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June 2020

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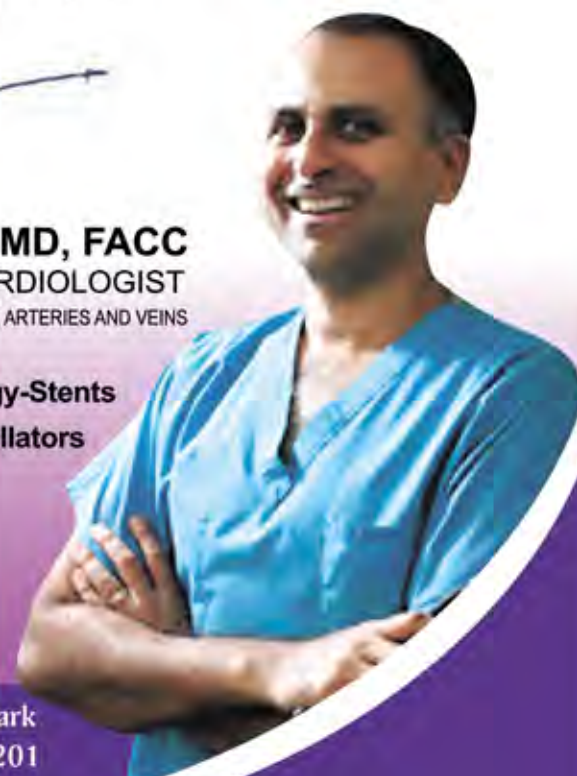
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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

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?"

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PROTECTING YOUR EYES FROM UV DAMAGE

We all enjoy the radiant Florida sunshine, but ultraviolet rays can damage eyes, especially with regular or prolonged exposure. Studies and patient cases demonstrate the sun's ultraviolet (UV) light and high energy visible light (HEV blue light) can lead to eye damage and increase the development and severity of cataracts, retinal damage and macular degeneration, and cause photokeratitis, a sunburn of the cornea that can cause vision loss for 1-2 days or longer, pterygia (wedge-shaped bumps that develop on the whites of the eyes and may spread to the cornea, blurring vision and creating irritation) and pingueculae (benign raised yellow bumps in the white of the eye).

As if that weren't enough, some people develop tiny freckles in the iris (the colored part of the eye) that can turn into melanomas. While eye melanomas are rare, like any cancer they can become serious if left unchecked and untreated.

Of course this doesn't mean that everyone should avoid the sun and outdoor activities, but rather enjoy them more mindfully and responsibly, which, luckily isn't that hard at all.

First, invest in high-quality sunwear specifically constructed to block 100% of UVA/UVB rays and absorb most HEV radiation. "We carry a wide variety of fashionable styles and lenses designed to provide excellent eye protection," says Doctor of Optometry, Lindsey Walsh. "I particularly recommend a wraparound style for higher-risk people, as they help block peripheral rays, too."



To improve your protection, wear hats and other protective clothing and try to limit time in the sun between the hours of 10am to 2pm, when the sun is highest in the sky, particularly in environments where there may be a lot of UV "bounce," such as water, snow, sand and concrete, which compound exposure.

Regular comprehensive eye exams can help your ophthalmologist or optometrist discover early signs of eye disease, so make sure to see your doctor every one to two years, and immediately if you notice sudden changes in your vision, floaters, flashes or other problems. You can also discuss the medications you're taking, as some can

increase your sensitivity to UV radiation and sunburn. "We can also recommend supplements to help bolster your resistance to UV exposure," says Adria Anguita, OD. "Increasing levels of vitamin C and other key antioxidants can help protect your vision and overall health."



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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

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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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For more information, visit FLCancer.com

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.

Source:

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

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.

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.

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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 every 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.


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Have You Succumb to the Quarantine 15?

An Innovative Body-Sculpting Treatment Gives a Major Boost

We've all been a little more stressed than normal and many of us have fallen off the wagon concerning our healthy diets. Who can blame us, right? Quarantining is tempting. Afterall, we haven't had much else to do accept bake, cook, find new recipes, and pretty much lounge around a lot more than usually.

Stop Hiding under Your Clothes! It's time Get Out of the Loungewear!

Swimsuit season is here and since heading to the beach or boating is one of the safer outings to take our families on, or to join friends, now is the time to get serious. However, many of us could use a little extra help to reach our goals, and TruSculpt iD is a revolutionary treatment that's helping countless individuals do just that.

TruSculpt iD

Total Nutrition and Therapeutics is proud to offer TruSculpt iD, a revolutionary non-surgical, body-sculpting treatment that allows you to personalize your ideal body in as little as one 15-minute treatment.

TruSculpt iD is a safe and effective technology that is clinically proven to permanently eliminate fat cells in stubborn areas around your abdomen and flanks. With truSculpt iD, you can get the body definition you want, even in areas that have been resistant to diet and exercise.

The Science and Results

Body-Sculpting

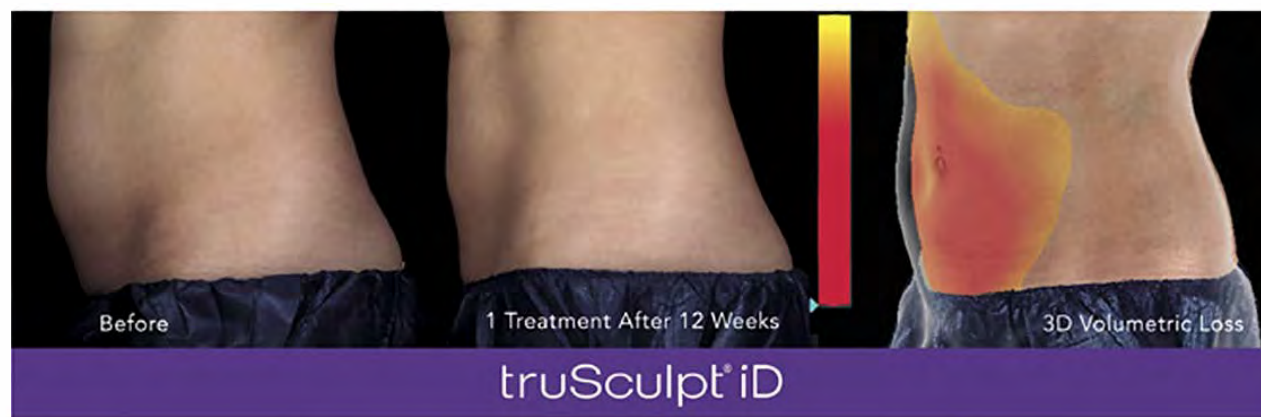
In recent years, the medical aesthetic industry has seen rapid growth in the request for body sculpting and body contouring procedures. Why? It's been around long enough that we know it works.

The Next Evolution of Body-Sculpting

TruSculpt iD is the latest body sculpting treatment solution from Cutera Medical. This powerful, non-invasive, Monopolar RF platform tailors to patients' individual needs and features Real-Time Temperature Control for clinically proven results, safety, and a comfortable patient experience.

More Fat Reduction in Less Time

TruSculpt iD treats the entire fat layer, resulting in an average of 24% fat reduction. It offers unique hand-piece and placement location versatility and customized 15-minute protocols to treat a full abdomen or multiple body areas simultaneously.



truSculpt® iD

Arms

Do you want to wear sleeveless shirts with confidence? TruSculpt iD offers a unique and personalized approach to improve upper arm contouring and definition. Unlike other devices, there is no placement limitation, and treats the area efficiently and quickly.

How TruSculpt is Different

- Unique approach to treat skin with laxity
- Sculpt challenging areas
- Synchronized treatment zones
- No downtime
- Remarkable sculpting results

Thighs

Thighs are commonly out of proportion with the rest of the lower body causing growing interest in leg sculpting. TruSculpt iD offers an individualized and unmatched solution to regain proportion to inner and outer thighs of all shapes and sizes.

- Versatile to treat various tissue densities
- Rapid and significant results
- Tailored for areas large and small
- Flexible treatment configurations
- Immediately resume normal activities

TruSculpt iD's system versatility allows for customized treatments to multiple body areas simultaneously based on patients needs/wants in as little as one 15-minute treatment protocol.

How Radiofrequency (RF) Energy Works

TruSculpt iD delivers heat to the entire fat layer while maintaining a comfortable skin temperature – optimizing clinical efficacy and maintaining patient comfort.

Don't wait—Start your TruSculpt iD treatment now!

If you want drug-free alternative options for your health needs, TNT treats both male and female patients who desire alternative therapies to get to the root cause of their conditions.

Total Nutrition & Therapeutics

At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!

Call them today to schedule your appointment at (352) 259-5190.



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Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

Have you ever noticed sensations in your legs that made you wonder if you should see a doctor, but since they seemed to subside, you ignored the symptoms away? Many people overlook the life-threatening warning signs that could lead to an embolism. If you've experienced swollen legs, tingling, burning or itching sensations in your legs, a feeling of heaviness, aching, cramping, or skin discoloration, you could have Deep Vein Thrombosis.

Every year, nearly one million people are affected by deep vein thrombosis, and sadly, approximately 100,000 of these cases end in death! These are grim statistics since the treatment is minimal and so readily available to patients. Along with the common indicators mentioned above, nearly half of the individuals that are affected by DVT have no symptoms at all. Unfortunately, the majority of these people do not realize that they have a medical issue until it's too late!

What is Deep Vein Thrombosis (DVT)?

DVT's are a blood clot that can form in the legs or arms. When a blood clot breaks free, it can travel to the lungs or brain and causes an embolism, which is when the thrombus or blood clot is moving through the vessels or arteries. If it lodges in the lungs, it can cause death, and if it travels to the brain, it will cause a stroke, along with the probability of death. If you have any discomfort in your limbs, it's imperative that you see a specialist.

What Causes DVT?

When a vein's inner lining is damaged, by either trauma, biological, or chemical factors, blood clots can form deep inside the vein. Varicose veins are an indicator of deep vein thrombosis. When veins are impaired, they can lead to more severe health issues. A medical professional will be able to report whether or not your symptoms are superficial, or unsafe and in need of restorative treatment.

Although it can happen to anyone, the most common factors that put you at risk for DVT is sitting for extended periods of time. If you are driving long distance, traveling by train, bus or plane, or perhaps you're deskbound at work,

these lengthy episodes of sitting can all lead to deep vein thrombosis. Other causes are vascular malformations, pelvic tumors, a family history of varicose veins, smoking, being overweight, pregnancy and an overall sedentary lifestyle.

Symptoms:

- Prominent varicose vein
- Heavy aching legs
- Leg swelling
- History of a previous clot
- Family history of blood clotting
- No Symptoms

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. DVT's and Chronic venous insufficiency can be fatal and must be treated to prevent further damage to your circulatory system and your overall health.

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT. He developed pain in his calf, and after further investigation, the clot was discovered. Luckily, he too was treated and had a successful outcome. However, NBC News journalist, David Bloom, wasn't so fortunate. He was killed by a DVT while reporting on the war in Iraq.



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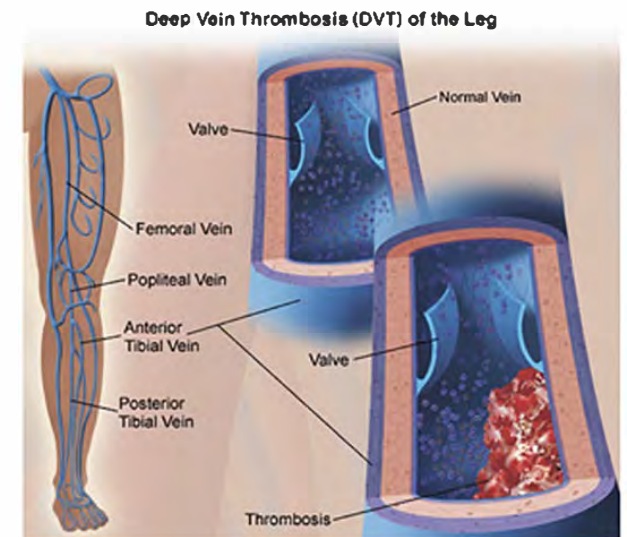
Bryan Carter, MPA-C

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Lady Lake, FL 32159

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Toll Free: 1-855-432-7848 (Heart 4 U)

www.villageheartandvein.com



If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately! Making an appointment with a phlebologist, which is a vascular surgeon specializing in venous disease is your best line of defense against this common disorder.

Treatment Options for Venous Insufficiency

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (Usually through minimally invasive catheters, or ultrasound)

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.

Putting Safety First for Seniors

When was the last time you thought about home safety? How about the safety of your aging parents in their home; have you checked their home for general safety measures recently? Medical professionals will tell you how important it is for adult children to annually perform a safety check of their aging parents' homes in order to help avoid dangerous situations.

Trinity Springs offers an atmosphere of home and comfort, reducing feelings of insecurity, loneliness and confusion. We understand how important a feeling of safety is to our residents and their loved ones. While providing the best in customized care for our residents, we also provide support and education for families.

June is home safety month and we would like to give you a few tips on how you can help to keep your loved ones safe. Basic safety inspections should cover items such as fall prevention, fire and kitchen safety, emergency response systems, and home security. According to the CDC one out of three older people [those 65 and older] falls each year. With a few minor home adjustments, you can rest easy knowing the likelihood of your loved one suffering a fall injury has been decreased. An important first step toward preventing falls at home is to remove anything that could cause a trip or slip while walking. Stumbling on pet bowls, electrical or phone cords, excessive clutter, small furniture or small rugs can all cause you to fall. Be sure to arrange furniture so that there is a wide and clear walkway around the home and install handrails if necessary or where possible.

Kitchen safety is something that you will need to review with your loved ones often as their abilities might change naturally with the aging process or with a change in their prescribed medications. Make sure that smoke and carbon monoxide detectors are installed and in good working order. Other basic safety measures include using a microwave instead of a stove, ensuring the kitchen is lighting is adequate, never leaving food that is cooking unattended and keeping a fire extinguisher handy.

If an emergency does occur in the home, do you have a plan in place for retrieving help? Always keep a list of emergency phone numbers in an easily accessible location (or two). Be sure the information is written in large print that can be read easily if you are in a rush.



Important numbers include poison control, health-care providers and family or friends. There are also many options for personal emergency response providers that can save your loved ones' lives in a dire situation.

Your front door should have dead bolts installed and doors should remain locked whether you're home or not. Most of us grew up in a time where it was common to leave your front door unlocked, but it is now important to make home security a habit. Other general safety guidelines to follow should include leaving a spare key with a neighbor you can trust in case you are ever locked out, never open the door to a stranger (if they are a sales or repair person, then you should call their company to verify their intentions), lastly don't let people know when you are away from your home (through social media or otherwise) as this can make your home an easy target.

Take the time to make sure those you love are safe. As we get older we may take safety for granted and this is no time to forget the easy rules for keeping our homes safe. Other factors such as a change in our physical abilities as well as medications prescribed by healthcare professionals can

also lead to potentially unsafe situations. Being alert and prepared is the best way to approach home safety. We strive to ensure that our residents live at their highest level comfort and security. If any of our residents need personalized care as an enhancement to our basic living services, Trinity Springs also offers specialized personal attention. Our community creates a customized service and assistance plan for each resident with a variety of therapies and life enrichment activities. Since our professional and friendly staff interacts daily with our residents, we continually monitor their individual needs. We welcome you to call us at 352-633-4030 to learn how you can experience the best in senior living.

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Learn more at **352-633-4030**
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Obstructive Sleep Apnea & Oral Appliances: A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

Sleep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People that suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities.

What Causes Sleep Apnea?

The Short answer to sleep apnea's cause is that the airway collapses during sleep due to one or more of the following conditions, obesity, drinking alcohol, smoking, stress, lung disease like COPD, emphysema or asthma, drugs, and various ailments. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications.

What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders
- Chronic disease
- Diabetes
- Depression
- Behavioral issues
- Stroke
- Brain health impairment

If not treated, over time, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

What are the symptoms of Sleep Apnea?

- Snoring
- Gasping
- Dry mouth
- Choking
- Cognitive decline or brain fog
- Restless sleeping
- Depression and irritability



Tired of your bulky cpap or want an alternative to cpap?

Have you tried CPAP therapy and failed?

The customary first line of treatment for sleep apnea is a PAP device. However, many patients are unable to tolerate the use of a PAP, and therefore are not achieving optimum treatment results. Those patients are candidates for Oral Appliance Therapy, or OAT. Research shows that a custom-fit oral appliance is an effective therapeutic treatment option for Obstructive Sleep Apnea and can also help to eliminate snoring. A custom oral appliance is similar to a nightguard or retainer and is designed to assist in opening the airway. By opening the airway, you increase your oxygen intake, as well as improve your sleep, and your over-all health. The American Medical Association, The American Academy of Sleep Medicine and the American Board of Dental Sleep Medicine, all recommend OAT to be prescribed by a Sleep Physician and fabricated by an ABDSM qualified dentist.

At Village Sleep Dentistry, we not only have the qualifications, but we are also a Medicare approved DME provider as well. If you have Sleep Apnea and are unable to use a PAP device, consider improving your health and your quality of life. Your body and mind will thank you.


Meet Dr. Rozensky

As a Diplomate of the American Board of Dental Sleep Medicine and recognized as a qualified dentist by the American Academy of Dental Sleep Medicine, Dr. Rozensky earned his Doctorate of Dental Surgery degree from University of New York at Buffalo. He then went on to serve our country in the United States Air Force, after which he enjoyed private practice in General Dentistry for over 20 years. Dr. Rozensky now includes his passion for Sleep Dentistry in his practice and finds true joy in the life changing care he is able to provide.

Village Sleep Dentistry

At Village Sleep Dentistry, our dentist Dr. Richard Rozensky and the entire dental team will work closely with you so that you can make informed decisions about your health. In addition to sleep dentistry, we offer all aspects of dental care and treatment including restorative, general, cosmetic dentistry and more...

From the moment you step in the door you will feel at ease. You will be welcomed by a warm and inviting atmosphere, combined with a professional and caring team. You will immediately recognize the emphasis on professionalism and quality, from the people who care for you to the technology they use-this is the way dental care should be!



**Village
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Dentistry**

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Clinical Director

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*Oral Appliance Therapy
for Sleep Apnea*



DO YOU OR SOMEONE YOU LOVE SUFFER FROM ALZHEIMER'S DISEASE?

Dr. Dariano, D.O.

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in a different degree. If you notice any of them, please see a doctor.

1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a check-book.

3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4. CONFUSION WITH TIME OR PLACE

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8. DECREASED OR POOR JUDGMENT

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how

to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10. CHANGES IN MOOD AND PERSONALITY

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

WITH EARLY DETECTION, YOU CAN:

- Get the maximum benefit from available treatments.
- Explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer.
- Increase your chances of participating in clinical drug trials that help advance research.

WHAT TO DO IF YOU NOTICE THESE SIGNS

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

Source: www.alz.org

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.



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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.

Should I do a TeleHealth visit? Telemedicine has increased 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, based on recalculations. 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 at approximately 284,000, according to revised CDC data. Comparatively, the WHO reported 18,631 lab confirmed pandemic deaths for the 2009 H1N1 pandemic.



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 positive 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. This is despite years of testing and research for Influenza. 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 for COVID-19, but without any prior effective RNA or Coronavirus vaccines in humans, and the increased mutagenicity of coronaviruses in general, an effective vaccine in just a year or less, may be hard to come by and have unexpected or unknown side effects. Patients should consider their risk factors and discuss this with their physician when deciding whether they should vaccinate.

Is Hydroxychloroquine safe to use? Hydroxychloroquine is the safer metabolite of Chloroquine, an anti-malarial medication which has been on the market since 1935 and is currently FDA approved. It is used in autoimmune diseases like Lupus and Rheumatoid Arthritis, and also off label for many other conditions. Side effects are typically associated with long term use or high doses, but are not common. Hydroxychloroquine is considered a safe drug with a low side effect profile, that can be used in most people without any adverse effects, provided dosed properly and with physician approval. Chloroquine has shown benefit in cellular studies with SARS since 2003, and has demonstrated reduced viral penetration into the cell. Studies have also suggested possible benefit with prophylactic use based on the mechanism of action which is limiting entry of the coronavirus into the cell, as well as reduced severity of lung complications if started early. Chloroquine and Hydroxychloroquine

have been compared in studies and Hydroxychloroquine was determined to be more effective against COVID-19 in vitro in recent Chinese studies. Studies so far have not evaluated early treatment or prophylactic effects, only effects in severely complicated hospitalized patients in mostly elderly patients. It is impossible to know what early treatment or prophylactic benefits might exist or if differences exist in patients of different ages, with different medical problems. Ongoing human trials are now underway, soon we will know much more about this treatment option, hopefully it will not be too late. Discuss the pros and cons of Hydroxychloroquine with your doctor, to see what is right for you.

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, these commonly used blood pressure medications may have the effect of facilitating infection with COVID-19 or increasing a patient's risk for a 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

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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.

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? So far neither Dr. Fauci, the CDC or the WHO have explained reliable study results to support the draconian measures that have so completely changed our lives.

Is COVID-19 just another SARS? SARS and COVID-19 are both coronaviruses, and are approximately 80% or more genetically similar, when analyzed in a laboratory study. However, studies by multiple virologists mention a number of changes in the COVID-19 virus that implicate probable lab alteration. At present, no proof of lab creation is evident, but lab use and alteration 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, if not the primary factor, 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. Studies showing surface duration of COVID-19, were conducted in cool temperatures and indoors, and cannot be extrapolated for outdoor surface virus duration. So, exercising outdoor, socializing outdoors and even eating outdoors are activities that should not be restricted. Patients should not be using masks while exercising outdoors or while driving their vehicles. Mask use has not been evaluated sufficiently or proven to reduce viral transmission in the general healthy population. Until recently the CDC did not advise in favor of mask use in the general population to avoid viral transmission, because studies have shown increased viral transmission in healthy patients. In places where there is a reduced space indoors and shared air space for a prolonged period of time, masks could be predicted to reduce viral transmission. This would be places like an airplane, public transportation, or crowded markets or areas that are indoors, and only if, a particular pathogen is highly prevalent in that population. More studies and research need to be done to make fact-based recommendations about what kind of personal protective equipment is necessary and when. For the moment high risk individuals should understand their individual risks and use appropriate caution.

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Do You Have Back Pain?

HOW SPINAL DECOMPRESSION CAN HELP

By Compton Chiropractic Care

Over 80 percent of the population will experience back pain at one time or another in their lives. Unfortunately, as we age, our spinal discomfort tends to become progressively worse and can become chronic if left untreated. Some of the most common reasons for backaches are trauma or sports related injury, lifting heavy objects, improper spinal posture, poor sleeping posture, and ballistic movements.

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic and cervical vertebrae, as well as, vertebral discs, ligaments, tendons and muscles that attach to the spine. Over 30 nerves run down the entire spinal column. When our backs are injured the surrounding muscles often contract, as they try to protect the spine, but this causes, even more, discomfort to our bodies. Not only is the back affected with pain, but the arms, legs, and neck may experience excessive pain from the tension, too.

The elements of what's causing all of the pain depend on your particular situation and biological makeup, but for the most part, it's frequently associated with compressed nerves that are literally being crushed by the narrowing of the vertebrae. The damaged nerves send signals to the brain transmitting the indication of pain.

The typically recommended treatments for spinal compression are pain medication and surgery, but most patients are reluctant to have back procedures for fear of long-term spinal complications, and pain medications are very often an addictive habit not easily broken, once the pain is controlled, therefore most individuals are unenthusiastic about taking pain medication prescriptions.

There is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years chiropractors and physical therapists, have been utilizing a natural therapy for back discomfort called spinal decompression.



What is Spinal Decompression?

While lying on a traction table, a patient will be moved by the traction device in tiny increments either side to side or back and forth, depending on their compression issues. This movement provides relaxation and relief by widening the vertebrae area and relieving the compressed nerves. And, as it substantially decompresses the disc(s) off of the nerve(s), it allows nutrients to flow into the vertebrae naturally again, which will supply the area with the proper amount of blood cells and oxygen to begin the bodies internal healing process.

The sessions take approximately 30 minutes each and most likely patients will need several treatments to the area get them to their ideal comfort zone, or to relieve the area completely. This treatment has provided relief for countless patients and is one of the best ways to start your recovery.

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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.



James Leiber, D.O.



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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



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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.

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LOCAL ATTORNEY PATRICK L. SMITH OFFERS FLAT FEE ESTATE PLANNING SERVICES



Estate planning does not need to be an expensive or time-consuming process, according to Attorney Patrick L. Smith. Whereas many attorneys bill their clients by the hour to handle their planning, Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

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

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

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

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, 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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HIP REPLACEMENT SURGERY

By Dr. J. Mandume Kerina

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

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

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



Figure 1:
Incision for direct anterior approach-right hip

Joint replacement should be considered when:

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

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

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To further explore the possibility of a total hip and knee replacement with **Dr. J. Mandume Kerina**, please contact
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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



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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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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