

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Deland - 386-232-599 | Orlando - 407-755-0012

www.cmmdr.com

Preventing Falls Extends Quality of Life

Submitted by Hospice of Marion County

Whether it's you or someone you know, we've all experienced accidents, falls and other mishaps that can cause havoc on our bodies. Preventing falls in the home helps curb hospital stays and emergency room visits. According to the National Council on Aging, every 11 seconds an older adult is seen in an ER due to a fall and every 19 minutes an older adult dies from a fall.

Falls take away what matters most, our quality of life and independence. This is especially true for older age groups. Increasing strength, balance and endurance through walking, swimming or other types of exercise along with taking a few precautions goes a long way in maintaining better health.

There are currently over 40 million people in the U.S. aged 65+ and this number is anticipated to double by 2050. As a result, demand for durable medical equipment (DME) is in higher demand for this segment of the population due to normal aging ailments, falls and other illnesses. Statistics published by the U.S. Bureau of Labor Statistics suggests that sales of home health aides and personal care aides are expected to increase by \$13 million in 2020, a 70% increase from 2010.

Whether in short-term or long-term care, and especially with post-surgery care at home, DME home medical equipment and supplies play an assistive role in faster patient recovery. Luckily, there are many options for consumers of home



medical supplies and equipment ranging from personal aids for daily living, mobility aids such as canes, walkers, and wheel chairs, to monitoring equipment such as oxygen and diabetic supplies to hospital beds.

Accent Medical, a durable medical equipment company and affiliate of Hospice of Marion County, is a not-for-profit organization that in addition to serving hospice patients and their families, offers the same quality care and products to anyone in Marion County. Clients can pick up or if home delivery is required, that too can be arranged.

"We do the leg work, so you don't have to," says Accent Medical Administrator Mike Ratner. Adding, "Our friendly qualified staff goes the extra mile to deliver the best products with the best service. We tailor our services to meet a customer's specific situation and individual needs."

Accent Medical technicians will hand-assemble in the home, educate folks on safe and easy ways to operate all of the equipment, making sure clients understand "how to" instructions before leaving their home.

Additionally, if purchasing equipment is not in your budget or required for long-term use, an option to rent is available as well. Accent Medical will provide a free price estimate and recommend only the items that are right for the customer.

"Our team can help you select the best quality product to suit your budget, plus we offer a 'happiness guarantee' with a no-hassle return policy," says Ratner. "We are with our customers every step of the way and live by our motto—Enhancing quality of life, one person at a time."

To learn more about Accent Medical, call (352) 622-7260 or visit: www.accentmedical.org

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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.

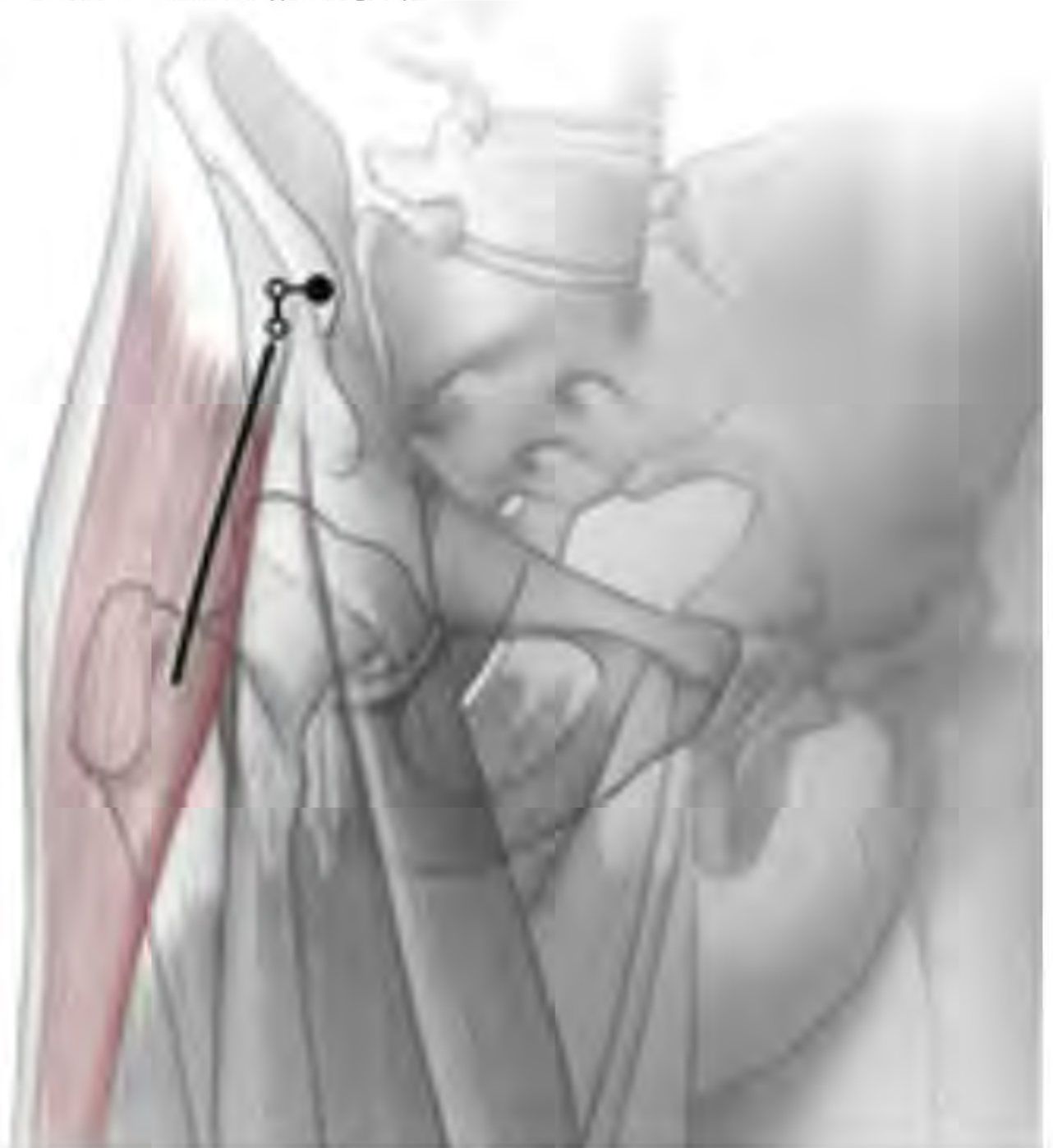
Your surgical journey will start after you and one of the highly skilled total joint surgeons at the UNOVA Hip and Knee Center have determined that you have exhausted all the appropriate conservative measures to address your hip arthritis. With the UNOVA proprietary opioid free anesthesia and post-operative 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.

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.

Figure 1:
Incision for direct anterior approach-right hip



UNOVA
HIP & KNEE
CENTER

To further explore the possibility of a total hip and knee replacement with **Dr. J. Mandume Kerina**, please contact UNOVA Health at: (352) 973-4070 | unovahealth.com

When You Are At Your Wits End

By Pastor Tim Neptune

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

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

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

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

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

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

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

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





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