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Health & Wellness[®] MAGAZINE

July 2020

Lake/Sumter Edition - Monthly

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**LAKE EYE DOC BECOMES
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**HEAT SAFETY
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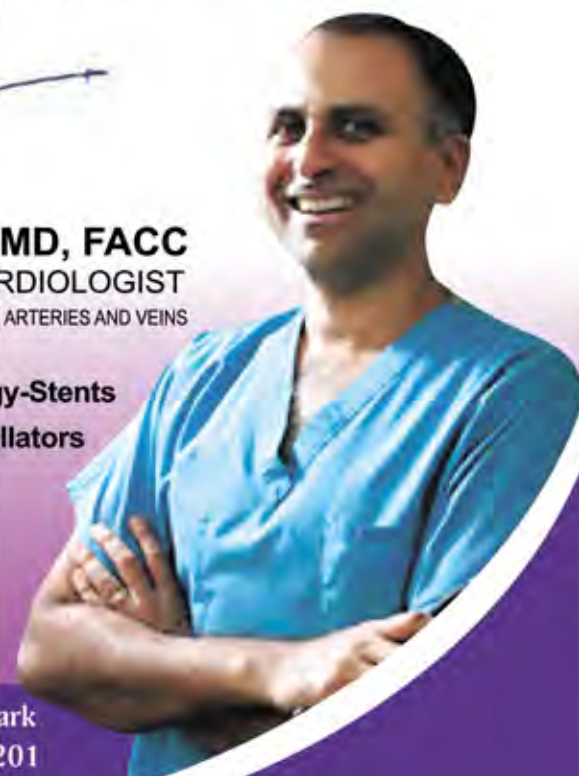
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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
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WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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SEE YOURSELF UNFRAMED!

LAKE EYE DOC BECOMES HAPPY PATIENT

Most vision problems, like myopia (nearsightedness), hyperopia (farsightedness), astigmatism and presbyopia, which is a loss of near vision due to aging, are caused by an irregularly-shaped cornea and/or lens, which affect how the cornea focuses light. When either is asymmetrical, it can warp vision, creating blur, poor depth perception, light haloing and limited night vision. Most people choose to address these conditions with corrective lenses, either glasses or contacts, which work well to improve vision. But lenses come with restrictions, like fumbling to find your glasses, struggling in the dark, the discomfort and inconvenience of inserting, removing and caring for contact lenses, restrictions in swimming and other sports, and preferring your appearance without glasses.

This has lots of people wondering about LASIK laser vision correction surgery. One such person was our very own Doctor of Optometry, Adria Anguita. "Since I was 9 years old, I have been dependent on contact lenses or eyeglasses for 20/20 vision," says Dr. Anguita. "One of my dreams for many years was to be able to wake up each morning and clearly see the clock next to me."

After consulting with Lake Eye's Dr. Vinay Gutti, who has performed thousands of successful refractive laser surgeries and is the region's first doctor to master iDesign, the most advanced LASIK surgery in the industry, Dr. Anguita decided it was time to finally achieve clear, crisp vision without dependence on glasses. "What is so special is that I knew I was in great hands with my colleague, Dr. Gutti," says Dr. Anguita. "LASIK is indeed life changing. It has definitely changed mine for the better!"



iDesign utilizes more than 1,200 data points in the eye to create a customized map of the tiniest imperfections in the cornea. "iDesign's unique mapping technology is 25 times more precise than standard eye-mapping techniques," says Dr. Gutti. "It is the gold standard in LASIK vision customization and correction."

For the vast majority of patients, iLASIK technology is able to improve close-up vision, distance vision, night vision and depth perception, all in just minutes. The technology is so safe and effective that it has been approved for use by NASA and the US military. Nearly all patients notice substantial vision correction the same day with continued improvement over time, and are able to return to normal activities the day after surgery.

"I'm gratified not only to help a colleague see and perform better than ever, but also to have someone here on staff with first-hand

experience as an iLASIK patient so she can describe the procedure in detail to others who may be considering laser vision correction surgery."

Dr. Gutti performs iLASIK at Lake Eye's state-of-the-art surgical suite at the Tavares location, which is open and serving new and current patients using the most stringent safety protocols for a secure and rewarding experience.

If you're ready to live life beyond lenses, call Lake Eye today to schedule a free iLASIK consultation.





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HEAT SAFETY PRECAUTIONS FOR THE SUMMER MONTHS

With weather approaching the upper 90's and, on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is especially true when we factor in the high level of humidity. Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we also perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. If you suffer from any heart conditions, the loss of these minerals can be detrimental to your cardiac health.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated with cool water, not sugary drinks. If we become dehydrated, we increase our risk of raising blood pressure and having heart palpitations. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. When the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

Syncope is a fancy medical term for fainting. Syncope can occur due to many different complications but is commonly seen due to heat exhaustion. What happens is, the body's oxygen and blood are not able to adequately reach the brain, usually due to a drastic change in blood pressure, which creates a pooling of blood into the lower extremities, and this will cause collapsing and fainting. If the person is not put in a reclined position with the feet elevated, they could potentially suffer additional complications, including a seizure. Syncope can quickly escalate into a dangerous outcome for many individuals. If you have any heart irregularities, you may be more susceptible to these types of fainting spells.



Heat Disorder Symptoms can include muscle cramping, heart palpitations, dizziness, fainting, headache, nausea, and fatigue. If you experience any of these symptoms, it's imperative to get to a cool place, drink cool water and call 911 if symptoms persist.

Tips to stay cool and avoid heat-related heart issues

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

If you have congestive heart failure, you should talk to your cardiologist about specific ways to stay cool that will not interfere with your fluid and sodium intake issues.

Dr. Vallabhan

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

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

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.



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For more information, visit FLCancer.com



UV SAFETY

By Gil Cortes, MD, FAAD

Ultraviolet, or UV rays, are part of the invisible electromagnetic energy that comes from the sun. UVA (aging) rays account for 95% of our sun exposure. They cause skin aging and can lead to skin cancer. UVA rays penetrate deeply into the skin layers, damaging collagen and cells which leads to wrinkling, hyperpigmentation and loss of elasticity. UVB (burning) rays mostly affect the outer layer of the skin. They cause sunburns that increase the risk of skin cancer and other disorders.

What is SPF? SPF stands for "Sun Protection Factor", and is a measure of the sunscreen's ability to protect your skin from UVB rays. It typically takes 10 minutes until your skin starts to burn, by using the SPF 30, you're theoretically protected from the sun for 300 minutes, or 5 hours. However, it's important to remember that SPF only protects against UVB rays; those are the rays that are causing the "reddening", or surface burns. SPF doesn't account for UVA rays; those are the rays that cause long-term damage. UVA rays can do a lot of damage before your skin turns red. In fact, 1 in 5 Americans will develop skin cancer by the age of 70 – and many of those due to the damaging effects of UVA rays.

To minimize UV damage to skin, sunscreen protection is important, yet with so many types on the market, knowing what brand or type to use can be challenging. **Dr. Gil Cortes MD, FAAD**, a board-certified Dermatologist

at NOVU Dermatology offers this advice to patients. "I see patients who are using chemical only sunscreens, who need to be using sun protectants with physical blockers, like zinc or titanium dioxide. Chemical only sunscreens protect against UVB rays which prevent sunburns, but provide less protection against UVA rays, which cause skin aging, hyperpigmentation and skin cancer.

When it comes to choosing sunscreen, according to Dr. Cortes, "The most important thing is ingredients. Once you have established that your sunscreen has either Zinc or Titanium, then you should look at the percentage of it in the product. A minimum of 10% or ideally 20% is ideal. The SPF may be 30 or more, but SPF does not evaluate protection from UVA rays, only UVB rays. People may notice they do not burn with chemical sunscreens, and therefore may be fooled into thinking that they are fully protected with these products.

Zinc oxide, is a natural, mineral compound, which is used as a physical blocker in certain sunscreens.. Zinc blocks the widest spectrum of UVA and UVB rays, protecting skin against burning and also premature aging, excess pigment, freckles and risk of skin cancer. Because zinc maintains its protective ability in the sun, it is more photostable than chemical sun protectants. Zinc is better for sensitive skin and less likely to cause rashes or dermatitis, than chemical ingredients.

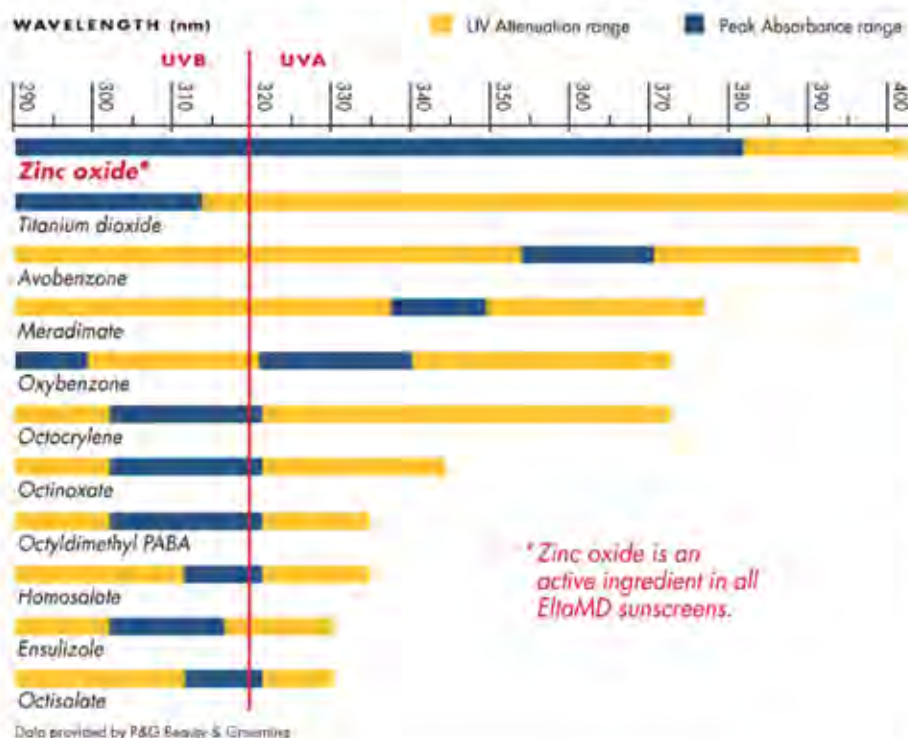
What sunscreen brand do Dermatologists recommend and why? According to Dr. Cortes, "There are many chemical only sunscreens on the market, which offer a degree of protection, but are inferior to products with physical blockers, like zinc or titanium. This is why I personally recommend ELTA MD. All skin protectants made by Elta contain Zinc. Their lightly tinted sunscreens are easy to use daily and their spray on products have an invisible zinc ingredient, which is very easy to use. As a close runner up, Shiseido, makes an excellent sun protectant, which also offers a variety of tint. Shiseido's formulation is quite unique so that it stays on the skin better than most brands. For sun pro-



tection during sports or water activities, it is a great option for lasting protection. For the number three choice, Neutrogena's SheerZinc sunscreen contains zinc at a near 20% and no chemicals. However, Sheer-Zinc looks very much like the chemical only sunscreens Neutrogena also sells and can be easily confused, so you do need to read the ingredients on the label. In addition to these, there are other good brands which contain zinc and/or titanium dioxide. Don't forget to add protective clothing, hats and sunglasses, especially when outdoors at peak hours from 10AM to 4PM."

Chemical only sun protectants are more commonly found on store shelves and less expensive than many of the options described in this article. Unfortunately, recent studies show that chemical sun protectants build up in the bloodstream and may increase cancer risk. In addition, they are damaging to coral reefs. Chemical-free sunscreens are therefore not only better for you, they are better for the environment.

Comparison of how the most widely used U.S. sunscreen ingredients attenuate (reduce the intensity) of UV light



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

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

How Can GAINSWave Prevent & Treat ED?

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

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

Younger Men Should Seek Treatment Early

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



Men are Preventing ED with GAINSWave

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

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

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

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Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

It's all too common for many people to walk around daily unable to see their ankles, and yet, they don't realize the seriousness of the bigger problem happening on the inside. Other individuals may be so affected by the swelling of their ankles and calves that they cannot walk or even get their shoes on.

It is normal to experience a little ankle and leg edema, and it is even expected after a long holiday weekend when we've eaten more foods with a high sodium content, and have had a few extra alcoholic beverages than normal. But the Edema should be resolving overnight. If not then other considerations are to be presumed. One of the most common causes of leg swelling by far is bad veins circulation.

Other Common Causes:

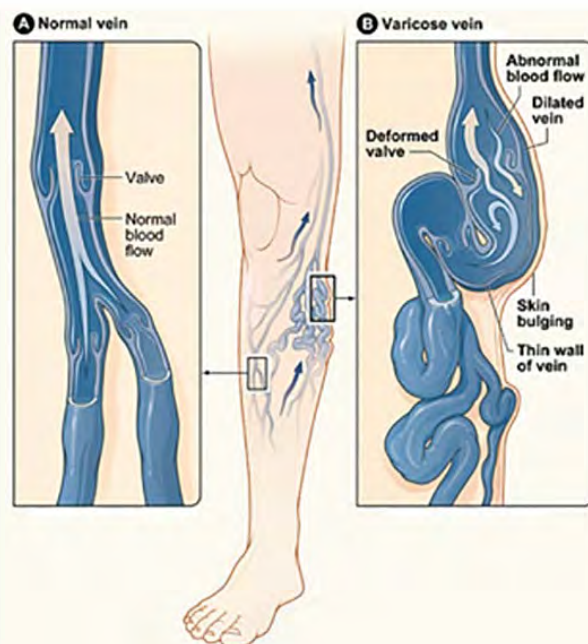
1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

If someone does have leg swelling, many tests are available to find the cause. One of the most important causes is the possibility of a leg blood clot from the "damaged



veins" or the Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.

First, see your primary care physician, they should evaluate you with checking your blood work, examining your legs, checking medications and simultaneously getting you referred to a cardiology /vascular office to evaluate you for heart function and a leg ultrasound to rule out the potential blood clot and to check for Venous insufficiency. This Venous insufficiency study is a specialized test that hospitals and your local imaging centers are not accustomed to. This test is a very detailed ultrasound, and it's utilized to determine the functional status of the veins as well as to find any blood clots in the veins.



Vein Disease:

Should your test come back positive for Venous Insufficiency, that means your veins have either been damaged to the point where the valves do not control the blood flow back up to the heart, or the Veins have been significantly stretched out. With both of these diagnoses, again the same situation hold true; your valves can not control the blood flow back to the heart.

Genetics are the number one cause of Venous Insufficiency along with secondary complications like, standing or sitting for extended periods of time, trauma to the legs, obesity, pregnancies, as well as other possibilities.

As you notice the swelling worsening, more and more irreversible damage is occurring under the skin plus you're increasing the risk of potential blood clot formation.

As seen below in the picture the swelling can progress to the varicose vein's and then leading to the stasis dermatitis skin discoloration and then Venous ulceration and skin breakdown which can lead to cellulitis.



Treatment Options:

If you do have a positive test confirming Venous Insufficiency, treatment options are much better than in the years past. No vein stripping is needed, and diuretics are NEVER a long-term treatment option. Daily use of medical grade and accurately measured support socks are the initial start to control the Venous insufficiency. Daily Pool exercising is highly beneficial, as well as intermittent leg elevation. All of these will aid in keeping the edema control.

The best outcomes for Venous insufficiency are with treatment options that include Venous thermal ablation and Venous chemical ablation. There are no sutures and no down time, and best of all, these procedures are performed in the office. You are able to resume normal routine activity right after your treatment.

At Village Heart & Vein Center, Bryan Carter specializes in venous issues and leg health, taking great pride in getting to know his patients on an individual level. He is supported by a full-service cardiology practice. Mr. Carter is a previous Army combat medic who obtained his Masters in Physician Assistant studies with a thesis in Venous Disease and Treatment. Mr. Carter has been treating vein problems since October 2002 and was one of the first Physician Assistants to perform thermal ablation—a treatment that soon made traditional vein stripping extinct. Bryan has personally trained physicians, physician assistants and nurse practitioners throughout Florida and Georgia and is an active member of the American College of Phlebology. He is also one of only a few to be inducted into the American Venous Forum.

To find out more, please visit their website at villageheartandvein.com, or call their office to schedule your appointment at, (352) 674-2080.



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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

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.

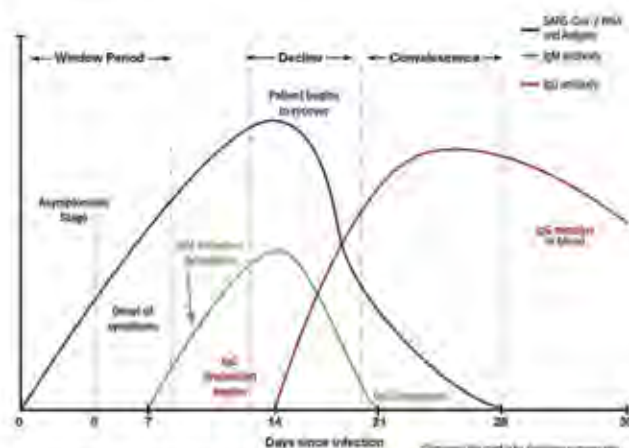


Figure 1: Theoretical Version of the Levels of SARS-CoV-2 RNA, IgM and IgG after infection.

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.



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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.

5 Ways to Overcome Anxiety in Assisted Living Facilities

Moving to an assisted living facility can be a time of emotional upheaval for seniors. Not only are they leaving behind a home of their own, they need to learn how to live in harmony with strangers. Settling into a seniors home can increase anxiety and leave many new residents feeling out of place and worried. If you're moving a loved one into an assisted living facility, below are five tips you can share to help them overcome their anxiety in their new surroundings.

1) Learning to sing on a daily basis can significantly reduce tension and anxiety. Seniors who make a habit of singing songs from their childhood or teenage years can reduce their feelings of discomfort and feel more at home. Encourage your loved one to sing in their room even if they don't have a great voice or can't carry a tune. We have introduced this in our home with our child on the autism spectrum and he LOVES it. It's not unusual for him to belt out anything from Amazing Grace to Scooby Doo! Singing is a fun coping method to help remedy anxiety for any age. It really works!

2) It might sound simple, but helping your family member to laugh and smile more can ease their transition into senior living. Share jokes, help them practice silly smiles, and make a point of reducing tension with gadgets that prompt laughter. Search an e-commerce site like Amazon.com for 'noise machine' and you'll be amazed at the goofy sound machines you can purchase for your family member. Better yet, hang pictures up in their room of family and past events that make them smile..

3) Seniors who take part in their new community tend to feel less stressed than those who hole up in their room. Just because your loved one is living in an assisted living facility doesn't mean they can't make new friends. Encourage them to take field trips with other residents or participate in community games and devotion. Participation in our scheduled events will help to reduce their level of anxiety at their new surroundings.

4) Old hobbies can be especially comforting to those who have recently moved into a seniors home. Remind your loved one of hobbies they used to like and encourage them to start enjoying those hobbies again. Anything from knitting and crocheting to model building and puzzles can be enjoyed while living in their new home. They might even discover other residents who have an affinity for the same relaxing hobbies.

5) If your loved one is experiencing mild depression and anxiety, encourage them to speak with their family physician. Changes in behavior could mean their medication needs checking or they need to start taking an herbal supplement like 5HTP to prevent mood swings. Speaking with a medical professional can put your mind at ease and help your loved one adjust to their new home.

Share these five ways to overcome anxiety with your family member and there's a good chance you'll both feel better. Living with anxiety doesn't have to be a permanent state of mind if your loved one is willing to make small adjustments in their daily routine.

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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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Obstructive Sleep Apnea & Oral Appliances:

A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSDM

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 ABDSDM 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 Sleep Dentistry

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*Oral Appliance Therapy
for Sleep Apnea*



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.

How Hearing Loss Affects Your Memory



Life sounds brilliant.

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

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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.



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Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 16 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, 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.



By Dr. J. Mandume Kerina

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The overuse and abuse of opioid pain medication has become a national crisis. Studies have shown that a significant number of addiction cases begin with the use of opioids for pain relief after surgery. Utilizing a team approach involving primary care, anesthesia, our surgeons, and the home health team, we have developed a multi-faceted pain management program for perioperative pain control that is opioid free.

Phase one of our program started with the development and adoption of ligament and muscle sparing approaches to the hip and knee. These do not violate nerve, artery, or muscle planes. These approaches have changed our postoperative pain profile and significantly lessened our patient's dependence on opioids.

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Phase 3 followed with the development of our opioid free anesthesia protocol which allows our patients to wake up more alert and oriented in recovery to begin immediate mobilization postoperatively.

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By Compton Chiropractic Care

When you have suffered an injury, Compton Chiropractic Care LLC can help you on the road to recovery. Our golf cart accessible facility located in The Villages, FL offers a variety of services to people just like you who are suffering with many different ailments. No matter what condition you are suffering from, the experienced team of professional Chiropractors at Compton Chiropractic Care LLC will work with you to properly diagnose and develop a personalized treatment plan to meet your needs.

Chiropractic care can help solve a wide range of problems that just don't include back and neck pain, we can also help patients who suffer from headaches, migraines, shoulder pain, arthritis, hip pain and personal injuries like car accidents. Our experienced physicians are also highly skilled in decompression therapy.

All four of our doctors are graduates from the Palmer College of Chiropractic. No matter what type of care you need, if you live in The Villages, you can certainly come to Compton Chiropractic Care and expect your needs to be met!

But don't just take our word for it—Find out what our patients have to say:

Patient Testimonials

"Doc thanks! My back is better than it has been for years." - Male Patient

"I wish I would have found your clinic years ago. I am playing the best golf of my life and without that lousy pain. Thanks again Doc. See you soon." - Female Patient

"Dr. Compton, I cannot begin to thank you enough for helping my husband and myself. We can actually enjoy our retirement now pain free." - Female Patient

"Doctor, I must be sure to mention again how very grateful i am for the care i was given at Compton Chiropractic. I am back north for the summer and I am feeling excellent. I will be making an appointment as soon as I return to Florida." - Female Patient

"I have been going to Chiropractors my entire life and I have never experienced a more genuinely sincere Doctor than yourself. I was very impressed with your extensive examination and ability to correct my pain so swiftly." - Male Patient

"Dr. Compton and staff have impressed me from the first phone call all the way to check out. The entire staff is pleasant and made me feel welcome. They were able to explain each step of my care and asked AND WAITED for response if I wasn't clear about an explanation. Dr. Compton explained what he was doing and why throughout my entire examination. He didn't seem bothered by my questions or long explanations that required more than yes or no responses. The therapist was great as well and she follows the same practice of explaining the hows and whys. I am very comfortable with Dr. Compton and staff and will continue with them for my chiropractic care. Great job!!!" -Female Patient

"I am happy with the sophistication and good "bedside manners" of the doctors and pleasant, effective service offered by the office personnel. In my two years as patient, I also have been satisfied with their handling the payments with fairness and full disclosure. This is an important part of chiropractic care which reimbursement by insurance is usually very difficult." -Male Patient

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

Submitted by Cornerstone Hospice and Palliative Care

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

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

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

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

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

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

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

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

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

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



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

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

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

About Cornerstone Hospice

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

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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 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."



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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
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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.

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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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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

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*Results Typical and Do Vary

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