

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

December 2020

Lake/Sumter Edition - Monthly

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**HOPE FOR THE
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FOR THE HOLIDAYS

**TIPS TO STAY
ACTIVE & TAKE
THE APPROPRIATE
PRECAUTIONS**

THIS HOLIDAY SEASON

**THE HOLIDAY
SEASON IS
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WHAT THIS MEANS
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Uzoma K. Nwaubani, MD
FACOG, FPPMRS

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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:
"Do veins require treatment?" and "What treatment is best?"

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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



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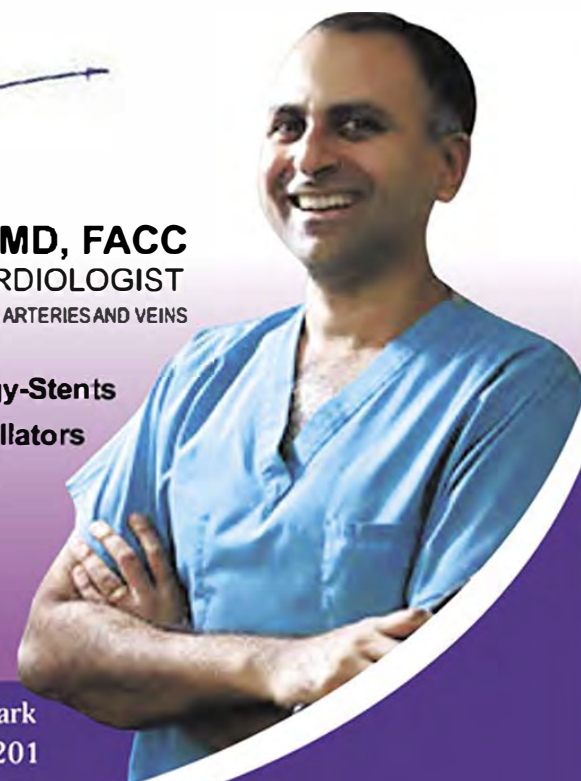
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And that's how I treat it.

When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.

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Vision Correction Procedures

If you're looking to reduce or perhaps eliminate your dependence on prescription lenses, consider vision correction options from Lake Eye. Lake Eye offers a range of procedures that can deliver clear, 20/20 vision to nearly everyone, regardless of age or vision problems. These safe, proven procedures can correct refractive disorders including nearsightedness (myopia), farsightedness (hyperopia) and abnormal curvature of the eye (astigmatism), reducing and in some cases eliminating the need for glasses and contacts.



iLASIK - For Clarity Without Limitations

LASIK vision correction surgery has been around for decades and has provided clear, crisp vision to 10 million Americans and counting. iLASIK presents the latest and most advanced version, including revolutionary iDesign eye-mapping technology, which creates a customized map of the eye that is 25 times more precise than standard measurements, and the exactitude of the femtosecond laser, for vision correction that is 100% blade-free. iLASIK is safe, takes only minutes to perform, creates minimal downtime and provides amazing improvements many notice the very same day.

Lake Eye's Board Certified ophthalmologist Dr. Vinay Gutti is the first local eye surgeon to be qualified to perform iLASIK, making Lake Eye the smart choice for iLASIK vision correction.

Photorefractive Keratectomy (PRK) - An Effective Alternative to LASIK

Certain conditions like chronic dry eye and thin corneas can preclude LASIK as a choice for vision correction surgery. For many, photorefractive keratectomy, or PRK, is a viable



option. PRK is a laser eye surgery that treats refractive vision errors by correcting the shape of the cornea. FDA-approved since 1995, PRK was the original laser refractive eye surgery, in use years before LASIK.

PRK optimizes the shape of the cornea, improving light refraction and correcting refractive errors so effectively that 97% of people achieve 20/20 vision or better within a year following surgery, mirroring the effectiveness of LASIK. Healing from PRK surgery takes the eye, it is considered optimal to be at least longer than LASIK, and vision may fluctuate during the first few weeks, but will stabilize enough to provide dramatic improvement that will get even better over time.

PRK doesn't involve creating a flap in the cornea, so it may be a better choice for people whose lives include rigorous athletic or physical demands, or an increased risk of eye injury. PRK is also an option for cataract patients with certain intraocular lens implants whose vision requires additional refinement.

PRK may be suitable for people who are 18 and older, though due to possible changes in 21. Patients should have healthy corneas and good overall eye health, a refractive error that can be improved with PRK, and no change in vision during the previous year.

Certain eye and general health conditions, including corneal diseases or abrasions, advanced glaucoma, uncontrolled diabetes and other problems may prevent candidacy for PRK. Your Lake Eye doctor will be able to assess your candidacy for PRK.

Refractive Lens Exchange - Vision Correction Beyond the Ordinary

People with problems like age-related near vision loss (presbyopia) and/or severe farsightedness (hyperopia) are often told that LASIK, PRK or implantable lenses may not be suitable for them. That doesn't mean they're out of options. Refractive lens exchange, or RLE, is a procedure in which your surgeon replaces your eye's natural lens with a custom-selected intraocular lens (IOL) designed to correct your specific vision problems and create clear, crisp vision. IOL types include monofocal, multifocal and accommodating. The IOL you and your surgeon select will depend on your condition and goals.

RLE can provide dramatic improvement in even serious cases of presbyopia, moderate to severe hyperopia, or both. Until RLE, people with both conditions were generally out of options other than powerful prescription lenses, but RLE provides new possibilities to restore clear vision at all distances.

RLE is designed for people 40-50 and older with nearsightedness, farsightedness and/or astigmatism, and can also treat dysfunctional lens syndrome, which is an early clouding of the lens, common in people ages 50+.

The procedure typically takes about 10 minutes per eye. Vision usually improves immediately and continues to stabilize within a few days. Everyday activities like driving are usually resumed in about a week.

No matter what your age or vision challenges, Lake Eye has options for nearly everyone. To discover safe alternatives to the hassle, inconvenience and limitations glasses, contact Lake Eye today.





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Celebrate clear, cloud-free vision with the latest technology available in laser cataract surgery from Lake Eye. Dr. Wehrly, Dr. Holman and Dr. Gutti specialize in fast, safe, customized laser cataract removal and IOL replacement, for brilliant vision for years to come.

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The Holiday Season is Stressful: What This Means for Your Heart Health

The Holiday season is upon us, and with all of the festivities, we should consider that this time of year can actually put a great deal of stress on our hearts. Heart disease is still the leading cause of death in both men and women, and during the holidays, it's essential to better understand and implement heart health and risk prevention.

Did you Know that Heart Attack Risks Increase Around this Season?

The risk of heart attack increases substantially during and after the holidays. The term "post-holiday heart attack" is a condition that is well-known by medical professionals. We are busier than ever during and after the holiday season. With parties, gift shopping, community events, and family gatherings, our stress levels are quite often through the roof. Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, and the fact that most of us overindulge during this time of year. For example, we're overeating, eating the wrong foods, like excessively salty and fatty fare, or we're drinking too much alcohol.

When we overeat, it can raise our cholesterol levels, and when we drink too much alcohol, it can cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical stimulations in your heart, and you may experience a dangerously high heart rate. Taking the time to make wise decisions can be the straw that allows for a happy holiday or an unfortunate one.

Keeping Your Heart Healthy Through the Holidays

- Avoid excessive alcohol consumption
- Cut down on stress levels
- Eat a healthy diet
- Exercise multiple times per week
- Get physical examinations and regular checkups recommendations
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Stop smoking
- Learn to say no/too many activities can lead to undue anxiety



Diet

Eating a healthy diet is strongly recommended for many health benefits, but in terms of keeping our hearts ticking along, a diet low in saturated fat, high in vegetables and fruits, legumes, healthy oils like olive oil and avocado is critical. Also, consuming less unhealthy carbohydrates and more low-fat proteins like fish and poultry are crucial. If you have high blood pressure, minimizing salt is also highly significant. Instead of salt, try substituting with lemon or spices and herbs.

Stay Active

Carve out time to exercise. It's recommended that we get 2.5 hours of moderate exercise weekly or 1.5 hours of active cardiovascular training per week. It's okay to do a combination of the two, by walking one day for 20 minutes and sprinting the next for 30. No matter what you decide, you should always consult your physician before embarking on any workout plan. Along with cardiovascular uptake, exercise helps to increase the oxygen in our blood, and this is relevant to our overall heart health.

Stop the Cycle of Harmful Habits

If you smoke, stop now. Smoking causes an array of adverse health effects, including increasing plaque buildup in our arteries, raising bad cholesterol, decreasing good cholesterol, and damages the vessel walls, to name a few. If you smoke, your chances of a heart attack are incredibly high; smoking causes 6 million deaths per year. Talk to your physician about a specific smoking cessation plan for you. This holds true for any drug addictions that you may have. Do not wait; get help today and enjoy this holiday season with friends and family in a healthy state.

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It's your heart.
It should be
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Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

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

Include Good Nutrition in Your *Holiday* Meal Planning

During this time of the COVID-19 pandemic, boosting your immunity is more important than ever. According to the Centers for Disease Control (CDC), people who have a well-balanced, nutritious diet tend to be healthier and have a stronger immune system with a lower risk of chronic illnesses and infectious diseases. Studies have even shown that a healthy diet can reduce your risk for some types of cancer.

WHAT FACTORS CAN AFFECT OUR IMMUNE SYSTEM?

There are a number of factors that can have a negative impact on our immune system, including aging, lifestyle choices, such as smoking and excessive alcohol, stress, chronic disease and poor diet. Some factors, such as aging, are beyond our control; however, when it comes to proper nutrition, we can make positive choices that will help boost immunity.

As we age, our immune system can become less effective; in many cases, this decline is worsened by poor nutrition. Research has also shown that a poor diet can result in obesity and actually increase one's risk for disease or chronic illness. Conversely, eating a variety of fresh, unprocessed, plant-based foods provides the vitamins, minerals, proteins and antioxidants your body needs to keep your immune system functioning at its highest level. Drinking enough water and cutting down on or avoiding sugar, fat and salt significantly lowers your risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

CAN I STILL EAT THE FOODS I LOVE - ESPECIALLY OVER THE HOLIDAYS?

Florida Cancer Specialists (FCS) has a team of 12 registered dietitians, all of whom have the CSO (Certified Specialist in Oncology Nutrition) certification, and who provide education, support and nutritional counseling for cancer patients, including how to adapt favorite family recipes to make them more healthy. They offer the following tips for healthy holidays:

- Drink 8-10 glasses of water every day. Water is not only essential; it also helps you feel fuller. Often, if you are hankering for a snack, drinking a glass of water will quell or delay cravings.

- Eat fresh, unprocessed foods every day. These include fruits, vegetables, legumes (lentils, beans), nuts and whole grains.

- Raw vegetables are great for snacks or holiday parties, and, if you just must have a dip, consider using hummus, guacamole or a dip made from low-fat yogurt, lentils, white beans or even nuts. You can find lots of great recipes on the Internet.

- Choose white meat and fish, which are generally lower in fat than red meat.

- Avoid trans fats, which are often found in processed food, fast food, fried food, frozen food, pies, cookies, etc.

- Eat less salt and sugar; choose healthy snacks such as fresh fruits and vegetables.

You can also adapt your favorite holiday recipes by substituting healthier choices for the recipe ingredients.

HERE ARE SOME IDEAS TO GET YOU STARTED:

- Cream of Wild Rice Soup - Substitute blended white beans, instead of heavy cream, to provide thickness.

- Sweet Potato Casserole - Instead of canned sweet potatoes and marshmallows, use fresh sweet potatoes and honey with a touch of brown sugar and cinnamon.

- Ambrosia - Use pineapple, oranges, apples and bananas to provide lots of vitamin C; top with toasted almonds and coconut to make this a delicious, healthy dessert.

- Green Bean Casserole (a holiday classic) - Instead of canned cream of mushroom soup, sauté fresh mushrooms and make your own white sauce using skim milk.

- Lemon Cheesecake - Can be made with reduced-fat cream cheese; lemon zest adds lots of flavor and aroma.

- Pumpkin Mousse or Pudding - A delicious alternative to pie; sprinkle ginger snap crumbles on top for texture.

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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For more information, visit FLCancer.com



Want A Sleeker Smoother Sculpted Body for The New Year and Beyond?

Uzoma Nwaubani, MD, FACOG, FFPMRS

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

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

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

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

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

SmartLipo

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



SmartLipo Advantages:

- Non-Invasive
- Sculpting
- Removes Fat Cells Permanently
- Stimulates Collagen Production
- Tightening Effect
- Local Anesthesia (Injection Only)
- In-Office Procedure
- Cellulite Reduction.
- Smoother Appearance

How does the Smartlipo work?

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

What areas can be treated with the Smartlipo?

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

What should a patient expect after a treatment?

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

NUWA WORLD

Uzoma K. Nwaubani, MD

Urogynecology & Medical Spa & Laser Center

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

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

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

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

Source:

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



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Self-Care Gifts for the Holidays

Naples Soap Company

If there has ever been a time to give gifts to help you or your loved ones to relax - 2020 is undoubtedly it. It's been a crazy year that has felt like it will never end. We've been consumed by the headlines in the midst of a global pandemic, natural disasters, economic instability and overall unrest. To think of self-care and relaxation at a time like this seems almost trivial. However, it's during times like these when we need it the most.

Stress in America™ 2020: A National Mental Health Crisis, conducted by *The Harris Poll* on behalf of *American Psychological Association*, found that nearly 8 in 10 adults (78%) say the coronavirus pandemic is a significant source of stress in their lives, while 3 in 5 (60%) say the number of issues America faces is overwhelming to them. If your stress is consuming your daily life, seek the advice of a professional. However, if you are looking for simple ways to help you and your loved ones unwind, release tension and calm the mind, here are a few simple self-care gift suggestions for everyone on your list.

Natural Essential Oils

Aromatherapy is a simple, convenient, and non-invasive way to naturally relieve stress. Oils derived from plants such as lavender, lemongrass, and patchouli have been used for thousands of years to cure ailments including stress and tension. A study conducted by the *International Journal of Nursing Practice* found that nurses who pinned small bottles containing 3% lavender oil on their clothes reported a significant reduction in stress symptoms over the placebo group.



To incorporate essential oils into your daily routine, try using a home diffuser to fill your surroundings with your preferred scent or apply a small amount of essential oils to your pillowcase or sheets. For direct application, look for roll-on blends that mix pure essential oils with a carrier oil that can be applied directly to areas of the skin like your temples, behind the ears or on your wrists.

Relaxing Baths

It's hard to imagine that a bath can have health benefits, but it's true! Taking a warm bath can reduce your blood pressure, relieve muscle tension, improve blood circulation, reduce headaches and help you fall asleep faster. If you want to increase the benefits, enhance your experience with a high-quality bath bomb. Read the ingredients and look for Epsom salt to help reduce tension, skin moisturizers like shea butter and cocoa butter, and calming natural essential oils like lavender, rose, bergamot, chamomile, and lemon. If you aren't a bath taker, a hot shower can provide similar health benefits. Try adding essential oils to your steamy shower with the addition of a shower bomb or an essential oil shower diffuser.



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DEANNA WALLIN
Naples Soap Company
Founder & CEO

The Importance of Self-Care

If the idea of self-care is foreign to you, here are a few pointers.

First, forget the guilt. Self-care is not indulgent - it's imperative. It gives people the chance to rest and recharge so that they can be more productive and present.

Second, know that self-care is different for everyone. Whether it's a walk on the beach, a tough workout, or a 20-minute face mask, self-care can be experienced in many ways.

Third, self-care is something you need to schedule. Block out "me time" on your calendar. If you wait until a spare moment rolls around, it will never happen.

Fourth, put away the Facebook feed, turn off the television, and remove the distractions. Remember, self-care is about focusing on you and nothing else.

If there was ever a time to refocus your energy towards self-care, this is it! "Me time" will nourish your body and mind and the health benefits can be profound.

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By Dr. J. Mandume Kerina

OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

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

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

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

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

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

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

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

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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.

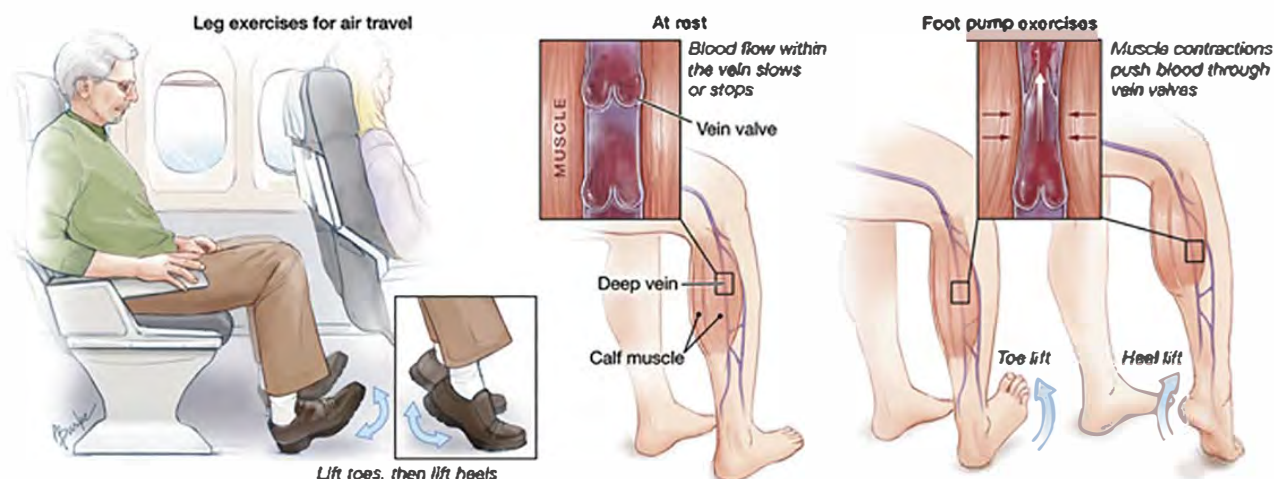
The hottest days are upon us during the upcoming summer months, so it's imperative that everyone stays hydrated, especially the elderly and children. Because we come in all shapes and sizes, drinking at least ½ your body weight in ounces is the recommended amount for each person. So if you are 200 lbs.,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

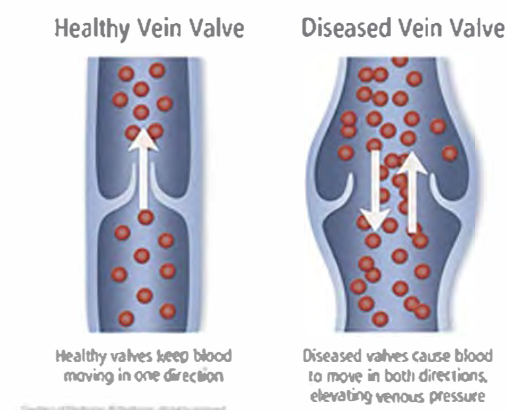
One of the easiest ways to better control and improve your legs blood flow is to wear compression stockings, but beware, not all compression stockings are the same.

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 stockings 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.



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& VEIN CENTER

Bryan Carter, MPA-C

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www.villageheartandvein.com

Sumter Senior Living Is Your Home for the Holidays

Improving Mental and Physical Wellness for Our Residents

Being home for the holidays has always been a comfort and joy for many. We know every year the holiday experience is different, especially this year. There are many opportunities at Sumter Senior Living to make this holiday even more special.

"We are honored to provide a place that it is not just like home. It is home. We are providing a place that includes a supportive community with connections, friendship, and fun," said Sumter Senior Living Executive Director Kristin McClelland. "And that's exactly why so many are happy to be home for the holidays with us."

The Sumter Senior Living team strives to provide engaging wellness and life enrichment programs for each resident to enjoy together. The community includes Independent Living, Assisted Living, and Memory Care services and amenities catered to the individual.

Sumter Senior Living is conveniently located in The Villages community® with full access to The Villages amenities. With dedicated life enrichment associates and wellness experts, senior living has never been a better choice for nurturing the mind, body, and soul. "We are in this together at Sumter Senior Living," McClelland said. "We know this holiday season is like no other and we are dedicated to having every resident truly feel at home here with us. We are family."

Being alone during the holidays is hard enough, and with the pandemic it has become even more important to connect with others. One in four adults aged 65 or older have reported experiences with anxiety or depression since the onset of the pandemic, according to an October 2020 survey conducted by the Kaiser Family Foundation.

At Sumter Senior Living residents are staying connected with loved ones through virtual video chats, phone calls, letters, window visits or socially distanced visits. Now is the time to stay mindful, stay connected, and engage in meaningful, creative activities and events. Resident no longer have to worry about preparing their next meal or keeping up on any maintenance work. Sumter Senior Living provides a place to focus on yourself, feeling better and living life to the fullest.

The National Council on Aging reports that seniors who participate in senior center programs can learn to handle and hamper the onset of chronic disease and improve overall well-being. Promoting a healthy, whole-body wellness approach to care is a key component of each day at Sumter Senior Living.

With the holiday season upon us, Sumter Senior Living community knows that home is more important than ever. Whether it is chair Zumba with Patti, swimming in our heated pool, or golfing, there are so many ways to recharge and relax with friends.



A Safe Place to Call Home

Sumter Senior Living is much more than senior living – it's a way of life. Here you'll find a distinctive living experience filled with friendships and life enrichment 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. Our precautionary measures and guidelines strictly follow Centers for Disease Control and Prevention (CDC), local and state health department regulations and recommendations. We 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 a continuum of care that is top notch.

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 Grande Clubhouse includes a full bar, heated pool, and fitness center. There is also golf cart accessibility with charging stations convenience.

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. 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.

For more information about Sumter Senior Living or to schedule a personalized visit please call us at: 352-674-3600. or visit our website:

www.SumterSeniorLiving.com.

We look forward to hearing from you!



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STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

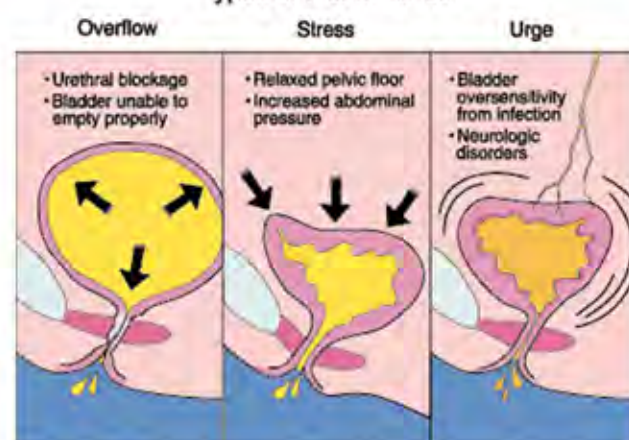
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UUI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

Types of Incontinence



There are two bladder abnormalities that are associated with UUI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



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

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

How Can GAINSWave Prevent & Treat ED?

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

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

Younger Men Should Seek Treatment Early

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



Men are Preventing ED with GAINSWave

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

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

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

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5 Holiday Travel Tips from Rivers Family Medicine

During the holidays, we're looking forward to spending time with family, traveling, and attending events; our lives tend to be a bit more hectic. With all of the extra festivities and travel, injuries often coincide. This is especially true when it comes to travel.

Tip #1

When traveling for long distances, whether by car, plane, or other means, we can become somewhat cramped up in small spaces. It's wise to take breaks, get up and stretch or move and to get the muscles moving and the blood circulating to prevent injuries. Moving throughout the trip can help limit stress on the spine, shoulders, neck, back, and hips.

Tip #2

Slips and falls are more common this time of year. If you're up north visiting loved ones, be careful and use extra caution if it's snowing or if there is ice on the ground, steps, and pavement. When you enter a building or home, make sure you get the majority of wet snow off of your shoes to avoid slipping as well.

Tip #3

It's also essential to think about the heavy luggage or large gifts that you'll need to lift in and out of the car or place in the overhead bin. Is it too heavy? Do you know how to lift it correctly? Lifting from the waist is not a good idea as it can put extreme stress on your back. Bending your legs is the proper way to lift heavier objects. Try to pack as lightly as possible and ask for help if you've got several bags.

Tip #4

For exercise and sports enthusiasts, the winter months can be refreshing, but with the cooler temperatures, muscles can cramp and tear more easily. It's best to exercise outside only when your body is warmed up correctly, and it's imperative to wear the proper attire to keep warm. Exercising indoors is best as it can help to alleviate some of these injuries.

Tip #5

Keeping your immune system in peak performance is also critical during this time of year. All of the extra festivities often invite crowds of strangers and friends that might be sneezing or suffering from colds or the flu. Staying healthy can't be stressed



enough during your travels. No one wants to trek long distances when they are under the weather, and none of us want to put our families at risk of catching what we might have encountered along the way. Getting adequate rest, eliminating stress, eating healthy, taking vitamin C or other supplements can help. It's also important to get vaccinated! It's not too late to get the flu shot!

Rivers Family Medicine continues to provide their patients with the highest quality of care; they are continually looking for innovative methods of working together with their patients to ensure that they are not only aware of but also involved in the management and improvement of their patient's health.

**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.

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



Dr. Anthony Desmarais
352-205-4302

www.riversfamilymedicine.com



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Activate Your Stem Cells!

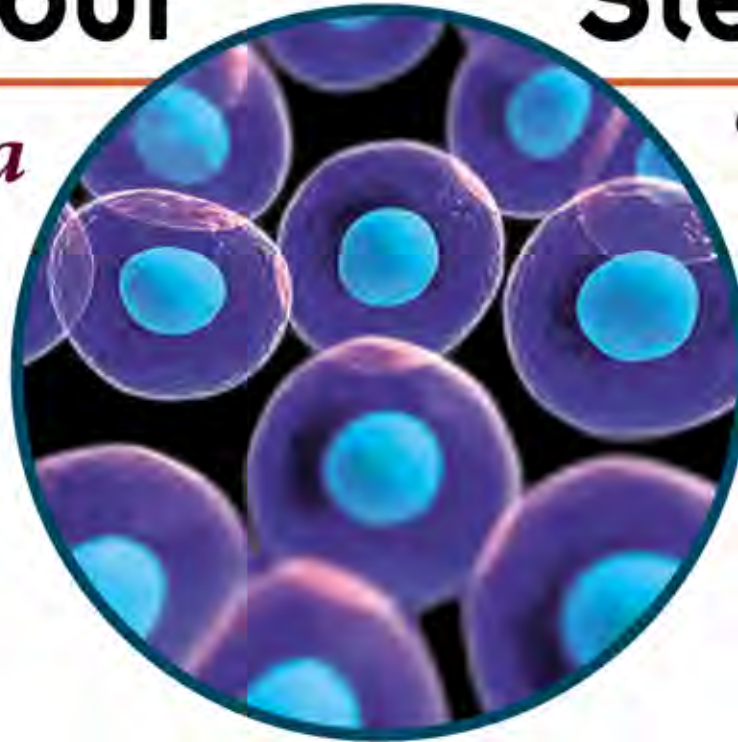
A Safe Way to a Healthier You

Adult 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)



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.”

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

There 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



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

By Richard W. Rozensky, DDS, D.ABDSM

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

What Causes Sleep Apnea?

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

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

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

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

What are the symptoms of Sleep Apnea?

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

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
352.430.1710
villagesleepdentistry.com

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.
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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!



Diabetes or Depression?

What Your Symptoms May Be Telling You

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

People with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Unfortunately, only 25% to 50% of diabetes patients who have depression get diagnosed and treated.

Getting a diabetes diagnosis can be like a roller coaster ride. Consistent glucose levels can be difficult to achieve especially when prescribed insulin. Depression and anxiety may be likely.

When glucose levels are high or too low, you may feel tired or anxious causing you to feel hungry and overeat. Depression can make you feel like a mouse in a wheel, never being able to get ahead and improve.

What are symptoms of diabetes depression?

- Inability to concentrate
- No longer finding pleasure in activities or hobbies you enjoy
- Insomnia or sleeping too much, not wanting to get out of bed or off the couch
- Feeling isolated or alone
- Feeling sad
- Feeling anxious or irritable
- Feeling lethargic
- Feeling hopeless or guilty
- Thoughts of harming yourself or suicidal thoughts

How can I address this?

Realize you are not alone. Depression is not a weakness and it is not something you can just snap out of. It also does not mean you have to remain in a depressed state.

Contact your physician to discuss your symptoms. They can help determine your best course of action. There is no shame or blame. Talking with other people with diabetes can help create a bridge to feeling better.

Reduce your frustration from your loved ones telling you what to eat and not eat. Take note that people love you and want to be part of your solution even if the message is not to your liking. Tell your loved ones what you need so they may give you the support you prefer, not what they believe you need. It requires an honest conversation.

Gaining education can help put the disease in perspective. You may be unknowingly sabotaging your efforts. Therefore, glucose improvement seems to elude you.

Jumping from different diabetes supplements without improvement can add to your depression and frustration. This is a strategy that rarely works.

Depression caused by diabetes is real. But what if it is not depression causing your symptoms? Symptoms of depression are a parallel to side effects from the disease of diabetes.

• **Inability to concentrate** – high glucose levels and medication can attribute to brain fog, that inability to think clearly. Long-term high glucose levels can lead to cognitive issues.

• **No longer finding pleasure in activities or hobbies you enjoy** – when you have lost hope of improving, this disease can take the fun out of life. Getting derailed in your quest to improve, can temporarily make fun activities feel like it's too much of a chore.

• **Insomnia** – caused by erratic glucose levels is a known side effect. Contributing factors can be from diabetic

neuropathy, sleep apnea, frequent trips to the bathroom from high glucose levels.

• **Feeling isolated or alone** – when you feel you are trying your best, but others don't understand what you need and when you need it. Having difficulty communicating your needs can add to your feeling of being alone in managing this disease.

• **Feeling anxious or irritable** – when glucose levels are erratic, it can affect your mood and mental health. Struggling with eating foods that help you versus food you love can make anyone cranky! The constant worry of your health can induce or add to your anxiety.

• **Feeling lethargic** – glucose levels that are too low or too high can be a cause of low energy. Are you aware diabetes is an energy problem?

• **Feeling hopeless or guilty** – hopelessness and guilt create stress. Stress impacts your glucose levels. Sometimes you can be your own worst enemy and intensify your feelings of guilt unnecessarily.

Does it surprise you that the underlying cause of these symptoms is due to uncontrolled glucose levels? Good healthy living practices can help improve your glucose distress. Get started in three steps.

The first step is to make a commitment to your health. It cannot be for anyone else except you.

Second, keep an open mind. Stop putting up that imaginary wall that shields you from information overload. Make one change at a time.

Third, changing your health is not a race. It's best to keep a steady pace moving forward.

Don't struggle needlessly.

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WHY HAVE A BRAIN HEALTH ASSESSMENT?

By Alexander C. Frank, DC, DACNB, FABES

"ABBY 9"

My daughter and I were in a minor car accident. I had neck and back pain but she had no complaints. A couple of weeks later, she began to have headaches, especially while reading. Her pediatrician and optometrist evaluations detected no neurological issues. But she continued to suffer. I am grateful to have been referred to Dr. Frank. He was able to demonstrate where my daughter was having issues and how that was causing her headaches. His treatments and therapies are so gentle. Most importantly, she began immediately to have less headaches and is starting to enjoy reading again.



MAINTAIN BALANCE - MAINTAIN FUNCTION
BTRAKS BALANCE SYSTEM

"Rachel 15"

She was having issues spiking a volleyball when the set would come from her, as she put it, "left world". We took her for glasses but were told she did not need them. Every doctor's evaluation was "normal". We did some sports vision training at a local center but saw no changes. Sports were becoming less enjoyable as her peers continued to improve, but she plateaued. We thought we had turned over every stone until we met Dr. Frank. His comprehensive evaluation was able to detect the issues that were impairing my child's ability to achieve her goals, when others could not. We have started his drug-free treatment & therapy plan for our daughter and we are seeing immediate changes in her performance; on the court but also in the classroom! Dr. Frank is continuing to teach my daughter how further "excel beyond her wildest dreams".

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



"Jack 70"

After over 35 falls, no one at Johns Hopkins could explain why my left side of my body would no longer work. Nothing showed up on my various brain scans that could explain the weakness; I was heading for a wheelchair and that I should 'learn to live with'. On the first day with Dr. Frank, I regained the use of my left arm (had been useless for months prior). At first I could not control my left leg or foot, so Dr. Frank had me use my right leg to "teach" my left what to do. Yeah, I thought it was crazy too. That was until I was at home one night and I was trying to move to the kitchen [without my walker] and I suddenly began to fall. I thought, "here I go again", but without me thinking about it, my left leg shot out and stabilized me; preventing me from falling once again. I now comfortably walk around my home without a walker, but use it when I am out and about. There is no wheelchair on my near future.

What is working well; And what is not?

Dr. Frank: "I have developed assessments based on the latest advances in clinical neurosciences that allow me to observe the many facets of an individual's health. I can then develop a drug-free program that 'upgrades your software [neurological-muscle command and control]... to maximize hardware function'. Early intervention can be instrumental in reducing time to recovery. Along with an in-depth physical examination, I utilize two of the most sophisticated eye-tracking systems to help identify subtle visual tracking and gaze impairments that may interfere with activities such as reading, tracking a softball, etc. RightEye's Brain Health Assessment is a five-minute, non-invasive assessment illustrates eye-movement patterns and vision tracking issues that may be the result of neurological problems and helps care providers quantify changes. With RightEye, we can even compare the results of your student-athlete against those of the same age group, or even to MLB players.



About Dr. Frank

Dr. Frank understands 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 client's health issues. Treatment plans are then tailored to an individual's specific needs. Having objectifiable data is fundamental to developing appropriate treatment protocols and assessing progress. Dr. Frank's comprehensive evaluations are based on the most advanced clinical neuroscientific research of today. In addition, he utilizes the most state-of-the-art diagnostics available that help to find the "weak links in the chain". Cutting-edge rehabilitative programs are then tailored to each individual's specific needs.

**To Schedule your appointment
with Dr. Frank, please call the
Florida Functional Neurology Group
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SilverSneakers®: This wellness and fitness program helps older adults get moving and stay active. SilverSneakers is included with all of our Medicare Advantage plans. Through SilverSneakers, you'll have access to 17,000 fitness locations nationwide, as well as on-demand live virtual classes from your home. Plus, you can earn thousands of dollars in tuition for your loved ones, just for working out!

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COVID-19, or ways to help you and your family stay safe as Florida continues to reopen and you adjust your life to your new routines. And, our community specialists can connect you to community services to help with finding food, utility and rent assistance, as well as many other types of relief programs. Call them at 1-877-352-5830.

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4 Myths About Omega-3 Fish Oil

By Bo Martinsen, MD

According to the National Center for Health Statistics, fish oil is the most commonly used non-vitamin, non-mineral supplement in the USA. But just as omega-3 fish oil has grown in popularity, so has the misinformation and confusion surrounding this powerful nutrient.

Let's clear up some common myths about omega-3s, focusing particularly on source and benefits.

Myth #1: All Omega-3 Sources Are Equally Beneficial

From salmon to flaxseed, chia seeds, and walnuts, popular health websites and magazines often claim that there are plenty of ways to get these essential fatty acids. But not all of these omega-3 sources provide the same value.

When we talk about omega-3s, we're talking about a family of fatty acids. Of the foods we commonly eat, only fatty fish (and breast milk for babies) contain the full range of the omega-3 family, including the best-known EPA and DHA molecules.

Plant sources, in contrast, contain only one type of omega-3: ALA.

Relying exclusively on ALA-based foods for your omega-3s has several problems. 1) Almost every clinical study showing omega-3 benefits has focused on EPA and DHA from fish and fish oil. 2) For a long time, it was believed that people had the ability to synthesize EPA and DHA from ALA-based foods. More recent research, however, shows that the conversion rate of ALA into EPA and DHA is so low that it's inconsequential for most people.

This is why eating fatty fish or taking a quality fish oil supplement is a far better method of getting omega-3s than sprinkling flaxseed into your oatmeal.

Myth #2: Eating Fish Is the Best Way to Get Your Omega-3s

Eating fatty fish is a wonderful way to increase your omega-3 intake. But today, there is a clear discrepancy between this often-heard recommendation and reality: An estimated 95% of Americans do not get enough omega-3s from their diet.

There are many factors that contribute to this diet deficiency. Many people say they don't eat fish because they follow a vegetarian or vegan diet, are unsure of how to prepare seafood, feel like they can't afford it, or don't care for the taste or texture.



But even for those who eat seafood regularly, it can be challenging to get enough omega-3s from diet alone. Some of the most popular seafood options — like shrimp or tilapia — contain almost no omega-3 fatty acids. In addition, other factors — like whether the fish was farm raised and the cooking method — can significantly impact the omega-3 content. Consider, for instance, a 2016 BBC report, which found that over a five-year period, the omega-3 levels in farmed salmon shrank by 50% due to changes in the fish feed!

This is all to say, if you are like most Americans, you likely are not getting enough omega-3s. If you think you might be consuming a sufficient amount of these fatty acids, you can take an omega-3 index test to find out your current levels.

Myth #3: Fish Oil Tastes and Smells Fishy

Just like truly fresh seafood, fresh fish oil actually has no fishy taste or smell. If it does, it has started to go rancid and should be discarded.

Besides tasting and smelling bad, excessively rancid fish oil is likely toxic. In animal studies, consuming rancid oil has been linked with organ damage and atherosclerosis. Other researchers have found that oxidized fatty acids may have a pro-inflammatory and mutagenic effect, may negatively impact cholesterol levels, and more.

To determine whether your omega-3 supplement is rancid, break open the capsule to taste and smell the oil inside. You can also measure an oil's rancidity level by looking at its oxidation values.

Myth #4: The Benefits of Fish Oil Are Too Good to Be True

If a nutrient can influence chronic pain, dry eyes, cognitive function and more, it's got to be too good to be true, right?

Omega-3s are researched for a broad range of health issues because these nutrients are critical for the proper functioning of every cell in our body. They enhance the fluidity and permeability of the cell membrane; they influence cell signaling and gene expression; they help control the body's inflammatory response; and more research is coming out showing how these fatty acids support the endocannabinoid system and microbiome.

It's estimated that omega-3s are involved in more than 10% of all cellular metabolic actions. No wonder high quality fish oil can produce such varied, widespread effects in the body.

For the full article and references, please visit:

<https://omega3innovations.com/blog/12-myths-about-omega-3-fish-oil/>

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.



Call us at 941.485.4400
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Tips to Stay Active & Take the Appropriate Precautions This Holiday Season

When we think of the holiday season, we typically visualize family dinners, lasting memories, and some relaxation, and we look forward to a peaceful experience. After all, holidays are a time to get away from our stress-filled lives and visit family and friends. In reality, these things hold true, but there is one blinding caveat that we all seem to gloss over—our sedentary lifestyle during the holidays because we don't take the time to exercise or keep our physical therapy appointments. Exercising through the holidays is critical!

Instead of taking the traditional family car drive to enjoy the festive lights in your neighborhood, take a walk. Walking after your evening dinner can be a peaceful experience for the entire family, but also it will facilitate the extra steps and activity that your body craves. In light of walking, when you're out shopping, park further away from the mall or stores to ramp up your cardio.

Hauling luggage, parking the car at the airport, waiting in the security line, worrying about catching our connecting flights, or traveling in the car or bus for long-distance in heavy traffic are all unpleasant experiences that we encounter while trying to get to our favorite destination.

Slips and falls are more common this time of year. If you're up north visiting loved ones, be careful and use extra caution if it's snowing or if there is ice on the ground, steps, and pavement. When you enter a building or home, make sure you get the majority of wet snow off of your shoes to avoid slipping as well.

One of the most common travel concerns in people with known heart disease, as well as healthy individuals, are DVT's, or deep vein thrombosis. DVT's can occur in travelers in the air, railways, or by road. Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep within the legs. Vascular malformations, pelvic tumors, or sitting for extended periods of time are some of the risk factors that go along with DVTs. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death.

To alleviate your chances of DVT, it's imperative to try and move your toes, ankles, and do calf raises in your seat. If you can get up and walk around, that's a valuable method to keep your blood flowing correctly back to your heart. If your trip is over 3 hours, or if you have venous insufficiency, wearing compression stockings is critical to keeping your vascular structures healthy.

You can also do the same little exercises or movements while you're watching Rudolph or Elf with the kids. During the movie, wiggle your toes, stand up and sit down repeatedly for a few minutes, or do leg lifts. All of these flexion and extension movements will keep your circulation pumping and create oxygen-rich blood, and warm muscles.

Take the time to move this holiday season. Be thankful for your range-of-motion, and take advantage of dancing with your grandchildren, or taking a walk with your friends.

If you often experience pain, stiffness, immobility or balance issues, being proactive about physical therapy treatments and techniques can help to alleviate or lessen these circumstances.

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

Innovative Therapies Group offers massage, physical, occupational and speech therapy. They embrace alternative and eastern medicine philosophies and will help you explore new inventive ways to combat your pain or disorders.

Types of Treatment Available with Physical Therapy

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MOST BACK AND NECK PAIN CAN BE TREATED WITH A NON-SURGICAL PROCEDURE

By Physicians Rehabilitation

Unfortunately, as we age, back and neck pain due to injury and degeneration tends to become progressively worse and can become chronic if left untreated. Some of the most common reasons for backaches are trauma or sports-related injury, lifting heavy objects, improper spinal posture, poor sleeping posture, ballistic movements, and degenerative disease.

Back Pain and Spinal Injury

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic, and cervical vertebrae, as well as vertebral discs, ligaments, tendons, and muscles that attach to the spine. Over 30 nerves run down the entire spinal column. When our backs are injured, the surrounding muscles often contract as they try to protect the spine, but this causes even more discomfort to our bodies. Not only is the back affected with pain, but the arms, legs, and neck may experience permeated pain from the tension, too. Compressed nerves are being impinged by the narrowing of the vertebrae.

Neck/Cervical

The vertebrae of the neck have a natural c-shaped curvature (lordotic), which acts as a shock absorber for the upper extremities. If the curvatures are damaged or deformed from injury or other health conditions, the discs and joints in the neck and cervical spine will be under an excessive amount of force. Any irregularities in the neck can lead to degenerative disc disease, spurs, fusion, and neurological disorders.

The typically recommended treatments for spinal compression are pain medication and surgery, but most patients are reluctant with good reason. Long-term spinal complications and failed back surgeries often lead to unresolved chronic pain, and pain medications are very often addictive; therefore, most individuals are unenthusiastic about taking pain medication prescriptions. Surgery often fails patients and leaves them in chronic pain.

There is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years the experts at Physicians Rehabilitation have been utilizing a natural therapy for back discomfort called spinal decompression.

The practitioners at Physicians Rehabilitation are Medical Doctors (not chiropractic care providers), which is critical for optimal outcomes.

Spinal Decompression

Spine decompression therapy is a medical technology that gently stretches the spine and decompresses discs. The injured disc is located and gently pulled, creating a vacuum, which allows the disc to be "pulled back in," taking the pressure off the nerve. Spinal decompression therapy treatment is able to reduce the pressure in the disc, allowing fluids and nutrients to re-enter the disc, thus reducing swelling and relieving the pressure on irritated or pinched nerves.

Physicians Rehabilitation doctors are experts in an advanced non-surgical procedure known as VAX-D.

VAX-D is a non-invasive medical technology that stretches the spine and decompresses the spinal discs. VAX-D treatment is able to reduce the pressure within the spinal disc, thereby relieving the stress on inflamed and pinched nerves. In short, VAX-D breaks the cycle of pain caused by bulging and degenerated discs, and other spine-related disorders, by eliminating nerve compression. By removing the cause of back pain, the body is allowed to heal naturally.

VAX-D is a decompression device and achieves the same goal as surgical treatment of the spine, which is to relieve pressure by decompression. VAX-D, therefore, unlike the popular but relatively ineffectual traction device, more precisely addresses the physiology or reason for spinal pain. Although traction devices can stretch the lower back, they have not demonstrated the ability to decompress the lumbar and cervical discs or reduce spinal nerve compression. VAX-D works by reducing the pressure within the discs, not to zero, but to negative levels! No other device has been shown to reduce the disc pressure to these desired negative levels. It is this negative pressure that causes the disc bulging or herniation to decrease in severity. This, in turn, reduces pressure on the spinal nerves, which ultimately leads to less or no pain.

The VAX-D treats the entire spine; however, VAX-D cervical (neck) treatment is designed specifically for neck pain and works in the same way.



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Why VAX-D is the Superior Procedure

VAX-D therapy has been proven safe and effective in numerous clinical studies. Over 3000 patients per day are treated with VAX-D. The other so-called "decompression treatments" simply do not have published clinical trials proving that they can lower intradiscal pressure and result in positive clinical outcomes. VAX-D studies have been published in prominent, respected, reliable, and peer-reviewed medical journals, with all of them showing a marked reduction in pain and a significant increase in activity and mobility.

VAX-D is easy, convenient, and painless. It is non-invasive, so it does not have the pain, risks, and complications that are associated with surgery, injections, and anesthesia. Patients will require an MRI prior to treatment to make sure no other serious conditions are causing their pain. Once treatment commences, many patients experience relief of their pain during the first several treatment sessions, and then a gradual reduction in symptoms as treatment progresses. The treatment duration plan is 15-25 days, while each session takes about 30-40 minutes. It's that easy.

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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Recreational Marijuana Vs. Medical Marijuana

Recreational Marijuana is unregulated, and the ratios of THC, CBD and terpenes is also not standardized or stable. Recreational marijuana is typically used to evoke a mood-altering "high" and not necessarily used for medical ailments or treatment. In the state of Florida, recreational marijuana use is illegal.

Medical Marijuana is highly regulated by the government. It is under great scrutiny to deliver and prove it's levels of THC, CBD and terpenes. These ratios in medical marijuana can be adjusted specifically by a certified and licensed medical marijuana physician's dosage and ratio request, as some formulations are better suited for specific disease states, symptoms and conditions.

Intake Methods

The state of Florida allows medical marijuana to be dispensed and used in these forms:

- Creams • Edibles • Oils • Patches • Smoking
- Sprays • Suppositories • Tinctures • Vaping

Governor Desantis signed a bill recently allowing the ban on smokable marijuana to finally be lifted in the state of Florida. Certain dispensaries in the area are now legally able to give patients the green leafy flower that so many individuals have been waiting for.

What are the Benefits of Smokable Marijuana?

Both cannabis oil and smokable marijuana offer health benefits, and in many cases, they both treat or alleviate symptoms of the same disorder. But what about smokable marijuana specifically? What are the perks, and who do they help the most?

Having the full entourage effect of the whole plant-based form of medical marijuana is ideal for many patients with terminal illnesses like cancer, dementia, Parkinson's disease, epilepsy, PTSD, and chronic infections. The entourage effect is the plant's natural combination of CBD, THC and Terpenes.

Both using cannabis oil and smoking marijuana yield different medical benefits. Smoking cannabis has been useful in treating diseases like glaucoma and nausea. It can be used to alleviate chronic pain and may even help reduce the size or stop the growth of cancer, as well as stop the progression of Alzheimer's disease. Cannabis oil is also used to treat cancer and nausea, but it can also improve sleep, protect the skin, combat stress and anxiety and promote heart health. Both may be used to treat symptoms of post-traumatic stress disorder (PTSD), headaches and migraines. They may also be used to combat the symptoms of multiple sclerosis and premenstrual syndrome. Typically, the oil contains concentrated cannabinoid profiles for more potency, but many primarily include cannabidiol (CBD), which does not get people high. For this reason, some states allow children to take advantage of CBD oils for certain illnesses and conditions.

Get Your Florida Medical Marijuana Card. Call Today!

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Florida Marijuana Law's Qualifying Conditions Include

Currently, there are 12 medical conditions explicitly defined in the Florida medical marijuana initiative. However, the Florida marijuana law also states that any medical condition in which the medical marijuana doctor believes that the medical use of marijuana would likely outweigh the potential health risks for a patient may be used as criteria when certifying a patient for the Florida MM program.

Qualifying Conditions

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

• Patients can be considered for alternative disorders

In addition, Amendment 2 allows physicians the authorization to recommend the Florida Medical Marijuana Card to patients who have been diagnosed with "a similar or other debilitating medical condition."

Getting Medical Marijuana

You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, a patient must have one of the specific qualifying medical conditions regulated by the government or have a medical condition that is deemed as appropriate.

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PROVEN ALTERNATIVES TO SURGERY AND PAIN MANAGEMENT

By Compton Chiropractic Care

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

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

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

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

Patient Testimonials

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

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

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

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

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

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

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

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!

The Compton Chiropractic Center:

- Friendly, Knowledgeable Staff
- Personalized Therapy Treatments
- Patients Are Our Number One Priority
- Treating More Than Neck And Back Pain
- Chiropractor With A Medical Approach
- Top Quality Health Care For A Reasonable Fee
- Palmer Graduates
- Call Today For A Free Consultation

No matter what type of care you need, if you live in The Villages, you can rest assured that you will receive superior care at the Compton Chiropractic Center. Please call today, to schedule your appointment.



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

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

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

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



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

Furthermore, Attorney Smith recently announced the publication of the third edition of *The Florida Estate Planning Handbook* through Certa Publishing, giving Florida residents an accessible, easy-

to-understand introduction to key estate planning concepts. Adding to Attorney Smith's work is his law partner Attorney Joseph F. Pippen, Jr. who joined him on the third edition.

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

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Cornerstone Hospice's Advice During the Holiday Season

Submitted by Cornerstone Hospice and Palliative Care

Traditional Holiday Celebrations and get-togethers offer times with family and friends, decorations, religious services, and festive parties, but for those of you that are going through the devastation of saying goodbye to a loved one, this time of year can be painful and evoke feelings of extreme sadness.

The professionals at Cornerstone Hospice provide superior end-of-life care that can help the patient and their family through this challenging time. Death and dying is part of life, but it's never easy, especially if someone is suffering. Hospice can help to alleviate the pain and suffering and offers bereavement and spiritual counseling with a tender, genuine calling to help you and your family through this difficult season of life.

End-of-life-care involves providing pain medications and specialized care to alleviate suffering. The team of professionals tending to you and your family's needs are physicians, nurses, spiritual caregivers, social workers, aides, and volunteers who provide dignity and respect.

It's not about giving up, but instead providing expert medical care to keep patients comfortable and able to enjoy time with their loved ones. Cornerstone Hospice answers questions, offers spiritual and emotional support, and much more. It's personal and family-oriented care that brings compassion to many through the most challenging time.

Holiday Traditions During a Difficult Time

During the Holidays, if your loved one has a terminal illness, it may seem impossible to celebrate the season with joy, but it is important to bring traditions into the process for all of those involved. This will help to bring everyone together and to create special moments in the midst of trying times.

Cornerstone Hospice is knowledgeable, Genuine and Caring

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 Mac. "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, Sumpter, Orange, Osceola, Hardee and Highlands). If your physician 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.


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www.CornerstoneHospice.org

HOPE FOR THE HOLIDAYS

By Karen Pashley

We don't need a calendar to tell us the holiday season is officially here. In the blink of an eye, merchants swapped the pumpkins and scarecrows for snowmen and glittering baubles. Announcements of sales we simply *cannot* miss are flooding our inboxes, and the race is on to create Christmas memories worthy of a Norman Rockwell painting.

The hustle and bustle is fun and festive for many. But for others, the holidays stir up more than a cup of hot cocoa can soothe. Painful memories, grief, financial worries and relational strains can take a toll on the mind, body and spirit. But there is good news!

2000 years ago in Bethlehem, an angel split the night sky with a proclamation that would change the world forever: "Fear not, I bring you tidings of great joy, which shall be to *all* people".

Great joy?, you mutter. Apparently that angel didn't get the memo that my life would turn out to be such a mess.

I understand.

There have been seasons in my life when I wondered that, too. There've been times when I've felt so downcast during the holidays I stumbled along on auto-pilot just make it to New Years Day.

The holidays can be hard. But it is possible to experience joy and hope amidst the turmoil, the pressures and the hardships we face—because with God, *all things are possible*—because hope resides in the unchanging love of our savior Jesus Christ. His ways are higher than our ways, and at times, we don't understand the whys and hows of our circumstances. But rest assured—*He* understands. And He cares.

God promises He will never leave us or forsake us, and that nothing can separate us from His love. Accepting this wonderful truth and getting to know the person of Jesus Christ is the key to shifting our focus from our problems to the *peace that passes all understanding*.



You may not have control over your circumstances, but you can control your responses to them!

Here are three ways you can pursue the hope and the abundant life God has for you this Christmas season:

1. Practice gratitude. *Rejoice in the Lord always. I will say it again: Rejoice!* You have so much more to be thankful for than to complain about. Instead of focusing on the endless list of things to do before December 25th, why not focus on a list of blessings? Thank God for life, for freedom, for fresh air and clean water and a million other things we take for granted.

2. Set your mind. Romans 12:2 tells us we can transform and renew our minds by making a conscious effort to meditate on the positive. Philippians 4:8 shows us a wonderful recipe for right thinking and a renewed mind: *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is*

lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

3. Cast all your cares. God knows you better than anyone. And He knows the struggles you endure. Proverbs 3:5-6 encourages us to *Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways, acknowledge Him and He will make your paths straight.* We don't know the future. But we can trust the One who knows our past, present and future! We must not hang all our hopes and dreams on getting the answers, or the solutions we desire—rather, we can relieve ourselves of that heavy burden and hold tight to God's promises to meet our needs, comfort us when we are hurting, and make a way where there seems to be no way out of our dilemmas. What a loving Father we have!

So, be encouraged, dear one! Lift your face to the night sky, and receive Christ's wondrous gifts—tidings of great joy, hope and peace. They are yours, this Christmas and always.

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