



CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

October 2020

Lake/Sumter Edition - Monthly

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**FREE**  

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

**DISPELLING  
COMMON MYTHS  
ABOUT LASIK**

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

**BREAST CANCER  
AND BONE LOSS**

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

**OVERWHELMED  
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CONSIDER KETAMINE

**FALL PREVENTION  
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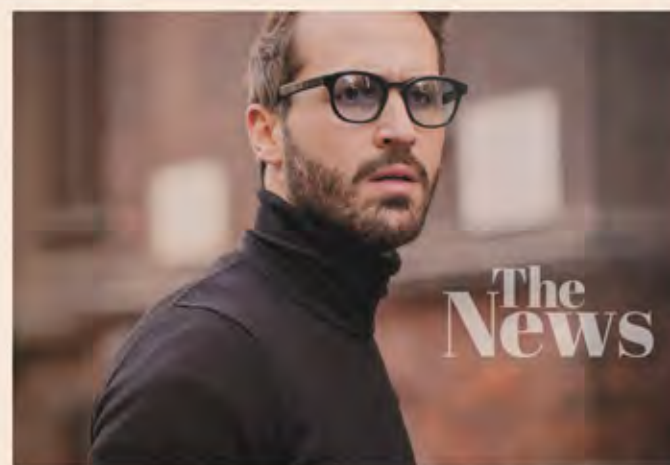
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# TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

## TIRED & ACHING LEGS?

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## 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
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## WHAT RESULTS CAN YOU EXPECT?

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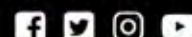
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# It's your heart. It should be personal.

## And that's how I treat it.

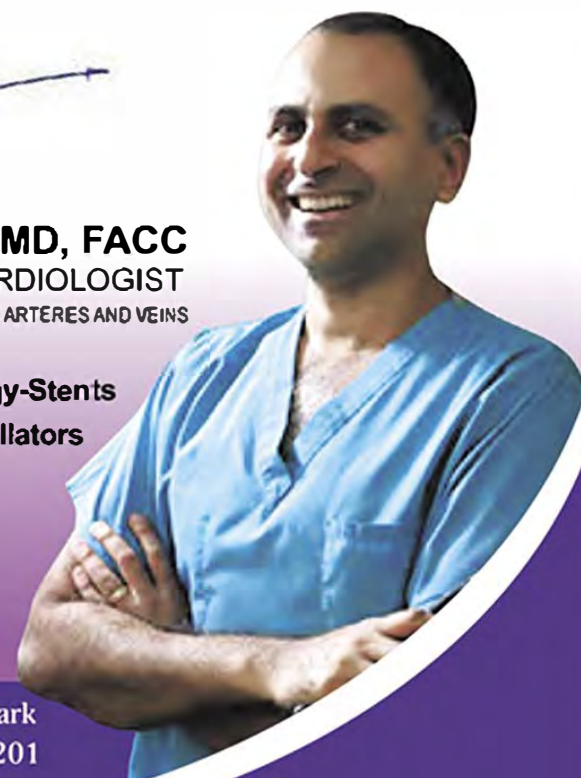
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# DISPELLING COMMON MYTHS ABOUT LASIK



**A**bout 700,000 Americans get LASIK vision correction surgery each year, making it the country's most sought-after refractive surgical procedure. Still, misconceptions about LASIK confuse many folks, so we thought we'd clear up the most common myths about LASIK to help you decide if laser vision correction might be the right option for you.

## **Myth #1: LASIK is a new procedure with unknown long-term consequences.**

**Truth:** Millions of LASIK surgeries have been performed over the past 25+ years. LASIK has been FDA-approved since 1999, and has an amazingly high 96% satisfaction rate among patients, the highest rating of any elective surgical procedure.

## **Myth #2: I'm too old for LASIK.**

**Truth:** As long as your eyes are healthy and free from conditions like cataracts, glaucoma and macular degeneration, you are likely a candidate for LASIK. The procedure is popular among people in their 40s, 50s and 60s, but has also been performed successfully on folks in their 70s who are tired of being dependent on prescription lenses.

## **Myth #3: LASIK is mainly for nearsighted people.**

**Truth:** Modern LASIK can correct a range of refractive errors, including nearsightedness, farsightedness, even astigmatism. Many patients have the option of elect custom correction to achieve monovision, blended vision and multifocal vision, relieving some people of the need for glasses altogether.

## **Myth #4: LASIK is painful.**

**Truth:** LASIK is quick, taking only minutes per eye, and is painless. Prior to treatment, numbing drops are instilled in the eye to prevent discomfort. While some patients report feeling some mild pressure for a second or two, it is brief and not painful. People who may feel anxious about the procedure can request a mild sedative beforehand.

## **Myth #5: LASIK can result in blindness.**

**Truth:** Easily the scariest and least accurate myth is that LASIK can cause blindness. Of the millions of LASIK procedures performed around the world, there hasn't been a single recorded occurrence of LASIK causing blindness. LASIK refractive surgery treats only the surface layer of the eye to correct the shape of the cornea. Complications from LASIK are exceptionally uncommon and are usually correctable, and again, none have resulted in blindness.

## **Myth #6: Recovery takes a long time.**

**Truth:** Absolutely not! This outpatient procedure produces vision improvement in as little as 15 minutes after it is over, with full recovery within 24 hours. Immediately after surgery, the treated eye may feel mildly irritated. Most people take it easy for the rest of the day following their procedure and wake up to dramatically improved vision that will continue to get even better over the following few days, providing the vast majority of LASIK patients with 20/20 vision. Nearly all LASIK patients resume normal activities the day after surgery.

## **Myth #7: The results don't last long.**

**Truth:** The vast majority of LASIK surgeries result in permanent vision correction. LASIK cannot prevent future age-related changes in vision, such as presbyopia, cataracts and macular degeneration, which may occur with normal aging.

## **Myth #8: With LASIK, I'll never again need prescription lenses.**

**Truth:** As stated above, LASIK can't stop the progression of normal age-related changes to the eyes. Most people over 40 require reading glasses at some time in life and some may still require lenses for low-light activities such as driving at night.

## **Myth #9: I can get LASIK for \$250 per eye.**

**Truth:** Sadly, this is a marketing scheme. Ads touting cheap LASIK are a ploy designed to lure you in so the upselling can begin. Want eye-mapping to accurately correct your specific vision

problems? That's extra. Want current laser technology instead of outdated methods that are less effective and may not be as safe? Also extra. Crucial follow-up care? Again, extra. By the time you sign up for what you actually want (safe, effective vision correction), the price ends up being far more than advertised, and often comes with an inexperienced surgeon - after all, what experienced, respected LASIK surgeon would want to be involved in that kind of bait-and-switch trickery?

Check out the satisfaction ratings of so-called discount LASIK centers on consumer protection websites and you'll find some very unhappy outcomes - and not much in the way of savings.

## **Myth #10: I can get top-quality LASIK for \$1000.**

**Truth:** It's also common to see LASIK promoted for about \$1,000 per eye, and it's all laser surgery, so it's probably the same, right? Sadly, no. That low price applies only to the correction of mild nearsightedness. More common problems, like significant nearsightedness, farsightedness and astigmatism will cost substantially more, and may be treated with older, less precise technology. And again, that low price won't cover necessary "extras" like follow-up care and any fine-tuning of your vision. When it comes to your one-and-only set of eyes, it's imperative to choose quality, safety and accuracy over possible (and questionable) "savings."

## **Myth #11: LASIK is too expensive for my budget.**

**Truth:** Advances in refractive surgery technology have made LASIK affordable for more people than ever before. Over the long term, LASIK may prove to be more affordable than other forms of vision correction, such as contact lenses. LASIK may be covered in whole or in part by vision insurance coverage, and Lake Eye offers financing plans designed to compliment nearly any budget.

## **Myth #12: LASIK is the same procedure everywhere.**

**Truth:** Lake Eye's Board-certified ophthalmologist Dr. Vinay Gutti has performed thousands of successful refractive surgeries, and is the first local eye surgeon to utilize iDesign custom eye-mapping technology, which is 25 times more precise than standard eye measurements, for unparalleled accuracy and clarity. iLASIK presents a one-of-a-kind custom elevation in LASIK vision correction tailored specifically to your eyes and vision goals.

We hope this article has answered your questions about LASIK, but if you'd like to know more, please call Lake Eye for more information. Our friendly staff is always happy to help.

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# Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

**E**very year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

## There are Several Different Types of Strokes:

- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

## Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

**B – Balance loss**

**E – Eyesight changes**

**F – Face drooping**

**A – Arm weakness**

**S – Speech difficulty**

**T – Time to call 911**



## Staying Healthy and Avoiding Stroke Complications

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

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# 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.

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

Uzoma Nwaubani, MD, FACOG, FFPMRS

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.

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## 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.

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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.

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# 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.

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# Breast Cancer and Bone loss:

## How to Quickly and Effectively Improve Bone Density

**M**any people experience bone density loss from the effects of aging, injury or degenerative wear and tear, but for those that have undergone breast cancer treatment, bone loss is a common issue. This is also true for many other types of cancer.

Chemotherapy drugs are known to reduce bone density, and with breast cancer, in particular, many of the medications can push a woman's body into early menopause, which exacerbates the depletion of minerals in the bones.

Going through breast cancer is extremely challenging on physical, emotional, and medical levels. A healthy diet and exercise are critical to help patients feel better and recover faster, but there is also an innovative way to increase bone density rapidly.

### OsteoStrong Increases Bone Density

The greatest effect on bone strength and health is the result of high-impact activity, and hundreds of studies have confirmed this, even identifying the minimum dose of force required through bone as being over 4 times bodyweight in the hip joint.

As adults, impact becomes associated with injury therefore adults intentionally avoid impact and thus even those who engage in exercise often fail to maintain bone health. OsteoStrong utilizes a series of robotic musculoskeletal treatment devices utilizing high impact emulation, so that people can get the benefit of impact without the associated risks, providing a physical medicine option that has no side effects.

### Medication Issues

Bisphosphonates are generally the first line of defense for patients diagnosed with osteoporosis. Unfortunately, the risk of side effects can make this a complicated decision. **Until now there were few exercise-based non-pharmaceutical options** that offered significant increases in bone density in a safe manner for even the most high-risk patients.

### Why only 7 Minutes per week? Can't I do weight training and get the same effect?

The published research on this topic does not indicate that strengthen your bones through convention exercises or weight training is likely. A study published in 2012 identified that the minimum force required to trigger bone growth is 4.2 multiples of body weight (4.2 MOB). Engaging in that amount of force safely, outside of an OsteoStrong® center is not recommended for most people. The good news is that our proprietary Spectrum System safely allows clients to experience much more than the 4.2 MOB minimum to trigger the skeletal building response people are looking for.

OsteoStrong offers a highly effective, evidence-based musculoskeletal strengthening program that can be used to compliment and or replace pharmaceutical treatment and as a preventative protocol.

OsteoStrong is a membership-based Integrative Health and Wellness Center with a focus on Musculoskeletal Strengthening. The four device circuit takes only minutes once per week to complete. Under the direction of a skilled technician, users engage in a safe controlled movement on each device that results in a stimulus to the central nervous system triggering osteogenesis or new bone growth.

Each device provides instant biofeedback with a member's impact emulation force exertion measured in pounds and multiples of body weight.

**Data is recorded and a report is sent to the member detailing their progress at the conclusion of each session.**

To schedule your appointment please contact OsteoStrong today.

**352.218.8800 | osteostrong.me**

### Who Can Benefit?

- Anyone with Osteopenia or Osteoporosis
- Pre and Post-Menopausal women
- Anyone resistant to pharmaceutical treatment
- Deconditioned patients needing strength and balance training
- Anyone with balance and fall risk
- Individuals experiencing chronic pain or poor posture
- Anyone in need of post-physical therapy strengthening

### Client Reported Results

- Up to 14% increases in BMD over 12 months between DEXA scans
- Increased agility
- Decreased joint pain
- Significant improvements in strength and balance
- Better posture

**OsteoStrong®** is a biohack that helps you strengthen the foundation of your body – the skeletal system. Unlike other health solutions, you don't have to spend hours at a gym or exert physical energy that will leave you feeling tired by the time you're done. Just show up as you are, and we'll handle the rest!

### Sweat-free

- Painless
- Fast: less than 10 minutes
- Will not leave you feeling fatigued
- Will not leave you feeling sore the next day
- Once per week

## Hear from our clients how they are living a better life, thanks to Osteostrong.



**Gary Caluducan:** 33-year-old business owner and father - training here one year.

"I started wrestling professionally at age 17. After breaking my collarbone, I realized it was time for a career change. But I was left with pain, especially in my clavicle whenever I slept on it," Gary explains. "As soon as I started at OsteoStrong, I realized a surge in energy. I feel as though my body has been strengthened from the inside out. Now I have more energy to spend with my two-year-old daughter and wife."



**Marlene Evans:** 63-year-old grandmother - training here for three months.

"The osteoarthritis in my knees had gotten so bad, I could barely go up and down stairs," Marlene states. "A cortisone shot helped a year ago, but the one I had this March wasn't as effective. I heard about OsteoStrong and decided to give it a try. What a difference. The pain is greatly reduced, and, after just a few sessions, I was running after my three-year-old grandson."



**Maryann Sheranko:** Aging timelessly - training here for one year.

"Three years ago, my bone scan diagnosed osteopenia and osteoporosis in my hips," Maryann reveals. "I spent three months on an osteoporosis medication and had terrible side effects, so I stopped taking it. After a few months here, I had another bone scan and there was dramatic improvement. The experience here has made me feel enthused about life again."



OSTEO STRONG



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

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

## What is Deep Vein Thrombosis (DVT)?

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

## What Causes DVT?

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

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

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

## Symptoms:

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

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

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



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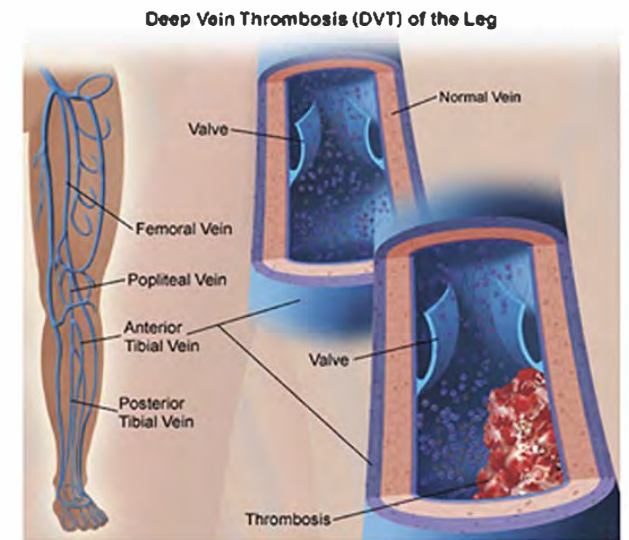
**Bryan Carter, MPA-C**

8575 NE 138th Lane  
Lady Lake, FL 32159

**(352)-674-2080**

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**[www.villageheartandvein.com](http://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](http://villageheartandvein.com), or call their office to schedule your appointment at, (352) 674-2080.



# ED: Getting Treatment Early is Best, but it's NEVER too Late

## *Don't Just Mask your Symptoms*

**E**rectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

TNT (Total Nutrition & Therapeutics) uses the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

### Treat ED's Cause with GAINSWave

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.

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



### Younger Men Should Seek Treatment Early

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

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

### How to Get Started?

TNT has been helping men regain control of their ED and identifies the exact cause of your sexual health to create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

**CONTACT US FOR A FREE CONSULT  
WITH OUR GAINSWAVE PROVIDER!**

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



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

### Total Nutrition & Therapeutics

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



**TOTAL NUTRITION AND THERAPEUTICS**  
809 HWY 466 UNIT 202-C  
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**352.259.5190**  
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# Urinary Incontinence

**H**aving 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.

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**Advancedurologyinstitute.com**





# Overwhelmed by Anxiety? Consider Ketamine.

By Eric Milbrandt, MD, MPH

**O**ccasional 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

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

***Dr. Eric Milbrandt** is owner of The Infusion Clinic of Ocala, located at 2801 SE 1st Ave Ste 201, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 16 years of experience providing care to the sickest of hospitalized patients, including those with severe depression, anxiety, and PTSD. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The Infusion Clinic of Ocala provides low-cost ketamine infusions for the rapid treatment of anxiety, depression, PTSD, and chronic pain.*



# RIVERS FAMILY MEDICINE WELCOMES DR. ANTHONY DESMARAIS TO THEIR TEAM



## Dr. Anthony Desmarais

*Rivers Family Medicine welcomes Dr. Anthony Desmarais.*

Dr. Desmarais completed his final year of residency at Lower Bucks Hospital in Bristol, Pennsylvania. He completed his Medical Degree

at Philadelphia College of Osteopathic Medicine's home campus in Philadelphia. Prior to this, Dr. Desmarais served in the United States Army for 8 years. He went to the highly prestigious West Point Military Academy in New York right after high school, earning his BA in Information Systems Engineering as well as his commission to the ranks of a military officer where he continued his military service, including a year-long deployment to Iraq in 2009.

Dr. Desmarais and his wife Kelly have two children. Dr. Desmarais is committed to providing thorough, compassionate, mindful care for his patients, and he also has a passion for anti-aging medicine and helping patients live their most optimal healthy life through aspects such as hormone optimization and lifestyle modifications. He is accepting new patients now.

**If you're looking for a new Primary Care Physician, please call now to schedule an appointment.**

## Rivers Family Medicine

Rivers Family Medicine provides their patients with the highest quality of care.

At Rivers Family Medicine, they provide experienced, knowledgeable, and compassionate care to help their patients meet individual healthcare goals.

## River's Family Medicine Services:

*They offer a variety of onsite services for your convenience and to help assist in your care:*

- In house laboratory
- Ultrasound
- Echocardiograms
- Electrocardiograms
- Nuclear stress testing
- Pulmonary function testing
- Joint injections
- Skin biopsies and minor skin procedures
- Immunizations



## Do You Need Telehealth-Virtual Visit?

Rivers Family Medicine offers comprehensive care all within their office. They also have implemented telehealth for the convenience and safety of their patients and staff.

**NOTE: All Sick Visits will only be Telehealth visit to maintain safe distances and reduce exposure.**

To best serve patients they will be operating with regular business hours Monday - Thursday 8 - 5 and Fridays 8 - 12. For staff and patient protection, they are not allowing any patients to sit in the waiting room. All patients upon arrival will wait in their car outside until a Nurse can check your temperature and verify you have no common cold symptoms. If you do not feel well, please call, as the Rivers Family staff will triage, evaluate your symptoms, and direct you to the appropriate next steps for further evaluation and treatment.

Rivers Family Medicine continues to provide their patients with the highest quality of care; they are continually looking for innovative methods of

working together with their patients to ensure that they are not only aware of but also involved in the management and improvement of their patient's health.

To schedule an appointment with Rivers Family Medicine, please call (352) 205-4302.

## NEW OFFICE LOCATION COMING SOON TO BROWNWOOD!

For their patients convenience, Rivers Family Medicine is opening a second office in The Villages. This second office will open after the first of the year at 2771 Brownwood Blvd, The Villages 32163.



Rivers Family  
Medicine

352-205-4302

[www.riversfamilymedicine.com](http://www.riversfamilymedicine.com)

1503 Buenos Aires Boulevard, Building 110  
The Villages, FL 32159



# SUMTER SENIOR LIVING

## Fall Prevention and Balance Tips

**D**id you know that one in four Americans over the age of 65 years old fall each year, and that every 11 seconds a senior is treated in the emergency room for falls? From balance issues, diminished eyesight, arthritis, immobility, to cognitive decline, some conditions make it high-risk and unsafe for seniors living on their own.

Trips, slips, and falls from household items like extension cords, bulky area rugs, slippery bathtubs, ladders, and uneven flooring, are often what cause so many seniors to fall. If you live on your own, it's important to be safe. You could try to make things logistically better within the home, such as making sure the phone is within reach, clearing clutter, recommending assistive technology like walkers, hearing aids, long-reach activator poles, buttoning aids, bed and bathtub handles and medical alert devices, to name a few.

Aging can be challenging not only relating to our health but also our ability to perform daily tasks and to live the life we deserve. When we're younger, we often take for granted the ability to easily button a shirt without arthritic fingers or the capacity to walk safely from the bathroom to the living room without tripping over an area rug and getting hurt.

Aside from the safety aspect of living on your own, for many adults, their priorities change as they age. They no longer want to spend their free time mowing the lawn. Their neighbors may have moved, and they don't have anything in common with the new neighbors. And very often, they just want to free themselves from the responsibilities of homeownership. Wanting a more manageable lifestyle is a common goal as individuals age. Whatever personal reasons one has when considering a move, today's seniors want to live independently in a community that's safe, comfortable, engaging, and, most of all, supportive.



### SUMTER SENIOR LIVING

#### It's not like home. It is home.

Sumter Senior Living is much more than senior living—it's a way of life. Here you'll find a distinctive living experience filled with friendships and life enrichment activities. Step outside and discover peaceful outdoor spaces perfect for visiting with friends, gardening, enjoying fresh air or bird watching.

#### Your Options

Senior living encompasses many lifestyles and living options. From independent living to memory care, each option is designed to enhance the lives and wellbeing of seniors. Our Senior Living Spectrum will help you choose the option that's best for you or your loved one.

Consider your current lifestyle needs to prioritize what makes your ideal senior living option. While every experience is unique, you can gather insight from those who have already made the transition to senior living.

#### A Place Where You Belong

At Sumter Senior Living, conveniently located in The Villages® community, we want you to live life to the fullest. Spend time with friends old and new in our community rooms. Take care of your health in our fitness center. Explore enriching interests at the library. Beyond our convenient on-site offerings, you'll also gain access to The Villages® Amenities. With Florida sunshine, caring staff and friendly neighbors, you'll feel the warmth right away.

At Sumter Senior Living you can choose from Independent, Assisted living, memory care, and short term/respite options.

Call Sumter Senior Living today to find out more about your options — 352-363-2120.



#### SUMTER SENIOR LIVING

1490 Killingsworth Way, The Villages, Florida 32162

352.363-2120

[www.sumterseniorliving.com](http://www.sumterseniorliving.com)



# Want Delicious Healthy Meals Delivered to Your Door?

A Local Florida Company, ReBuilt Meals, Has The Solutions You Need

We've all been a little more stressed than normal. Many of us have fallen off the wagon concerning our healthy diets. Who can blame us, right? The last seven months of quarantining have left most people out of their regular routine, but it's time to break the bad habits. After all, what we put in our bodies is extremely crucial for our overall health.

If you prefer to eat a healthy diet, one that is full of nutrients, tasty, and fresh, but find it challenging, the following issues might sound familiar.

- Not enough time to cook or shop
- Culinary skills are lacking
- Specific diets take prep work and planning (keto, vegan, paleo, etc.)
- Several people within the home prefer or eat different diets

**REBUILT MEALS IS A LOCAL COMPANY AND DELIVERS TO ALL OF FLORIDA. THEY OFFER MEALS IN INCREMENTS OF 5 OR 7 DAYS AND YOU CAN CHOOSE FROM 1, 2, OR 3 MEALS PER DAY DEPENDING ON YOUR SCHEDULE.**

## Cook Less and Live more!

ReBuilt Meals provides natural and healthy prepared meals delivered right to your door. The only thing you have to do is heat and enjoy. All of the work has already been done for you, which leaves you with more time to work, exercise, and enjoy time with friends and family.

ReBuilt Meals has a variety of plans to fit all lifestyles as well as a weekly rotating menu so that you won't get bored with the same meals, and they also offer various types of diets to meet your specific needs.

## How it Works:

1. You choose the option and plan that fits your needs and lifestyle
2. Your meals are prepared by a world-class culinary team and delivered to your home
3. You simply heat and enjoy your meals at your convenience

## 4 DIETARY OPTIONS TO CHOOSE FROM

You can notate any food allergies or specifications with the ReBuilt team, and you can mix and match meals from any of the plans, and if you need support, you can chat online, email or call ReBuilt Meals.



### #1 Lifestyle Plan (classic meals "ReBuilt")

*The Lifestyle Plan is a healthy twist on traditional meals inspired by ReBuilt Meals' skilled culinary team. It includes local menu favorites, celebrity dishes, and home cooked classics. Don't be fooled by the flavor, these meals are prepared with the freshest ingredients weekly, handpicked by their Executive Chef.*



### #2 Keto/Low Carb Plan (gluten and soy free)

*Keto refers to a very low-carb, high-fat diet which involves drastically reducing one's carbohydrate intake and replacing it with fat. This reduction in carbs puts your body into a metabolic state called ketosis. Which means you become incredibly efficient at burning fat for energy. This diet is said to benefit many health ailments and produce helpful results, including lowering insulin levels in the body.*



### #3 Performance Plan (gluten, dairy and soy free)

*These meals are prepared with a minimalistic approach and focused on pure nutrients for optimal performance in all areas of your life. Feeding your body nutrient dense foods can increase metabolism, improve brain cognition, improve muscular development, and result in higher sustained energy levels.*



### #4 Plant-Based Plan (soy free)

*The Plant Based plan is vegetarian and vegan friendly that includes vegetables, legumes and grains. 4 out of the 6 meals in each delivery are Vegan and the other 2 are vegetarian!*



You can mix and match meals from any of the plans, and if you need support, you can chat online, email or call ReBuilt Meals.

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- Earn 1 point for every \$1.00 you spend
- Earn 100 points for sharing ReBuilt Meals on Facebook, Instagram, and Twitter
- Earn 100 points on your birthday!
- Earn 400 points for referring another client
- Every 750 points you earn can be redeemed for \$50 off!
- The longer you enjoy our service the more points you will accrue, which will bump you up into higher tiers. Each tier has additional incentives to make your experience with us even better.

## THERE ARE NO LONG-TERM COMMITMENTS

You can pause, cancel, or change your ReBuilt Meals plan at any time.

ReBuilt Meals delivers to your location of choice (home, office, etc.), and they also have numerous pick up locations listed on their website for your convenience.

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# Obstructive Sleep Apnea & Oral Appliances: A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

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

## What Causes Sleep Apnea?

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

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

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

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

## What are the symptoms of Sleep Apnea?

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

## Obstructive Sleep Apnea & Oral Appliances:

### Have you tried CPAP therapy and failed?

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

The negative effects of poor sleep are numerous. We all know the short term results of not sleeping well and feeling terrible but what about the more serious health concerns? If left untreated, people may experience poor memory, decreased cognitive function leading to dementia and Alzheimer's disease, cardiovascular disease including high blood pressure, insulin resistance, obesity and worsening symptoms of asthma and COPD due to lack of oxygen to the brain during sleeping hours. The good news is that if properly diagnosed and treated early, the effects of Sleep Apnea can be reversed over time.

### COVID-19 and Sleep Apnea

It is the position of the American Academy of Dental Sleep Medicine (AADSMD) that oral appliance therapy (OAT) should be prescribed as a first-line therapy for the treatment of obstructive sleep apnea (OSA) during the COVID-19 pandemic.

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1950 Laurel Manor Drive, Suite 180B  
The Villages, Florida 32162

*This recommendation is being made based on the following information:*

- The American Academy of Sleep Medicine (AASM) has indicated that PAP therapy potentially exposes individuals, especially those in proximity to the patient, to increased risk of transmission of COVID-19.
- A number of studies have found evidence that COVID-19 can remain suspended in the air in aerosol particles
- It is unknown whether it is possible for patients to be re-infected from re-using PAP tubing, filters, and/or masks.
- There have been reported shortages of distilled water and other supplies necessary for optimal use of PAP machines.
- Oral appliances do not generate aerosols and can be easily disinfected by patients to kill the COVID-19 virus

Best of all, Village Sleep Dentistry provides CDC recommended, single use WatchPAT™ ONE contactless, first and only disposable Home Sleep Apnea Test.

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

### Meet Dr. Rozensky

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

### Village Sleep Dentistry

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

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



# How Physical Therapy Can Help Individuals Age Well

**W**e'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.



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# Improving Balance Issues in Patients with Parkinson's Disease

By Alexander C. Frank, DC, DACNB, FABES

**P**arkinson's is a complex disease that progresses over several years, and to date, has no cure. It is a neurodegenerative disease that wreaks havoc on the brain, which in turn interferes with the body's fine motor skills. The brain's neurons (nerve cells) are what create dopamine and the deterioration of this process is the cause of Parkinson's disease.

In Parkinson's patients, the dopamine chemical production is slowed down and over time it can be completely diminished. Some of the first symptoms of early Parkinson's disease are impaired sense of smell, constipation and sleep disorders. These early signs are found in the medulla and the enteric region of the brain. Some patients will have diminished voices, develop rigid muscles and show little to no expression on their faces within the middle stages of the disease.

As the disease progresses, it eventually reaches the substantia nigra region of the brain, which controls the bodies movements. Once this stage is reached, patients have a difficult time controlling their bodily functions, and they develop tremors and have jarring irrepressible movements. One of the most common symptoms for all patients with Parkinson's disease is the inability to maintain adequate balance.

## Balance Restoration

Along with medications, physical therapy is a main treatment for multiple conditions within the Parkinson's disease spectrum, and while these are crucial for balance and movement conditioning, there are add-on treatments that can also help to restore balance. A well-studied treatment option is red and infrared light modulation or photobiomodulation.

Within the brains of those with Parkinson's disease are areas that are affected by lack of oxygen, toxic environments, and mitochondrial dysfunction. Photobiomodulation is shown to reduce cell damage and death, as well as to protect dopamine-producing neurons. Studies have shown improvement in cognitive, emotional, and executive function. Photobiomodulation is an in-office procedure that cause no pain, and it is non-invasive.



Photobiomodulation, has been reported to offer neuroprotection and to improve locomotor behavior in animal models of Parkinson's disease, from rodents to non-human primates (Rojas and Gonzalez-Lima, 2011; Hamblin, 2016; Johnstone et al., 2016). 1 Photobiomodulation stimulates and activates stem cell production, which help to reduce inflammation and disease in multiple affected areas of the brain, and it increases motor cortex activity. 2 Light therapy in the experimental setting has been shown to both protect and rescue neurons from degeneration after parkinsonian injury, something that current therapies in patients do not do. 1 Photobiomodulation is also showing signs of markedly helping with other symptoms of neurodegenerative brain dysfunctions.

In addition to photobiomodulation, Florida Functional Neurology Group also provides other technological diagnostic and advanced therapies for balance issues. To name a few, BTrackS™ Assess Balance software gives healthcare professionals a suite of standard and advanced protocols for objectively assessing and training an individual's balance over time. Interactive Metronome® (IM) is an *evidence-based* training and assessment tool that is proven to improve cognition, attention, focus, memory, speech/language, executive functioning, comprehension, as well as motor and sensory skills, and Optokinetic nystagmus (OKN) is a rapid eye movement technique that can also improve balance in Parkinson's patients.

Florida Functional Neurological Groups, Dr. Frank is always on the leading-edge of the latest advancements and delves into research and opportunities for his patients dealing with chronic conditions.

To Schedule your appointment with Dr. Frank, please call the Florida Functional Neurology Group at (352) 571-5155.



## About Dr. Frank

I understand that no two people are quite alike and as such, no two injuries or pains manifest themselves identically. That's why I offer a diverse range of neurological tech-

niques, chiropractic adjusting techniques, treatments, therapies, along with nutritional support to better assist you and your loved ones' on the road to optimal health & maximum potential.

Dr. Alexander Charles Frank, a native of Merrick, NY, grew up in Fort Lauderdale, FL, playing high velocity, impact sports such as football and hockey. He experienced many of the consequences of participating in collision sports, such as sprain, strains, dislocations, fractures, and many high velocity impacts. Upon entering high school, he parlayed his fascination for anatomy, physiology and sports and became an athletic trainer. He continued his athletic training career at the University of Florida working in the largest Intramural Sports Program in the world.

Dr. Frank has always felt an inner drive to serve his community. He has been a part of the Fire Rescue and EMS service since 1989, beginning at the age of 13. He received his state certification as a Fire Fighter II and Emergency Medical Technician in 1994. Dr. Frank served with Alachua County Fire Rescue during his studies in Gainesville, FL. He continued his Fire-Rescue career after college with the city of Plantation (FL) Fire Department, receiving the Rookie of the Year award for his Battalion in 1997.

Dr. Frank began his collegiate studies at the University of Florida in Gainesville. As a student there, he saw a need for a more rapid response to campus emergencies. Dr. Frank co-founded the University of Florida BIKe (Basic Immediate Kare) Team, the first student run Emergency Medical Service in the state of Florida. Dr. Frank later transferred to and graduated from Florida Atlantic University, focusing his studies in the fields of evolutionary psychology, biology, and early childhood development, which are the foundations for his healing philosophy.

After moving to California in 2000, he taught high school science and math in Oakland, CA. He earned his Doctorate of Chiropractic degree from Life Chiropractic College West in June of 2008, graduating cum laude. Dr. Frank is a certified Interactive Metronome and Nambudripad's Allergy Elimination Technique (NAET) practitioner.



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# ESTELLA BYRD WHITMAN WELLNESS & COMMUNITY RESOURCE CENTER

**T**ucker 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](http://estellawellness.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.



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By Dr. J. Mandume Kerina

# OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

**D**r. Kerina and his colleagues have spent their professional life studying how to combat the effects of arthritis. They have helped develop advanced surgical techniques to reliably help to revitalize your life. This has culminated in our current opioid free joint replacement program.

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

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

Phase 2 followed with the development of a series of long-acting nerve blocks that are effective in alleviating pain for 48 to 72 hours covering the post-op pain profile.



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

Our patients are now able to be discharged home as Outpatient Surgical patients at a much higher functional level than before.

## UNOVA HIP & KNEE CENTER

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

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# A SPECIALIZED KNEE PROGRAM HELPS PATIENTS AVOID SURGERY AND ACHIEVE REAL RESULTS

By Physicians Rehabilitation

**H**ave you been suffering from knee pain that just won't go away no matter how much ibuprofen you take? With knee arthritis, the cartilage breaks down and wears away leaving the bones to rub together, which causes pain, swelling, and stiffness, and limited range of motion in the affected joints.

When patients have "bone on bone" degeneration, they often are told that surgery is the only answer. At Physicians Rehabilitation, our goal is to give you the best chance of preventing knee replacement surgery and to get you out of pain and living your life again!

With knee replacement surgery, it's permanent. Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis.

## FDA Approved, Guided, Hyaluronic Acid Injection

Viscosupplementation is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, with only a small percentage of patients reporting mild side effects.

Viscosupplementation is among our knee pain treatment options at Physicians Rehabilitation. Other treatments we offer in the specialized knee program are:

- Stem Cell Therapy
- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more



*PRP therapy is a fast and painless procedure. All treatments are performed in office and take approximately one to two hours, including preparation and recovery time. In fact, most people return to their jobs or usual activities right after the procedure.*

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

Contact Physicians Rehabilitation today to learn more about viscosupplementation and its role in our knee pain relief program. Our team proudly serves patients throughout Florida. If you have any questions about our approach to treatment, physicians, or accepted forms of payment, please don't hesitate to give us a call.

*Don't just take our word for it, hear what our patients have to say!*



855-276-5989

[www.PhysiciansRehab.com](http://www.PhysiciansRehab.com)

## Patient Testimonials

### Try the Shots First!

"If you're thinking about getting your knee replaced you may as well try the shots first...the three shot series I had back in Boston didn't do a whole lot...but this program afforded me the ability to walk longer and further...the pain is pretty much gone..."

*David C. – Florida*

### I Didn't Want Another Knee Surgery!

"Pain level coming in was an 8, going out a 1. I had my left knee operated on and I didn't want to go through that pain anymore, so I wanted to try something different...getting in and out of the car, walking stairs was a catastrophe...Now I'm hitting the golf ball better than before..."

*Andrew F. – Florida*

### Time to Take Care of My Knee Pain!

"I always had pain because as a child I was very klutzy and I always fell down and landed on my left knee, which hurt me on and off over the years, but I was accustomed to it...so I came here and it was wonderful, no more pain..."

*Margaret M. – Florida*

## NO-COST, NO-OBLIGATION CONSULTATIONS

Physicians rehabilitation will answer all of your questions in a warm, friendly environment. Once complete, you will know exactly what your treatment options are and if Viscosupplementation therapy and our specialized rehab program is right for you.

You can learn more about us at [PhysiciansRehabilitation.com](http://PhysiciansRehabilitation.com). This is a very common condition and highly sought after treatment. There are a limited number of spots available for the NO-COST NO-OBLIGATION consultation, so be sure to reserve your space now! Call 855-276-5989 today.

### Does Insurance Cover This Treatment?

Most major insurances and Medicare will pay for Viscosupplementation treatment.

If you have knee pain that keeps you awake, keeps you from doing certain activities, like going up and down stairs, stop masking your pain with harmful ibuprofen or addictive pain medications and schedule your NO-COST, NO-OBLIGATION consultation today. CALL 855-276-5989.



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

**A**s 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,

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**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

## No Drugs. No Surgery. Simply Relief from Knee Pain.

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Diplomate, ABDASM



# Chiropractic: A Safe and Natural Alternative to Medication and Surgery

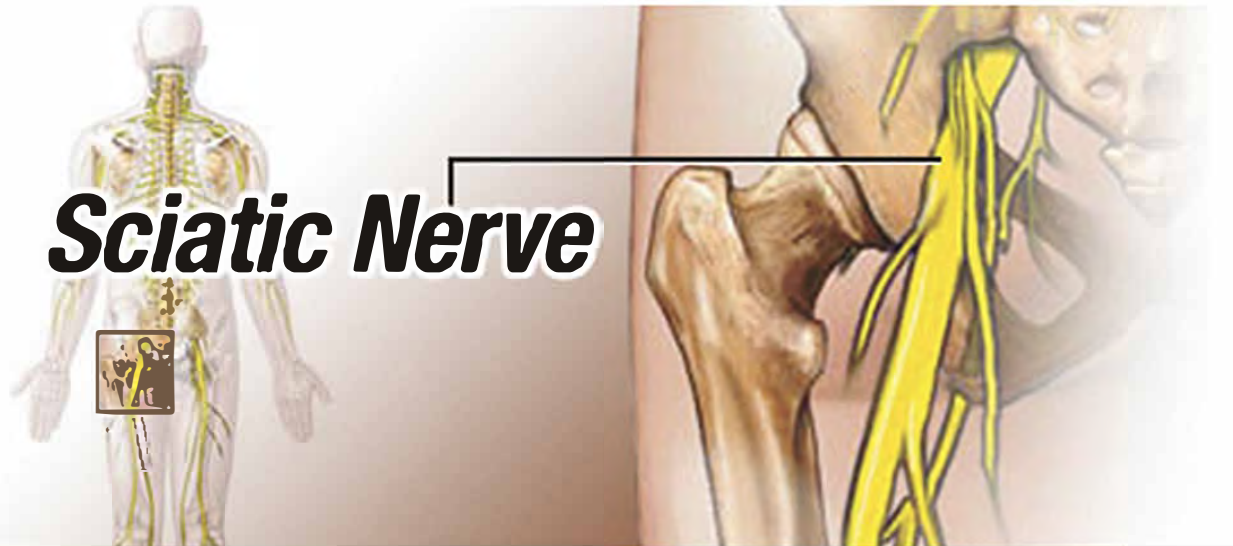
By Daniel Taylor D.C. - Compton Chiropractic Care

**C**hiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective

## Sciatic Nerve



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

**What about sciatica?** Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or

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U.C.F. Graduate  
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opiates are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

## FREE consultation

The patient and any other person responsible for payment has the 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 hours of responding to this advertisement. Expires 9/30/2020

We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.

### TESTIMONIALS

See what some of our patient's had to say about our practice:

*"I suffered from sciatica for 25 years until a friend told me about Dr. Compton. After 4 treatments, I was back on the golf course and out of pain."*  
- K.R.

*"I thought I would live with this pain for the rest of my life, but thankfully I was wrong and Doc was right."* - M.M.

*"Dr. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!"* - J.J.

*"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc"* - C.C.

*"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning"* - B. D.

*"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone"* - M.C.

### COMPTON CHIROPRACTIC CARE

Providing Quality Chiropractic Care to patients in and around The Villages, Florida.

#### Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

#### Our Facility Offers

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- Clinical Nutrition
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- Personal Injury



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# Cornerstone Hospice And Palliative Care: Helping Patients and Families in Numerous Ways

Submitted by Cornerstone Hospice and Palliative Care

**A**ccording to recent reports from the National Hospice and Palliative Organization, more than 1.5 million Americans receive care from hospice each year. Hospice and Palliative care are end of life services developed specifically to provide services and support for individuals and families during one of life's most challenging times. Death and dying are not easy to discuss or deal with, and it's within these times, that we need assistance in multiple ways.

Hospice provides comfort, dignity, and respect to all those coping with a serious illness and end-of-life conditions. Cornerstone Hospice provides expert medical care to keep patients comfortable and able to enjoy time with their loved ones. It's not uncommon for family members to have questions, need emotional or spiritual support and help in many aspects of what was involved in their life before this critical time.

A team of experts help each patient and their loved ones; hospice care is not a curative services, but it is similar to medical care, in that it offers much needed support on a different level. It brings hope, dignity and compassion when needed the most.

## ABOUT CORNERSTONE HOSPICE

### What is hospice?

The doctor has recommended hospice care. Let us help you understand why and what to expect.

### Who pays for hospice?

Medicare, private insurance or medicaid. We will assist you in making financial decisions surrounding our care plan.

### How to begin care

It usually begins with a recommendation from your physician. From that point we will guide you the rest of the journey.

### What services does Cornerstone Hospice provide?

When your physician(s) recommend Cornerstone Hospice care, any eligible patient is entitled to:

- Skilled nursing care in the patient's home or a nursing home facility which is contracted with Cornerstone Hospice.
- Nursing services on call, 24 hours a day, seven days a week including holidays.

- Assistance with personal hygiene and skin care.
- Arrangements for durable medical equipment and physical therapy services in the patients home when medically indicated.
- Volunteer(s) to help with errands and/or provide companionship.
- Social workers to help the patient and family understand and deal with terminal diagnosis, treatment and family issues that arise.
- Grief support for family members if desired.

## CORNERSTONE HOSPICE SUPPORT PROGRAMS

### Bereavement

As a not-for-profit hospice program for Central Florida, Cornerstone has a number of professionals on our team who are trained to help those dealing with a loss.

When someone chooses Cornerstone for their care, the representative who visits with you will tell you that Bereavement Services are available to you right away, should you desire. Or you may wait and choose one of our many group sessions offerings, giving you an opportunity to share with others dealing with the same challenges as you and your family.

And what many do not know is that our bereavement services are available to anyone in our community who is experiencing the emotions of grief due to the loss of a loved one, even if they were a patient of ours or not. The Cornerstone bereavement professionals are involved in both individual and group sessions.

Because our professional grief counseling has helped so many over 35 years, Cornerstone will often work with local law enforcement, the courts, local churches and schools in times of need.

You can get more information on how we can best serve you by calling Cornerstone Bereavement services at 888-728-6234 or email @ bereavement@cshospice.org.



### Cornerstone SALUTES! Veterans

No surprise that this is one of the most requested Cornerstone programs! That is because, on any given day, about 25-percent of our Cornerstone hospice patients are a veteran of one of our U.S. armed services. And over the years we have made great efforts to recognize these women and men for their service to country. We have professionals on staff who will assist the Veteran in receiving the military healthcare benefits for which they qualify and help them as we can with issues regarding the VA.

We Honor Veterans is a national program which Cornerstone has been a part of for 10 years. It is a point of pride that we have achieved the Four Star level in this program.

Cornerstone SALUTES! is our local program where we honor any of our patients who are Veterans with a special ceremony where a Veteran volunteer presents a special pin and a Certificate of Appreciation for Service. Our team is also connected to all services in the region that support Veterans. To learn more about Cornerstone SALUTES! or to learn about veterans benefits, simply email us: veteransinfo@cshospice.org.





### Jewish Services

Cornerstone is one of only a few hospices in Florida to be accredited by the National Institute for Jewish Hospice (NIJH).

This means our Jewish neighbors can trust that our staff is updated every year by The NIJH on how we will provide end-of-life care in accordance with Jewish law.

The training for the care of our Jewish patients is given both to Cornerstone staff and volunteers. It is inclusive of issue related to nutrition and hydration, when and how to provide medicinal intervention, The Jewish Living Will and Jewish rituals for the immediate aftermath of death.

### Pet Peace of Mind

We LOVE our pets! So it is not a surprise that some people hesitate to follow a hospice recommendation because they are afraid, they will lose their loving connection to their pet. To reduce the anxiety surrounding the care of your pet, Cornerstone Hospice offers Pet Peace of Mind, a program which enables hospice patients to keep their pets at home with them throughout their end-of-life journey.

Cornerstone needs volunteers to make sure patient pet(s) are fed, walked, cleaned and get medical attention or treatments as needed.

Not able to volunteer? You can still make a difference with a donation to Cornerstone Hospice - Pet Peace of Mind.

### WHAT PATIENT'S LOVED ONES AND PROFESSIONALS HAVE TO SAY

#### Testimonials

"As the administrator for Granny NANNIES villages location, I have referred many families to Cornerstone hospice and have had our care providers work side by side with the hospice team. I have always known that Cornerstone was a great company. It wasn't until my own father became terminal and deteriorated quickly that I turned to Cornerstone and learned firsthand how compassionate Cornerstone was for both patient and family. During hurricane Irma, Cornerstone came immediately and was in constant contact with my family taking care of his

medication and adjusting as needed to keep my dad comfortable until he passed away. I cannot say enough good things about Cornerstone hospice group. Granny NANNIES and I will continue to refer Cornerstone, so that other families may have the support to make end of life a bit easier to cope with. Forever Grateful."—Diane

"We used Cornerstone for my mother for two weeks. They came to the house, and I could not say enough about the people, from the nurses that came to start us off all the way through the time she passed away. They gave her medical services and would come in and check on her, even when she was in the hospital for a few days. They came in when she passed away and took care of everything. Whenever I called, I got someone who communicated well. I got what I wanted and was happy with what I saw. I would use them again if I needed hospice. I would definitely recommend them and have told a couple of my neighbors in the same situation. I was very pleased with everything that Cornerstone offered."—Debbie

Call Cornerstone Hospice today to find out more.  
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Your end-of-year tax deductible donation may be designated to honor or memorialize a loved one who has gone before. It's easy to help us fulfill our promise by donating securely online at [CornerstoneHospice.org](http://CornerstoneHospice.org).



866-742-6655 [cshospice.org](http://cshospice.org)



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



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

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

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

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

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, easy-to-understand introduction to key estate planning concepts. Adding to Attorney Smith's work is his law partner Attorney Joseph F. Pippen, Jr. who joined him on the third edition.

More information about Attorney Smith can be found at Joseph F. Pippen, Jr. & Associates' website: [www.attypip.com](http://www.attypip.com). For your free consultation or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.

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# Cancer.

By Paula Swift, CHTP

**J**ust 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!



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