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

November 2020

Lake/Sumter Edition - Monthly

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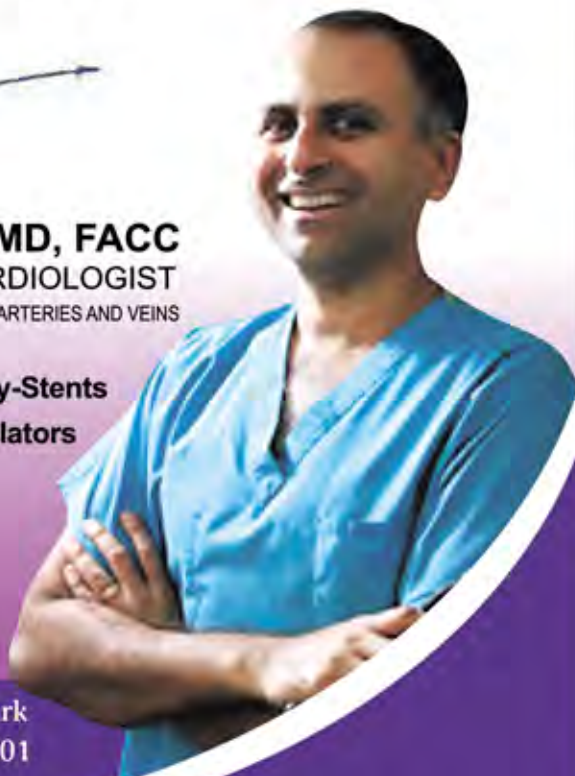
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## TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

### TIRED & ACHING LEGS?

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

### WHAT ARE VARICOSE VEINS?

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

### WHAT CAUSES VARICOSE VEINS?

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

### WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

## TREATMENT METHODS

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

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# Preventing Eye Disease

**E**ye diseases that most commonly cause blindness and low vision are associated with aging and lifestyle habits. While aging is something we all face, we can take steps to limit age-related damage and preserve vision. By taking these measures, you can avoid or help mitigate the effects of vision-robbing conditions such as cataracts, macular degeneration, glaucoma, diabetic retinopathy and other issues.

Here are some guidelines to help promote healthy vision for life:

## Know Your Risk

Certain factors can elevate your risk of diseases that can lead to low vision and blindness. By knowing the facts, you can act early and regularly to keep them in check. Do you have diabetes or high blood pressure? If so, are you managing your condition daily? Also, know your family history of these diseases, which can impact your chances of developing them. Also, if you're age 60 or older, you're more susceptible to cataracts, macular degeneration and glaucoma even if you're in good health. Have regular physical exams to check for high blood pressure, diabetes and other health issues.

## Get Annual Eye Exams

A yearly visit to your Lake Eye doctor for a comprehensive eye exam can catch cataracts, age-related macular degeneration (ARMD), retinal detachment, corneal diseases, diabetic retinopathy and other problems early, often before they produce noticeable symptoms and can be treated effectively. Regular visits will also let you know if your present lens prescription is adequate so your vision is at its best. People ages 50 and older are especially encouraged to get routine comprehensive exams as aging is associated with an increased chance of many eye diseases.



## Be Aware of Vision Changes

If you notice changes like poor night vision, double vision, haziness or blurring, chronic eye redness, new "floaters" (floating lines or squiggles), light flashes, eye swelling or unexplained eye pain, contact your eye doctor immediately for an appointment. Again, early treatment of eye problems can provide relief and protect vision.

## Wear UV Light Protection

The sun's UV rays can damage vision and cause or worsen diseases like cataracts, macular degeneration and pinguecula, benign yellowish growths on the white tissue of the eye near the cornea. Quality sunglasses, prescription or not, that block 100% of UV rays can help prevent these issues. Lake Eye's Precision Optics department carries a wide range of sunglasses guaranteed to block 100% of UV rays.

## Maintain a Healthy Diet

In addition to all of the other benefits of a healthy, well-rounded diet, a diet full of dark green vegetables and antioxidant-rich fruits may reduce the risk of some eye diseases, such as ARMD. Your ophthalmologist or optometrist may also recommend supplements such as vitamins and minerals shown to promote eye health.

## Exercise Regularly

Studies suggest that engaging in regular aerobic exercise, including brisk walking and cycling, may reduce the risk of developing ARMD. Enhanced blood flow helps every tissue of the body, and the eyes are no exception.

## Don't Smoke

Smoking comes with an array of risks, including risks to vision and eye health. Smokers have an increased chance of developing cataracts, age-related macular degeneration, uveitis (eye inflammation) and other issues, some of which can lead to blindness.

## Use Contact Lenses With Care

If you wear contacts, using them correctly can help you avoid corneal infection, which can lead to eye ulcers, even vision loss. Clean your contact lenses daily with fresh solution and don't wear them longer than recommended. Remove contacts before swimming, showering or sleeping (unless they are approved for over-night wear). Replace your lenses and their storage case according to instructions.

## Wear Eye Protection

If you're into hobbies that expose your eyes to hazards like dust, grit, debris or projectiles, or sports that come with a risk of physical impact to the face, such as racquetball or handball, wear safety goggles.

If you follow these guidelines and get regular eye check-ups, you greatly reduce your risk of substantial and permanent vision loss. So make a commitment to do your best to protect your peepers – your vision is worth it.

If you haven't had a comprehensive eye exam in a while, contact Lake Eye for an appointment today. We're happy to help you enjoy clear vision for a lifetime.

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# Chronic Obstructive Pulmonary Disease (COPD) & Your Heart Health

**N**early 24 Million Americans have COPD, and large number of them are over the age of 40 and have a history of smoking or being subjected to respiratory irritants such as chemicals and pollutants. COPD is a disease that is encompassed by chronic bronchitis, emphysema, and asthma, causing shortness of breath, productive coughing and inflammation of the airways. It is a progressive lung disease with no cure. Most patients are put on steroids (oral and inhaled), bronchodilators and antibiotics.

Individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breath. They frequently feel as if they are drowning and call 911 often due to this terrifying sensation. This is why it's important to speak to your physician about your COPD treatment and the best at home care techniques to keep you safe and comfortable.

Having a disorder like COPD is challenging with continual progressive changes and side effects. Talking to your physician about any fluctuations in your health or symptoms is critical.

## COPD Symptoms

- Coughing
- Producing phlegm
- Wheezing
- Shortness of breath with normal activity
- Blue tinge to fingernails
- Fatigue

## The COPD and Cardiac Connection

Both disease states are linked systemically to chronic inflammation in the body. Most individuals are unaware of the fact that they have chronic inflammation, because it's not typically something they can see and what they feel, they often ignore as general aging complaints like stiffness, brain fog, high blood pressure or high lipid levels, diabetes, etc. These issues are what lead to the vast amount of people that have comorbidities.

Patients with COPD have fluid retention, which is also attributed to cardiac issues, and can exacerbate cardiovascular conditions. For both sets of conditions diet is a critical component. Making sure that low sodium, low sugar and carbohydrates are minimal in the diet is helpful to lessen the effects of the inflammatory response. Exercise is also important but should be monitored and discussed with your physician.



The health of the heart and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of heart disorders are being overweight, poor dietary habits, having high blood sugar levels and living a sedentary lifestyle.

Depending on the stage of the COPD, some patients might need to consider home health care or private duty nursing. When under home health care, their team of nurses and medical director can prevent these readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes. Your physician is still in charge of your medical care, and all reports from the home health team are reported to your primary care doctor.

Talking to your primary care physician or cardiologist about diagnostic testing, lab work, medication management, and lifestyle changes is critical for your quality of life when dealing with COPD, heart issues or any other health changes or conditions that you might be experiencing.

## Dr. Vallabhan

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# Dr. V

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# Lung Cancer & COVID-19

According to the American Cancer Society, lung cancer is the leading cause of cancer deaths in the United States, with more people dying of lung cancer in a year than from breast, prostate, colorectal and brain cancers combined. It is the second most common cancer in both men and women, ranking just behind prostate and breast cancer, respectively.

## IMPACT OF COVID-19

While the COVID-19 pandemic has affected just about every aspect of our lives to some degree, cancer screening, diagnosis and treatment have been highly impacted. Many have chosen to delay cancer screenings and, in some cases, cancer surgeries and treatments because they do not want to risk going to a doctor's office or hospital and being exposed to the virus. It's a concern that is understandable because cancer patients, especially those who are in active treatment, are extremely vulnerable to COVID-19 due to their compromised immune systems.

Lung cancer patients, in particular, tend to be older and have a variety of underlying conditions. They are not necessarily more susceptible to the virus, but if they get it, they are more likely to have more severe complications, according to a recent study conducted at Memorial Sloan Kettering Cancer Center in New York and published in June 2020 in the *Annals of Oncology*\*. The study reported that 62% of the lung cancer patients were hospitalized and 25% died. Severity of the disease was suspected to be linked to how much or how long the patient was smoking or had smoked. Because of this increased risk, lung cancer patients should be extremely vigilant about taking precautions to prevent the disease.

\* <https://doi.org/10.1016/j.annonc.2020.06.007>

## EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 19%, unless it is detected early. If the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 61%. So, your chances of surviving lung cancer are three times greater when it is detected early.



*Smoking remains the greatest risk factor for lung cancer with approximately 85% of all cases of lung cancer occurring in people who are smokers or have smoked in the past.*

Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important - especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

## IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

## LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. Especially important for older patients who may have other health problems, doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

## WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a network of expert, Board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state in nearly 100 locations. FCS is on the leading edge of clinical trial research, which provides patients access to the newest, most innovative treatments.

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



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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!

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- Painless
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- 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 Caluduan:** 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



# Men's Health:

## Why You Need to Stay on Top of Your Medical Exams

**T**he month of November is also referred to as MOVEMBER for Men's Health. We often hear jokes that men prefer to stay away from the doctor, but more and more men have become proactive about their healthcare than ever before, which allows for healthier lifestyle choices and earlier diagnosis. Men taking the lead on their health is always better for long term outcomes and living well.

When it comes to men's health, Advanced Urology Institute (AUI) offers numerous treatments and diagnostics for erectile dysfunction, vasectomies, urinary, kidney, and bladder health, and prostate disorders.

### Getting Your Prostate Checked is Not Optional

Prostate cancer is often referred to as a silent killer. As men age, it can become enlarged, infected, and cancerous. Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 31,620 men's lives. But it doesn't have to be this way! With just a standard examination and regular checkups, prostate cancer can be diagnosed and treated effectively, alleviating these grim statistics. Early diagnosis is critical and achievable with the right steps. Due to prompt diagnosis, 3 million men in the US are prostate cancer survivors!

### Some of the Most Common Symptoms of the Disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

### Diagnostics

There are several distinctive tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells—the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells;



this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

The normal PSA level is 4.0, which is four nanograms per milliliter of blood (ng/ml), but in younger men, an average of 2.5 ng/ml is normal, while in older men a reading above four may not necessarily be alarming.

### Additional Testing

Certain medications, herbal supplementation, or being overweight can also have a counter effect on your PSA levels. For example, a person taking a daily aspirin may have a lower PSA level due to the effect of the medicine on the blood protein count.

Before you are tested, it's imperative to tell your physician everything that you are taking, or any other health conditions or symptoms that you are experiencing. Additional more detailed testing includes transrectal MRI or transrectal ultrasound, as well as biopsies.

If diagnosed with cancer, a Gleason Score biopsy will be taken to determine the aggressiveness of prostate cancer. This grading system allows urologists to choose the appropriate and optimal treatment option.



### Treatment

All treatment options are not going to be suitable for every prostate cancer case. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor, and personal circumstances, the treatment may vary significantly. For some patient's hormone therapy is appropriate, and for others, a "watch and wait" approach is suitable. In some instances a single surgical removal may be fitting, while for others radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.

### Advanced Urology Institute

AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients. We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

### Services Offered & Conditions We Treat

- Erectile Dysfunction
- Benign Prostatic Hyperplasia (BPH)
- Kidney Stones
- Da Vinci Robotic Assisted Surgery
- Prostate Cancer Treatment
- Vasectomy & Vasectomy Reversal
- Urinary Tract Infection
- Pediatric Urology
- Women's Urological Health

### We Value Patient-Centered, Evidence-Based Care

As a patient, you can be certain that you are a critical member of our treatment team. We will answer your questions and strive to provide the best services and the best care, based on your individual needs, preferences, and choices. AUI Physicians emphasize the use of proven treatment guidelines within our specialty, to optimize clinical decision making. Through our internal measures, our involvement in research studies, and our passion for continuous learning, you can be confident that our treatment team is providing you with the best treatment options.



# Ready to Lose Those Inches, Tighten and Tone?

## Discover TruSculpt® iD

### Personalized Body Sculpting | The Next Evolution

It can be quite upsetting – You live a healthy lifestyle, work out, eat nutritious foods (not too much), and yet, you still have stubborn areas of fat and bulges that won't go away. You're not alone; many women and men face the same scenario. So what can you do?

There is a proven technique that is non-invasive and requires no downtime. It is clinically proven to eliminate fat cells regardless of a person's shape or body type. It can also be applied to rejuvenate and tighten the skin, which can help with laxity or with the appearance of cellulite. In the treated area, up to 24%, body fat reduction is typical.

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

### Are You a Good Candidate for the TruSculpt iD Procedure?

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

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

### The Science from Cutera Medical Devices

TruSculpt iD is the latest body sculpting treatment solution from Cutera, providing a personalized, hands-free and hand-held solution to revolutionize your body sculpting needs. This powerful, non-invasive, Monopolar RF platform tailors to patients' individual needs and features Real-Time Temperature Control for clinically proven results, safety, and a comfortable patient experience. TruSculpt iD treats



truSculpt® iD  
SCULPT YOUR BEST BODY

the entire fat layer, resulting in an average of 24% fat reduction. It offers a unique handpiece and placement location versatility and customized 15-minute protocols to treat a full abdomen or multiple body areas simultaneously.

### Get Sculpted & Toned

TruSculpt iD offers a unique and personalized approach to improve upper arm contouring and definition. Unlike other devices, there is no placement limitation. Do you want to go sleeveless, or fit into those jeans hiding in the back of your closet? With TruSculpt iD, you can do it with confidence!

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

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

### Radiofrequency (RF) Energy

TruSculpt iD delivers heat to the entire fat layer while maintaining a comfortable skin temperature – optimizing clinical efficacy and maintaining patient comfort. There is no downtime and you can resume normal activities right away!

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

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

### Total Nutrition & Therapeutics

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

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

Source:  
<https://cutera.com/trusculptID>



### TOTAL NUTRITION AND THERAPEUTICS

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

352.259.5190

WWW.TNT4ME.COM





# HIP REPLACEMENT SURGERY

By Dr. J. Mandume Kerina

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

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

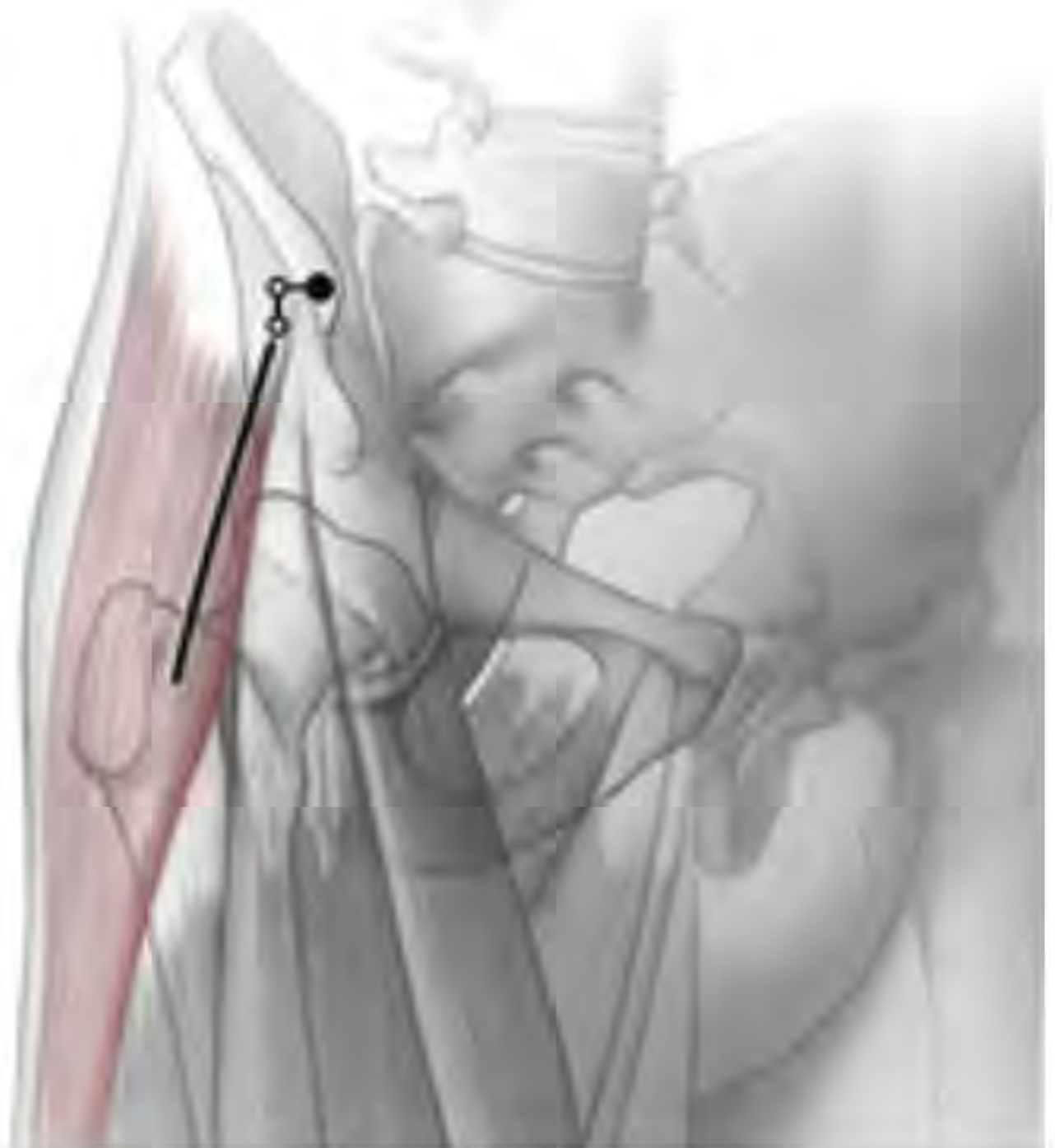
Your surgical journey will start after you and one of the highly skilled total joint surgeons at the UNOVA Hip and Knee Center have determined that you have exhausted all the appropriate conservative measures to address your hip arthritis. With the UNOVA proprietary opioid free anesthesia and post-operative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

#### Joint replacement should be considered when:

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

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

Figure 1:  
Incision for direct anterior approach-right hip



**UNOVA**  
**HIP & KNEE**  
**CENTER**

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



# Traveling Tips for Venous Insufficiency

By Bryan Carter, MPA-C, Phlebology-Surgery

It's that time of year again; when we hit the road or the sky and travel for vacations, relaxing getaways, spending time with family and taking the kids or grandkids to their favorite destinations.

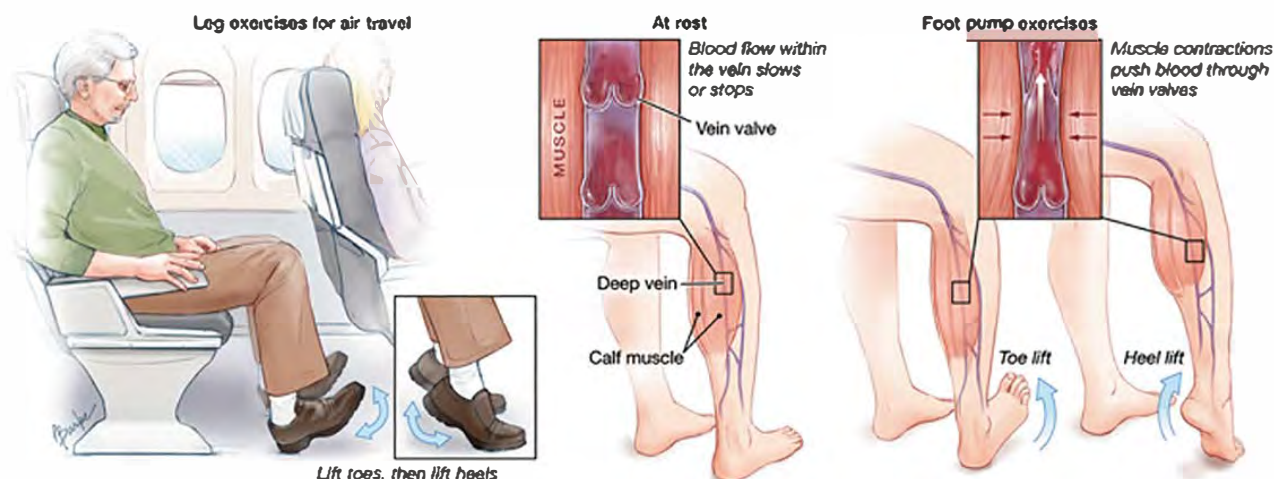
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs., you should consume 100 ounces of water per day, which is approximately 3 liters.

If you suffer from any venous insufficiency issues, it's critical to keep moving your toes, ankles, and calves while sitting for an extended periods of time in a car, train or when on a plane. This will help the blood to keep moving and pumping back to the heart instead of pooling into the feet. If you ever get swollen feet or legs after sitting for long periods of time, you should see your physician about ways to control your venous insufficiency and to get a full check up for your overall health.

## What is venous insufficiency?

Various forms of venous issues affect 25 million Americans. Their legs are swollen, achy and they have a heavy sensation. When our veins are working properly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction. If these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health.

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, or dangerous and in need treatment.



## Symptoms of venous insufficiency:

- Swollen legs
- Discoloration on skin (brown or red)
- Tingling/burning/itching sensations
- Heaviness
- Aching
- Cramping

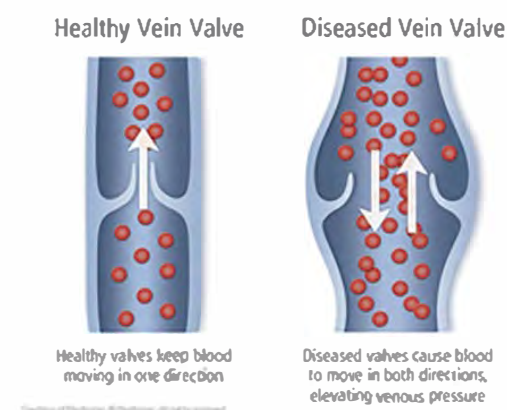
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stockings are the same.

Sure big box stores sell them by the thousands, but they fail in comparison to medical grade and personally fitted stockings.

It's important to understand what compression stocking do. They are tight fitting long socks that go up to your knee and create gradient pressure throughout your foot and legs to help push the blood back to the heart.

Medical grade compression stockings are measured in millimeters of mercury (mmHg). The highest compression available is 30-40 mmHg, then 20-30 mmHg, 15-20mmHg and the least or lightest compression is 8-15 mmHg.

The major differentiating factor between a medical grade stockings and the generic version is the precise measuring that is done to make certain you are wearing the appropriate compression volume. Getting the correct dimensions consist of first measuring around the smallest part of the ankle above the ankle-bone. Second, a measurement is taken of the largest part of the calf circumference, and lastly, at a 90-degree angle, a measurement is taken from the distance of the bend in the knee to the floor. Speaking to your physician is vital if you or a loved one have any of the venous symptoms.



## Treatment Options for Venous Insufficiency Include:

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (non invasive thermal and chemical ablation performed in the office)

If you have any questions or concerns call and schedule appointment today with Mr. Carter. He has been treating vein circulation problems for 17 years.



VILLAGE  
**Heart**  
& VEIN CENTER

**Bryan Carter, MPA-C**

8575 NE 138th Lane  
Lady Lake, FL 32159

**(352)-674-2080**

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

**[www.villageheartandvein.com](http://www.villageheartandvein.com)**



# Sumter Senior Living Is Committed to Providing the Best in Senior Living

Sumter Senior Living: It's not like home. It is home.™

**S**umter Senior Living is committed to being essential senior living, providing the best in industry-leading, precautionary measures, dining catered to the individual, and engaging programming activities and events.

"Our community is dedicated to providing the best in senior living and assist in every way possible with transitioning into the move to senior living, especially during this unprecedented time," said Sumter Senior Living Executive Director Kristin McClelland. "No matter what the world is facing, Sumter Senior Living always puts the safety and well-being of our residents first."

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 opportunities. Step outside and discover peaceful outdoor spaces perfect for gardening, enjoying the outdoors, bird watching, and spending time with friends.

In the face of uncertainty and understandable concern regarding COVID-19, Sumter Senior Living is not only present and prepared, but continually finding new ways to truly be home for all our unique residents who continue to engage and socialize. Residents are staying connected with family and friends and experiencing daily, enriching programming events. Sumter Senior Living recognizes life's most essential joys are still happening. As a Good Neighbor, our community continues to provide the best in senior living.

Our precautionary measures and guidelines strictly follow Centers for Disease Control and Prevention (CDC), local and state health department regulations and recommendations. We've also partnered with Dr. Kevin W. O'Neil, MD, FACP, CMD, as a Medical Advisor to provide experienced, expert support and guidance.

We reinforce infection control processes and emergency preparedness plans already in effect with enhanced cleaning and sanitation protocols. We have also partnered with Clinical Reference Laboratory to offer rapid result, saliva-based COVID-19 testing for future residents.



We maintain regular communication with residents, families, and associates as well as consistently monitor the health of all in our community, both residents and associates.

## See Yourself Here

Sumter Senior Living provides Independent Living, Assisted Living, and Memory Care services and amenities catered to the individual.

Our Independent Living lifestyle provides the day-to-day freedom to come and go and the convenience of any number of activities to choose from. It is the perfect fit for an active, healthy lifestyle where residents enjoy all-inclusive, restaurant-quality dining and weekly social gatherings. Sumter Senior Living is dedicated to empowering residents to explore personal interests and connect you with the greater community through transportation and full access to The Villages® amenities. Our Grand Clubhouse includes a full bar, heated pool, and fitness center. There is also golf cart accessibility with convenient charging stations.

Our Assisted Living lifestyle is truly catered to the individual, providing support and care that stands out from any other. Enjoy the comforts of home to call your very own and personalized assistance with daily routines that promote a healthy, social, and active lifestyle. Research shows that seniors who stay active and social experience better health, a greater sense of well-being, and may recover from illness quicker. Our planned activities and events provide fulfilling experiences each day with 24-7 help at your fingertips.

Our Memory Care specializes in providing compassionate care to individuals with dementia, Alzheimer's disease, and other neurodegenerative conditions. The challenges presented by memory



loss can be difficult to navigate, but our specialized Village Program® is here to help every step of the way. The Village Program® offers personalized programming that engages residents in activities to best reflect their former schedules, lifestyles, and interests while providing a safe place where their unique interests are nurtured. We also provide It's Never 2 Late (iN2L) technology to engage and stimulate the intellect and provide connection through innovative technology.

Senior living encompasses many lifestyles and living options. From Independent Living to Memory Care, Sumter Senior Living is designed to enhance the lives and well-being of all. And our knowledgeable and experienced associates are here to assist and provide the resources for ensuring you or your loved ones find what best works for your family.

Sumter Senior Living is managed by Grace Management, Inc. (GMI), an industry leader in providing the best senior living experience. The company has been able to elevate industry standards by delivering exceptional living experiences while providing the resources and information seniors and their loved ones need to make important life decisions. Grace Management, Inc. is a subsidiary of CPF Living Communities and is ranked in ASHA's 50 largest seniors housing owners.

**For more information, please visit  
[www.gracemanagement.com](http://www.gracemanagement.com).**

*For more information about Sumter Senior Living or to schedule a personalized visit please call us at: 352-363-2120 or visit our website: [www.SumterSeniorLiving.com](http://www.SumterSeniorLiving.com).  
We look forward to hearing from you!*



## SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

1490 Killingsworth Way, The Villages, Florida 32162  
**352.363-2120**

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

Assisted Living License Number: 12227



# REGENERATIVE MEDICINE: Dr. Maharaj Makes House Calls—Virtually

**S**tem cells have a remarkable ability to exacerbate healing and they provide multiple anti-aging mechanisms. Numerous studies and patients purport healing of joints, soft tissue disorders, improved range of motion, diminished pain, and antiaging results.

With the Maharaj Institute you not only receive optimal care, but you can achieve optimal results due to the unprecedented training and experience level of Dr. Maharaj and the practitioners.

Along with excellence in care, the Maharaj institute has implemented several "house call" services for their patient's exclusive needs.



**As a member of the Maharaj Institute of Immune Regenerative Medicine, You have distinguished access to regenerative medicine—wherever you are—remotely!**

## Virtual Visits

Remote Tele-Health can be accessed by phone and by web video chats. A simple click on a link and you can see the doctor face-to-face, ask questions, get answers, review test results and talk about next steps.

## Home Deliveries

Along with virtual visits, Dr. Maharaj's office is also able to deliver supplements to your door. If you're running low on your supplements? Have them auto shipped to your front door or location of your choice today! Ordering is easy, and shipping is fast!

## Tests in the Privacy of Your Home!

A host of tests can be shipped directly to your home for quick and easy use and results!

## Regenerative Medicine

Stem cells can help to regenerate new cells and replace diseased cells. At the Maharaj institute, they have helped numerous individuals with cancer, diabetes, autoimmune disease, dementia and Parkinson's reverse the signs of these disorders. The first step is to make an appointment to get your immune

system tested. The second step is to have a customized plan for your specific needs mapped out, and of course, receive any treatment that you might need. The final step is to bank your stem cells.

## Stem Cell Cryobank: Why should you collect your peripheral blood adult stem cells?

Collecting your peripheral blood adult stem cells today is like creating a time machine for your immune system. It's a bit like a computer back up; by banking your stem cells, you have a "backup" to help restore the bone marrow and a compromised immune system through adult stem cell therapy if ever needed.

All body cells age, including the stem cells. The pool of stem cells in the bone marrow is continuously undergoing a process of self-renewal and differentiation. During this process, there is always the risk of genetic damages and/or other cellular damages. Just the act of aging is enough reason to collect and store your stem cells in a cryogenic bank. As people age, so does their immune system, thereby increasing the risk of infections and the potential development of cancer and other chronic diseases.

Another reason why stem cells should be collected and stored is that with aging, the number of functional stem cells decreases. Further, as people get older, their stem cells also tend to lose their ability to differentiate into new cell lines, including much-needed immune cells.

The good news? By collecting and banking your stem cells—especially while you are healthy—you are collecting a large number of stem cells and an array of differentiated cell lines, including the ones committed to form immune cells. Banking those cells provides the assurance that those frozen cells will not age and they will be available for you at a later date should you ever need to reset your immune system.

## The Maharaj Institute of Immune Regenerative Medicine

10301 Hagen Ranch Rd., Suite 600,  
Entrance C  
Boynton Beach, FL

561-752-5522

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

**THEREFORE, HARVESTING AND STORING YOUR HEALTHY IMMUNE SYSTEM FOR LATER USE, OR FIRST BOOSTING IT, THEN STORING IT CAN BE THE BEST INSURANCE FOR LATER IN LIFE. SOME OF OUR CRYOBANK CLIENTS HAVE SAID, "IT'S LIKE HAVING YOUR YOUNGER TWIN ON STANDBY TO HELP"!**

## About The Maharaj Institute

Through a science-based approach, The Maharaj Institute focuses on helping all people—the healthy and those facing health issues—in the following ways:

- Providing everyone the opportunity to monitor, adjust and manage the health of their own immune system through a Wellness Anti-Inflammatory Program in the interest of living healthier and longer lives through health preservation.
- Giving those at risk today the means to battle disease and potentially avoid it tomorrow, including those who are cancer survivors but are at higher risk of future bouts with the disease.
- Measuring and developing strategies to improve immune dysfunction which occurs in patients suffering from cancer, recurrent infections, chronic diseases such as Parkinson's disease, Alzheimer's disease, Chronic Fatigue Syndrome, stroke, scleroderma and other autoimmune and chronic illnesses as well as disorders associated with aging and frailty.
- Helping the seriously ill regain their natural immune ability to fight and overcome aggressive diseases such as cancer and chronic inflammatory diseases.
- Preservation of Stem Cells/Immune Cells of healthy individuals by Collecting and Storing in a cryogenic bank adult and cord blood stem cells for future use.
- Educating health care professionals and conducting research to improve survival and quality of life of patients.

As we move into the new paradigm of personalized and precision medicine, the Maharaj Institute is uniquely positioned to combine years of clinical and laboratory experience with new innovations in Immunotherapy, Cellular Therapy and Regenerative Medicine, all while giving patients the highest level of compassion, professionalism and respect.

**Become a Maharaj Institute Patient—Experience World Class Care Virtually or in-office—Schedule Your Appointment Today!**



# MAHARAJ INSTITUTE OF IMMUNE REGENERATIVE MEDICINE

## #IMMUNITY POWER

I was diagnosed in February of 2010. I was told there was nothing that could stop the progression. Instead I chose to try adult stem cell treatment. IT WORKED! Exactly 2 weeks into treatment I woke up feeling great! I felt like myself. I could do little things that we all take for granted like rummaging in my purse with my left hand, pull a towel with both hands to dry my back, walk with a swing in my left hip in a normal way. I have a whole list of improvements, and they are still happening! I don't want anyone out there to think there is not a treatment. There is. I am still amazed at what has happened, and even more amazed that somehow my pathway led me to this." -L. Parker



“

*“Being knowledgeable in cutting edge medical field, this to me is the current peak of advances in the future of medicine, NOW! To collect and store one's own immune system for later use for whole body organs, tissue and system renewal. Regeneration at a later date is like a miracle in action today. I would highly recommend it to everyone, who will see that the best is yet to come. Join the Stem Cell therapy revolution!”*

— J. GONZALEZ, MD



## WHAT'S YOUR PLAN TO KEEP YOUR FAMILY HEALTHY?

### 10 POINT PROGRAM EMPOWER YOUR IMMUNE SYSTEM TODAY!

#### For more information:

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

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

“



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

Dr. Raborn



# Why Getting a Flu Shot is Critical

**T**his year, we've been inundated and preoccupied with COVID-19, and while we need to remain diligent in physically distancing, wearing face coverings and practicing good hygiene, we cannot forget about the importance of getting the flu shot.

Although we're uncertain of how threatening the flu season may prove to be, but we do know that the flu will affect all ages. Taking precautions is essential. Young children, individuals with weakened immune systems, and adults 65 and over are more susceptible to the dangers of the flu, as their symptoms can quickly exacerbate into pneumonia or other disease states. As the immune system becomes weaker, the ability to fight off viruses and bacteria becomes more difficult and problematic. Although the flu can affect any age, many seniors are left much more vulnerable to the complications of respiratory infections, than healthy, younger adults, and they may require much more assistance to regain their health. This is one of the reasons why the flu vaccination is critical for staving off the flu or for shortening its duration.

## How The Flu Vaccine Works

Researchers develop the seasonal flu shot dependent on which virus are thought to be the most common during that particular season. When the flu vaccine is administered, antibodies begin to develop to protect against the microorganisms within the vaccine. It typically takes about two weeks for these antibodies to advance, so keeping yourself healthy is still incredibly important during and after your flu shot.

Fatigue, body aches, chills, fever, headaches, and upper respiratory infections are common symptoms of the flu. Coughing is a significant symptom of the flu. However, coughing is actually a natural bodily reaction to excess buildup in the respiratory tract, meaning that your body is trying to clear itself of phlegm and other materials. Regrettably, this excess of fluid makes individuals more susceptible and at higher risk of developing pneumonia. Pneumonia is the fourth leading cause of death in the U.S. among the elderly. For this age group, there is a high dose vaccine that is recommended. This high dose vaccine is ideal for the elderly population because it contains three different flu strains, which makes warding off the flu virus, much easier. It also provides more antigens, than a standard flu shot, which is what creates the antibodies that fight the flu virus.



## Flu Prevention

It's essential to plan ahead, as there are ways to prevent the flu. Getting the flu shot is the first step, washing your hands, wiping down door handles and counter tops, avoiding large crowds if possible, getting adequate rest, and taking vitamins and supplements that boost your immune system all are effective ways to inhibit the virus.

If you or a loved one haven't been vaccinated and become infected with the virus, there are antiviral medications that help limit the length and severity of the flu, but it has limited effects, especially for seniors. It's important to rest and drink plenty of fluids if you've been exposed to the virus, as there are additional risks associated with the flu, like pneumonia, bronchitis, sinus infections, ear infections, extreme fatigue, and myocarditis.

## Important Tips to Stay Safe and Healthy

- Get vaccinated
- If you're over 65, ask about the high dose flu vaccine option
- Practice thorough hand-washing often
- Cover your cough with your sleeve or a tissue
- Avoid people who are sick
- Get additional help for the elderly loved one in your life

## Rivers Family Medicine

Rivers Family Medicine provides 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.

## 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.

## 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.

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



**Dr. Anthony Desmarais**  
352-205-4302

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



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





**SUMTER SENIOR LIVING**  
A GRACE MGMT COMMUNITY

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It is home.™**

**Call today to learn about our  
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first choice of apartments!**

**Independent Living  
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# National Hospice and Palliative Care Month

Submitted by Cornerstone Hospice and Palliative Care

**N**ovember is National Hospice and Palliative Care month. A time when hospices across America, like Cornerstone, make an extra effort to educate citizens about hospice and palliative care. There are thousands of people who die every year having not received the benefit of hospice care or who live with a chronic condition that could be addressed by Palliative care.

Hospice care was developed here in America in the 1970's. In only a few locations around the country, hospice was a volunteer-driven, grassroots movement. Today, hospice is an important part of the country's health care system, providing care to a million and a half people every year, most of them members of the Medicare program. Some with private insurance.

It was 1982 that President Ronald Reagan, at the urging of then-Senator Robert Dole, signed the law making hospice a Medicare benefit. It was the result of health care workers in various hospitals insisting that a hospice program would provide more compassion and dignity for those with conditions that were terminal. As a result, Cornerstone hospice care is paid, in full, by Medicare. Patients not yet in Medicare are usually covered by private insurance.

The focus of Cornerstone Hospice is to provide comfort by managing pain and giving much-needed support to members of the patient's family and/or caregivers. "Probably the number one comment we receive is from family members who say 'if we had known how good hospice would be for Mama, we would have asked for you earlier'" said Chuck Lee, CEO of Cornerstone Hospice and Palliative Care.

Close to 98-percent of hospice patients are cared for in their home, surrounded by friends and family, the way they want it to be. Stories are told, laughter is heard and love is shared. But for some, home is now a nursing home or an assisted-living center. Cornerstone Hospice comes to the patient wherever they call home. And for some patients, the home-like amenities of one of Cornerstone's hospice houses in Tavares, The Villages, Clermont or Sumterville may be preferred.

For a majority of hospice patients, Cancer is the most common diagnosis, but increasingly we are seeing patients with Alzheimer's or dementia. COPD and Congestive Heart Failure are among other reasons for which hospice may be recommended.



While end-of-life care is what our nurses and doctors provide, Cornerstone also offers bereavement services to members of the patient's family following the death of their loved one. The grief process is an important element that can be eased through interaction with our bereavement professionals, in either individual or group sessions.

Cornerstone also offers Palliative care for people with serious illness. This is a more recent specialized track of medical care that focuses on providing relief from symptoms of pain and stress from a seriously chronic illness. "The palliative care goal is always to find a way to improve the patient's quality of life," said spokesman Garry Mac. "It is not unusual for a palliative patient to, somewhere down the road, transition to hospice, but that is not always the case."

In this month with increased focus on hospice care, Cornerstone leadership wants to stress the importance of what is called Advanced Care Planning. Meaning: making sure your family knows what you want and expect at the end of life. There are many resources available through 'The Conversation Project', the 'Five Wishes' website or any number of others. "It is important to share, with

your loved ones, how you want to be cared for on that most precious part of your journey" said Lee. "And telling them now does everyone in the family a big favor."

Cornerstone began 37 years ago this month as a very local hospice in Lake County. Over the years, as their reputation for quality hospice care spread, they branched out and now serve seven counties across Central Florida. (Lake, Polk, Sumter, Orange, Osceola, Hardee and Highlands. If the doctor recommends hospice care, you should ask for Cornerstone by name.

For you to learn much more about Cornerstone Hospice and Palliative Care their website is [www.Cornerstonehospice.org](http://www.Cornerstonehospice.org).

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

Uzoma Nwaubani, MD, FACOG, FPMRS

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

## Vaginal & Vulvar Atrophy

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

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

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

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

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



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

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

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

## Uzoma K. Nwaubani, MD

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

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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.

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

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

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# Hearing Loss Linked to Alzheimer's Disease

**N**ovember is National Alzheimer's Disease Awareness Month. Hearing loss is connected to a number of other health conditions. Several studies have indicated a link between it and cognitive decline, dementia, and Alzheimer's disease.

Arthur Wingfield, who teaches Neuroscience at Brandeis University, has been studying cognitive aging and the link between memory and hearing. Wingfield's research has shown that untreated hearing loss can lead to an increased amount of stress and poorer performance when it comes to memory tests.

"Even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly," said Wingfield. "You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory." This suggests that when your brain has to put in more effort to properly process and make sense of auditory information, your ability to retain that information may suffer.

A number of studies have also come out showing a link between hearing loss and dementia. In a 2011 study conducted by Frank Lin, an otologist and epidemiologist at Johns Hopkins University, and his colleagues' indicated that seniors with hearing loss are more likely to develop forms of dementia over time than individuals with normal hearing. And in 2013 they found that "hearing loss is independently associated with the accelerated cognitive decline and incident impairment in community-dwelling older adults." Which means that hearing loss, independent of other causes and contributors, was found to put people at greater risk of cognitive impairment.

Some experts believe that treating hearing loss with professionally fitted hearing aids could help delay dementia. Unfortunately, for many different reasons, a majority of individuals don't seek treatment or tend to delay getting hearing aids for many years.

## HOW HEARING AIDS SUPPORT HEALTHY BRAINS

Although research into the causal link between hearing loss and different forms of dementia is ongoing, a few studies suggest that keeping mentally active through social connections or other intellectual stimulation may lower the risk of cognitive decline and Alzheimer's disease. Some ways to stay cognitively active and keep your brain healthy include:

**Staying socially engaged:** There are many benefits of being socially active, like reducing the risk of dementia and depression. Volunteering, joining a club, or just interacting with friends and family can keep your brain active and keep your mind sharp.

**Maintaining a healthy diet:** A diet that consists of vegetables, fruits, and whole grains while being low in fat and added sugar can keep your brain cells healthy and reduce the risk of chronic diseases, like obesity and cardiovascular disease. Eating foods with certain nutrients can help improve memory and slow down cognitive decline.

**Getting regular exercise:** A number of studies have found an association between physical activity and a reduced risk of cognitive decline. Participating in activities like walking, dancing, or swimming can help lower blood pressure, reduce mental stress, and increase blood flow to the brain, which all helps with the prevention of Alzheimer's.

Sources:  
<https://www.signiousa.com/blog/hearing-loss-linked-alzheimers-disease/>

**Stimulating your brain:** Activities that are mentally stimulating help keep your brain healthy and have been shown to reduce the risk of dementia in seniors by as much as 75 percent. Simple ways to stimulate your mind include reading, word puzzles, and crafts.

The impact of untreated hearing loss shouldn't be ignored. It causes emotional and physical difficulties that reduce your ability to fully enjoy life. Addressing hearing loss by seeing a hearing care professional, and if needed, getting fitted with hearing aids, is one important, proactive step you can take to ensure your long-term physical and mental health.

Contact Premear Hearing today to find out more about your options to improve your hearing or to upgrade your hearing devices.

**Premear Hearing Clinics:** Our family continues to provide you with quality hearing products and excellent customer service. We also offer FREE 30 Day Trials, FREE Lifetime Servicing, FREE Repairs for any hearing aid from any manufacturer, and provide Financing options to fit your budget with 0% interest to you. We also accept many insurance plans. At Premear Hearing it is our goal to better your hearing and your quality of life.

Proud to be voted *Ocala Star Banner's Best of the Best* "BEST HEARING AID CENTER" 3 YEARS IN A ROW. 2018, 2019, 2020. Thank you Ocala!

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# CAN REGENERATIVE MEDICINE RELIEVE YOUR SHOULDER PAIN?

By Physicians Rehabilitation

If you suffer from shoulder pain due to injury, degeneration or disease, you know that most physicians will tell you there are two options, medications such as narcotics, or steroids (which are addictive and risky), or surgery, which is often unnecessary. While surgery may be needed with severe cases, it is permanent, and it often fails to relieve the underlying cause.

The purpose of Regenerative medicine is it to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality. When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative Medicine should be the first recommendation, and in many cases it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with shoulder conditions, physical therapy is also extremely beneficial as an add on treatment.

## What causes shoulder pain?

- Degenerative disorders (osteoarthritis and rheumatoid arthritis)
- Inflammation
- Trauma
- Cartilage and/or tendon tears
- Muscle tears or sprains
- Rotator cuff injuries
- Frozen/ Impinged shoulder
- Dislocated shoulder

The shoulder is made up of three bones, the humerus (arm), scapula (upper back), and the clavicle (collarbone). The glenoid socket houses the upper ball of the humerus bone and the central joint that connects everything together is the AC or acromioclavicular. And just like with any articulating joint it has synovial sacks (bursas) with synovial fluid and cartilage, which allow for a smooth, gliding functionality of the bones within a joint.

**AT PHYSICIANS REHABILITATION THE TWO PRIMARY REGENERATIVE MEDICAL THERAPEUTICS FOR SHOULDER DISORDERS ARE VISCOSUPPLEMENTATION AND PLATELET RICH PLASMA (PRP) THERAPIES.**

Often times with shoulder conditions such as osteoarthritis, the synovial fluid and cartilage become damaged and degenerate to where there many not be any at all.

## Viscosupplementation

Viscosupplementation is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is a high concentration of Hyaluronic Acid (HA) and is used to help protect the joint, act as a cushion and protector against damage and most importantly acts as a lubricant to enable smooth function of the joint. As you age, your body supplements with less Hyaluronic Acid (synovial fluid) and an increasingly less viscous Hyaluronic Acid replaces your thick and very well lubricating HA. This lack of fluid creates dried out joints which leads to cartilage, tissue, muscle, and bone breakdown – leading to Osteoarthritis and making it easier to have tissue and muscle damage within and around the joint.

The procedure can be done in our office and only takes a few minutes. After locally numbing your shoulder, the procedure is monitored under a fluoroscopic image, which is a live X-ray. This allows us to see the inside of your joint while it is in motion and during the injection process. Using the fluoroscope the practitioner will have the ability to see exactly where the Hyaluronic Acid is being placed to make sure it is in the joint space – because if it is not, it will do NO GOOD! You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

**Another issue with shoulder conditions is soft tissue, tendon, cartilage, and muscle damage. PRP can help to heal damaged tissue and also regenerate the injured cells while recruiting more new repairing cells and stem cells to repair at a much faster rate.**

## PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing by spiking your bodies natural ability to heal by using your own growth factors and proteins in your blood!



855-276-5989

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

Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

## How Does PRP Therapy Work?

To prepare the PRP injection, blood is drawn from the patient (only 10cc/1 tube per injection) and is spun in a centrifuge so that it is separated into its four components: red blood cells, white blood cells, platelets and plasma. At that point, the Platelet Rich Plasma layer is removed from the top layer and prepared for injection. This forms a solution of plasma containing platelets, growth factors, growth hormones, cytokines and proteins for healing - which is then injected into and around the point of injury, jumpstarting and significantly strengthening and boosting the body's natural healing cascade. PRP uses the patient's own blood thereby eliminating any chance of rejection response and greatly minimizes the likelihood of infection.

## PATIENT TESTIMONIALS

*"I was thinking about buying a shoulder brace when I came there. After 2 month I was back to playing Pickle Ball. Excellent people working there and excellent help. Thank you so much." — Greta*

*"Today, I had full shoulder rotation for the first time in more than a year! I had the PRP treatment done three weeks ago now...for the first time in MORE THAN A YEAR, I was able to throw a softball and I'm SO thrilled. Pickleball, softball, LIVING, here I come!!! " —Leslie*

## Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient. Our clinical care providers are able to employ a wide variety of physical modalities by utilizing state-of-the-art tools.

Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.

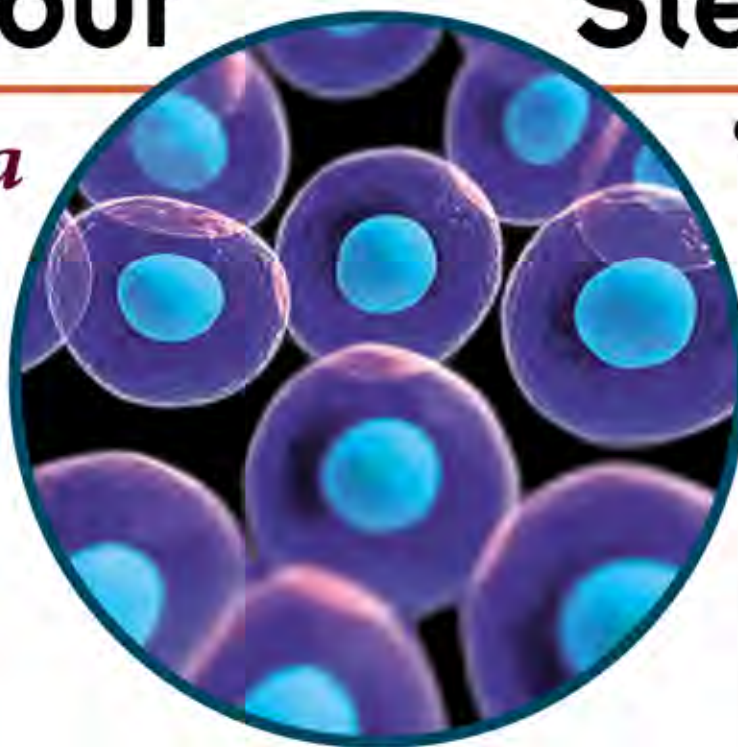
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Christine Meiner, M.Sc.

“Stem cells have been proven to help your body treat, beat, and even heal some of our most chronic health conditions and life-threatening injuries. These powerful healing cells miraculously mold themselves to heal your body on a cellular level. The advancements in stem-cell therapy in the past two decades are completely rewriting what we think we know about human healing and the power of our own body to eradicate illness, injury and chronic conditions.”

**A**dult stem cells play a critical role in our overall health and longevity. In 2006 the *New England Journal of Medicine* stated that the number one indicator of wellness is directly correlated to the number of adult stem cells in the blood stream.

What are stem cells? They are cells with the potential to develop into any kind of cell needed. They have the incredible ability to heal and repair any organ or tissue. All stem cells share at least these two characteristics: they can make identical copies of themselves and, unlike other cells, either self-renew as stem cells or differentiate into other kinds of cells.

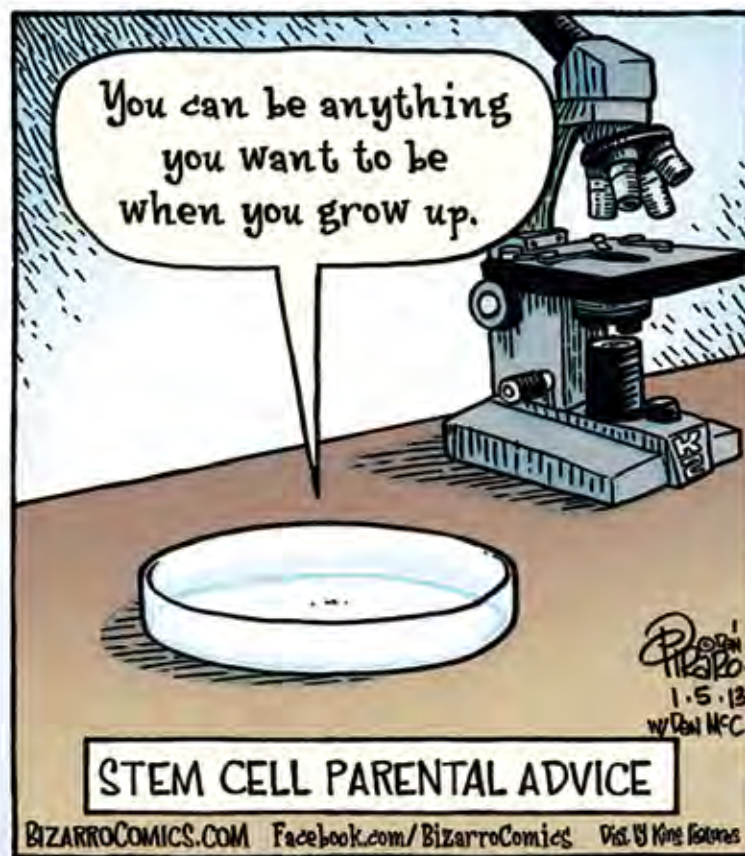
While our need for adult stem cells increases dramatically as we age, the older we get, the fewer of these are released into our bloodstream. A teenager has approximately 100 trillion cells in the body of which about one billion are circulating adult stem cells.

- At age 30 this number has dropped to 400 million (a 60% reduction)
- At age 50 this number has dropped to 250 million (a 75% reduction)
- At age 60 this number has dropped to 100 million (a 90% reduction)
- At age 80 this number has dropped to 50 million (a 95% reduction)

Scientific and clinical research from around the world, over 6,400 studies, consistently show that adult stem cells can help combat almost any condition caused by the damage to the body's cells by injury or aging.

### —The Healing Miracle: The Truth About Stem Cells

**T**here are hundreds of stemcell therapy clinics worldwide and over 500 in the US. These clinics offer interventions for sports injuries along with various conditions like autism, multiple sclerosis, COPD, cancer, and Alzheimer's disease. As with other medical procedures, the results vary greatly. Stemcell therapy is still considered experimental and may not be covered by insurance. Increasing the number of circulating adult stem cells has the potential to regenerate areas in the body already damaged. Whether we have had an injury, illness, or are experiencing signs of aging, stem-cell activation can quickly transform our quality of life. Stem-cell therapy can be considered a regenerative therapy—rewinding our biological clock.



For More Information Contact Dr. Pamela Lewin at 352-208-3151



# Diabetic Neuropathy:

## How Physical Therapy Can Help

**R**oughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

### Peripheral Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers



Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of peripheral diabetic neuropathy. Physical medicine provides alternative therapeutic and rehabilitating procedures that can offer significant pain relief and limit drug dependency. Physical therapy helps with balance and can reduce the risk of falls.

**When you have diabetic neuropathy, your feet and legs can feel so numb that you may trip, fall and injure yourself just by trying to get through normal daily activities. This can be dangerous for obvious reasons. Along with dietary changes, orthopedic shoes and compression stockings, physical therapy can help.**



### Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Massage therapy
- Electrical nerve stimulation
- Help with daily tasks & Living
- Cold laser treatment

Patient & Occupational 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, and mobility 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 & Occupational therapy.

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

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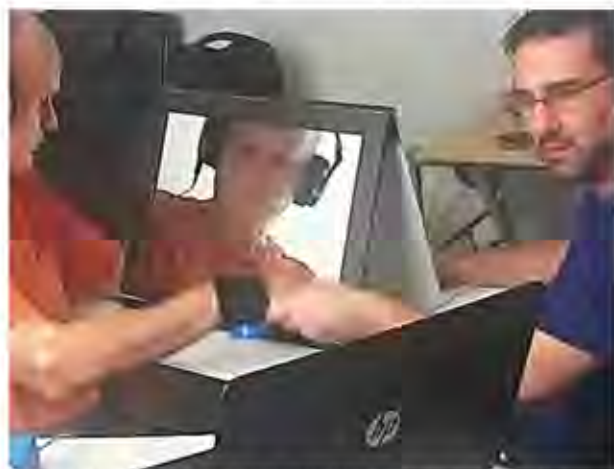
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# WHAT IS FUNCTIONAL NEUROLOGY?

By Alexander C. Frank, DC, DACNB, FABES

"Your brain knows what YOUR senses tell it." Breakthroughs in clinical neuroscience have revealed that the brain is able to change and learn throughout one's entire life, including after an injury or disease process. This ability of the brain to change in structure and function is referred to as neuroplasticity. Dr. Frank applies his extensive knowledge of human anatomy and physiology to utilize drug-free treatments that drive the process of neuroplasticity. In layman's terms, his treatments "up-grade the software [brain, nervous system] to improve the hardware [muscles, etc.] output/function".



ONE TO ONE ADVANCED NEUROLOGICAL REHABILITATION

## How Functional Neurology Differs

Although its applications have been practiced for generations, functional neurology as a health care discipline is a relatively new concept. In recent years it has gained significant momentum and wide acceptance as a proactive brain performance strategy and a powerful treatment option for disorders of the nervous system. The practice of functional neurology spans multiple disciplines, including chiropractic, psychology, conventional medicine, optometry, audiology, and physical and occupational therapies.

The key difference between Dr. Frank and a medical neurologist lies primarily in their approaches to treatment. A medical neurologist is focused on the diagnosis of structural pathology and utilizes pharmaceutical and surgical interventions to treat disease—Dr. Frank views his clients as diamonds, evaluating all facets of their health. Once the root cause(s) [suspects] of their health issues are identified, treatment plans can be tailored to that individual's needs.

Dr. Frank underwent both doctoral (chiropractic college) and post-graduate (chiropractic neurology) training, along with completing a 2-year internship with one of the top Functional Neurologists in the world, as part of a rigorous certification process. The intensive training undertaken ensures a higher level of clinical efficacy proficiency.

DO NOT ACCEPT "LEARN TO LIVE WITH IT".  
THE BRAIN CAN CHANGE!



As an artist or chef uses many tools to bring their inspirations to life, Dr. Frank has a virtually unlimited arsenal of cutting-edge treatments and technologies in order to benefit the needs of any individual. Anything that can be used to stimulate the nervous system (e.g., vision, sound, smell, movement, balance, etc.) can be used as a method of neurological modulation (e.g., Drug-Free) therapy. These modalities are directed by some of the most advanced and clinically reliable assessments available today. Programs are supported by Functional Medicine approaches where metabolic function is assessed and improved with specific diet and nutritional interventions.

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Dr. Frank has worked with a broad spectrum of patients: from brain-injured premature infants to Senior Olympic Centurions. Any brain can benefit from evaluation and training with Dr. Frank: Whether you are burdened with a chronic condition that you have been told to "learn to live with," have a child with developmental issues, are facing age-related memory loss and cognitive decline, have vertigo/dizziness or are looking to elevate your current level of academic, or athletic performance, Dr. Frank's brilliant insight and cutting-edge tools can help you or a loved one to meet and exceed health care goals and/or improve quality of life.



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## 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 techniques,

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 is the only Board Certified Chiropractic Neurologist in the North Central Florida area. He also holds a fellowship in Electrodiagnostic Specialties. Current course works includes Fellowship studies in Traumatic Brain Injury Rehabilitation, Vestibular and Concussion Rehabilitation, Childhood Developmental Disorders, and more.

Dr. Frank graduated Cum Laude from Life Chiropractic College West. He has interned and trained with the top chiropractic neurologists and functional medicine specialists in the world, in order to manage the most complicated of health issues.

Dr. Frank's comprehensive evaluations assess for the root cause(s) of his clients health issues. Treatment plans are then tailored to an individual's specific needs. In addition, Dr. Frank utilizes the most cutting-edge diagnostics and rehabilitation technologies. The Dx100 Video Oculography (eye tracking) systems helps to detect traumatic brain injury (concussion), dizziness, and other issues. The RightEye system assess for reading proficiency, along with other eye tracking issues that can impair both academic and athletic performance.

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.

To Schedule your appointment with Dr. Frank,  
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# What Does Your Prediabetes Diagnosis Suggest?

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

**W**hat does one find searching the Internet to explain prediabetes? According to WebMD.com, prediabetes is when your blood sugar level is higher than it should be but not high enough to be diagnosed with diabetes. It may be referred to as impaired fasting glucose or impaired glucose tolerance.

In terms of lab results, a diagnosis of prediabetes is when your A1c is between 5.7% to 6.4% and/or fasting glucose is over 99 mg/dL compared to a diagnosis of type 2 diabetes when your A1c is 6.5% and above.

For many patients, the difference between these diagnoses can be confusing, leaving patients unsure of how to move forward.

What is the difference between a prediabetes diet and a type 2 diabetes diet?

Should your exercise program be different?

Is medication different?

Catching disease at the earliest possible time is of course, always preferred. What if prediabetes is not the early indication of being on the path to type 2 diabetes?

Prediabetes indicates you already have a metabolic impairment, therefore, it begs the question, does it suggest this is actually the early stage or stage one of type 2 diabetes?

Now thinking of prediabetes as the disease, type 2 diabetes, does that change your view of when to start taking action to slow or reverse the progression of this disease? It is my view, that you either have or do not have a disease. Yet, there can be warnings when your system is not functioning at an optimal level.

That warning is insulin resistance. It is a metabolic impairment that can begin prior to a prediabetes diagnosis.

Insulin resistance is when the cells in your muscles, fat, and liver do not respond well to insulin. When that begins to happen, your cells cannot effectively take glucose from your bloodstream. Insulin is a hormone that acts like a key to your cells. Like having the key to your front door.

No one can enter without that key.

Your system is so smart that it realizes there is an issue when glucose stays in your bloodstream. So, your pancreas steps up and produces more insulin to help get that glucose into your cells.

Over time, your cells continue to become resistant to insulin as your pancreas works to continue to produce more and more.

In the beginning stages of insulin resistance, your A1c test result may even be in the non-diabetic range of less than 5.7%.

The A1c test is a wonderful guide in showing your average glucose over a three to four-month period. However, it is not the right test to tell you about insulin resistance.

A simple blood test for insulin is available. Although, there are warning signs that your body will share with you to indicate insulin resistance may be an issue:

- **Weight gain.** It sounds so basic doesn't it? But yes, it can be that simple of a sign. You are gaining weight.

- **Hypertension,** that is when your blood pressure is increasing. High insulin levels, hyperinsulinemia, raises blood pressure by decreasing sodium and water excretion in the kidneys and constricts the blood vessels. (The opposite can happen if you have high blood pressure, that can cause or add to insulin resistance.)

- **High triglycerides.** When your system cannot effectively store the carbohydrates that you are consuming, those carbs convert into triglycerides.

Unfortunately, because so many people are medicated with statins, you really don't know how your health is being impacted. Your triglycerides may be normal due to your statin, therefore, you may assume your diet is fine, however it may not be. If your triglycerides are not in normal range while on a statin, a blood test for insulin resistance may be considered.

- **Skin tags.** You can get skin tags for several reasons, but it can also be a sign of insulin resistance. Even if your A1c is below 5.7%.

Over time, high insulin can cause inflammation. With insulin resistance in our adipose tissue, which stores fat, it leads to inflammation. High insulin levels indicate your pancreas is working harder and faltering leaving you with high glucose levels. These are the common issues for those with the eventual diagnosis of type 2 diabetes.

By looking for the warning signs of insulin resistance rather than prediabetes, we can have a greater effect in decreasing the number of patients that have to hear the diagnosis of type 2 diabetes.

It may be time to ask the question, "Is prediabetes or insulin resistance the real precursor to type 2 diabetes?"

To hear more on this and other diabetes discussions, tune in to The Virgin Diabetic Podcast available on Spotify, Stitcher, iTunes, and Tuneln.

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# Interleukin-6: The Inflammation Marker You Need to Know

By Bo Martinsen, MD

**B**y now, most people have learned that surviving COVID-19 often comes down to having a well-performing immune system. But how do you know if your immune system is in good shape?

New research shows that interleukin levels may be one of the strongest predictors of future health outcomes, including for COVID-19 patients. This article aims to provide a simplified explanation of what interleukin-6 does – and what factors can reduce high levels of interleukin-6 in the body.

## What Are Interleukins?

Interleukins are cell proteins that are heavily involved in controlling our immune system. Having too many – or too few – of these interleukins is equally bad and puts us at risk. These immune system markers can be measured (typically through blood or saliva tests) in order to get a better indication of our bodies' readiness to fight infections and diseases.

While there are many different interleukins, let's focus on interleukin-6 (IL-6), which has been rigorously researched since its discovery over 30 years ago.

## What Does Interleukin-6 Do?

IL-6 has been described as a sort of "Dr. Jekyll and Mr. Hyde" molecule, with both pro-inflammatory and anti-inflammatory functions.

Because of its dual role, some conditions – like immunodeficiency – are characterized by too low levels of IL-6. In the majority of cases, however, people suffer from having too high levels.

High IL-6 is strongly associated with chronic inflammation and most pro-inflammatory diseases, including obesity, arthritis, and cancers. For this reason, IL-6 is typically used as an inflammation marker. While IL-6 will not give you a specific diagnosis of what's wrong, you can think of it as an alarm bell.

## A Predictor of Early Death

High IL-6 levels are a strong predictor of all-cause early mortality in older adults. Particularly, if a patient's IL-6 levels do not go down during treatment for cancer or severe infections, it is an ominous sign as to the patient's outcome.

This pattern holds true for COVID-19 patients as well. In studies, patients who were classified as "critically ill" with COVID-19 had higher IL-6 levels at the start of their illness, and their levels continued to rise (rather than decrease) despite treatment.



## Ways to Decrease Interleukin-6 Levels

As mentioned above, almost all pro-inflammatory conditions are characterized by increased IL-6. So how can we reduce IL-6 levels?

As it turns out, many common wellness strategies can make a significant difference, including:

### 1. Getting Good Quality Sleep

It's no surprise that getting a good night's rest is important for maintaining normal IL-6 levels. A meta-analysis of 72 studies found that sleep disturbances were associated with higher IL-6 levels.

Sleeping poorly is typically related with lower production of the "sleep hormone" melatonin. But for those who do not sleep well, a sizable body of research has also documented that melatonin supplementation can reduce IL-6. Indeed, some studies found that IL-6 levels dropped with as much as 34% after high dose melatonin supplementation.

### 2. Eating a Nutrient-Dense Diet

Eating fast foods made with processed ingredients and loaded with sugar is associated with high IL-6. On the other hand, studies show that people who adhere to a Mediterranean diet – rich in fibers and polyphenols from nuts, legumes, fruits and vegetables – typically have lower IL-6 levels.

Consuming enough probiotics and seafood also has a significant beneficial effect.

### 3. Exercising Regularly

It's important for the body to generate enough IL-6 for the right occasions. After exercise, for instance, the body produces more IL-6 to help maintain energy and repair any muscle damage. This is generally a positive thing.

While acute spikes in IL-6 is normal, having chronically high levels becomes problematic. Research shows that those who are less physically active have higher IL-6 levels than disciplined exercisers. In addition, researchers have also found that regular exercise, combined with eating a low calorie diet, significantly decreases IL-6 levels.

## 4. Taking Enough Omega-3s

As mentioned above, eating more seafood is associated with lower IL-6 levels. In addition, research consistently shows that taking omega-3 supplements helps reduce IL-6 levels too. Consider one 2018 study, which found that taking 2500 mg of EPA/DHA daily reduced IL-6 levels by 22% over 8 weeks.

Omega-3 supplementation appears to be so effective for reducing IL-6 that three recent systematic reviews called it "one of the most promising treatments targeting inflammation in older adults."

Getting an effective omega-3 dose, however, is important. Studies have found that people typically need more than 2000 mg of EPA/DHA per day to reduce the production of proinflammatory interleukins. In addition, higher EPA/DHA doses may be necessary to reduce levels of proinflammatory interleukins in obese individuals.

For the full article and references, please visit:  
<https://omega3innovations.com/blog/interleukin-6-the-inflammation-marker-you-need-to-know/>

## 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 fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for 20 years.



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# Cannabis & Coronavirus

**Covid-19** has slowly spread its way into the lives of almost every person starting with financial distress and ending in the constant fear of carrying on with everyone's daily routine. These strange times have called for unorthodox measures to be taken in order to flatten the curve of the spread such as work from home, telemedicine, and other contact free options of their previous counterpart. As such, the Florida Department of Health has now temporarily allowed patients to re-certify their marijuana prescriptions over the phone up until April 15th, giving them an alternative to the typical doctor office visit. The clinical side of the industry isn't the only side taking preventative measures; dispensaries are now doing minimal contact purchases as well as ramping up the delivery sector to protect patients especially for those who are immuno-compromised.

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all.



This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus.

Regardless, as we all go through the unknowns of this novel coronavirus, let's continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).

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# WHY DO SO MANY PATIENTS TRUST COMPTON CHIROPRACTIC CARE? THEIR STORIES MIGHT HELP YOU!

By Compton Chiropractic Care

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

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

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

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

## Patient Testimonials

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

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

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

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

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

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

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

If you have pain, or other immobility issues, call Compton Chiropractic Care Today and discover how so many others, just like you are finding long term relief without drugs and without surgery!

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# HOW TO AVOID HOLIDAY HEARTBURN

By Karina Hammer

**T**he holidays are around the corner and with all the over-indulging and overeating, this can be a time of pain and discomfort.

Are you tired of being in pain after every meal?

Is acid reflux keeping you up at night?

Are you waking up with heartburn more than 2 days a week?

Do you think that stomach pain is a normal part of life?

## **This is not normal and you can Heal Your Gut!**

It is crucial to understand that **any** amount of acid in the esophagus is going to cause problems. That's because its delicate lining isn't protected against acid like the stomach lining is. This irritates the vocal cords, causing inflammation, swelling and vocal problems. Acid reflux can damage your vocal cords and change your voice, negatively affecting vocal quality and performance.



Too often western medicine focuses on **suppressing symptoms** without paying attention to what is causing the symptom in the first place. Acid-suppressing drugs can make your heartburn worse, along with causing other serious side effects.

**If you're suffering from the constant annoying pain of heartburn, try these four simple tips to get immediate relief!**

1. Chew your food completely
2. Eliminate the foods that trigger heartburn or acid reflux

*Food and drinks that commonly trigger heartburn include:*

- alcohol, particularly red wine.
- black pepper, garlic, raw onions, and other spicy foods.
- chocolate.
- citrus fruits and products, such as oranges and orange juice.
- coffee and caffeinated drinks, including tea and soda.
- peppermint.
- tomatoes.

3. Drink 8oz of water with apple cider vinegar, Manuka honey and ginger

4. Stop eating 3 hours before bedtime

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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.

*Village Sleep Dentistry*  
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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!



# 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.

## PATRICK L. SMITH, Attorney At Law Joseph F. Pippen, Jr. & Associates

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# Fix DEPRESSION Fast with IV Ketamine

By Eric Milbrandt, MD, MPH

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

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

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

## Ketamine – an old drug with a new use

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

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



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

## Ketamine infusion – what to expect

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

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

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

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

## Conclusion

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



THE INFUSION CLINIC  
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*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.*



## What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfilment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfilment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything.

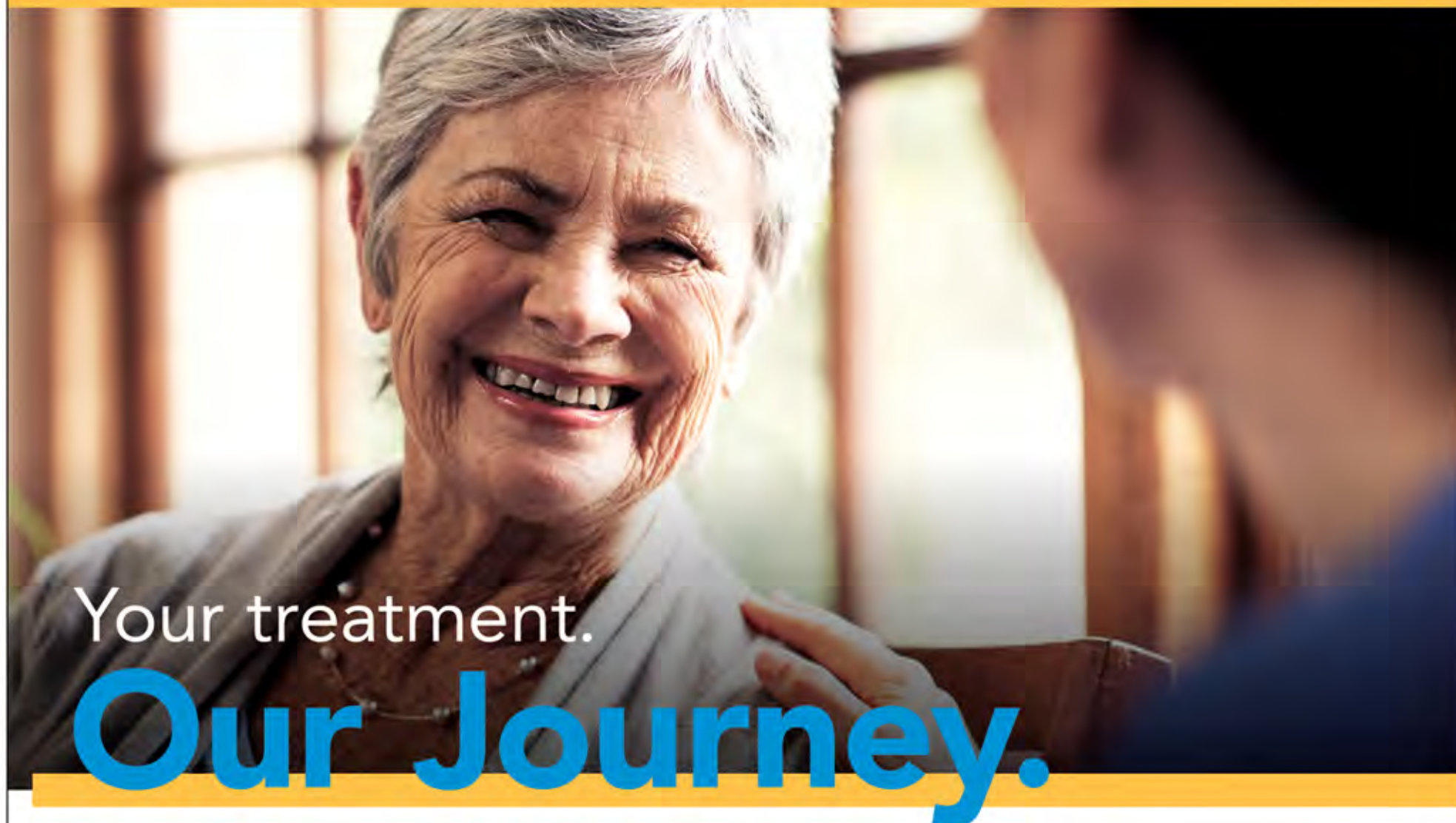


The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "... I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



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