

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2020

Marion Edition - Monthly

www.HealthAndWellnessFL.com

FREE  

**COVID-19
TESTING**

**RISING TO MEET
THE CHALLENGE**

**KNOW THE ABCS
OF SKIN CANCER**

**BALANCING
LIFE**

**URINARY
INCONTINENCE**



FACELIFT SPECIALIST



*Results Typical and Do Vary

Surgical or Non-Surgical

MAIN LANDING PAGE

<https://imagelift.com/covid19-update/>

**LIKE A VIRTUAL CONSULTATION?
PATIENT ADVISORS HAVE EXCLUSIVE DEALS
WITH DEEP DISCOUNTS RIGHT NOW..**

<https://imagelift.com/virtual-consultation/>

IMAGELIFT ONLINE STORE!

<https://shop.imagelift.com/>

**WE WILL BE ROTATING DEALS
EVERY FEW DAYS!**

YOU ARE INVITED

NEW!

ATTEND VIRTUAL SEMINARS



imagelift.com/webinar

888-875-3223



IMAGELIFT®

ImageLift.com

Rich Castellano, M.D.

**Free
Book!**

**+3,500
Facelifts**

**Double
Board Certified
Facial Plastic
Surgeon**



THE VILLAGES
877.346.2435

Follow on youtube.com/ImageLift
or [FB.com/ImageLift](https://fb.com/ImageLift)

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

During these challenging times, we remain open and dedicated to safely serving our cancer patients.



Your treatment. **Our Journey.**

You don't plan for a cancer diagnosis. You begin to worry about your family, friends, work and health. Florida Cancer Specialists will be by your side — throughout the journey. Our doctors and nurses provide personalized, targeted treatment and clinical expertise so you can have peace of mind. And with world-class care that's close to home, we're always here to help.

We'll give you the strength to move forward — every step of the way.

Proud to serve patients at our two Marion County locations.

Patrick Acevedo, MD
Luis Carrascosa, MD
Mohammad K. Kamal, MD
Sachin Kamath, MD
Shilpa Oberoi, MD

Vipul Patel, MD
Craig Reynolds, MD



FLORIDA CANCER
SPECIALISTS
& Research Institute

FLCancer.com

Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

The FemTouch treatment is a fast, simple, in-office procedure that uses a vaginal laser to address several, vaginal health-related issues. During the procedure, the CO2 fractional laser gently ablates the vaginal lining to help stimulate collagen production and remodel vaginal tissue. Improved overall vaginal health is restored along with a stronger, tighter vaginal wall.



352.391.6000
advancedurologyinstitute.com



THE INFUSION CLINIC
OF OCALA

2801 SE 1st Ave., Ste 201, Ocala, FL 34471
(352) 325-5755

Depression, Anxiety, PTSD?
Antidepressants Not Helping?

Get Rapid Relief With IV Ketamine!



Dr. Eric Milbrandt

- One of the biggest breakthroughs in decades
- Works within hours to days
- Lasting results

www.InfusionClinicOcala.com

THE ULTIMATE BEDROOM SALUTE!

A Breakthrough Solution for Men Seeking Better Erections & Optimal Sexual Performance!



BENEFITS INCLUDE:

- Enhances Erections
- Improves Sexual Performance
- Increases Sensation
- Treats ED & Peyronie's Disease

"After countless dollars and time spent on treatments that didn't work, Gainswave worked and has given my wife and I a renewed sexual relationship. Thank you TNT."

- John, actual TNT Gainswave Client



TOTAL NUTRITION
AND THERAPEUTICS
352-259-5190

TNT offers a FREE consultation. Call today!
809 Hwy 441 Unit 202-C • Lady Lake, FL 32159 • TNT4ME.com



CONTENTS

JULY 2020

6 Treating Tremors Begins with Discovering the Cause

8 The Most Common Causes of Cartilage Loss

10 Urinary Incontinence

11 Know the ABCS of Skin Cancer

12 Pacifica Senior Living: Dedicated to The Safety of Their Communities

13 Detecting Melanoma

14 The Truth About Esketamine (Nasal S-Ketamine Spray)

15 Reopening the State: How to Stay Healthy!

16 Medical Marijuana Edible Dosing, Certified Physicians and Dispensary Information from Certified Marijuana Doctors

17 Get Back to Playing Golf & Break Free From Pain

18 How Hearing Loss Affects Your Memory

19 Be Mindful of the Connection Between Diabetes and Alzheimer's

20 COVID-19 Testing: Rising to Meet the Challenge

21 Is it a Senior Moment ... or Something More Serious?

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

23 Spiritual Wellness: Balancing Life

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

INDEPENDENT LIVING ~ ASSISTED LIVING

Exceptional

SENIOR LIVING IN OCALA

Imagine a retirement lifestyle with all of the support & services you desire. Phone us today to learn more about the Pacifica experience.

352-414-2507

PACIFICA
SENIOR LIVING
OCALA

Lic#AL9315

11311 SW 95th Cir | Ocala, FL 34481 | PacificaOcala.com

MICHAEL J. FREEMAN M.D., P.A.

"Dr. Freeman is the most experienced of any doctor in his field that I have been to. He treated many of my conditions that other doctors had not been able to treat."
GARY P.

We Are Moving!

Visit Us at Our New Villages Location
13690 US Hwy 441, Suite 300
The Villages, FL 32159
Use Billy's Cafe Driveway
ALWAYS ACCEPTING NEW PATIENTS
Call today! 352-750-6946

Introducing

Dr. Freeman Cosmetic Skin Clinic and Eliza Beadles, P.A.-C

She Offers Treatment Such as Dysport, BOTOX, SCULPTRA, and Dermal Fillers to Address the Aging Process.

Dermatologist
MICHAEL J. FREEMAN, M.D., P.A.
Local Practice | Local Doctor | Over 40 Years

The Villages: 13690 US Hwy 441, Suite 300 The Villages, FL 32159
Main Ocala Office: 2750 S.E. 17th St. Ocala, FL 34471
West Ocala Office: 8750 SW Hwy 200, Suite #102 Ocala, FL 34481

TREATING TREMORS BEGINS WITH DISCOVERING THE CAUSE

Movement disorders, including essential tremor, ataxia, Parkinson's disease and others can often be successfully treated, but each requires specific protocols in order to ease symptoms and help improve function. Because not all motion disorders respond to the same medication, knowing the specific cause is necessary to stage the appropriate therapy.

Parkinson's: A commonly misdiagnosed problem

Many people are misdiagnosed as having Parkinson's disease – in fact, a diagnosis of Parkinson's is estimated to be incorrect in about 20% of cases, or about one in five patients. This not only creates undue stress in misdiagnosed patients, it can also result in the administration of less effective or ineffective treatments. That's why the FDA-approved DaTscan is so important. This painless, noninvasive nuclear medicine imaging test can help your radiologist and neurologist differentiate Parkinson's disease from a comparatively minor problem like essential tremor and other motion disorders.

DaTscan produces intricate images that can reveal minute details in the brain other tests can miss. DaTscan utilizes a unique injectable radiotracer called Ioflupane I123, a sophisticated nuclear medicine that travels to the brain and illuminates the neurons that control movement. This focused radiotracer releases gamma rays that are captured by a specialized camera, allowing your radiologist and neurologist to examine details deep within the brain, including any deterioration of dopamine-containing neurons, a condition associated with specific motion disorders. In a clinical study, physicians reported that DaTscan results impacted their diagnoses of 68% of patients, and contributed to 58% of their clinical management of cases. Another huge benefit of DaTscan is that it can produce results in just hours instead of weeks or months, for less waiting and faster treatment.

MRI: Offering more views into neurological issues

When additional or alternative studies of the brain are needed, RAO offers advanced magnetic resonance imaging (MRI), a painless, radiation-free

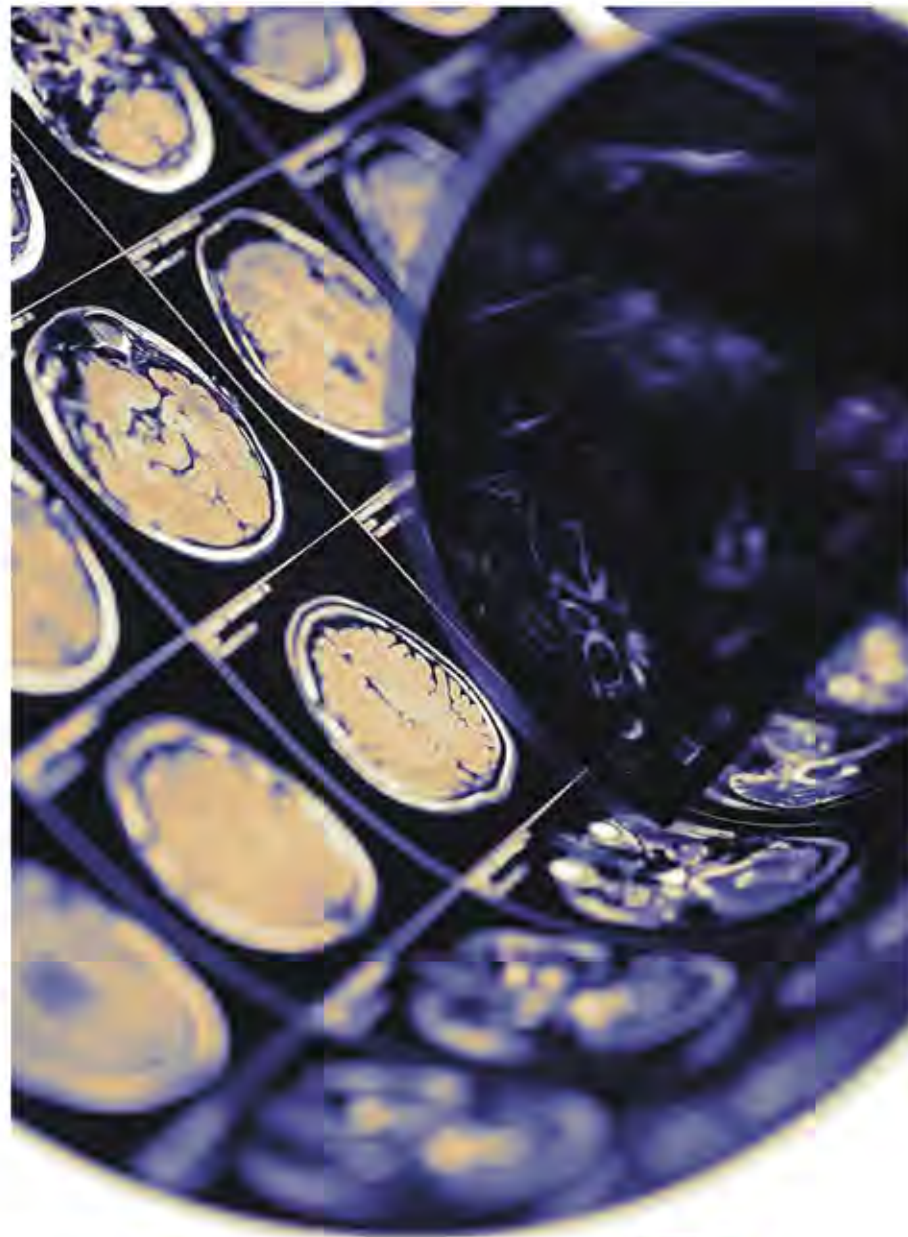
diagnostic scan that can delve into brain tissues to discover brain and neurological issues including injury, irregularities and diseases that can cause movement disorders, so that effective treatment can begin. MRI uses a large magnet and radiofrequencies to capture images of the brain, which are sent to a computer to produce comprehensive cross-sectional studies, all without the use of ionizing radiation.

Why RAO is the right choice

RAO's team of Board Certified neuroradiologists subspecialize in diagnosing diseases and disorders of the brain and central nervous system, and personally read all imaging results in-house so they can consult directly with your neurologist. RAO maintains ongoing accreditation from the American College of Radiology for high practice standards in accuracy, technology and safety, so you can rest assured you will receive the highest level of care.

RAO offers DaTscan at our Medical Imaging Center at Windsor Oaks. MRI is offered at our Medical Imaging Center at Windsor Oaks and our Medical Imaging Center - Magnolia Extension, and open MRI is offered at our TimberRidge Imaging Center.

When your neurologist has the right information about what's causing your motion disorder, they can determine the most effective treatment to help control symptoms and disease progression. If you have a motion disorder, talk to your neurologist about whether DaTscan or MRI from RAO might be the right option for you.



**RADIOLOGY
ASSOCIATES
OF OCALA**

(352) 671-4300

www.RAOcala.com

A photograph of two people, an older man and a younger woman, wearing scuba diving gear and orange life preservers, smiling while underwater. The man is on the left, and the woman is on the right. They are both looking towards the camera.

WE DIVE DEEP INTO THE CAUSE OF TREMORS



NEURORADIOLOGY AT RAO

Our Board Certified neuroradiology specialists utilize extensive training and experience to read your results quickly and accurately, and to consult with your referring neurologist for superior care.

*— Amanda Aulls, MD; Ralf R. Barckhausen, MD
and Malcolm E. Williamson, II, MD*

The FDA-approved DaTscan is a nuclear medicine test designed to evaluate and determine the cause of motion disorders. It can differentiate Parkinson's disease from other nervous system disorders like essential tremor in just hours instead of months or years like standard tests.

If you want quick answers that can lead to effective treatment for a motion disorder, talk to your neurologist about the DaTscan.

www.RAOcala.com • (352) 671-4300

*ACR Accredited Nuclear Medicine available at
Medical Imaging Center at Windsor Oaks*



**RADIOLOGY
ASSOCIATES
OF OCALA**

We are proudly contracted with a variety of insurances and file all claims with the exception of non-contracted HMOs. Visit our website for a detailed list of contracted insurances. Contracted insurances are subject to change.

A FULL CIRCLE OF CARE CENTERED ON YOU.

The Most Common Causes of Cartilage Loss

By Regenxx Tampa Bay, Regenerative Medicine

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint ("bone on bone") and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal inflammatory fluid that breaks down tissue in the joint. Determining what's in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn't any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.



Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it's actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but is also can cause changes in the patient's insulin-response system that can break down cartilage. This is referred to as "metabolic syndrome."

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDS, and other drugs when not essential.

7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.



While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.

ABOUT US



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).

He is a published author, presenter, and is currently the program director for the Interventional Orthopedic Foundation.

He lives in Sarasota, Florida with his wife and teenage daughter. Dr. Leiber travels regularly to Denver, to teach regenerative orthopedic techniques to fellow doctors, and to Grand Cayman, where he is also licensed to treat patients.

The other physicians at Regenexx Tampa Bay are:



Ron Torrance II, D.O. - Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



Ignatios Papas, D.O. - Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

813-993-0365

Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



855-298-CARE

Advancedurologyinstitute.com

KNOW THE ABCS OF SKIN CANCER

About one in five Americans is likely to develop skin cancer, according to the American Cancer Society (ACS), making it the most common form of cancer in the U.S. Generally, it is highly treatable; however, it should be taken seriously and you should seek a medical evaluation if you notice a suspicious lesion or mark anywhere on your skin. The good news is that skin cancer is also the most preventable cancer. In fact, research indicates that protecting your skin before you turn 18 can cut your risk of some types of skin cancer by as much as 78%.

There are three main types of skin cancer – basal cell, squamous cell and melanoma, which is the most serious type. Basal cell skin cancer is the most prevalent and least dangerous type of skin cancer. It generally appears on the head, neck or upper torso and it grows slowly. Spots, blemishes, freckles and moles are signs of sun-damaged skin. They are usually harmless, but if you notice them changing, see a doctor.

While not as dangerous as melanoma, squamous cell skin cancer can spread to other parts of the body over time. It usually appears as a thickened, red, scaly spot that may bleed easily, crust or ulcerate. It is generally found on those areas of the skin that are most often exposed to the sun.

Risks and Warning Signs of Skin Cancer

Most moles, brown spots and other growths on the skin are usually harmless; however, it's a good idea to have an annual skin check by a professional healthcare provider. Older adults, people who are fair-skinned or those who have a lot of moles are generally at greater risk, so it's important to know your skin well and recognize any changes that you see on your body.

Here is an easy way to recognize if a mole or other skin lesion may be cancerous – just remember the ABCs of skin cancer:



In Florida, there are lots of opportunities to spend time in the sun; however, it's important to take precautions that protect your skin against cancer.

Asymmetry: one half of the mole doesn't match the other

Border: is irregular

Color: is not uniform

Diameter: greater than 6 mm (about the size of a pencil eraser)

Evolving: size, shape or color changes

With all types of cancer, including skin cancer, early detection and diagnosis can make a big difference in outcomes. If you suspect that you may have skin cancer, have your physician check it out immediately. Most skin cancers are easily treated and often cured; and for those more serious types, such as melanoma, the earlier it is discovered and treatment begins, the better the outcome.

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 locations throughout Florida. FCS is also a strategic partner of the Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, including an in-house specialty pharmacy and pathology lab, financial counselors at every location and 24/7 access to care managers, who help deliver the most advanced and personalized care in your local community.

 **FLORIDA CANCER SPECIALISTS**
& Research Institute
World-Class Medicine. Hometown Care.

Ocala
1630 SE 18th St.
Suite 602
Ocala, FL 34471

Ocala Cancer Center
4945 SW 49th Place
Ocala, Florida 34474

For more information, visit FLCancer.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.


PACIFICA
SENIOR LIVING

OCALA
Lic#AL9315

(352) 414-2507
www.PacificaOcala.com

DETECTING MELANOMA

By Michael J. Freeman, M.D., PA

Melanoma is the deadliest form of skin cancer. Fortunately, it rarely develops without warning, and the number of fatalities caused by melanoma could be greatly reduced if people were aware of the early signs and took time to examine their skin. With early diagnosis and treatment, your chance of recovery from melanoma is very good.

What Causes Melanoma?

The main cause of melanoma is too much skin exposure to ultraviolet (UV) radiation. UV rays from the sun and tanning booths can damage skin cells, causing the cells to grow abnormally. The best way to prevent melanoma is to reduce the amount of time you spend in the sun, wearing hats and protective clothing when possible and generously applying sunscreen.

Melanoma can occur anywhere on the body, including the soles of your feet or your fingernails. In women, melanoma is most often seen on the lower legs, and in men, it most commonly forms on the upper back.

Anyone can get melanoma, but people with the following traits are at a higher risk:

- Fair skin
- Excessive sun exposure during childhood
- Family history of melanoma
- More than 50 moles on the skin
- Several freckles
- Sun-sensitive skin that rarely tans or burns easily

Melanoma can appear suddenly as a new mole, or it can grow slowly, near or in an existing mole. The most common early signs of melanoma are:

- An open sore that repeatedly heals and re-opens
- A mole or growth that takes on an uneven shape, grows larger or changes in color or texture
- An existing mole that continues to bleed, itch, hurt, scab or fade

Because melanoma can spread quickly to other parts of the body, it is important to find melanoma as early as possible. The best way to detect changes in your moles and skin markings is by doing self-examinations regularly. If you find suspicious moles, have them checked by your dermatologist.

Visiting your dermatologist for a routine exam is also important. During this skin cancer "screening," your dermatologist will discuss your medical history and inspect your skin from head to toe, recording the location, size and color of any moles. Melanoma may be the most serious form of skin cancer, but it is also very curable when detected early.

Call today to schedule your appointment.

Michael J. Freeman, M.D., P.A.
352-732-7779
www.docfreeman.com

LOCATIONS

2750 S. E. 17th St., Ocala, FL 34471
8750 S.W. State Rd. 200, Suite #102, Ocala, FL 34481
13690 US-441 North, Suite 300 & 400, The Villages, FL 32159



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.



The Truth About Esketamine (nasal S-ketamine spray)

By Eric Milbrandt, MD, MPH

Much has been made in the news lately about the US Food and Drug Administration (FDA) approval of esketamine (Spravato), the nasal S-ketamine spray by Janssen Pharmaceutical, a company owned by Johnson & Johnson.

Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose ketamine has been used safely for that purpose in children, adults, and animals for decades. About 16 years ago, medical researchers began studying low-dose intravenous ketamine infusions for treatment-resistant mood disorders, including depression, anxiety, and post-traumatic stress disorder (PTSD). Since then, studies have proven conclusively that the drug not only works but works quickly, with significant and lasting relief within hours of the first infusion.

Because ketamine has been around for so long, it is not patentable. This means that big pharma cannot make big money selling it because it is generic and inexpensive. Like many drugs, ketamine is a mixture of two molecular forms, the R-isomer and S-isomer, which are mirror images of each other. What Janssen has done is to isolate the S-isomer, S-ketamine ("es-ketamine"), and patent the isolate and its delivery by nasal spray. They haven't invented anything new or even tweaked the molecule a bit.

Researchers have examined the effectiveness of both the R- and S-isomers of ketamine and found that neither is as effective alone as the mixture is together. To support their application, Janssen submitted results from five randomized controlled trials of esketamine to the FDA. Only 2 of 5 studies showed a significant benefit for esketamine. Two out of five! That's 40%, which would be a failing grade in any classroom. Furthermore, Janssen used non-standard measures to define "remission" of depression in their studies, which made it easier to show a difference with esketamine. Had they used standard accepted definitions, it is doubtful that even their two "positive" studies would have shown the drug to be effective.



Not only is the S-isomer less effective, but the *delivery* by nasal spray is unpredictable. What if your allergies are acting up and you have a nose full of mucus? How much drug do you think your nose will absorb? This is exactly what Janssen's studies found. Unpredictable absorption! One day you get a good dose, then next not so much. The next, too much!

Finally, the likelihood that the nasal spray will get into the hands of those who would abuse it is incredibly high. Imagine people going through your medicine cabinet and swiping your spray. The same happens with pain pills all the time. Why would esketamine be any different?

Given these criticisms, why would the FDA approve Spravato? I'd like to think it is because it does work for some patients. Far more likely, however, is the fact that Janssen stands to make a killing selling this "new" drug. Anytime large sums of money are involved, the potential for greed to shape decision-making is significant. I believe that this is exactly what we are seeing here, a greedy grab selling an inferior form of a medication that is anything but new or novel.

Supporting this claim, in early March Johnson & Johnson announced that Spravato will be priced at \$590 for a 56 mg dose and \$885 for 84 mg. That is PER DOSE. During the induction phase of the therapy, which lasts for a month, patients will be treated twice a week with either dose, resulting in a wholesale acquisition cost or list price in the range of \$4,720 to \$6,785. Subsequent maintenance doses will be provided either

once a week or every two weeks, adding up to monthly costs ranging from \$2,360 to \$3,540, or \$28,000 to \$42,000 per year.

In comparison, intravenous ketamine therapy at The Infusion Clinic of Ocala costs \$250 per dose, for an initial induction phase cost of \$1500. Subsequent maintenance doses are given approximately every 1 to 6 months, for a maximum yearly cost of \$3000. Yes, it requires an IV and 40-minutes of your time, but there are a lot of things you could do with that \$25,000 price difference, even if your insurance company covers some of it.

In summary, if you are depressed, anxious, or have PTSD and haven't gotten relief from counseling or traditional antidepressants, give generic IV ketamine infusion therapy a try. It is proven to work in 3 out of every 4 treatment-resistant patients. It is safe and predictable. If you would like to give it a try, our clinic has lots of openings and the cost of an infusion is only \$250. There is no better time to try!

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



THE INFUSION CLINIC
OF OCALA

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.

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

MEDICAL MARIJUANA

Edible Dosing, Certified Physicians and Dispensary Information from Certified Marijuana Doctors

There are various forms of medical marijuana such as smoking, tinctures, vapors and edibles, but many people are still uncertain of which form is best for them personally. And that's a critical question and more importantly, it's why a certified medical marijuana doctor with extensive research and experience is your best option. The physicians at Certified Marijuana Doctors take great care to understand your condition and how best to dose your initial medical marijuana trial, or to tweak dosing for those that are already familiar with how it affects them personally.

Without an expert to guide you, you can end up having adverse side effects like nausea and paranoia. And because edibles are one of the most requested forms of medical marijuana, the fact that they can easily be overeaten, often leads to unpleasant effects. Being certain of if you specific dosing is essential.

It's important to understand how and why medical marijuana works

The endocannabinoid system was discovered in 1992, yet most medical schools, and nursing programs have not added it to their curriculum. Studies showing the benefits of cannabis (marijuana) on the endocannabinoid system were mostly blocked by the Federal Government.

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-modulator 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.

A Note on Dispensaries and Vertical Integration

Since Florida's medical marijuana programs inception, vertical integration has been the main force behind each dispensary's operation. What this means is that each dispensary is responsible all the way from seed to sale, making it extremely costly to get your feet wet in the industry. If you include the cost of obtaining a license as a medical marijuana business, the cost to get started can get into the tens of millions. This leaves us the question of "when will small businesses be able to flourish and profit from the industry alongside the conglomerates"?

Industry heavy hitters such as Trulieve, which currently holds the title for 54% of the entire market share in Florida, have completely taken over the state and leaves patients yearning for more options and better competition. Vertical integration inadvertently creates an uncompetitive environment as instead of having thousands of businesses compete for the top,

there are about ten multi-million dollar firms coming in with millions ready to invest. Some argue it's unfair but there is a reason behind this; liability. Florida has one of the stricter programs in the U.S. and as such, it was started with an extremely limited selection of products and the laws were made this way so that each company had 100% responsibility for every step of the process. This makes regulation easier for the governing heads in charge of such but ultimately leaves out opportunities for small business to get involved, leading to all the profit going straight into the pockets of companies already set up across the states.

What does this mean in 2020? Well, there is one underdog that has finally had its moment with its single brick and mortar location in Spring Hill, Florida and they go by the name "The Botanist". While they aren't a true underdog, with them being a state-wide company, they are still the smallest dispensary to successfully have operations in the state with products that are actually worth making the trip for. Patients from Miami have made the 10 hour round trip just to see the difference between products of theirs and the rest of the competition. While seeing high percentage flower isn't too unusual in Florida (with Rise's Velvet Glove coming in at a hefty 31.8% THC), it is unusual to see consistent 20% and higher strains with proper curing and high percentages of terpenes. A small glimmer of hope that will eventually set the standard for the rest as they open more stores and create a healthier competition of better product rather than micro efficiencies to squeeze every last dollar out of the process."



Get Your Florida Medical Marijuana Card. Call Today!

Leesburg - 352-306-0133 | Ocala - 352-414-4545

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

www.cmmldr.com

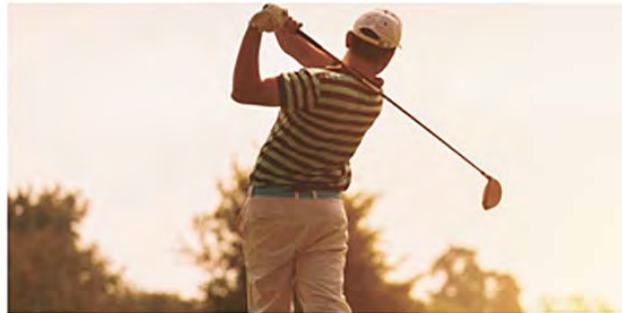
Innovative Therapies Group: Get Back to Playing Golf & Break Free From Pain

When your golf swing is lacking, it may be because of underlying mobility issues that are actually affecting your entire body. Whether impinged muscles, injury, stiffness or pain are limiting your range-of-motion, physical therapy will not only get you out of pain but can improve your golf game by increasing you mobility and strength.

Instability, especially in the core and spine, along with hip and ankle limitations can also be impeding upon your ability to drive the ball like you used to. With the right method of physical therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

Innovative Therapies Group works with you to customize your specific plan depending on your injuries, health, goals and needs. These plans include increasing mobility, stability, strength, and endurance. The area's most commonly needing physical therapy are hips, spine, posture, and lower extremities.

Masking your pain with pain medications is not the answer. Getting to the root cause of your condition is the key to healing your body and living the life you deserve.



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

Common Conditions that Improve significantly with Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with at-home exercise guidelines and self-help management to promote and maintain independent function and increase mobility, Innovative Therapies Group has got you covered.

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 and 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

**GET YOUR
MEDICAL
MARIJUANA
CARD**

DRY FLOWER, VAPES, TINCTURES, CREAMS, PILLS;
MEDICAL MARIJUANA AVAILABLE IN ALL FORMS!

Cape Coral - 239-236-5311
Port Charlotte - 941-208-3444
Naples - 239-317-3300

WWW.SMOKINGMARIJUANADOCTORS.COM

ALTHOUGH MEDICAL MARIJUANA IS LEGAL IN FLORIDA, IT REMAINS ILLEGAL UNDER FEDERAL LAW

**CERTIFIED
MARIJUANA
DOCTORS**

GUARANTEED
TO GET YOUR CARD

**OR YOU PAY
NOTHING**

OPEN 9 AM TO 5 PM | M TO F
LICENSE NUMBER 058874

Innovative
Therapies Group Inc.

Changing lives...
One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com

- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

<p>Ocala 2801 SW College Rd Ocala, FL 34474</p>	<p>Summerfield 14031 Del Webb Blvd Summerfield, FL 34491</p>	<p>Lady Lake 929 US-27 #301 Lady Lake, FL 32159</p>
--	---	--

How Hearing Loss Affects Your Memory



Could hearing loss be making you forgetful? Find out how and why hearing loss affects your memory function now.

It's common knowledge that unresolved hearing loss can have an impact on stress and anxiety levels, but did you know it can affect your memory too? Memory loss is just one of the side effects of reduced hearing function, but it is one of the most important.

As well as having a significant impact on your confidence and day-to-day lifestyle, memory loss can often be misinterpreted as the onset of dementia. If you develop age-related hearing loss, for example, a subsequent reduction in memory function may not automatically be linked to hearing issues. However, there's a good chance that your hearing loss is impacting your ability to retain and recall information.

Does hearing loss affect your memory?

Research has confirmed that hearing loss does have an impact on memory. In fact, it is believed that hearing loss can affect memory function in numerous ways. To understand why hearing function impacts memory, it's important to look at the overall effect hearing loss can have on an individual.

Concentration

When you are experiencing hearing loss, you will need to concentrate much more simply to recognize sounds. If you have a conversation with someone, for example, your concentration is directed at deciphering what the person is saying and trying to understand it. This means the brain is less focused on actually retaining the information.

Due to the increased concentration required to simply follow the conversation, the brain doesn't store the information. Known as cognitive overload, the brain is too busy trying to listen to and interpret sounds to memorize the content too. Of course, when you try and remember the details of the conversation, the information simply isn't there and so cannot be recalled.

You may feel like you're unable to remember what you've heard but, in fact, the brain hasn't even got as far as storing the information. Due to this, you won't have the data you need for the recall function in your brain to work effectively. While the mechanism is still functioning, the information isn't there to process.

Isolation

Untreated hearing loss often leads to loneliness and isolation. A reduction in socializing is extremely common amongst people with unresolved hearing loss or tinnitus.

When you're isolated, your brain is exposed to fewer stimuli. As a result, it doesn't need to work as hard and becomes less active. This can lead to structural changes and even cause the brain to shrink. Isolation means that your memory function is being exercised as often, which reduces its capacity. Naturally, this has a negative impact on its performance. When it comes time to recall information, the reduced functioning of your memory means it's harder for you to remember things.

Anxiety and depression

If hearing loss isn't treated effectively, it can increase the risk of developing emotional and psychological issues. Many people find that hidden hearing loss has a negative effect on their mental health, with a significant number of individuals experiencing increased anxiety and depression.

Studies into depression have shown that it can change the way your brain operates. When depression impacts the memory, it means you are less able to retain and recall information on demand.

To learn more about the connection between hearing function and memory loss, sign up for the Signia newsletter now. If you want to know whether hearing function could be affecting your memory, take the Signia hearing test today.

Identifying hearing-related memory loss

If you're experiencing memory loss, it's important to seek medical advice. While people often consult their primary care physician regarding reduced memory function, it's advisable to contact a hearing care provider too.

A simple hearing test can assess your hearing function and determine whether you are experiencing any form of hearing loss. Even relatively mild hearing loss can cause cognitive overload, which means people can experience hearing-related memory loss without having moderate or severe hearing problems.

In fact, you may notice your memory loss before you're aware of any reduction in your hearing function. As many people experience a reduction in hearing function gradually, it can take some time before it really has a noticeable impact on their day-to-day lives. While you may be aware of difficulties recalling information, you may not notice just how much you're having to concentrate on following a conversation or listening to sounds, for example.

This is one of the reasons why it's so important to have routine hearing tests. By undertaking a non-invasive exam, such as a pure tone audiometry hearing test, your hearing care professional can confirm whether or not you're experiencing hearing loss. If so, the type, configuration and severity of your hearing loss can also be assessed swiftly.

Treating and preventing memory loss

When memory loss is related to hearing function, it can typically be resolved quickly and easily. By wearing hearing aids, for example, you can enhance your hearing function. This prevents cognitive overload, as the brain no longer needs to work hard simply to pick up and interpret sounds. This enables your brain to process information normally and means the information is stored in your memory, ready to be recalled as and when it's needed.

In addition to this, wearing hearing aids greatly reduces the risk of social isolation. As you are able to continue with your usual lifestyle while wearing hearing devices, people are able to remain social and active. Similarly, hearing aids mitigate the effects of hearing loss, which means the risk of developing depression and anxiety are reduced.

This ensures your brain isn't subjected to the structural changes that can occur over time due to isolation, reduced activity and depression. As you are able to maintain your lifestyle, your memory function and brain are still being exercised. Due to this, your ability to interpret, store and recall information is unaffected. A hearing test and appropriate treatment can certainly help to combat existing hearing-related memory loss. However, there's no need to wait until you start experiencing a reduction in memory function to consult a hearing care professional. By having regular hearing function tests, any potential hearing issues can be identified and resolved quickly, thus reducing the risk of related memory loss occurring.

Source:
https://www.signia-hearing.com/blog/how-hearing-loss-affects-your-memory/?utm_source=facebook&utm_medium=post&utm_content=555a7a5c-9020-4fa3-b3ed-916bd0e72e94&utm_campaign=ongoing

Premear Hearing
A Tradition of Excellence

Ocala's Only Family Owned Hearing Care Provider
with 2 Locations.

352-438-0050

4620 E Silver Springs Blvd #501, Ocala, FL 34470

352-236-6700

4414 SW College Rd #1530, Ocala, FL 34474

www.premearhearingfl.com



Be Mindful of the Connection Between Diabetes and Alzheimer's

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

Dementia and Alzheimer's Disease have been at the forefront of many health discussions. It is a fear that many of our aging population believe there is no answer. While much research is still needed, there is a term, 'Type 3 Diabetes' that may provide some insight into one area of Alzheimer's Disease.

Over 34.2 million people in the U.S. have diabetes which is the 7th leading cause of death. More than 5 million Americans have Alzheimer's which is the 6th leading cause of death.

We are learning that many with diabetes have brain changes with characteristics of both Alzheimer's Disease and vascular dementia.

High glucose levels can damage blood vessels contributing to mild cognitive impairment (MCI). MCI may precede or accompany Alzheimer's Disease.

Why the term type 3 diabetes? It's linked to the glucose-insulin imbalance. Our brain using sugar and responding to insulin is one piece in helping to keep our brain cells healthy. Insulin is part of the process associated with learning and long-term memory. Insulin resistance could damage brain cells enough to cause memory loss.



The early signs or symptoms of Alzheimer's:

- Forgetting recently learned information.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks such as driving to a familiar location.
- Forgetting where you are or how you got there.
- Changes in judgment or decision-making such as less attention to grooming or keeping clean.

How can we begin to tackle two diseases when we have limited information and more research is still needed?

Begin with changes and improvements that are in your control. Healthy glucose levels are the key to keeping healthy blood vessels.

• Long-term high glucose levels and impaired insulin levels go hand in hand. Lower your glucose with consuming whole fresh food. If you feel you need to count carbs and calories for everything you eat, you may be eating some of the wrong food.

• Exercise can help move glucose from your bloodstream to your cells where it belongs. A walk after your meal can certainly help!

• Reduce your sugar intake from various food sources (bakery goods, desserts, sugary and energy drinks, high starch foods such as potatoes and rice).

• Limit or eliminate fried foods.

• Limit dining and snacking late in the evening. With diabetes your system may not efficiently metabolize your food and have difficulty returning to healthy glucose levels before bedtime.

It's estimated by 2050, that Alzheimer's cases can increase to 13.8 million people. If you or someone you know is experiencing signs or symptoms, reach out to a physician to begin the planning process for a life change.

Help for a caregiver as well as the patient is necessary. The Alzheimer's Association can be a great place to find help and support for both. You can find more information at www.Alz.org.

Visit ReverseMyDiabetes.net to register for upcoming webinars, diabetes information, or book a free consultation. Call (888) 848-1763 Email Denise@ReverseMyDiabetes.net.

Premier Hearing

A Tradition of Excellence

- Modern Devices
- Old Fashioned Service
- Caring Providers
- Family Owned
- 2 Locations



West 352-236-6700
College Road @ Market St
Jeff Smalt HAS-Owner

East 352-438-0050
Silver Springs by Lowe's
Sandia Kilpatrick HAS

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.

Toll Free:
844-797-8425
4 Locations in the Ocala
Area to serve you.

QUICK CARE MED
WALK-IN CLINIC & URGENT CARE
www.quickcaremed.com

COVID-19 TESTING: RISING TO MEET THE CHALLENGE

By Brenda Superko, RN

The COVID-19 pandemic, to date, has claimed more than 450,000 lives globally with 118,000 lives lost in the United States. It has triggered a 21st Century quarantine order aka 'shelter in place', which was followed by our nation's highest unemployment since the Great Depression. Early in the headlines surrounding the COVID-19 pandemic, we learned of the critical need for testing. The White House Coronavirus Task Force, as well as Infectious Disease experts, emphasized that testing was key to community mitigation strategy. The demand for testing was so critical that an Emergency Use Act was required by the Federal government to provide testing development and mass production. However, rapid and mass test production met significant hurdles with supply-chain issues. The chemicals necessary to perform testing, and even the swabs themselves, are mostly produced over-seas. Global competition and shipments from foreign ports soon became the next unforeseeable bottle neck to our nation's urgent need for testing. And not unlike other medical laboratory tests, the true value rests in comprehending the results and its interpretation moving forward.

COVID testing and one's understanding of the results has serious and consequential implications for the community as well as the individual.

There are 2 categories of laboratory tests: one that detects evidence of the virus and the other that detects antibodies formed in the blood in response to the virus. The virus (SARS-CoV-2) has its own very specific genetic material and thus the testing relies on detecting that specific genetic code in the collected specimen. Even with advanced laboratory science today, testing for the virus is heavily reliant on obtaining a specimen that has enough of the virus for the test to detect. It is possible that a test result could be inaccurate due to poor specimen collection, improper handling of the specimen or even early stage of the virus and therefore not enough of the virus in the specimen for the test to pick up. It is possible to have a "not detected" result on the virus test yet you still have the virus in your body. This is called a false negative test and is why the test results must be interpreted along with physical signs and symptoms of a virus infection.

The antibody testing indicates immune response to the virus and can provide evidence of prior exposure. The antibodies most relevant in reporting the status of a SARS-CoV-2 virus exposure are Antibody IgM and Antibody IgG. Serum IgM indicates recent infection and is typically positive within 3 to 10 days of symptom onset, whereas serum IgG is often present

within 1 to 2 weeks from symptom onset and plateaus around 3 weeks, indicating current or past infection. Timing of these tests is a very essential step to community mitigation and determining contagion.

First, the virus test can tell you if the virus is currently present in your body and if you are at risk of passing it on to other people.

Second, the IgM antibody blood test can indicate that your immune system responded to a virus attack in the recent past since it tends to increase approximately 7 days after you are first exposed to the virus and is pretty much gone around 21 days after you first contact the virus. Thus, elevated IgM blood antibody levels suggest a recent infection.

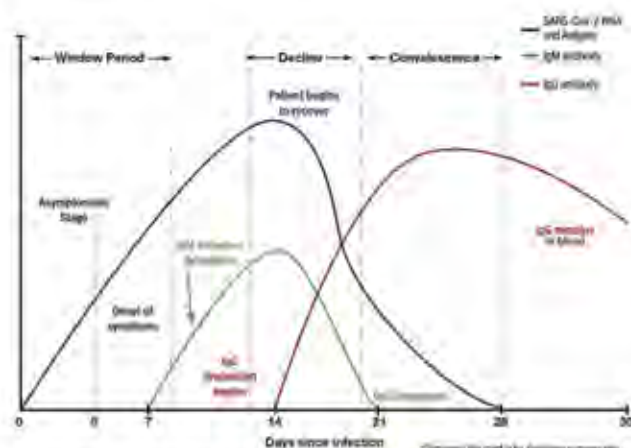


Figure 1: Theoretical Version of the Levels of SARS-CoV-2 RNA/Virus, IgM and IgG after infection.

Third, the IgG antibody blood test is a relatively long-term marker of past exposure to the virus. It generally starts to increase 2 weeks after first exposure and stays elevated for many months. The IgG test can be elevated even after the virus is gone.

The timing of elevation in these three tests often overlap in the first month of infection (see figure). Knowing how these tests related to each other can be helpful. For example, the virus test can be positive but the IgM and IgG tests negative which suggests a recent virus infection and the immune system has not had time to create the antibodies. IgM is the first antibody to respond to this virus infection and if the IgM is elevated but the IgG not elevated, it suggests an infection.



11115 S W 93rd Court Rd.
Ocala, FL 34481

352-389-8088 | <http://mc.select-labs.com>

www.HealthandWellnessFL.com

Testing is being conducted and reported in novel ways and means unfamiliar to most. The messaging of what each test is reporting, as well as taking into account our body's 'immune system's time clock' must be part of the narrative to understanding test results. Combining tests and adhering to current health guidelines is our best defense to this Coronavirus pandemic. What we learn and implement today will help us combat future viral epidemics. Difficult times often teach us the most valuable life lessons. Learning and practicing preventive health today helps to ensure healthier generations tomorrow.



Complete COVID Testing

Diagnosis of a current infection is made by clinical observation and testing. The combination of virus and antibody testing is important for confirming or excluding current or past infection.

Real-Time PCR testing is used to detect RNA from the SARS-CoV-2 virus. This testing is used to monitor for active infection, but may become undetectable with increasing time from disease onset.

Antibody levels suggest some amount of immunity or resistance to the SARS-CoV-2 virus and is also used to determine who may have been infected and not have had symptoms. Antibody test are critical for contact tracing of asymptomatic people.

ACTIVE VIRUS TESTING BY RT-PCR - \$130

- Utilizes a convenient oral swab and mouth rinse to detect SARS-CoV-2 virus, the virus that causes COVID-19
- This test is highly specific to SARS-CoV-2 and is unlikely to cross-react with any other viral infection.

ANTIBODY TESTING BY CHEMILUMINESCENCE - \$80

- Automated chemiluminescence antibody testing is one of the most sensitive at detecting low levels of antibodies.
- Testing is performed in a highly complex, CLIA laboratory by qualified and highly trained laboratory technicians.
- Minimizes the uncertainty of results identified in finger-stick, cartridge testing.

** Test results should not be the sole basis for the diagnosis or exclusion of COVID-19. Speak with your health care provider if you are experiencing any COVID-19 related symptoms*

Prevé® offers the COVID Virus and Antibody testing at Select Labs of Marion County. Call or go online to make an appointment.



Is it a senior moment... or something more serious?

By Mery J. Lossada, MD - Chief Medical Officer, Hospice of Marion County



We've all had a 'senior moment.' We forget something and then laugh about it with friends and family, but the thought runs through the back of our mind: was it really temporary forgetfulness or could it be something more ominous? How can we be sure?

Below are questions that can help you determine if medical attention may be required -- Do you forget:

- where you left your keys?
- why you went into a room?
- a friend's name?
- your own phone number or address?

The above list may be an indication of a memory issue and could be from memory decline. Is it something you've noticed about yourself or does a spouse or family member worry about the frequency of these episodes? If the latter, you may want to seek preventive intervention and further evaluation.

When is it a serious memory problem?

- You lose your car in the parking lot because you forgot the color, make and model.
- You have always had a remarkable memory and now you can't remember anything.
- You get lost in places you should know well.
- You ask the same questions over and over.
- You are unable to follow directions.
- You are confused about time, people, or places.

Serious memory problems usually worsen over time with lapses becoming the norm. With mild cognitive impairment (MCI), patients are more likely to develop dementia. However, there are four different kinds of dementias: Alzheimer's, Vascular, Frontotemporal, and Lewy Body. Depending on which one is diagnosed, the progression varies.

How the brain stores memories

Our brains are wonderful and fascinating "computers" that store memories in different categories: recent—what you ate for breakfast; short-term—the name of a person you met moments ago, and long-term—memories of your childhood.

Aging affects our memory and begins in our 20s. A few cells at a time are lost, with fewer chemicals produced that help the brain function. The older you are, the more these changes affect the memory. There are also changes in the way memories are stored, making it harder to recall information. It's our short- and long-term memories that usually are not affected by aging. Other conditions that can affect memory include depression, side-effects of drugs, strokes, head injuries and alcoholism.

Memory tips:

- Make lists, use notes
- Stick to routines and use calendars
- Make associations—connect things in your mind
- Put frequently used items in the same place each time
- Learn new things, do brain games, learn a new language
- Avoid stress—exercise, meditation, and deep breathing
- Hydration—boosts speed of neuron firing; 8 glasses of water a day is ideal

Preventive measures include stopping smoking and drinking alcohol in moderation. Sleep is especially important, regenerative and restorative; get at least 7-8 hours of restful sleep, which also helps consolidate learning and new memories from the previous day's experiences. Call 352-873-7400 for more information or visit www.hospiceofmarion.com.

The Industry Experts for On-Site

Laboratory Implementation, Management and Support

THE FUTURE OF LABORATORY TESTING

Prevé
PERSONALIZED HEALTH MANAGEMENT

Now offered at Select Labs-Marion County
352-389-8088 | www.prevewellness.com

Select Laboratory Partners

Feel better. Live better.

HOSPICE OF MARION COUNTY
Feel better. Live better.

Families encounter many challenges on the road of life.

When advancing illness affects your family, hospice care may be the right choice... because when you feel better, you live better. And living well is what life is all about.

Hospice of Marion County • 3231 SW 34th Ave, Ocala, FL
352-873-7400 • www.hospiceofmarion.com

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

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

How Can GAINSWave Prevent & Treat ED?

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

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

Younger Men Should Seek Treatment Early

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



Men are Preventing ED with GAINSWave

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

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

Source: GainesWave
<https://www.biospace.com/article/releases/mobility-spine-and-sports-is-helping-men-wave-goodbye-to-erectile-dysfunction-with-cutting-edge-gainswave-treatment/>

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.



TOTAL NUTRITION AND THERAPEUTICS

809 HWY 466 UNIT 202-C
LADY LAKE, FL 32159

352.259.5190

WWW.TNT4ME.COM

BALANCING LIFE

By Rev. J. Keith Long

Do you live a balanced life? When your life seems to be running smoothly and everything is happening just like you suppose it should, you may not give much thought to what it means. When you seem to be at wits end, you may be thinking there must be a better way.

Luke 10:27 reads: He responded, "You must love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and love your neighbor as yourself.**

Look closely at what this says. It says with your heart. The heart, the amazing muscle made to provide life giving blood to all of the body. Without the heart, the body cannot do its amazing things. Without blood, the brain will not function, the arms and legs will not move, the body cannot live. One of the best ways to honor God is with your heart, by using the gift of life, of the blood flowing through you to do good things, to say good things, and to be good, or sometimes people say righteous.

Your heart is maintained by exercise. As Americans we are prone to spend too much time in the car, in front of the Television, or at the computer. The heart as a muscle needs work to keep doing what it does at the optimum. The healthy heart provides for you the opportunity to love God with all of your strength. The muscles provide strength to move your legs, your arms, all the parts of you that hugs, carries, moves, speaks, and shares. Health professionals will say this: get moving. Movement maintains, lots of movement builds, but most important is the first step movement.

Love God with your mind. In other words, think. Wisdom and knowledge are two very different things. Wisdom for me is a daily process. Living each day learning something, gaining knowledge is mostly helpful, but I can honestly say some things I hold as knowledge are not always helpful. So, therefore, wisdom is about knowing the difference and what makes your life better becomes the very best wisdom. I skipped over "being" because for me it is the entire package. Your heart, your muscles, your mind, every part of you is combined as the temple for your soul. All of your being means everything about you. Jesus said in answer to the



question, "What must I do to have eternal life?" He said, "Do these things." Not some of them, all of them. Not part of the time or most of the time, but all of the time.

Finding Balance is Key

Balance, the act of having enough, not too much, not too little, this is the key to most things, if not all things. I am really strong on spiritual practices, but I need to work on my physical practices. My emotions seem to be doing OK, my relationships are trending up. My visits to my healthcare providers including the dentist are in check. I am making better decisions about what I eat, when and how much. Thinking about these areas of my life and finding balance is an opportunity. Thinking about these things has shown me there is a better way. I thought I was happy and doing

OK, but consideration of these aspects has given me a way to be happier, to have more joy, even in the midst of crisis and stress, and everything else going on.

Practice is Necessary

Like an athlete, for any sport they will practice and work at keeping their skills up to be their personal best. Like a piano player or any musician, even for a drummer, practice is necessary to maintain the talent. It seems that for all of us the same is true; we must have a routine of practice that keeps our mind, body and soul in its best condition. As you live, be encouraged that your God has given you abundance. How you use it, what you do with it, that is something not to be squandered, it is more precious than gold.

**Bible Reference - Common English Bible

A photograph of an older couple embracing outdoors. The woman, with short grey hair, is smiling broadly and wearing a blue denim jacket. The man, with a grey beard, is also smiling and wearing a blue denim jacket over a red and blue plaid shirt. They are standing in front of a blurred background of dry grass and trees.

95,250+

REGENEXX PROCEDURES
PERFORMED SINCE 2005

Joint Surgery Alternatives?

Return to your active lifestyle without drugs, cortisone shots, or surgery.

We offer **the nation's most advanced non-surgical stem cell and platelet treatments** for osteoarthritis, joint injuries and spine conditions. We use the patient's own bone marrow derived stem cells, which is the only FDA-compliant tissue source in the U.S. for orthopedic procedures.

All injection procedures are performed using ultrasound and fluoroscopic guidance for precise cell placement.



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



8600 Hidden River Parkway, Suite 700 | Tampa, Florida 33637 | **813.696.6237**

RegenTampaBay.com