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September 2020

Marion Edition - Monthly

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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



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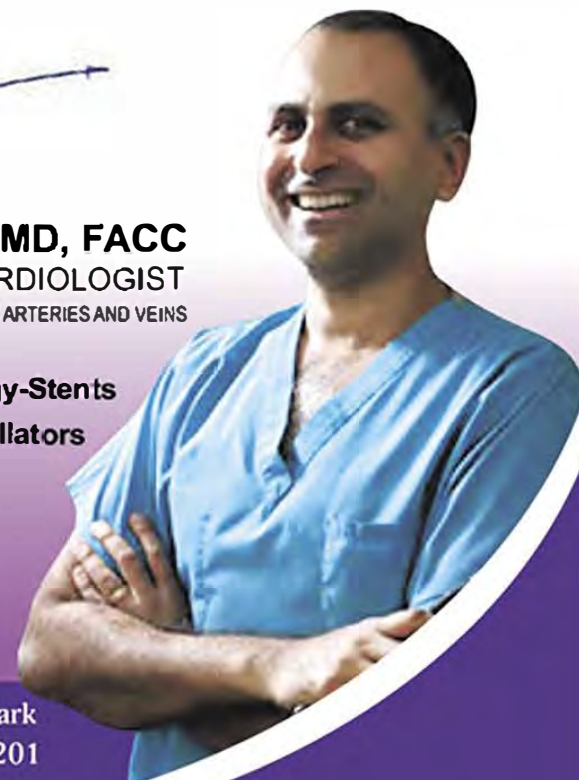
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A SHIFT FORWARD IN EARLY RECURRENT **PROSTATE** **CANCER** DETECTION

Prostate cancer accounts for an estimated 20% of cancer cases in the US. Caught early, prostate cancer has a very high treatment success rate. However, 30-40% of prostate cancer patients will experience a recurrence of the disease, detected through regular blood tests to monitor their levels of prostate specific antigen, or PSA. Historically, a patient's PSA must rise between a range of 10-50 for standard imaging modalities such as CT, MRI and bone scan to be capable of detecting cancer. Even then, these imaging methods typically lack the physiological information needed to diagnose a biochemical recurrence, or BCR, which accounts for as many as one-third of recurrent prostate cancer cases.

BCR can be particularly difficult to diagnose because it produces no symptoms and can be accompanied by a relatively low rise in PSA. For these reasons, standard radiological imaging tests may be postponed or ineffective in capturing early signs of cancer recurrence, delaying treatment that could prevent the spread of cancer to other areas of the body (metastasis), which occurs in roughly 1 in 3 BCR cases.

Luckily, recent breakthroughs in medical science have dramatically improved the early discovery of recurrent prostate cancer, even in cases of BCR.

FDA-approved Axumin (18F-fluciclovine) is a novel injectable tracer used with PET/CT imaging to provide excellent diagnostic accuracy, even in men with rising PSA levels in the <1.0-2.0 range. The Axumin PET/CT highlights both physiological and biochemical changes in the body, including early signs of tumor cellular growth that often do not show up using other modalities. Axumin PET/CT can discover even tiny recurrent lesions as well as metabolic and biochemical changes that may indicate the return of prostate cancer, even if a patient is symptom-free.



Because Axumin PET/CT can be employed as soon as a patient's PSA level begins to rise, it is capable of finding local lesions and metastasis sooner and with greater accuracy than other tests. For men previously treated for prostate cancer, a quick and accurate diagnosis offers faster treatment, superior care and greater peace of mind.

If you have had surgery or radiation to treat prostate cancer and have shown even a small increase in your PSA level, talk to your doctor about Axumin testing – because early discovery is a trustworthy and powerful ally.

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AXUMIN PROSTATE CANCER SCAN

Axumin PET/CT provides comprehensive prostate data in a single scan. Our radiology team specializes in PET/CT diagnostics and works with your referring clinician for fast, accurate results. — Mark Allen, MD; Amanda Aulls, MD; Brian Cartwright, MD, Supervising Radiologist - PET/CT at RAO; and Alexander Quiroz, MD

If you've had surgery or radiation to treat prostate cancer, you should know about FDA-approved Axumin PET/CT scanning. Axumin can be performed just as soon as your PSA levels start to rise, promoting quicker discovery and treatment.

Because you have better things to do than wait. Talk to your referring clinician about Axumin.

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4 THINGS TO KNOW ABOUT ALZHEIMER'S DISEASE

1. What are the risk factors and causes of dementia?

For years, medical professionals and researchers have been trying to find the exact cause of Alzheimer's disease (AD). Even with the top three speculative triggers, it's still unclear as to what is causing this devastating disease to rob so many people of their cognition.

The main characteristics of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with Alzheimer's disease, they are not always present in all; consequently, they cannot entirely account for the umbrella of cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders. Almost all individuals with dementia show signs of some vascular impairment on various levels.

2. What are the symptoms?

The signs and symptoms of dementia are different throughout the various stages of the disease, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Aphasia (speech disorders)
- Sundowning (confusion and sleeplessness in the evening)

3. What are the treatment options?

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. However, we do know that following helps patients stave off the disorder:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors



4. Guidelines Based on Study

A few years ago, there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

If caught early, this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining memory skills. Primary Care Doctors, Neurologists and other professionally trained practitioners are essential in putting the pieces back together.

IF YOU OR A LOVED ONE NEEDS HELP PACIFICA SENIOR LIVING HAS CARE OPTIONS THAT CATER SPECIFICALLY TO PATIENTS WITH COGNITIVE DYSFUNCTION.

Pacifica Senior Living is actively raising donations at each community for the Alzheimer's Association walk, September 26th in Ocala. Find out how you can get involved in the cause.

ABOUT PACIFICA SENIOR LIVING OCALA

The award-winning Pacifica Senior Living Ocala community serves residents in Assisted Living, Memory Care, and Respite Care with the highest levels of comfort and convenience in town. Right next to Healthpark Hospital and offering a long list of therapy-driven life enrichment activities, our senior living community in Ocala, FL is a beautiful place to enjoy retirement in style.

Pacifica Ocala features trademark programs of Heartland Assisted Living and Legacies Memory Care which allow seniors to age-in-place in a worry-free lifestyle by knowing that as their needs change, their needs will be met. This continuous care plan allows members of our Pacifica Senior Living family to establish long-lasting friendships and enjoy a fulfilling and engaging lifestyle. For seniors requiring short term accommodation, we have Respite Care available. Respite Care can prove quite stress-relieving whenever the primary caregiver is away or if your loved one needs to transition from a stay in the hospital or nursing home.

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September is Prostate Cancer Awareness Month

How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound



known as choline. According to Dr. Michael Greger, an American physician and author of How Not to Die, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try

frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



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UPDATE: PROSTATE CANCER AND COVID-19

Prostate Screening Has Been Impacted by COVID-19. According to a July 2020 article* published in the journal *Nature*, the National Comprehensive Cancer Network (NCCN) is advising against routine prostate cancer (PC) screening, including prostate specific antigen (PSA) testing and digital rectal examination (DRE), for all asymptomatic individuals until the pandemic subsides. While the decrease in screening may be concerning for some, the NCCN points out that "the recommendation is based on the fact that the risks of a delay in diagnosis of up to 6–12 months would be marginal for most PC."

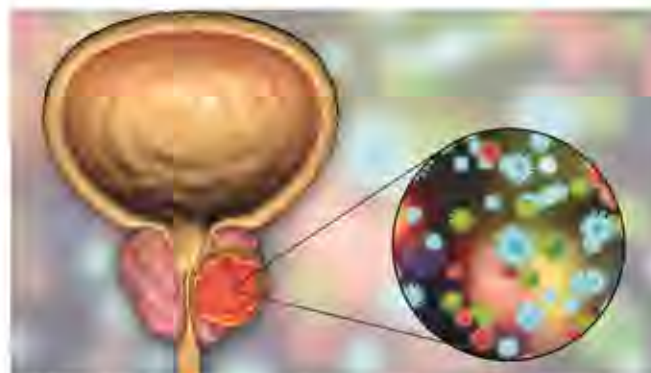
Men who are experiencing any of the symptoms of prostate cancer should contact their primary care physician for a recommendation. Common symptoms of prostate cancer, as defined by the American Cancer Society (ACS), can include:

- Problems urinating, including a slow or weak urinary stream
- Need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection (erectile dysfunction or ED)
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet
- Loss of bladder or bowel control from cancer pressing on the spinal cord

*Reference: <https://www.nature.com/articles/s41391-020-0258-7>

Know Your Risk Factors

Although some younger men do get prostate cancer, the risk increases with age. More than 70 percent of all prostate cancer patients are over the age of 65, and about 75 percent of all men over the age of 80 will have some form of prostate cancer, according to the National Cancer Institute. In addition to age, other risk factors include ethnicity, genetic factors and diet. No one knows why, but African American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also some evidence that diet plays a role in prostate cancer. Studies have found a higher incidence of prostate



Other than skin cancer, prostate cancer is the most common form of cancer in American men. About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetimes.

cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

Protecting the Safety and Well-being of Cancer Patients

Prostate cancer patients and their families may experience heightened vulnerability and psychological stress during the coronavirus outbreak. However, many safety precautions have been instituted at Florida Cancer Specialists (FCS) that allow our physicians and clinical staff to continue administering needed treatments for our patients. Our team of cancer experts have enacted stringent procedures and safeguards, including, but not limited to, restricting visitors in the clinics, screening all patients and staff members before they can enter the clinic, requiring mandatory masks for all patients and staff members, practicing social distancing, instituting infection control procedures aligned with CDC guidelines and continuously sanitizing the clinics throughout the day, with rigorous cleaning after hours.

Telehealth services are also available at all FCS locations. In fact, we were among the first in Florida to deliver virtual access to cancer care treatment as the health care crisis began. Whenever possible, patients are connecting with their physician, advanced practice provider, nurses, social workers and oncology dietitians securely and conveniently from home. Patients are receiving laboratory results, reviewing treatment plans and accessing vital care management support while mitigating the impact and spread of COVID-19. To date, FCS has had more than 36,000 virtual visits and we anticipate that number will continue to increase.

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, an in-house 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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Want A Sleeker Smoother Sculpted Body for Summer and Beyond?

Uzoma Nwaubani, MD, FACOG, FFPMRS

If you're stressing about the amount of weight you've gained over the past few months, you're not alone! Many people have been cooking, baking, drinking, and lounging around a lot more than usual. You can blame it on your Netflix binging, being confined, seeing too many tantalizing lasagna recipes on Pinterest, but the bottom line is, it's time for a life-style overhaul. You know it can't really continue without causing long-term problems. So, how do you put an end to the madness? Dr. Nwaubani of NUWA WORLD (Nwaubani Urogynecology & Women's Academy) has three important tips to help you get back on track and also to look and feel your best.

#1 First, it's essential to start to eat healthy again and in smarter quantities. Think smaller, balanced meals, not all you eat buffet-style portions. Also incorporate more vegetables, fruit and lean protein like fish or chicken. Once you make overall health your focus, sticking to a more nutritious diet is easier.

#2 Secondly, exercise is critical for the body and brain to maintain its healthiest state. So, even if you can only get in a few brisk walks each week, that's great. For more refreshing workouts, try exercising in the pool—any type of movement is an excellent start.

#3 Thirdly, there are now advanced treatments that do not require anesthesia or cutting. One highly-regarded non-invasive procedure that specialists and patients are commending is SmartLipo.

If you've ever thought about getting liposuction, but don't want to undergo the associated risks of surgery and side effects, SmartLipo can provide smoother thighs, a flatter stomach, and tighter arms. SmartLipo is a safe and effective way to get those results without the risks.

SmartLipo

SmartLipo is a non-surgical, in-office procedure that requires no general anesthesia required, and there is little to no downtime. SmartLipo is a safe, fast, and effective way to remove fat. Additionally, the excess fat can safely be used to sculpt other areas of your face and body. The fat is removed from undesirable areas such as the abdomen and can be transferred to other more desirable areas to plump, reduce the appearance of wrinkles, and sculpt.



SmartLipo Advantages:

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- Sculpting
- Removes Fat Cells Permanently
- Stimulates Collagen Production
- Tightening Effect
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- In-Office Procedure
- Cellulite Reduction.
- Smoother Appearance

How does the Smartlipo work?

Smartlipo is designed exclusively to perform laser-assisted lipolysis, commonly referred to as laser liposuction. A tiny, thin tube containing the Smartlipo laser fiber is inserted in targeted fatty areas through a small incision. The laser fiber delivers thermal energy directly to fat cells and disrupts the fatty tissue, allowing the fat to be easily removed through gentle suction. The tissue around the area tightens through coagulation, contributing to an overall smoother shape.

What areas can be treated with the Smartlipo?

Smartlipo delivers precision and versatility with wavelengths that are ideal for smaller and larger fat deposits, fibrous areas, or areas that need secondary liposuction.

What should a patient expect after a treatment?

Patients may experience some light bruising and swelling and will be required to wear a compression garment to help with the healing process and support the area treated. In most cases, patients are able to resume normal daily activities within a day or two.

NUWA WORLD

Uzoma K. Nwaubani, MD

Urogynecology & Medical Spa & Laser Center

Along with the highest quality urogynecological care, NUWA World offers exceptional skin tightening solutions like SmartLipo®, TempSure® and Icon®. These are popular with good reason; they can beautify your complexion in quick and convenient in-office treatments. At NUWA WORLD in Wildwood, Florida, the attentive aesthetic specialists provide facial and body laser treatments to address your cosmetic problems.

Dr. Nwaubani states, "The passion for the preservation of femininity and female sexuality has never been stronger than now, and as I look back to the last 18 years, I am both exhilarated and completely awed by the advances and strides the sub-specialty has made. I am really humbled to be a part of it all."

I treat all my patients the way I love to be treated, or, even more so, the way I'd love my mother or sister to be treated: like a woman, a very special woman. The impact I am able to make to enhance the quality of the lives of these women is PRICELESS."

For more information Urogynecological issues, or to treat yourself to the best in advanced modern cosmetic skin tightening and skin enhancement and call NUWA WORLD or schedule an appointment online.

Source:

<https://www.cynosure.com/product/smartlipo-triplex/>



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Have you recently lost weight, but still have areas that you want to tighten or tone? Perhaps you'd like to tone up your abs, thighs or derrière, well, advances in body sculpting procedures are helping countless people do just that. Lean down and buff up, with precision technology that reaches far beyond what most people can accomplish at the gym alone.

Total Nutrition and Therapeutics is proud to offer TruSculpt iD, a revolutionary non-surgical, body-sculpting treatment that allows you to personalize your ideal body in as little as one 15-minute treatment. The Fat Cells are destroyed and will not return; however, this does not mean that you can't regain the weight. Keeping an active and healthy lifestyle is the key to any body sculpting procedure.

Are You a Good Candidate for the TruSculpt iD Procedure?

The typical patient is usually those that have undergone a strict diet and exercise plan but still have stubborn areas that are unaffected by exercise and eating nutrient-dense foods. For example, an individual may have stubborn love handles or a bulge of some sort here or there, that really bother them, with TruSculpt iD, they can alleviate these problem areas for men and women.

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

According to Cutera Medical Devices: Personalized Body Sculpting: The Next Evolution

TruSculpt iD is the latest body sculpting treatment solution from Cutera, providing a personalized, hands-free and hand-held solution to revolutionize your body sculpting needs. This powerful, non-invasive, Monopolar RF platform tailors to patients' individual needs and features Real-Time Temperature Control for clinically proven results, safety, and a comfortable patient experience. TruSculpt iD treats the entire fat layer, resulting in an average of 24% fat reduction. It offers a unique handpiece and placement location versatility and customized 15-minute protocols to treat a full abdomen or multiple body areas simultaneously.



Sculpted Arms

TruSculpt iD offers a unique and personalized approach to improve upper arm contouring and definition. Unlike other devices, there is no placement limitation. Do you want to wear a sleeveless shirt, put on that swim suit or fit into those short, shorts? With TruSculpt iD, you can do it with confidence!

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

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



TOTAL NUTRITION AND THERAPEUTICS

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

352.259.5190
WWW.TNT4ME.COM

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

Radiofrequency (RF) Energy

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

DON'T WAIT—START YOUR TRUSCULPT iD TREATMENT NOW!

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

Total Nutrition & Therapeutics

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

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



Fix DEPRESSION Fast with IV Ketamine

By Eric Milbrandt, MD, MPH

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

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

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

Ketamine – an old drug with a new use

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

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



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

Ketamine infusion – what to expect

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

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

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

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

Conclusion

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



THE INFUSION CLINIC
OF OCALA

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

Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 2801 SE 1st Ave Ste 201, 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.

The Most Frequently Asked Questions About Amniotic, Placental, and Umbilical "Stem Cells"

By Regenexx Tampa Bay, Regenerative Medicine

Utilizing birth tissues to harvest stem cells for orthopedic and other areas of medicine is an exciting topic. However, there are currently no FDA-approved uses for allogeneic (coming from someone else) stem cell products other than cord blood or bone marrow transplantations after certain kinds of cancer treatments. More disturbing is the fact that vials of amniotic, placental, and umbilical "stem cells" that sales reps are selling to many physicians DO NOT contain living stem cells. This has been independently tested and confirmed by major universities and Regenexx. We urge patients to arm themselves with knowledge against these deceptive claims.

What are amniotic, placental, and umbilical tissue-based products?

As you may know, babies, while still in the womb, are encased in a fluid-filled sac known as the amniotic membrane. Following the birth of a child, the amniotic membrane and/or fluid can be collected, sterilized, and processed into a variety of tissue-based products. Placental and umbilical tissue can also be obtained for the same purpose. Regrettably, these products are being pitched and sold to doctors as "stem cell" products. Some of these products do contain growth factors that can stimulate stem cells when injected into one's tissues. However, it is NOT accurate to call them stem cell products. Legally, representatives shouldn't be making these claims to physicians and in-turn physicians should not be making these claims to patients.

Are there stem cells in these tissues?

There are in fact stem cells in these tissues at the time of birth. However, once the tissues are processed, the cells are sterilized (killed). If these products did contain stem cells, the product would be classified as a drug by the FDA, requiring approval before being used in human clinical trials. It would not be marketable until clinical trials for each indication were completed and the drug was determined to provide benefits that outweigh its potential risks. This takes many years and can cost \$1 billion or more. No wonder some unscrupulous companies want to bypass this process. The FDA has issued enforcement letters to companies selling unapproved products stating that their products are regulated as drugs. However, until now, the FDA has only enforced these rules sporadically expecting that the industry would regulate itself. Unfortunately, companies knowing the FDA has stated that they won't get aggressive with enforcement until Nov. 2020, have flourished.



To clarify, either these companies are selling an illegal unapproved drug or more likely, as confirmed by testing, selling dead tissue products that they claim have living stem cells. Both of these scenarios are problematic.

What else does amniotic fluid contain?

Processed amniotic fluid does retain some growth factors and cytokines that can be injected to help promote healing. But, before spending thousands of dollars on a vial of these products, you may want to consider another alternative. At this time, there is no data supporting that the use of these tissue products is better than your own platelet-rich plasma (PRP). PRP contains your own healing growth factors, is not nearly as expensive, and is easier to obtain. PRP is an excellent option that likely accomplishes the same thing, if not better than, a vial of amniotic fluid for a fraction of the price.

Why are sales reps pushing amniotic, placental, and umbilical "stem cells"?

Expensive vials of these tissue-based products represent a scalable, one-size-fits-all product that aligns with the pharmaceutical industry's traditional mass marketing business plan. On the other hand, PRP requires a doctor's office to take blood from the patient and process it into a growth factor-rich therapeutic. Because the PRP comes from the patient's own blood, this eliminates any possibility of bodily rejection. If processed correctly, it can also be customized to the needs of the specific patient. So why are sales reps pushing ready-to-inject vials? For many providers, PRP is inconvenient and time-consuming. Also, most providers probably believe they are using live "stem cells" because they believe what they are being told. Unless a physician has access to state-of-the-art labs to fully investigate a product, they must rely upon sales pitches that are potentially full of deceptive claims.

How do you know these vials contain no stem cells?

If these products did contain living stem cells and were approved by the FDA, Regenexx would have signed on to become one of the biggest customers. The reality is that we have conducted lab research, determined the validity of these claims, and uncovered deception. Research scientists at Regenexx and the Interventional Orthopedics Foundation (IOF) were the first to begin testing these claims. Other academic research labs have since validated the initial findings -that is the results concluded that there were no living cells in these products, the products didn't help older stem cell performance, and didn't contain more growth factors than a PRP injection.

Regenexx has published a large percent of all orthopedic stem cell research worldwide, has the world's largest database patient registry tracking outcomes and safety, and is the only protocol when delivered by certified Regenexx physicians, that is receiving insurance coverage by self-insured employers across the country (>7 million covered lives).

Knowledge is power. The marketing of amniotic, placental, and umbilical "stem cells" has been misleading at best. Even though we may be able to justify using them for their growth factors, the reality is that your own PRP or concentrated bone marrow (compliant with FDA regulations) is likely a better overall treatment option.



James Leiber, D.O. | Ron Torrance II, D.O. | Ignatios Papas, D.O.



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

813-993-0365

Types of COVID-19 Testing:

WHAT YOU NEED TO KNOW

Quick Care Med Urgent Care

C COVID-19 is an RNA virus, which is the genetic code of the virus. RNA is an unstable molecule that can replicate and mutate quickly depending on their need to survive, and they spread rapidly from person to person. Antibodies can inhibit these actions in RNA viruses and create a biological environment that prevents the replication of the virus altogether or makes it difficult to do so.

COVID-19 antibodies are proteins found in the blood that help to fight infection through immune function. Researchers have developed a precise antibody test for COVID-19. The blood test looks for specific antibodies that are fighting or fought the coronavirus, as opposed to the common cold or seasonal flu. Below is a chart explaining the different types of tests.

FAQ COVID-19 Molecular and Antibody

Common Questions	Diagnostic Swab	Antibody
Also known as...	Diagnostic test, viral test, molecular test, nucleic acid amplification tests (NAAT), RT-PCR tests	Serological test, serology, blood test, serology test
How is the sample collected?	Nasal swab	Blood draw
How long does it take to get results?	3-10 days*	3-10 days*
What does the test show?	Diagnoses active COVID-19 infection	Shows if patient has been infected by COVID-19 in the past
What does this test not show?	If patient has ever had COVID-19 or were infected with COVID-19 in the past	Diagnose active COVID-19 infection or show that you do not actively have COVID-19
What is the sensitivity/accuracy of the test?	90-100% accurate	99.6-100% accurate
Qualifications for test?	Active COVID-19 related symptoms, close contact with a positive person, employed in healthcare field or assisted living facility	Anyone without direct exposure to a positive person, and without active systems
When should the test be performed?	While patient presents active symptoms, or 3 days after exposure without symptoms to avoid a false positive	14 days or more after exposure or start of symptoms
What does the test cost?	In office - \$0.00 for insured patient if the above requirements are met, \$10.00 for QCard members, \$90.00 for non-insured Telemed - \$0.00 for insured patient if the above requirements are met, \$10.00 for QCard members, \$49.00 for non-insured Lab - \$0.00 per the CARES Act	In office - patient is responsible for their regular Urgent Care benefits per their insurance plan, \$10.00 for QCard members, \$90.00 for non-insured Telemed - patient is responsible for their regular Urgent Care benefits per their insurance plan, \$10.00 for QCard members, \$49.00 for non-insured Lab - \$0.00 per the CARES Act
How do I receive the test?	Visit your local Quick Care Med during regular business hours or be seen through Telemedicine at www.QuickCareMed.com/telemedicine	Visit your local Quick Care Med during regular business hours or be seen through Telemedicine at www.QuickCareMed.com/telemedicine

*If you have active symptoms related to COVID-19, quarantine is strongly recommended until results are obtained.

Sited Sources: FDA, CDC, Quest Diagnostics, Bio-Reference, LabCorp

Quick Care Med is currently scheduling telemedicine drive-thru screening appointments for the COVID-19 Coronavirus. Dates are available by appointment only on certain days.

Here's how the process works in 3 easy steps:

1. Schedule a telemedicine appointment first by visiting www.quickcaremed.com/telemedicine/

2. One of Quick Care Med's providers will see you via your computer, tablet or smartphone, to screen you for the COVID-19 Coronavirus and to determine eligibility for testing.

3. Scheduled patients will be tested at a specified clinic location drive-thru.

Your safety and wellness are Quick Care Med's number one priority. Please reach out to them at (844) 797-8425 if you have any questions, concerns or if you need assistance.

In addition to COVID-19, Quick Care Med is also 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.

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), & 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!

More information about the 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 quickcaremed.com or stop in today.

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.quickcaremed.com

Sports Injuries: Non-Surgical Treatment with Occupational/Hand Therapy

Innovative Therapies Group

Because we have the most beautiful weather all year long, in our sunshine state, older individuals are golfing, playing tennis, pickleball, kayaking, swimming, and the list goes on and on; but with all of this healthy activity, adults are more susceptible to injury and wear and tear.

Tennis Elbow: Tendonitis (Tennis, Golf, etc.)

The same sentiment holds true with elbow injuries. Elbow tendonitis results in a ligament laxity component that if unaddressed, causes the issue to become chronic. The tendon will continue to become inflamed during sports and other daily activities because the muscles are overcompensating for ligament laxity. Instead of surgery, there is another treatment option.

Pickleball Injuries

Many sports-related injuries are putting players in quite the predicament. Oddly enough, most of these injuries are taking place in the wrist and hands. According to the USAPA (USA Pickleball Association), 70% of the participants playing pickleball are over the age of 60. That's a lot of seniors out there enjoying this exciting sport, but that also means that there are more injuries needing medical attention. The same holds true for many other sports and outdoor activities. Ballistic movements or quick side to side, lateral transitioning, are very often what lead to these injuries.



The most common of the two types of injuries are traumatic, so for all the exercise fanatics, weekend warriors or accident-prone individuals, the RICE method, along with NSAID's (aspirin or ibuprofen) should be your first line of defense if you've injured yourself. But along with this standard of care, any time you or a loved one experiences injury; you should consult a physician for a medical examination immediately to evaluate how severe your injury might be. Additionally, Occupational/Hand therapy should also be a first-line treatment.

Occupational/Hand Therapy for Sports Injuries

With the right method of hand therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

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.

Occupational/Hand 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.

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.

Occupational/Hand therapy is used to help with numerous indications and conditions like retraining the body to improve strength 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 hand therapy.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.

Innovative Therapies Group, Inc.

352-433-0091 | innovativetherapiesgroup.com

SICK NOW? SEEN NOW!®



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

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

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4 Locations in the Ocala Area to serve you.

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Summerfield, FL 34491

Lady Lake
929 US-27 #301
Lady Lake, FL 32159



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

(MM30672)

Premear Hearing: Signia's New Face Mask Solution for Hearing Aid Wearers

—Offering Better Communication



Premear Hearing in Ocala is always on the cutting-edge of the latest technology for their patients. That's why they carry Signia's exclusive hearing aid and devices line. Signia recently came out with a solution for hearing aid wearers to understand speech through face masks. Premear Hearing is happy to educate patients and the community by presenting Signia's article below:

Signia's New Face Mask Mode: Helping hearing aid wearers understand speech through face masks

A new feature in the Signia app revolutionizes your patients' hearing experience during COVID-19.

Beyond the threat to public health, the COVID-19 pandemic has challenged nearly all aspects of our lives, including one of the most basic – how we communicate.

To address the hearing challenges introduced by the pandemic, Signia recently revealed the world's first Face Mask Mode, a setting in the Signia app enabling hearing aid wearers to better understand what people wearing face masks are saying. This unique, easy-to-use feature is now available at the tap of a button for wearers of all Signia Xperience hearing aids with Bluetooth connectivity, including the new Styletto X. It will be available for the entire duration of the coronavirus pandemic.

You might be wondering why such a specific feature is important right now. The answer is that while face masks and physical distancing fulfill an important role in protecting public health, they also pose a serious challenge to speech intelligibility for anyone with even mild hearing loss.

The adverse effects of face masks on speech understanding

Face masks cover the mouth, restricting any visual speech cues that we might usually rely on, from a simple smile to full lip-reading. They also affect the acoustic properties of the speech signal. Masks can reduce frequencies in the 2000-7000 Hz range by between 3 to 12 dB* depending on the type of mask being used by the person who is talking. Even someone with normal hearing could experience a decrease in audibility of about 30% in this situation.



This is then exacerbated by the lack of visual cues, which are proven to help improve listening performance, even in noise.

With the new Face Mask Mode in the Signia app, hearing aid wearers have a solution to this timely problem. It is available in the Universal hearing program and appears on the screen as a button with a face mask icon top right next to the volume slider. Face Mask Mode is activated by tapping the button, which then turns from grey to red. When the hearing aid wearer has finished talking to the person wearing a mask, they can deactivate Face Mask Mode by simply tapping the button again, and it turns back to grey. It also deactivates when you reset the hearing aids, change program, or change the Spatial Configurator.

How Face Mask Mode compensates for muffled speech signals

In terms of the audiological solutions offered by the new Face Mask Mode, it tackles specific parameters of the hearing aids' settings that are crucial for optimal speech understanding. These include gain to enhance the spectrum most relevant to speech intelligibility, effectively compensating for the adverse acoustic effects of the face mask. It also includes

adjusting noise reduction as well as microphone beamforming to the ideal settings for speech signals. In combination, these automatic adjustments offer the best possible sound impression to help the hearing aid wearer understand what is being said.

The new Face Mask Mode button is visible to all users of the Signia app with a Signia Xperience hearing aid with Bluetooth connectivity and an Android 6.0 or iOS 11 operating system or higher. Patients with these devices can easily activate Face Mask Mode themselves, without the need to come into the office or for you to add a new program.

It is the latest innovation offered by Signia to help you support hearing aid wearers to continue to communicate safely and effectively in these unprecedented times. A recent audiology bulletin in our online Signia Library, Improving communication with face masks, outlines just how effectively Signia hearing aids have mastered this new challenge. It includes full details of the steps you and your patients can take to tackle the audiological challenges of the coronavirus crisis.

Contact Premear Hearing Clinics to find out more.

To schedule your appointment, please call Premear Hearing today at 352-236-6700 (East) or 352-438-0050 (West).

Source:
https://pro.signiausa.com/blog/signia-new-mask-mode-feature/?utm_source=email

Premear Hearing
A Tradition of Excellence

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with 2 Locations.*

352-438-0050

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352-236-6700

4414 SW College Rd #1530, Ocala, FL 34474

www.premearhearingfl.com



HIP REPLACEMENT SURGERY

By Dr. J. Mandume Kerina

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

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

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



Figure 1:
Incision for direct anterior approach-right hip

Joint replacement should be considered when:

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

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

UNOVA HIP & KNEE CENTER

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

Premier Hearing

A Tradition of Excellence

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



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Jeff Smalt HAS-Owner

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Silver Springs by Lowe's
Sandra Kilpatrick HAS



SHUT THE FRONT DOOR!

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4 Things You Should Know About Medical Marijuana

#1—HOW IT WORKS

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the “high” feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included in the leaves of the marijuana. Experienced, qualified medical marijuana physicians like Dr. Gregory Sonn, owner of Iona Cannabis Clinic understand what dosages and strengths work best for your needs.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) and THC through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and THC, creating a multitude of beneficial reactions in the body.

#2—CANNABIS’ HISTORY & REGULATORY STANDARDS

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford’s medical professional journals, it was



touted as a means to reduce depression. In the early 1900’s, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida.

#3—WHAT DOES IT TREAT?

Medical marijuana and cannabis oil can be used to treat and alleviate symptoms of numerous medical conditions. Listed below are the state’s qualifying conditions:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn’s disease
- Parkinson’s disease
- Multiple sclerosis (MS)
- Medical conditions of the same kind or class as or comparable to those above

- A terminal condition diagnosed by a physician other than the qualified physician issuing the physician certification
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition

#4—YOU NEED A CERTIFIED MEDICAL MARIJUANA PHYSICIAN

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, the person must have one of the specific qualifying medical conditions regulated by the government or have a medical condition that is deemed as appropriate.

At Certified Marijuana Doctors there is no charge for your initial visit if you don’t qualify. For the other 95% of their patient population, the physician issues a certification and enters the patient into the Medical Marijuana Use Registry or MMUR. Only people who are registered in the Medical Marijuana Use Registry database can obtain and consume medical marijuana in Florida. Certified Marijuana Doctors guides you through every step of the process.

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Diagnosis: Cancer and How Palliative Care Can Help

By Hospice of Marion County

The word “palliative” is defined as comforting, soothing, calming and reassuring. It should not be confused with quick fixes offered in so-called “pain clinic” settings. Palliative care is specialized medical care for people with serious conditions. Its focus is to provide relief from the symptoms, pain, and stress that entails—whatever the cause or diagnosis.

This specialized comfort care is provided by a team of doctors, nurses and other specialists, who work together with a patient’s primary doctor and/or specialist to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and can be offered along with curative treatment.

How can palliative care help with a cancer diagnosis?

Because patients are carefully regulated by their physicians with consultations from experts at Marion County’s Center for Comprehensive Palliative Care, people can rest assured that their pain and symptoms can be managed (most within 24-48 hours) and their conditions monitored on an ongoing basis. The palliative care team can be called to:

- Aid in pain and symptom management
- Assist with relief of suffering – physical, emotional or psychosocial
- Discuss the course of disease and goals of care
- Assist attending physician, patient or family with clarification of development of palliative plan of care

- Help establish the best possible quality of care as determined by patient and family
- Offer emotional support to patient and family, including anticipatory grief and bereavement counseling
- Review and complete documentation of advance directives
- Explain pros and cons of forgoing specific treatment and/or diagnostic treatments
- Facilitate transition to alternate care settings, such as home, nursing home or hospice when appropriate

Who can receive palliative care?

Patients with chronic, long-term or life-limiting illnesses are appropriate for palliative care. It is available to help with pain management, relief of suffering and education on their disease progression and prognosis.

Palliative care addresses the patient’s medical, emotional and spiritual needs. It offers support to patients and their caregivers. Open discussion between patients, families and health care professionals is encouraged in determining the patient’s goals and medical plan of care. As a patient’s disease progresses, the palliative care team adjusts its support services as those needs change. Palliative care makes a better quality of life possible for patients and their loved ones by providing the best possible plan of care.

Who can refer a patient to palliative care?

Physicians can refer a patient by calling the Palliative Care office at (352) 291-5881; the office is open 8:00 a.m. -5:00 p.m., Monday-Friday. If the patient is in a hospital, nursing home or assisted living facility, physicians may write an order in the facility for a consult.

How does someone get palliative care and how is it paid?

As a holistic approach to care, palliative medicine is about a person’s whole being, including family and loved ones. Well-informed consumers should know the facts. They can request palliative treatment if the outcome from surgery, accident or disease has left them in physical or mental distress. Palliative care improves healthcare quality in three significant ways. It:

1. effectively relieves physical symptoms and emotional suffering,
2. strengthens patient-family-physician communication and decision-making, and
3. ensures well-coordinated care across healthcare settings.

It is covered by Medicare, Medicaid and most private insurances. A consult is available through one’s own physician or by calling for information about receiving services. Learn how the Center for Comprehensive Palliative Care can help: (352) 291-5881 or visit www.marionpalliativecare.com.

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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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Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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

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