

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2020

Marion Edition - Monthly

www.HealthAndWellnessFL.com

FREE  

**HOW
PHYSICAL
THERAPY
CAN HELP
INDIVIDUALS
AGE WELL**

**BREAST CANCER
AWARENESS
DURING THE COVID-19 CRISIS**

**YOU'VE BEAT
BREAST CANCER
NOW, RECLAIM YOUR LIFE**

**ESSENTIAL
FORCES IN
THE FIGHT**

**ARMED TO KEEP
YOU SAFE ON
EVERY FRONT**

**5 WAYS A MOVE
TO SENIOR LIVING
CAN INCREASE
WELL-BEING**



MAHARAJ INSTITUTE OF IMMUNE REGENERATIVE MEDICINE



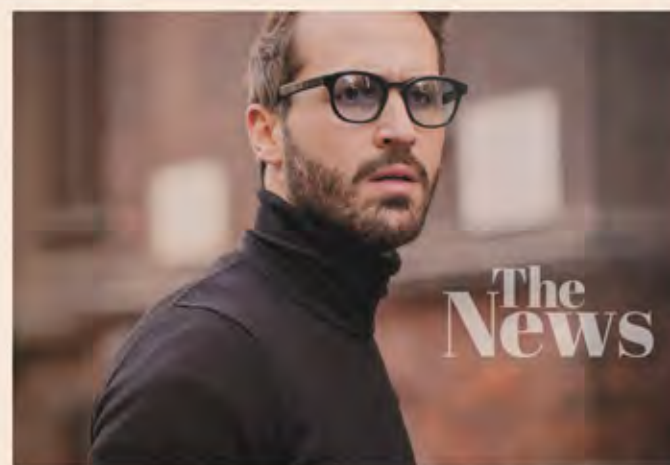
WHAT'S YOUR PLAN TO KEEP YOUR FAMILY HEALTHY?

10 POINT PROGRAM EMPOWER YOUR IMMUNE SYSTEM TODAY!

For more information:

The Maharaj Institute of Immune Regenerative Medicine
10301 Hagen Ranch Road, Suite 600, Entrance C, Boynton Beach, FL

<https://www.stemcellimmuneregenerative.com>
561.752.5522



“Dr. Maharaj is the real deal when it comes to immune regenerative medicine. He knows the science better than any anyone. Finding ways to harness the power of the immune system to treat – and better yet, prevent – disease has been his life’s work. In addition to helping patients suffering from blood diseases, we are seeing advances in using stem cells to improve the condition of Alzheimer’s, Parkinson’s and ALS patients everyday, and Dr. Maharaj is right there at the forefront of all of it.”

Dr. Raborn

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

Your treatment. **Our Journey.**



You don't plan for a cancer diagnosis. But, Florida Cancer Specialists will be by your side — throughout the journey. Our doctors and nurses provide personalized, targeted treatment, clinical expertise and new techniques that protect heart health during radiation treatment in breast cancer patients. And with world-class care that's close to home, we're always here to help.

During Breast Cancer Awareness Month, and beyond, we'll give you the strength to move forward — every step of the way.



Caring for patients at our two Marion County locations.

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

Shilpa Oberoi, MD
Vipul Patel, MD
Craig Reynolds, MD



*All required paperwork must be provided at time of referral.



THE INFUSION CLINIC OF OCALA

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

*Depression, Anxiety, PTSD?
Antidepressants Not Helping?*

Get Rapid Relief With IV Ketamine!



Dr. Eric Milbrandt

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

www.InfusionClinicOcala.com

INDEPENDENT LIVING ~ ASSISTED LIVING



COMMUNITY. CARE. SUPPORT.

ALL IN A PLACE YOU'LL CALL HOME.

- Heartland Assisted Living Program
- 24-hour emergency response
- Security, 24-hour staffing
- Complimentary cable
- Transportation
- Restaurant style dining
- Housekeeping services
- And, much more

DON'T WAIT! SPACE IS LIMITED:

352-414-2507

 **PACIFICA**
SENIOR LIVING
OCALA

Lic#AL9315



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

Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

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


**ADVANCED UROLOGY
INSTITUTE**

352.391.6000
advancedurologyinstitute.com

CONTENTS OCTOBER 2020

6 Essential Forces in The Fight Armed to Keep You Safe on Every Front

8 5 Ways a Move to Senior Living Can Increase Well-Being

9 Breast Cancer Awareness During the COVID-19 Crisis

10 Reconstructive Orthopaedics Mending Bones, Restoring Lives, One Patient at a Time

12 Overwhelmed by Anxiety? Consider Ketamine

14 Lumbar Spine Pain: Symptoms, Causes & Treatments

16 Do You Have A Ticking Time Bomb in Your Leg?

18 Expert Advice: Medicare Tips: Get the Most From Your Medicare

19 Urinary Incontinence

20 You've Beat Breast Cancer, Now, Reclaim Your Life

21 How Physical Therapy Can Help Individuals Age Well

22 Omega-3 & Pain Relief: Finding the Best Strategy

23 Medical Marijuana Delivery: A New Booming Sector in The Industry

24 The Link Between Hearing Loss and Depression

25 Releasing the Pain of Loss is the Beginning of Hope

26 Estella Byrd Whitman Wellness & Community Resource Center

27 Spiritual Wellness: Cancer



**Mending Bones
Restoring Lives
One Patient at a Time**



**Upper and Lower Extremity
Pains & Treatments:**

**SHOULDERS • ELBOWS • HANDS • WRISTS
• HIPS • KNEES • ANKLE**



KEEPING YOU MOVING!

We're Here to Help. Please call our office with any questions or to schedule an appointment today.

Karl F Siebuhr, MD

352-456-0220 • www.reconorthofl.com

1500 Southeast Magnolia Extension, Suite 104, Ocala, Florida 34471

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

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

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

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



Kristi M. Foret
Licensed Insurance Broker

Call Today for Your
FREE Consultation!

352-389-9700

Kristi.Foret@yahoo.com



**MEDICARE
MADE EASY!**

ARE YOU:

- New to Medicare?
- Confused about your options?
- In need of a plan that gives you flexibility?
- Need to avoid unnecessary expense?

WE CAN HELP!

*Due to COVID, I can also offer your
Free Consultation by phone, video or email.*



ESSENTIAL FORCES IN THE FIGHT

Armed to Keep You Safe on Every Front

With everyone concerned about the coronavirus, lots of people are postponing or skipping standard preventive healthcare measures, including annual screening mammograms. While we should all take every precaution to prevent the spread of COVID-19, we should not ignore other important health protocols, including early breast cancer detection. One in every 8 American women will be diagnosed with breast cancer during her lifetime, a statistic that sounds pretty scary. However, when breast cancer is caught before it can spread to the lymph nodes, it has a nearly 100% five-year survival rate. Members of our own Special Forces are breast cancer survivors themselves, and can attest to the power of early discovery and quick treatment. That's why it's imperative to remain vigilant, even during a pandemic. Breast cancer isn't going to wait for things to go back to normal, and we can't either.

Cancer research shows that getting an annual or biennial mammogram significantly increases breast cancer survival rates. It is wise to get a baseline mammogram by age 40 or even earlier if you're at elevated risk so there is a unique picture of your healthy breast tissue. That way, future mammography images can be used in comparison to identify changes – no matter how small – as soon as they develop. Tomosynthesis, also called 3D mammography, is the gold standard in screening exams for breast cancer. This FDA-approved exam captures deep views of breast tissue from multiple angles to detect the tiniest abnormalities, even in dense breast tissue. 3D mammography is a leap forward in screening, delivering 41% better discovery of invasive breast cancers and up to a 40% reduction in false positive results, for less anxiety and fewer unnecessary follow-up exams. 3D screening mammography is completely covered by most insurance providers – if you're unsure about your coverage, give us a call and we'll find out.



When something questionable shows up on a mammogram, of course you and your medical team want accurate answers right away. RAO's breast health battalion offers a complete array of supplemental exams, including stereotactic- and ultrasound-guided biopsy, breast MRI and SCOUT® radar localization placement for safer, faster, more customized surgical options. Sure, breast cancer is a challenge we must all recognize, but together we have the power and resources to forge an unrelenting and vanquishing front line.

Keeping You Safe During Your Visit

Rest assured that RAO's Breast Health Allies use rigorous safety protocols to protect you and our staff from COVID-19, including temperature monitoring, mandatory masks, sanitizing of equipment

between patients, rapid appointment times and minimal close interaction, so you don't have to put off your important screening. Just call us for an appointment that suits your schedule.



(352) 671-4300
www.RAOcala.com

ESSENTIAL FORCES IN THE FIGHT



AMANDA SMITH
Physician Liaison

CARRIE LAW
Operations Coordinator

AMANDA AULLS, MD
Director of Women's Imaging

RIDGELY MEYERS, MD
Breast Imaging Specialist

MICHELE BARKLEY
MRI Technologist & Breast Cancer Survivor

YVONNE SEYMOR-PALMER
Scheduler & Breast Cancer Survivor

As we all consider current health concerns, we may be forgetting others, like breast health. Early detection of breast cancer offers a nearly 100% five-year survival rate, so don't postpone your annual screening 3D mammogram. RAO's breast health battalion can have you in and out safely in minutes, so when the world opens up again, you'll be ready to enjoy it.

**For more information visit:
WomensImagingOcala.com**



ACR Accredited Locations:
Women's Imaging Center
TimberRidge Imaging Center



Make today a 3D-Day!
Schedule your routine
screening: 352-671-4300



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

5 Ways a Move to Senior Living Can Increase Well-Being

The choice to move to senior living can be difficult and emotionally charged. Most people understandably prefer to stay at home as long as possible. But, what I have learned through the years is that many folks who could benefit from a senior living community wait too long before making the decision. In fact, I have heard many residents say they wish they had made the move sooner. Here are the top 5 ways that a move to senior living can improve health and well-being.

- **Safety and Security.** The first and perhaps one of the most common reasons for seeking senior living is safety and security. And indeed, that is a big benefit. But there are others, some of which may be unanticipated.

- **Social contact.** Many older adults who are living alone have too little socialization. Almost all of us have heard the research on the importance of having daily social contact. Seniors who live in isolation are at greater risk for a number of health conditions and even of dying. But, I think few people realize how much better they will feel both physically and emotionally when adequate social contact is restored. Like a wilted plant that is given water, many seniors blossom as a result of living with others in a community setting.

- **Improved nutrition.** Poor nutrition is associated with social isolation. Eating is a social time for most of us. When a person lives alone, there can be a lack of motivation to eat and to prepare balanced, nutritious meals. Many older folks who live alone exist on packaged prepared foods that lack good nutrition. Living in a place where nutritious food is readily available and is enjoyed in the company of others makes a big contribution to well-being.

- **Finding new purpose.** Many older adults have experienced a loss of purpose, whether because of declining health or changing roles in life. Loss of purpose is one of the things that some people believe to be an expectation of growing older. Nothing could be further from the truth. Many older people who move into a community setting are surprised by the new purpose they find.



Research studies have shown that those who have a higher sense of purpose have lower rates of dementia and other chronic health conditions.

- **Better access to health care services.** Almost all senior living communities have some level of health care services. These can include a wellness nurse, visiting physician and/or nurse practitioner, therapy services, and daily wellness checks. This can mean that any changes in health will be noticed and addresses sooner, hopefully avoiding a serious problem and/or a hospital visit.

So, if you or a loved one is considering a move to senior living, think about the many benefits that truly outweigh the difficulty of making such a move. Many people before you have done it and are thriving as a result.

For information about the options and services available at Pacifica, or to schedule an appointment for a tour, call 352-414-2507 today.


PACIFICA
SENIOR LIVING

OCALA

Lic#AL9315

(352) 414-2507
www.PacificaOcala.com

BREAST CANCER AWARENESS DURING THE COVID-19 CRISIS

Regardless of age, race, or family history, all women – and about 1% of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors, such as obesity and alcohol use, which can be moderated through healthy lifestyle choices. Today, there are many types of effective treatments for breast cancer, including surgery, chemotherapy, radiation, and hormone therapy, to mention a few. Research is ongoing to bring more promising treatment options to patients.

Importance of Early Detection

Identifying any type of cancer at an early stage, before it has spread extensively (metastasis), provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40, with no family history of breast cancer, should get a mammogram once a year; for women under 40 a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

Impact of COVID-19 on Breast Cancer Screenings

During the coronavirus crisis, many women are wondering if it is safe to go to certain medical appointments, including scheduled mammograms. Screening mammograms – at every age – are one of the best ways to diagnose breast cancer early, when it's most treatable. Women will need to make an informed decision with their physician as to whether to get a mammogram during COVID-19.

Remember – even if you are diagnosed with breast cancer, it does not necessarily increase your risk of having more serious complications if you do get COVID-19; however, for people in active treatment for breast or any type of cancer, there may be a higher risk for serious complications from COVID-19 if



your treatments cause you to become immunocompromised (have a weakened immune system) or have lung problems.

Screening Guidelines for Women 55 to 75

The American Cancer Society (ACS) screening guidelines recommend that women ages 55 to 75 at average risk for breast cancer, with no family history, can be screened every one to two years. If you are between 55 and 75 and had a normal mammogram within the last year, you could choose to have your next mammogram up to 24 months after your last one, so that you don't have to be screened during the pandemic.

Are Mammograms Necessary for Women Over 75?

Considering that older people have a higher risk for COVID-19, some are questioning whether mammograms are even necessary after the age of 75 for women with no family history of breast cancer, and a record of normal mammograms. The ACS recommends that women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer.

One study, cited by BreastCancer.org, confirmed the benefits of regular mammograms and emphasized that there is no upper age limit for mammograms.

Can Breast Cancer Be Inherited?

Certain types of breast cancer do seem to run in some families; however, it is important to understand that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself.

The most common genetic risk factors for breast cancer are in women who have changes to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80% chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.

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

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

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

For more information, visit FLCancer.com

RECONSTRUCTIVE ORTHOPAEDICS:

Mending Bones, Restoring Lives, One Patient at a Time

By Karl F Siebuhr, MD

At Reconstructive Orthopaedics, we are concerned with our patient's whole body of comprehensive care and work directly with the patients' primary doctors and specialists for optimal healing, bone health, and overall wellness.

We work with the most advanced and innovative technology.

Is Knee Replacement Surgery Right for You?

Arthritis causes degeneration of the joints. Some of the common arthritic symptoms are joint pain, stiffness, swelling, and fatigue. One of the main types of arthritis is osteoarthritis (OA), also referred to as "wear and tear" arthritis. With OA, wear and tear damages the cartilage in the joints, causing them to lose their smooth gliding action, resulting in friction or rubbing of the ends of our bones.

When arthritis affects the neck, back, hands, feet, or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles may begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches and limit range of motion. Many people may find little to no relief with over-the-counter nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen.

Knee OA

Walking, standing, and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on the knees — with each step. Not only is the knee one of the most intricate of all the joints in the body, but it is also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

Positioned between the three bones of the knee (the femur, tibia, and patella), the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but is susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop, and often, the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and is the beginning stages of osteoarthritis, or bone rubbing against bone. In turn, this can cause bone spurs and a great deal of discomfort.

Osteoarthritis develops slowly, and often, the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease because it is often associated with the aging process. This process can also affect younger people. Osteoarthritis pain can be debilitating and interfere with daily activities, affect your ability to work, and create limited range of motion in your life.



Treatment

Conservative methods are the first line of defense. These include rest, bracing, injections, and pain medications. However, because the knee joint has no blood supply, it's difficult to heal this area with many alternative treatments, and surgery is often necessary.

Knee Replacement

Depending on the severity and depth of your osteoarthritis, you may be a candidate for a partial knee replacement. In cases of extensive degeneration, a total knee replacement may be more appropriate.

Arthritic damage to one side of the knee is common, so utilizing an implant customized for the medial or lateral deteriorated area is often a better option than a knee replacement depending on your individual circumstances.

If you are a candidate for a partial knee implant, Reconstructive Orthopaedics uses a technique to preserve your tendons and ligaments, as well as part of your natural knee bone when possible. Additionally, preserving the bone will provide a more natural knee for any future treatments.

Polyethylene is the material that is used in almost all knee implants. Polyethylene allows the joint of the implant mechanisms to move freely while it's housed on a metal platform like a fulcrum, cushioned in between bones. These implants are strong, durable, and long-lasting. After knee replacement, physical therapy will be ordered to ensure proper future function.

Reconstructive Orthopaedics Services Include:

- Partial and full knee replacements
- PRP (Platelet Rich Plasma)
- Viscosupplementation
- Hyaluronic injections
- Joint reconstruction
- Trauma/fractures
- Malunions/nonunion
- Degenerative conditions of knee and shoulder
- Hip, shoulder, and knee replacements

Reconstructive Orthopaedics is driven by a personal investment in the success of each and every patient. We demonstrate this by providing state-of-the-art orthopaedic care personally tailored to each patient's individual needs, delivered with technical excellence. The goal is to improve function and restore the highest quality of life possible.

Reconstructive Orthopaedics is committed to the Ocala Community to bring a very unique skill set of care for the seriously injured and wounded to help patients regain and restore their lives so they may regain and maintain a purposeful and joyful life.

Reconstructive Orthopaedics is committed to supporting the Ocala Community by providing high-quality services through Orthopaedic and volunteer services, regardless of socioeconomic status, social status, religion, race, or sexual orientation.

Contact Reconstructive Orthopedics of Central Florida Today at (352) 456-0220.

www.reconorthofl.com



1500 Southeast Magnolia Extension, Suite 104
Ocala, Florida 34471

SOCIAL DISTANCING SEMINAR

FOLLOWING CDC GUIDELINES



Surgical or Non-Surgical

YOU ARE INVITED FACIAL BEAUTY INFORMATIONAL SEMINAR

The Waterfront Inn
1105 Lakeshore Drive, The Villages
Wednesday, October 21st @ 2pm

DR. RICH CASTELLANO FACIAL SPECIALIST

Facelifts (Surgical and Non Surgical)
Facial Sculpting (Filler, Wrinkle Relaxers)
Facial Polishing (CO2, IPL, SkinPen Microneedling)



ImageLift is following CDC Guidelines
for the highest level of safety.
MASKS ARE REQUIRED FOR GUESTS AND STAFF

Very limited seating.
Guests must have a
confirmed reservation.



ImageLift.com

Rich Castellano, M.D.

Free
Book!

+3,500
Facelifts

Double
Board Certified
Facial Plastic
Surgeon



888-875-3223

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

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



Overwhelmed by Anxiety? Consider Ketamine.

By Eric Milbrandt, MD, MPH

Occasional anxiety is part of life. Many feel anxious when faced with a new project at work, before taking a test, or when making important decisions. I felt anxiety as the deadline approached to write this article. This type of anxiety can be unpleasant, but it may motivate you to work harder and to do a better job. Anxiety disorders, however, involve more than temporary worry, stress, or fear. For those with an anxiety disorder, the anxiety does not go away and often gets worse over time. The presence of an anxiety disorder is a risk factor for the development of other anxiety and mood disorders, substance abuse, and risk of suicide. The symptoms can interfere with daily activities such as job performance, school work, and relationships.

Anxiety disorders are some of the most common psychiatric conditions in the western world. In the United States, as many as one in five persons are affected. There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, and various phobia-related disorders. People with generalized anxiety disorder (GAD) display excessive anxiety or worry most days of the week about a variety of things, such as health, work, social interactions, and life circumstances. Symptoms include:

- Feeling restless, wound-up, or on-edge
- Being irritable
- Having difficulty concentrating
- Difficulty controlling feelings of worry
- Sleep problems
- Being easily fatigued
- Muscle tension

Panic disorder is the presence of recurrent unexpected panic attacks. Panic attacks are sudden periods of intense fear that come on quickly and reach their peak within minutes. Attacks can occur unexpectedly or can be brought on by a trigger, such as a feared object or situation. People with panic disorder often worry about when the next attack will happen and try to prevent future attacks by avoiding places, situations, or behaviors they associate with panic attacks. Symptoms of a panic attack include:

- Rapid, pounding heartbeat
- Sweating
- Trembling or shaking
- Feelings of shortness of breath, smothering, or choking
- A sense of impending doom
- Dry mouth
- Feeling out of control



A **phobia** is an intense fear of specific objects or situations. While it may be appropriate to be fearful in certain circumstances, the fear felt with a phobia is out of proportion to the actual danger posed by the object or situation. Common phobias are fear of flying, heights, snakes, needles, and blood. **Social anxiety disorder** involves an intense fear of social or performance situations. Those affected fear being negatively judged by or embarrassed in front of others. People with **agoraphobia** have an intense fear of public transportation, open spaces, enclosed spaces, crowds, or being alone outside the home.

What to do about anxiety?

There are a variety of treatment options for anxiety disorders. For some, medical treatment isn't necessary at all. **Non-drug lifestyle changes** can be an effective way to relieve stress and anxiety. These primarily involve self-care, such as:

- Getting enough sleep
- Avoiding caffeine, alcohol, and tobacco
- Exercising
- Meditating
- Eating a healthy diet

When lifestyle changes alone are not enough, treatment then falls into two additional categories, **psychotherapy** ("talk therapy") and **medication**. Working with a therapist, psychologist, or psychiatrist, people can learn tools and strategies to deal with anxiety as it occurs. One such example is cognitive behavioral therapy (CBT), which teaches people different ways of thinking, behaving, and reacting to anxiety-producing events.

Medications used to treat anxiety include antidepressants, benzodiazepines, and beta-blockers. Antidepressants take time to work, so it is important to give the medication a chance before deciding whether it works. In some people, antidepressants initially make anxiety worse before the brain gets used to their long-term calming effects. Benzodiazepines, such as Xanax or Klonopin, work quickly to control anxiety. However, benzodiazepine tolerance is common, and people often need ever increasing doses or become dependent on them. Beta-blockers are medications that reduce the physical feeling of anxiety by blocking the effects of adrenaline, thereby reducing heart rate, sweating, and tremor associated with anxiety-provoking events. Beta-blockers are particularly helpful in performance situations, such as public speaking.

Recently, two additional treatments for anxiety disorders are becoming popular, especially for those that fail to improve with lifestyle changes, counseling, and medication. **Cranial Electrotherapy Stimulation (CES)**



uses a small handheld device, such as Alpha-Stim, that delivers low-level electrical current via electrode clips that are applied to the earlobes. It can be effective for a variety of acute and chronic stress conditions.

Low-dose ketamine infusions, such as those provided by The Infusion Clinic of Ocala, can be valuable and highly effective for treating resistant cases of anxiety, depression, and PTSD. 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 15 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant mood disorders, including anxiety disorders. Since then, studies have proven conclusively that the drug not only works but works quickly, providing significant and lasting relief within hours of the first infusion.

Find out more or schedule a consultation at <https://tinyurl.com/ico-hw> or call (352) 325-5755.



THE INFUSION CLINIC
OF OCALA

22801 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.

Lumbar Spine Pain: Symptoms, Causes & Treatments

By: Regenexx Tampa Bay, Regenerative Medicine

The body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylolysis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

The Spinal Column

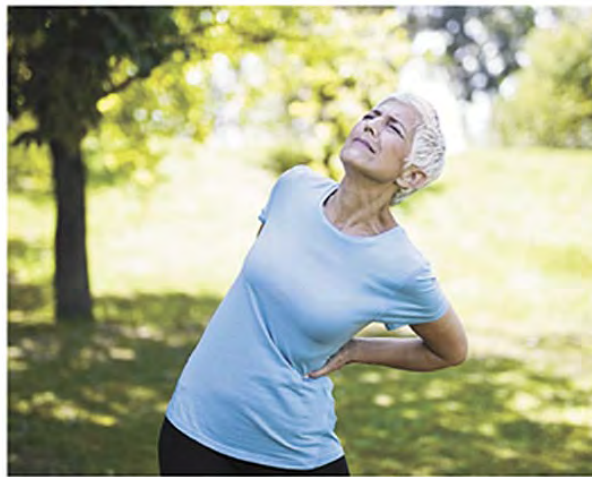
The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise image-guided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's



bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.

Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.



Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

Steroids, NSAIDs, & Other Drugs - Not Recommended

You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications. Non-steroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



Dr. James Leiber

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

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

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

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

The other physicians at Regenexx Tampa Bay are:



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



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



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

813-993-0365

Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

What is Deep Vein Thrombosis (DVT)?

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

What Causes DVT?

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

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

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

Symptoms:

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

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

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



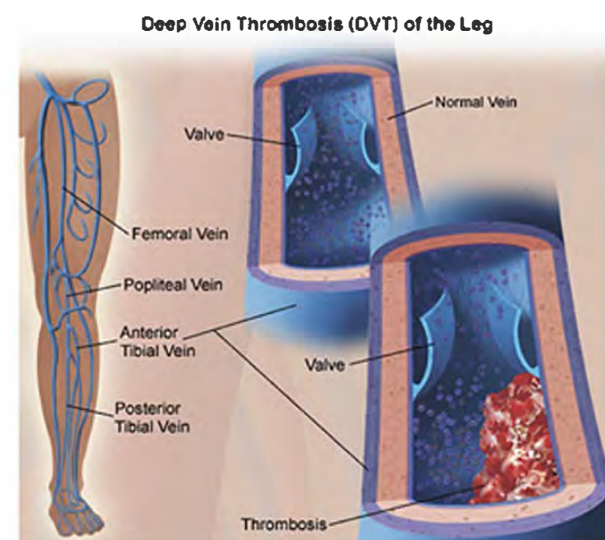
Bryan Carter, MPA-C

8575 NE 138th Lane
Lady Lake, FL 32159

(352)-674-2080

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

www.villageheartandvein.com



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

Treatment Options for Venous Insufficiency

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

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

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

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
- SCLEROTHERAPY

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.



OUR SERVICES

- | | |
|--|--|
| • CARDIOLOGY CONSULTATION | • EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH |
| • EXERCISE STRESS TESTING | • EVALUATION OF CARDIAC ARRHYTHMIAS |
| • NUCLEAR STRESS TESTING | • EVALUATION OF FAINTING (SYNCOPE) |
| • ECHOCARDIOGRAPHY | • EVALUATION OF FATIGUE |
| • EVALUATION OF HEART VALVE DISORDERS | • CHOLESTEROL DISORDERS (DYSLIPIDEMIA) |
| • EVALUATION OF CORONARY ARTERY DISEASE | • PREOPERATIVE SCREENING |
| • EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE) | • WEIGHT LOSS AND NUTRITIONAL CONSULTING |



VILLAGE
Heart
& VEIN CENTER

Bryan Carter, MPA-C
8575 NE 138th Lane, Lady Lake, FL 32159
(352) 674-2080
Toll Free: 1-855-432-7848 (Heart 4 U)
www.villageheartandvein.com

ONE-STOP WOMEN'S HEALTH & AESTHETIC NEEDS



The **ONLY** Urogynecologist in the
Tri-County Area &
The Villages® Community!



Uzoma K. Nwaubani, MD
FACOG, FPPMRS

TELEMEDICINE SERVICES ARE NOW AVAILABLE

The NUWAWORLD family will like to announce that we are partnering with all our patients, clients and associates in the efforts to contain and eventually eradicate the on going COVID-19 pandemic.

BODILYFT
Renew. Refresh. Restore
MedSpa & Laser Center

SKIN TIGHTENING/ WRINKLE REMOVAL

- Tighten, smooth, firm skin
- Remove wrinkles, cellulites, spider veins, fine lines
- Remove black, brown and sun spots
- Permanent facial and body hair removal

FACIAL AESTHETICS

- Facials, cleanses, makeup
 - Laser micro needling & dermabrasion
 - Fillers, Botox, fat transplants
 - Non-invasive tattoo removal
- ## SMART LIPOSUCTION/ BODY SCULPTING
- Minimally invasive fat removal
 - Non invasive total body sculpting

GYNECOLOGICAL REJUVENATION

- Vaginal and vulval rejuvenation
- Treatment of vaginal and vulval dryness
- Treatment of painful sex
- Sexual wellness and improvement
- Treatment of hemorrhoids and constipation

9580 N. US Hwy. 301 • Wildwood, FL 34785 • 352-218-8643 • www.nuwaworld.com

GET YOUR MEDICAL MARIJUANA CARD

CERTIFIED
**MARIJUANA
DOCTORS**

GUARANTEED TO GET YOUR CARD

OR YOU PAY NOTHING

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

OCALA
352-414-4545

1713 E SILVER SPRINGS BLVD, OCALA, FL 34470

LEESBURG
352-306-0133

813 W N BLVD, LEESBURG, FL 34748

DELAND
386-232-5599

100 S SPRING GARDEN AVE, DELAND, FL 32720

ORLANDO
407-755-0012

1801 E COLONIAL DR, ORLANDO, FL 32803

OPEN 9 AM TO 5 PM | M TO F

WWW.SMOKINGMARIJUANADOCTORS.COM

18 LOCATIONS TO CHOOSE FROM



Expert Advice: Medicare Tips: Get the Most From Your Medicare

By Kristi Foret

Picking health plan coverage is important, but navigating your options is not easy. Plan choices vary by county; chronic medical conditions and your financial status affect your options; and spouses can enroll in different health plans. Medicare benefit plans change January 1. Here are some tips to help you get the most from your Medicare health plan:

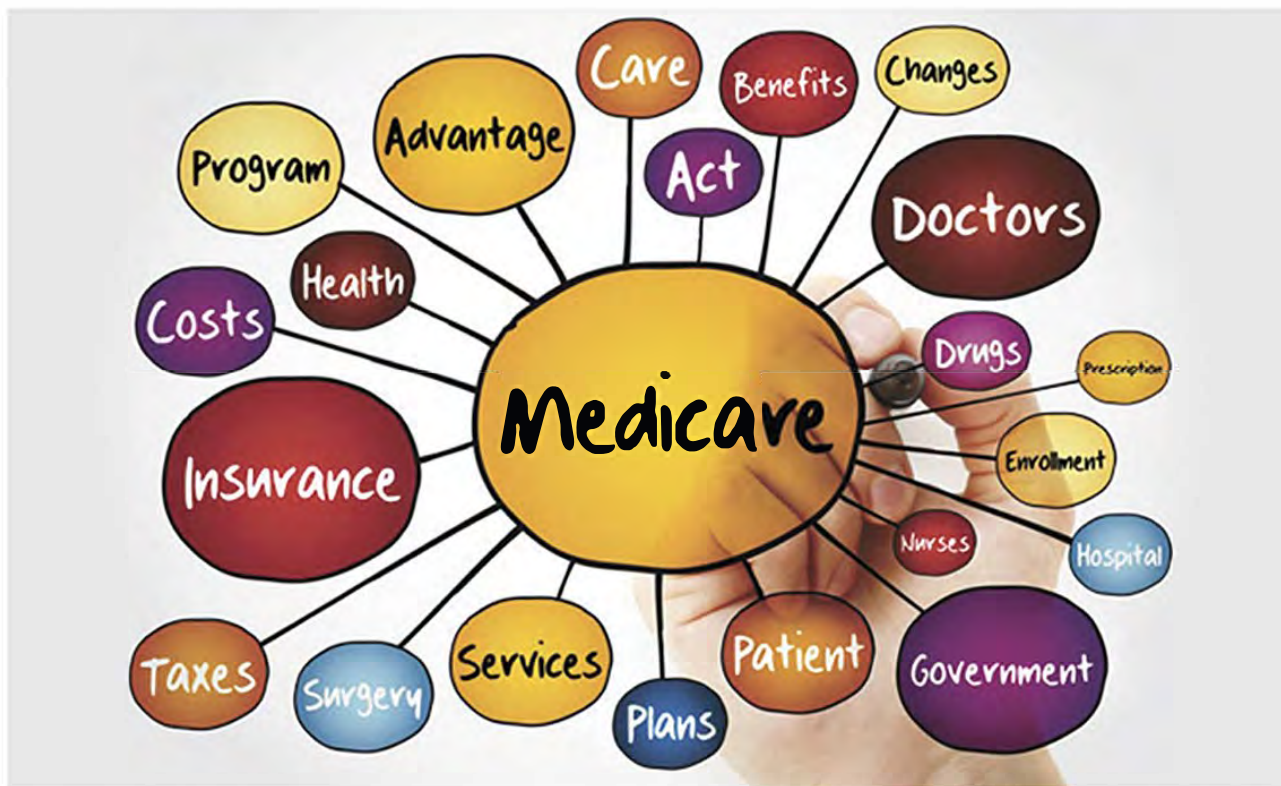
- **Get free transportation to the grocery store.** If your health plan offers transportation services, the benefit typically only covers trips to and from the doctor or pharmacy. By transferring your prescriptions to a grocery store you can use your transportation benefits to pick up some necessities.

- **Never pay for bandages again.** Over-the-counter (OTC) products are covered by many health plans. Each month you are given an allowance to order products such as bandages, cough syrups, and blood pressure monitors at no cost to you. It's a "use it or lose it" benefit so don't forget to order monthly!

- **Get a monthly rebate.** Enrollment in a health plan requires you to have both Part A and pay your monthly Part B premium. How does a \$60 to \$130 a month rebate sound? We can help you find options that will reduce your monthly payments.

- **Exercise for free.** Fitness centers usually host classes specifically designed for seniors. Health plans may offer access to fitness centers and classes to encourage its members to be active and social. If you haven't been to Zumba or yoga class, grab your sneakers and try it. All skill levels are welcomed and you'll find yourself feeling better as you meet new friends.

- **Cut your prescription costs by a third.** To encourage the use of mail order services, many health plans offer a three month supply for two month's copay. Signing up is simple and we can help you with applying for assistance with your prescription drug costs.



- **Lower copayments.** Specialist copayments are generally higher to encourage patients to first seek medical attention from their primary care provider. To save money on copayments, consider a health plan with lower specialist copayments, go to a medical center offering an in-house specialist, or select an internist with a sub-specialty as your primary care physician.

- **Veterans have options.** Veterans are not limited to healthcare coverage through the VA. Medicare plans can offer additional services such as vision and dental.

- **Not all plans are advertised.** But we can schedule an appointment where I can show you all of the plans, even those not advertised. Enrolling over the phone or internet is an option but you will not have a personal agent you can call on for help. When I help you, I become your agent and can assist you every year and help you change plans if your needs change.

- **Give your health plan an annual checkup.** It is important to review your benefits each year between October 1 and December 7. Unless there

is a special exception, this is the time you can enroll, disenroll or change your plan. If you are turning 65 years old you can enroll three months before your birthday. Let me help you avoid Medicare penalties or obtain Medicaid assistance if you qualify. Now is the perfect time to review your current options. You may decide to save time and gas by skipping all the seminars this year and go with the more personal approach in finding the perfect plan. At your request, I'd be happy to schedule a FREE in-home personalized appointment to review multiple plans, to ensure you're educated about the many options. I look forward to your call.



Call Today for Your **FREE Consultation**
352-389-9700

medicareplans-florida.com

Due to COVID, I can also offer your
Free Consultation by phone, video or email.

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



YOU'VE BEAT BREAST CANCER, NOW, RECLAIM YOUR LIFE AND SAY BYE-BYE TO PAINFUL SEX

Uzoma Nwaubani, MD, FACOG, FFPMS

Breast cancer survivors almost always suffer from prolonged side effects of estrogen deprivation, especially with vaginal dryness and consequently, decreased libido. Estrogen treatment is contraindicated in them. There is now a novel new therapy for both their pain with intercourses due to vaginal dryness.

Vaginal & Vulvar Atrophy

Due to the limited estrogen supply, the walls of the vagina start to thin out and degenerate, causing dryness, burning and inflammation. This mucosal impairment can make intercourse very painful and can cause urinary disorders that interfere with daily activities, such as walking, sitting, standing, and exercising. Due to the extreme pain and discomfort that it can cause, vaginal atrophy is a major lifestyle disruption for many women.

There are many options for women to try and relieve their symptoms like creams, medications, and surgery, but they all pale in comparison to an innovative procedure that has no side effects, no cutting, no downtime, and only takes a few minutes to perform in the convenience of your physician's office.

MonaLisa Touch® fractional CO2 vulvovaginal Laser therapy is an FDA approved treatment for this problem that doesn't involve the use of hormones. It grants all women dealing with this common post-menopausal problem complete symptom resolution, revascularization, and better epithelization of the vagina and thus revitalization of their intimate lives and a completely new lease on life.

An advanced technology called the MonaLisa Touch®. It is a groundbreaking laser therapy for the vagina and vulva. There are no medications, no surgery and no lengthy healing times with this procedure. It's similar to having a basic Pap smear examination done. The laser does not burn or cause any pain. You will only feel tiny vibrating sensations from the machine, and the best part is that the entire procedure is accomplished in an outpatient, office setting by your physician.

Additionally, **VITALIA-A Radiofrequency** vaginal and vulva treatment improves libido and sexual gratification in all women. For nonoperative revision of their breast surgery and other surgical scars.



Our non-ablative **1540 ICON Laser** combined with **PICOSURE** has no competition.

The combined therapy is the best combination of non-invasive revitalization and resurfacing laser treatment for surgical scars. The Icon system offers industry-leading IPL and laser therapies, as well as Skintel(tm), the industry's only live melanin reader. These combined technologies can also help with pigmentation issues.

More information on MonaLisa Touch® Therapy, Vitalia RF vaginal therapy, ICON and PICOSURE laser resurfacing for scars can be obtained from the Cynosure website at <https://www.cynosure.com>.

Uzoma K. Nwaubani, MD

Dr. Nwaubani is dedicated to the most advanced technology and patient care; she has added the MonaLisa Touch® to her services because of its successful outcomes and the alternate option for women that are looking for minimally invasive same day procedures to treat their discomfort. In Her urogynecological practice, Dr. Nwaubani's mission is to provide her patients with the finest most thorough care possible with a warm, personal approach.

NUWA WORLD

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.

Contact NUWA WORLD today to schedule your appointment.



NUWA WORLD
9580 N. US Highway 301
Wildwood, FL 34785
352-218-8643

WWW.NUWAWORLD.COM

How Physical Therapy Can Help Individuals Age Well

We've all heard the phrases about aging gracefully, but aging well is a growing concern for many seniors. Faced with bodily disorders as well as cognitive decline, many individuals that are 55+ years of age are taking strides to maintain independence and live their lives as healthy as they possibly can.

The AARP reports that 89% of the aging population of patients want to remain in their home. It's important for individuals to maintain their independence even though they may require some form of temporary assistance. Physical therapy can help individuals age in place, where they are most comfortable and productive. Physical therapy can help to stave off gait or balance issues and correct dysfunctions, alleviate pain and increase range of motion.

October is National Physical Therapy Month. 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.

Types of Treatment Available with Physical Therapy

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

Back Pain

Unfortunately, back pain affects up to 80% of individuals at some point in their lives. Studies show that for those who suffer from back pain, the symptoms often come in persistent, continuous episodes. This is why being proactive about physical therapy treatments and techniques can help to alleviate or lessen these intervals of pain.



For patients suffering from back pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Vestibular Balance Issues

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

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

Tiny crystals in the inner ear that slough off and get lodged in the fluid of the ear canals cause BPPV. It can be effectively treated with a simple manual therapy that moves the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness.

Physical therapists understand the importance of balance and walking for a self-sufficient lifestyle, and the ability to maintain daily activities. Whether those activities are at work, play, exercise or just simply getting around. There are numerous programs and therapies to help treat multiple balance issues.

Parkinson's - LSVT Big and Loud

As of yet, there is still no cure for Parkinson's disease. The treatments available are medications, which help to alleviate symptoms, and a high emphasis is placed on a healthy diet along with exercise and mobility training. Because Parkinson's patients are often struggling with small shuffling movements, rigid muscles and tremors, the individually tailored exercise classes are highly effective for retraining the brain into making bigger movements, while incorporating stabilizing balance methods. LSVT Loud trains Parkinson's patients to use their voice at a more normal level, and LSVT Big teaches the individual to use their small and large motor skills with more control.

Innovative Therapies Group understands that patient education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, mobility and communication is critical.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical 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

Omega-3 & Pain Relief: Finding the Best Strategy

By Bo Martinsen, MD

According to the CDC, an estimated one in five Americans live with chronic pain. What’s worse is that many of these sufferers don’t believe that medical treatment will help, or worry that the treatment will create more undesirable side effects than the pain itself.

In fact, many pain medications can cause serious side effects like gastrointestinal problems and addiction. But there is a natural anti-inflammatory agent that can also help manage pain – if we get the right dose and quality.

Omega-3 Oil and Pain Relief

Scientists have been investigating the relationship between omega-3 fatty acids and pain relief since the 1980s. Over the decades, numerous studies have found that omega-3 supplements may help patients lower pain scores and reduce their need for pain-relieving medications.

As we continually see, the benefits of omega-3s are dose-dependent. To understand the kinds of doses needed to achieve results for chronic pain, let’s delve into the research:

Rheumatoid Arthritis Research

A double blind, placebo-controlled study from 2008 investigated the effect of consuming 10 capsules of cod liver oil every day. When taking 2200 mg of EPA/DHA, an astounding 65% of the patients significantly reduced their use of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) by more than 30%. The authors noted, however, that many participants withdrew early from the study because they did not like swallowing 10 capsules daily – and often experienced fishy burps and gastrointestinal problems (a common occurrence with fish oil capsules).

A 2012 meta-analysis similarly concluded that giving rheumatoid arthritis patients at least 2700 mg of EPA/DHA per day for more than three months reduced patients’ need for NSAIDs.

In addition, a meta-analysis from 2017 concluded that omega-3 supplements had therapeutic potential for rheumatoid arthritis pain, with doses from 3000 to 6000 mg daily having the greatest effect. If using regular fish oil pills, that dosage would be the same as swallowing between 10 to 20 capsules every day.

How Much EPA/DHA Do Typical Omega-3 Capsules Contain?

Product Type	Dose Per Unit	Servings Needed to Get 3000 mg EPA/DHA
Regular fish oil capsule	~ 300mg EPA/DHA	10 capsules
High concentrate fish oil capsule	~ 600mg EPA/DHA	5 capsules
Krill oil capsule	~ 75mg EPA/DHA	40 capsules
Teaspoon of cod liver oil	~ 1000mg EPA/DHA	3 teaspoons
Serving of wild salmon	~ 3000mg EPA/DHA	6 oz fillet
Omega Cure® Extra Strength	3000mg EPA/DHA	1 vial (13.4 ml)

** Regular fish oil capsules typically only contain 300 mg of EPA/DHA per capsule, although products vary from brand to brand. The omega-3 content of wild salmon will also depend on the species, season, and cooking method.*

Osteoarthritis Research

While there’s substantial evidence surrounding the benefits of omega-3s for rheumatoid arthritis, the research is more mixed when it comes to osteoarthritis. For instance, another 2017 meta-analysis reported that while there is generally a positive connection between omega-3 fish oils and reducing arthritis pain, the results did not reach statistical significance for osteoarthritis patients specifically.

It is possible, however, that some of the mixed results from osteoarthritis trials could be explained by bio-availability issues – or a lack of compliance.

For instance, a 2018 study found that having a lower omega-6 to omega-3 ratio was associated with less pain in adults with osteoarthritis. By measuring the participants’ omega-3 index levels (the amount of EPA and DHA fatty acids within the red blood cells), scientists in this study had more reliable data and were able to determine how much omega-3 was actually being absorbed.

Why Omega-3s Impact Pain

Even if the research surrounding osteoarthritis isn’t always clear, there are good scientific reasons for why omega-3s target chronic pain. Most notably, these fatty acids have powerful anti-inflammatory effects and operate on similar biochemical pathways as over-the-counter painkillers.

Additionally, since full-spectrum omega-3s positively influence cell functioning and provide numerous fatty acids for the gut bacteria, they may be able to increase the benefits of certain medications and/or reduce their side effects. Indeed, some scientists are currently exploring the potential use of omega-3s for combating the harms of opioid addiction.

An Effective Omega-3 Dose Is Crucial

In spite of the breadth of scientific evidence that omega-3 fish oil may help relieve chronic pain, most people never experience it. Why?

While fish oil’s pain relieving effects have been recognized for some time, few people understand that sufficient doses are required for results. Therefore, patients often miss an opportunity to improve their quality of life because they are taking ineffective doses.

In the studies above, the omega-3 dosages used to achieve pain-relieving results ranged from 2200 - 6000 mg of EPA/DHA, used daily for at least 12 weeks. That would be the same as consuming between 8 to 20 regular fish oil capsules every day – or 1-2 vials of Omega Cure Extra Strength.

For the full article and references, please visit:
<https://omega3innovations.com/blog/an-omega-3-strategy-for-pain-relief/>

Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several medical food products that combine effective doses of omega-3s with soluble fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for 20 years.



Call us at 941.485.4400
www.omega3innovations.com



Medical Marijuana Delivery: A New Booming Sector in The Industry

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

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

Why is Medical Marijuana so Effective and in Demand?

The endocannabinoid system (ECS) is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and

peripheral nervous systems, consisting of neuromodulatory 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,

Certified Marijuana Doctors

**Get Your Florida Medical Marijuana Card.
Call Today!**

Leesburg - 352-306-0133

Ocala - 352-414-4545

Port Charlotte - 941-208-3444

www.cmmmdr.com

neuroprotection and reproduction. The endocannabinoid system has also been shown to affect sensory perception, cardiac output, cerebral blood flow and intraocular pressure.

How to Become a Patient

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

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

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

Florida's Qualifying Conditions

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



Like WD-40® for Your Aching Joints

We live in an eat-fast-go-fast-isn't-there-a-pill-to-fix-it world. Memory troubles, sleep issues, stress and pain (oh, the pain!) are the price we have to pay.

Or do we?

Try Omega Cure® Extra Strength — an easy-to-swallow and effective way to provide omega-3 benefits to every cell, organ and joint in your body.

Omega3 Innovations | omega3innovations.com | 941.485.4400



**Changing lives...
One patient at a time!**

352-433-0091
www.innovativetherapiesgroup.com

Ocala
2801 SW College Rd
Ocala, FL 34474

Summerfield
14031 Del Webb Blvd
Summerfield, FL 34491

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

• Occupational Therapy (Hand Therapy)

• Physical Therapy

• Speech Therapy

• Massage Therapy

(MM30672)

The Link Between Hearing Loss and Depression

signia
Life sounds brilliant.

Several studies have been conducted on the link between depression and hearing loss. Recent findings indicate that of the groups studied, women of all ages and adults age 18 to 69 with hearing loss are more likely to experience “significant depression” than hearing loss sufferers over 70.¹

“We found a significant association between hearing impairment and moderate to severe depression.”²

There are several likely reasons that loss of hearing leads to depression in so many. Communication, which is vital to social interactions, becomes a source of stress when someone has to strain to hear others speak, and frequent misunderstandings result in embarrassment. After a while, people with untreated hearing loss begin to avoid social situations, particularly if they involve loud surroundings like parties or crowded restaurants where understanding speech is even more difficult. Withdrawal tends to progress until the person gradually quits on life, choosing to remain in silent isolation rather than struggle to hear and communicate publicly. Hearing loss sufferers may think they simply cannot be helped because hearing loss is a “terminal” condition for which there is no cure. Older patients may feel their hearing loss is a signal that they are simply too old to participate in social activities. Cutting oneself off from society and activities is a red flag for depression.

“Loss of hearing represents more than just difficulty hearing sounds. It can lead to social isolation and depression.”³

The following are ten facts medical professionals need to know about the risk of patients with hearing loss developing depression:

1. In a study conducted on Generation X and Baby Boomer patients with untreated hearing loss, participants were found more likely to develop depression and other psychological issues than their hearing peers.⁴
2. Another large study of adults 50 and older with untreated hearing loss found they were more likely to experience depression and other emotional and



mental instabilities and were significantly less socially active than their peers who wore hearing aids.⁵

3. This same study found depression and similar disorders were found to worsen as hearing ability declined.

4. Patients with untreated hearing loss find it more difficult to communicate with others, leading to the avoidance of social interaction with friends and family. Isolation is a known contributor to depression.⁶

5. The onset of depression in older adults has been associated with the development of dementia or Alzheimer’s disease – which is also a co-morbidity of hearing loss.⁷

6. Along with depression, patients with untreated hearing loss are known to experience anxiety, paranoia, relationship problems, stress, and other negative emotions.⁸

7. Using hearing aids can significantly improve emotional and cognitive conditions in patients over the age of 65.⁹

8. 36% of patients who begin wearing hearing aids experienced improved overall mental health, while 34% increased their social engagement.¹⁰

9. Despite the fact that hearing aids can help improve patients’ lives, the average span of time from patient realization of hearing loss to purchase of hearing aids is eight years.¹¹

10. An initiative called Healthy People 2020 calls for an increase in hearing tests for adults between the ages of 20-70.¹²

“...but studies also show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.”¹³

Sources:

- 1 JAMA Otolaryngology – Head & Neck Surgery. *Hearing Impairment Associated with Depression in US Adults*. National Health and Nutrition Examination Survey 2005-2010. 2014 (<http://archotol.jamanetwork.com/article.aspx?articleid=1835392#Abstract>)
- 2 HealthDay News. *Hearing Loss Tied to Depression in Study*. 2014 (<http://www.webmd.com/depression/news/20140306/hearing-loss-tied-to-depression-in-study>)
- 3 Harvard Health Blog. *Hearing loss may be linked to mental decline*. 2013 (<http://www.health.harvard.edu/blog/hearing-loss-may-be-linked-to-mental-decline-201301225824>)
- 4 NCBI.NLM.NIH.gov. *Psychological profile and social behavior of working adults with mild or moderate hearing loss*. 2008 (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2644978/pdf/0392-100X.28.061.pdf>)
- 5 National Council on Aging. *The Consequences of Untreated Hearing Loss in Older Persons*. 1999 (<http://www.ncoa.org/assets/files/pdf/center-for-healthy-aging/NCOA-Study-1999.pdf>)
- 6 Psychology Today. *Social Isolation: A Modern Plague*. 2009 (<http://www.psychologytoday.com/blog/the-depression-cure/200907/social-isolation-modern-plague>)
- 7 Johns Hopkins Medicine. *Hearing Loss in Older Adults Tied to More Hospitalizations and Poorer Physical and Mental Health*. 2013 (http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_in_older_adults_tied_to_more_hospitalizations_and_poorer_physical_and_mental_health)
- 8 HearingAids.com. *Hearing Loss & You*. 2013 (<http://www.hearingaids.com/hearing-loss-you/hearing-loss-you/>)
- 9 Archives of Gerontology And Geriatrics. *Effects of hearing aids on cognitive functions and depressive signs in elderly people*. 2010 (<http://www.aggjournal.com/article/S0167-4943%2810%2900114-7/abstract?cc=y?cc=y>)
- 10 National Council on Aging. *Hearing Loss: It’s a Family Affair*. 2014 (<http://www.ncoa.org/improve-health/community-education/hearing-loss-its-a-family.html>)
- 11 The Hearing Review. *MarketTrak VIII: The Key Influencing Factors in Hearing Aid Purchase Intent*. 2012 (<http://www.hearingreview.com/2012/03/markettrak-viii-the-key-influencing-factors-in-hearing-aid-purchase-intent/>)
- 12 Healthypeople.gov. *Hearing and Other Sensory or Communication Disorders*. 2014 (<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=20>)
- 13 Better Hearing Institute. *Don’t Let Unaddressed Hearing Loss Spiral into Depression, BHI Cautions, Urging Gen Xers and Baby Boomers to Get Their Hearing Checked*. 2013 (<http://www.betterhearing.org/news/don%E2%80%99t-let-unaddressed-hearing-loss-spiral-depression>)

PremEar Hearing
A Tradition of Excellence

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

352-438-0050

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

352-236-6700

4414 SW College Rd #1530, Ocala, FL 34474

www.premearhearingfl.com

Releasing the Pain of Loss is the Beginning of Hope

Submitted by Hospice of Marion County

No one could have foretold the unfolding events of spring 2020. It is said the entire world is undergoing an experience of “collective grief.” We are grieving the loss of daily life as we knew it, the loss of jobs, the loss of schools, family gatherings, sports and art activities, and for so many, the death of loved ones. While loss envelopes all of us on some plane every day, imagine what it’s like to experience the grief of losing a loved one in the midst of this compounding helplessness.

We must all remember that mental health is as important as physical health. While we may have little control over physical health, we do have options when it comes to staying grounded while undergoing the journey of grief. One way to reduce added stress during these uncertain times is to know what your loved one would want at end of life. Having advance directives such as Living Wills and the user-friendly document Five Wishes is something everyone should complete before a medical crisis. A simple two-page Living Will is downloadable at www.hospiceofmarion.com/services/resources. Five Wishes booklets are also available at no charge at Hospice of Marion County. Pick one up at 3231 SW 34th Avenue, Ocala, or call (352) 873-7400 and one will be mailed to your home. If you need assistance in completing these forms, the Monarch Center for Hope & Healing can help.

The Monarch Center also provides counseling at no charge to any Marion County resident experiencing the loss of a loved one. The center has been offering adult, teen and children’s programs either individually or in groups for more than a decade.



The Monarch staff guides people in understanding that grief is natural and necessary to healing. We experience grief because of the deep love and connection we have to someone who has died. It’s natural and part of the journey of life.

There is no right or wrong way to grieve, and not everyone can get over the loss the same way and move on with their lives. As we grieve we might find it hard to let go. Others find relief that there is no more suffering, but dearly miss their friend or family member. It’s different for each person and normal to undergo a wide range of feelings after experiencing a loss:

- Sadness
- Depression
- Anger
- Guilt
- Shame
- Anxiety
- Sleeplessness
- Acceptance
- Hope

In this era of social distancing the Monarch Center’s staff is at the forefront to work with bereaved families and individuals via phone, email or teleconferencing. Their message is that loss of control over external events does not mean loss of everyone’s wealth of inner strengths. The phone lines are open Monday-Friday, 8:00 a.m.-5:00 p.m. Call (352) 873-7456 to speak with a counselor.

Premier Hearing

A Tradition of Excellence

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

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

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

End-of-life planning...

- it's important
- it's easy
- it's free

with the help of our counselors.

The MONARCH Center
for Hope & Healing

a program of Hospice of Marion County

(352) 873-7456 | 2895 SE 62nd St, Ocala, FL 34480

ESTELLA BYRD WHITMAN WELLNESS & COMMUNITY RESOURCE CENTER

Tucker Hill and its surrounding neighborhoods are located on the West side of Ocala, FL. The area we have identified is from US 441 on the East, to 27th Avenue on the West, and from NW 10th Street (Hwy 27), South to SR 200. It is approximately 1,621 acres. The population is 6,966 within 2,279 households.

Using data from the 2015 Community Health Assessment, we have found the following demographic and socio-economic statistics:

Race: 52% Black; 43% White; 5% Hispanic or other

Gender: 52% Male; 48% Female

Age: 24% 0-17 years; 65% 18-64 years; 11% 65+ years

Within these neighborhoods, it is estimated that 36% of this population is in poverty; in the 0-17 yr age group, over 50% live in poverty; and the detailed levels of poverty within this population are as follows:

Within 0-99% of poverty level: 35%; within 100-199% of poverty level: 27%; within 200-399% of poverty level: 26%; greater than 400% of poverty level: 12%.

In this area twice the National average of households receive public assistance with the average annual household income being \$24,542.00 per family and \$12, 193 per individual. In 2011, unemployment in Marion County stood at 12% compared to 9% Nationwide.

One of the needs expressed by members of the community is to have a medical home and resource center for the Tucker Hill area. This will address a gap in care as, despite the fact that there are other facilities on the west side of town, these residents are not getting their medical needs met on a consistent basis. Enter The Estella Byrd Whitman Wellness & Community Resource Center, Inc. (EBWWCRC).



Founder, Carolyn Adams, answered the call from her late grandmother, after whom the center is named, to get her education and return to serve the people of this area. Together with her husband, Art and Dr Pamela Lewin, she established the facility on the land where her grandmother's house was built, which she donated for the purpose.

EBWWCRC is a 501 (c) (3) non-profit organization incorporated under the laws of the State of Florida on November 9, 2009 and approved for Tax-exempt status by the Internal Revenue Service. Estella Byrd was established to meet the needs of the Citizens of Marion County, FL living in and around the Tucker Hill neighborhood, who are indigent, have Medicare or Medicaid or are uninsured and /or able to pay on a sliding scale. The Mission is: *"To treat all citizens, regardless of ability to pay."*

By analysis of a questionnaire delivered to members of the local churches, and using Florida Charts 2016, it was found that residents in the 34475 Zip code, which includes Tucker Hill, have marginal access to care. Currently many of the Community's residents visit one of the hospitals' Emergency Rooms for both emergency and primary care services.

"We have struggled to get to this point," Adams says. "We had a triple wide mobile home donated, but it sat on the lot, for three years pending approval and completion of the site plan, and had to be destroyed, when it was found to be full of mold."

Undeterred, the Board of Directors solicited donations. They continued to serve the community with Diabetes classes and proceeded to host a series of 4 annual successful Golf Tournaments, at which time two significant benefactors came forward, allowing for the purchase of a modular medical building. At about that time, Dr Lewin's husband, Dr A.C. Marsh, retired and he donated almost the entire contents of his medical office. But there were more obstacles in the way. The location was still Zoned Residential, and this had to be changed to Business to have a Medical Clinic. The official opening Day of the Center was March 21, 2018. However it was not until February of 2020 that the Zoning change was officially approved. They received Grants from the City of Ocala, Munroe Hospital Foundation and donations from many sources. With these they were able to underwrite the cost of the Diabetes Education classes, held at the Center. By collaborating with Langley Health, a Federally Qualified Health Center in Ocala, offering Dental Services and some Medical Service to the uninsured residents, the program has continually been active, until the COVID-19 pandemic hit. The clinic closed from March to August but has reopened for limited visits. Budgetary constraints, however, preclude hiring adequate staff for the Center, as both the Medical Director and the CEO, ARNP Adams, have volunteered their services to this point. "We have big plans as a Resource Center to be the shining light on Tucker Hill, a hub where residents can come to get help which will make life better for everyone. A rising tide lifts all boats!" states Dr Lewin.



estellawellness.com

Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

LivingFromCancer.com
Paula@LivingFromCancer.com



A photograph of an older couple embracing outdoors. The woman is smiling broadly, and the man is looking at her with a gentle smile. They are both wearing blue denim shirts. The background is a soft-focus outdoor scene.

112,500+

**REGENEXX PROCEDURES
PERFORMED SINCE 2005**

Joint Surgery Alternatives?

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

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

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



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



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

RegenTampaBay.com