

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

February 2021

Marion Edition - Monthly

www.HealthAndWellnessFL.com

FREE

**WHY REGULAR
BLOOD PRESSURE
CHECKS MATTER**

**CHILDREN'S
NATIONAL
DENTISTRY
MONTH**

**FEBRUARY IS GET
MOVING MONTH**

**PLUG INTO LIFE,
LOVE HOW YOU HEAR**



Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

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

AUI
ADVANCED UROLOGY
INSTITUTE

352.391.6000
advancedurologyinstitute.com

TMJ Sleep & Dentistry Opens in Ocala

Innovative healthcare centre's services are designed to help improve patients' quality of life by addressing the core cause, allowing the body to heal.

Live Life to the Fullest



TMJ Sleep
Therapy Centre
& Dentistry

352-203-4493
www.tmjsleepflorida.com

Are you troubled from...

- Ear Discomfort • Jaw/Cheek Pain • Neck-Pain
- Throat Issues • Headaches • Eye Discomfort
- Mouth/Teeth Discomfort

ONE-STOP WOMEN'S HEALTH & AESTHETIC NEEDS

NUWA



Uzoma K. Nwaubani, MD
FACOG, FPPMRS

**TELEMEDICINE SERVICES
ARE NOW AVAILABLE**

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

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

The **ONLY** Fully-Equipped
Laser Med Spa/Aesthetics Center!

BODILYFT
Renew, Refresh, Restore
MedSpa & Laser Center

SKIN TIGHTENING/ WRINKLE REMOVAL

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

FACIAL AESTHETICS

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

GYNECOLOGICAL REJUVENATION

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

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

SOCIAL DISTANCING SEMINAR FOLLOWING CDC GUIDELINES



Surgical or Non-Surgical

**YOU ARE INVITED
FACIAL BEAUTY
INFORMATIONAL
SEMINAR**

Waterfront Inn

1105 Lakeshore Drive

Wednesday, February 17th @ 2pm

DR. RICH CASTELLANO FACIAL SPECIALIST

Facelifts (Surgical and Non Surgical)

Facial Sculpting (Fillers, Wrinkle Relaxers)

Facial Polishing (CO2, IPL, SkinPen Microneedling)

ImageLift is following CDC Guidelines
for the highest level of safety.

MASKS ARE REQUIRED FOR GUESTS AND STAFF

Very limited seating.
Guests must have a
confirmed reservation.



IMAGELIFT®

ImageLift.com

Rich Castellano, M.D.

**Free
Book!**

**+3,500
Facelifts**

**Double
Board Certified
Facial Plastic
Surgeon**



888-875-3223

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

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



New Bill to Protect Medical Marijuana Patients from Employers

With SB 962 and HB 595 having been filed back in early November, this bill could change the outlook for those afraid to make the jump towards becoming a licensed medical marijuana patient by further protecting them from being discriminated against by their employers. Unfortunately, this issue has become all too common with Florida's medical marijuana patients. As our current law stands, patients have zero protections against their rights as MMJ patients. Having a pool of over a quarter million people exposed like this has also let a new wave of attorney's flood in to prospect the early stages of MMJ patient protection.

The bill will introduce a new set of procedures for employers to follow shall an employee test positive for marijuana. This is a huge step in the right direction for the State as it prohibits employers from taking action against employees who are also qualified medical marijuana patients (in most situations). Many Floridians are not open to medical marijuana solely due to the reality of possibly losing their main source of income due to speed bumps such as corporate policies or random drug testing.

Thankfully this mindset is slowly shifting in favor of Cannabis advocates and with new bills on the horizon, us Floridians have an optimistic future as far as patient rights goes. If other states and their marijuana laws are to go by, we should have no problem introducing safety nets to those still being discriminated against.

Come this election we will see a shift in focus on these specific issues as more and more people join the already massive 300,000 card holders in Florida. Join the movement and help shift our states policies in the right direction and become a cardholder today!

Certified Marijuana Doctors

Get Your Florida Medical Marijuana Card. Call Today!

Leesburg - 352-306-0133 • Ocala - 352-414-4545 • Port Charlotte - 941-208-3444
www.cmmr.com

1st Time EVER OFFER: THE ULTIMATE BEDROOM SALUTE!

GAINSWave®
BENEFITS INCLUDE:

- Firmer Harder Erections
- Improves Sexual Satisfaction AND Performance
- Increases Sensation
- Treats Erectile Dysfunction

LOVE IS IN THE AIR

TOTAL NUTRITION AND THERAPEUTICS

BUY 6 Get 6 FREE!

Contact us at info@tntfit4life.com or 352-259-5190

You must book your initial treatment by February 26, 2021

FREE DEMONSTRATION ON HOW PEMF CAN IMPROVE YOUR CELL HEALTH

How would it feel to have quicker recovery time from your sporting events AND have less pain?

Wellness Achievers can help, leave a message for Sheryl @ 949-220-4900 and someone will return your call within 24 hours. Be sure to mention Health & Wellness article!

PEMF and Magnetic Resonance Stimulation (MRS) has been proven to:

- Regulates the autonomic nervous system
- Improves the respiratory volume due to improving respiratory muscle functioning
- Alleviates pain • Activates the immune system
- Stimulates the bone cartilage and improves bone density

Acts as an anti-inflammatory and regulating throughout the body

- Nerve recuperation • Improves wound healing
- Improves circulation • Reduces stress • Enhances endorphin, dopamine, serotonin production in the brain
- Regulates digestive activity
- Improves melatonin production which is important for sleep
- Improves the effects of medication due to improved metabolism and circulation
- Reduces the tendency of blood clot

Wellness Achievers
Call Today! 949-220-4900

CONTENTS

FEBRUARY 2021

4 New Bill to Protect Medical Marijuana Patients from Employers

6 MSK MRI - Quick & Accurate, to Get You Back on Track

8 Lumbar Spine Pain: Symptoms, Causes & Treatments

10 It's Children's National Dentistry Month

11 Are You Considering Joint Replacement Surgery?

12 When You Hear the Word Pain Management What Do You Think Of?

13 Stress Incontinence is Nothing to Sneeze at

14 Want A Sleeker Smoother Sculpted Body this Valentine's Day?

15 ED: Getting Treatment Early is Best, but it's Never too Late

16 Considering Senior Living? Pacifica Senior Living Goes Beyond Expectation

17 Why Regular Blood Pressure Checks Matter

18 Plug Into Life, Love How You Hear

19 Treating Diabetic Wounds: What You Should Know About Your Risks & Recovery

20 COVID-19 Neutralizing Antibody & IGG White Paper

21 February is Get Moving Month

22 COVID-19 Update & the QCARD

23 Physical Therapy: Your Key to Wellness!

24 Improve Your Workout with Omega-3 Fish Oil

25 When Grief Comes...

26 Stress Management for Your Heart: Why It's Critical

27 Spiritual Wellness: Whole Hearted

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



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

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

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2021. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



Mending Bones
Restoring Lives
One Patient at a Time



Upper and Lower Extremity Pains & Treatments:

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

KEEPING YOU MOVING!

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

Karl F Siebuhr, MD

352-456-0220 • www.reconorthofl.com

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

Florida Blue Your local Blue Cross Blue Shield

MEDICARE

Questions
about your
Medicare
options?



I'd like to help.

Call me today to see how Florida Blue Medicare's HMO plans can benefit you.

Call your local agent today.

1-407-795-0477
Douglas Decker
douglas.decker@bcbsfl.com

Florida Blue Medicare is an HMO plan with a Medicare contract. Enrollment in Florida Blue Medicare depends on contract renewal. HMO coverage is offered by Florida Blue Medicare, Inc., DBA Florida Blue Medicare, an Independent licensee of the Blue Cross and Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or gender. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773). 注意: 如果您需要语言援助, 请与我们联系。我们提供免费的语言援助服务。请致电 1-800-352-2583 (TTY: 1-800-955-8773)。©2019 Blue Cross and Blue Shield of Florida, Inc. DBA Florida Blue. All rights reserved.

Y0011_97968_M 1019R1 CMS Accepted

MSK MRI



RADIOLOGY
ASSOCIATES
OF OCALA

(352) 671-4300
www.RAOcala.com

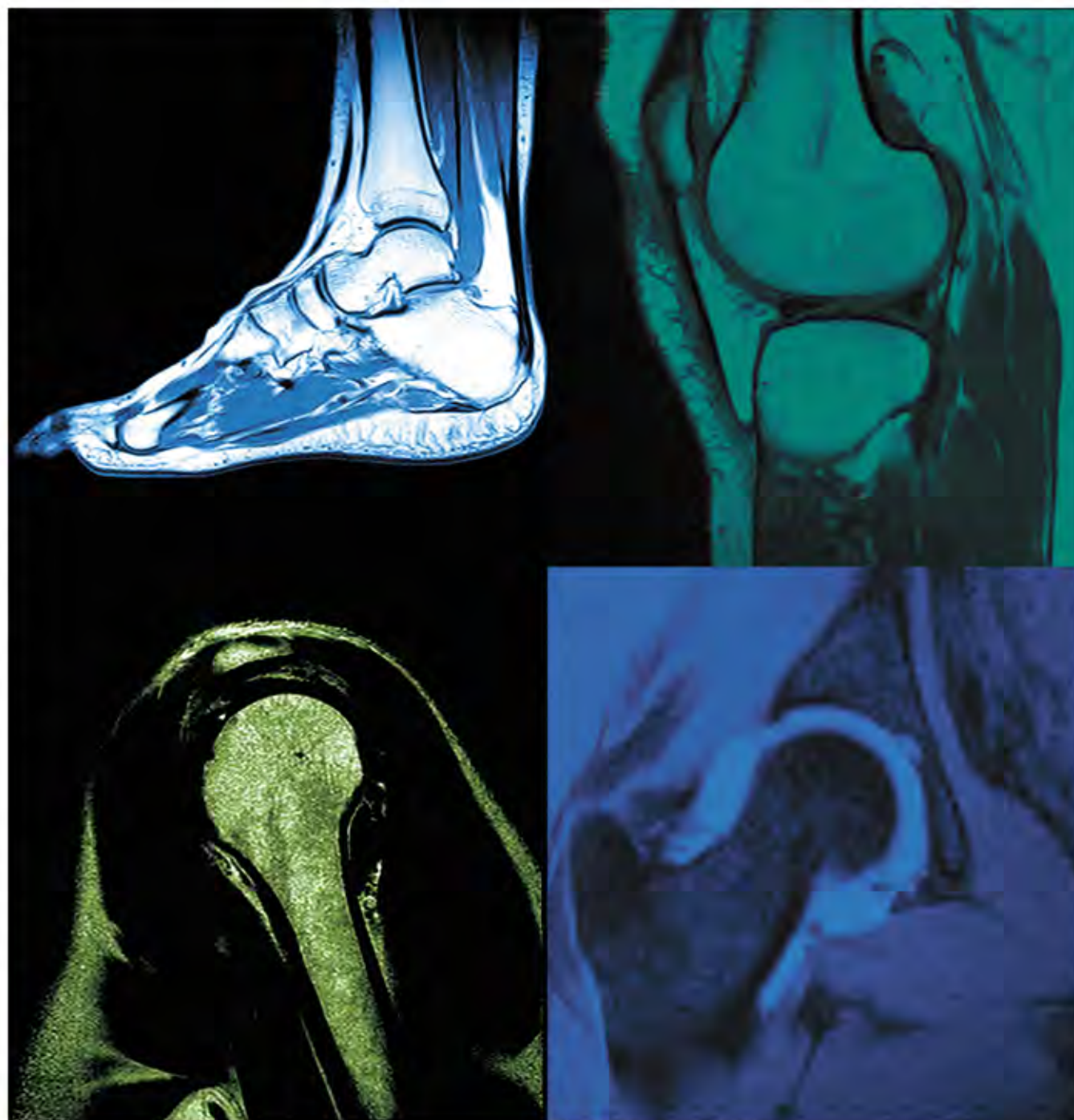
Quick & Accurate, to Get You Back on Track

The musculoskeletal system (MSK) encompasses a wide range of components, including bones, joints, cartilage, muscles, tendons, ligaments, spinal disks and nerves. Any number of things can affect these areas, including damage, injury, arthritis, infection, tumors, herniation and concussions.

For rapid and accurate diagnosis, RAO utilizes magnetic resonance imaging (MRI), which delivers high-resolution images of bodily structures for clinical evaluation by your RAO radiologist and referring clinician. Radiation-free MRI can delve deep into tissues using a powerful magnetic field and radio waves to image soft tissues, knees, shoulders, hips, elbows, hands/wrists, feet/ankles and the spinal column to discover the source of pain, injury and dysfunction. Sometimes used with contrast dye for more intricate assay, MSK MRI produces remarkably detailed pictures of the area being studied, enabling your care team to quickly determine the problem and devise the most effective treatment. MRI provides high-quality imaging in real time, so your radiologist can assess the area of interest directly to identify arthritis, infection, tendinitis, ligament tears, specific impingement syndromes, and other problems.

RAO offers the revolutionary high-field MRI for the best level of detail in only about half the time required by standard MRI. High-field MRI is faster, more detailed and more comfortable than the MRI of days past, for a superior experience for both patients and clinicians. And RAO features Board-certified radiologists who subspecialize in MSK analysis for the ultimate level of accuracy.

For fast, reliable imaging across the musculoskeletal system, ask your clinician about MSK MRI. Or call RAO for more information. We're here to help.



A woman with her hair in a ponytail and wearing sunglasses is seen from behind, paddling a teal kayak on a calm lake. The background is a lush green forest under a blue sky with white clouds. A large, semi-transparent green circular graphic is overlaid on the left side of the image, containing faint anatomical diagrams of a human head, neck, and shoulder. The text "Radically good care for an incredibly cool you" is written in white over the green graphic.

Radically good care
for an incredibly cool you

**Discover MRI From Your Local Leader
in Radiology Services**

RAO maintains ongoing accreditation in Magnetic Resonance Imaging from the American College of Radiology, recognizing our commitment to superior MRI imaging quality, safety and precision. Your results are scrutinized by radiologists who specialize in MRI for unrivaled accuracy, so you can get back to life's exhilarating expeditions.

Radically good care awaits you.



**RADIOLOGY
ASSOCIATES
OF OCALA**

**www.RAOcala.com
352-671-4300**

Lumbar Spine Pain: Symptoms, Causes & Treatments

By: *Regenexx Tampa Bay, Regenerative Medicine*

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

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

The Spinal Column

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

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

Foraminal Stenosis

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

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



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

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

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

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

Facet Joint Osteoarthritis and Instability

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

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

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

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

Disc Problems

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



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

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

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

Pinched Lumbar Nerve

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

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

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



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

Steroids, NSAIDs, & Other Drugs - Not Recommended

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

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

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

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

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

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



Dr. James Leiber

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

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

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

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

The other physicians at Regenexx Tampa Bay are:



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



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



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

813-993-0365



It's Children's National Dentistry Month: The Importance of Oral Health and Restorative Sleep

By Dr. Thomas Harter

Many grandparents are in the best position to step in and step up during Children's National Dentistry Month to make a difference in their grandchildren's health. We all want our children to thrive in all aspects of life. Strong healthy well-balanced children are the world's future. In the book- *Sleep Wrecked Kids*- by Sharon Moore, grandparents can learn how to raise Happy Healthy Kids **one quality sleep at a time, and dentistry plays a huge role in regenerative sleep.**

Most parents are so busy in the everyday life. It makes it tough to gather facts about the major crisis plaguing today's children, (the lack of proper restorative sleep). We all know that we need our beauty sleep. However, awareness and lack of professional medical/dental education has left parents frustrated without a clear direction or diagnosis of their "problem child" that is not thriving. These children are often diagnosed with ADHD (attention deficit hyperactivity disorder), other behavioral problems, stunted growth, repetitive infections, mouth breathing, bed wetting, poor grades, teeth grinding, malocclusion (bad bite), crooked teeth, poor posture, headaches just to name a few.

Doctors trained in sleep disordered breathing for children evaluate the teeth, nose, facial structures, jaw growth and sleep studies. The correction of air flow disruption allows the child to have peaceful restorative sleep. The dentist trained in this field corrects this problem using the latest technique in guiding the physical development of the craniofacial growth patterns including the upper and lower jaws, deficient jaw growth and nasal airflow deficiencies.

Sleep is absolutely essential for every component of physical and mental development from the first day of life to the very last. What is happening now more than ever before in our industrialized world is the poor development and function of the craniofacial structures that restricts air flow beginning with the nose. As nasal airflow restriction develops, emergency mouth breathing is activated. The nose is for breathing and the mouth is for chewing and speech. Mouth breathing prevents the tongue from pushing the jaws outward to form the arches for beautiful smiles that were natural in the nonindustrial age. In our modern world, our diet has changed from the home garden to the processed canned, bottled, boxed, and preservative impregnated foods. The soil is lacking minerals and so we have full bellies, but food potency and vitality is very low. Inflammation



from sugar and other irritants can swell the soft tissue in the nose restricting air flow. The soft diet prevents the normal stimulus that would have directed the growth and strength of the jaws and tooth positioning. Together these things have a downward spiraling effect on the child's health and wellbeing and through awareness and training a new trend of health can begin now.

Adults are well aware of the chronic medical conditions of hypertension, stroke, cancer, diabetes, dementia, Alzheimer's, Sleep Apnea, CPAP machines, Obesity, loss of life, the crippling cost of insurance and healthcare; we can do better. Your experience and wisdom as Grandparents can change our world and give children a fighting chance to live a life full of all potential, to thrive as we were meant to. "

Here at TMJ, Sleep and Dentistry, we evaluate children for the core issues that cause these problems. We want all children to live to their full potential and experience the best life has to offer. You may wonder why a child is unhealthy and have reason to believe sleep difficulties could be a contributor.

Many times this is the case as statistics show that sleep disordered breathing awareness or treatment has not been implemented in our society. Up to 1/3 of children today have a sleep disordered breathing condition. Breathing is the number one priority for life and any disruption of this process sends alarm bells to the brain for emergency action to survive.

These alarms are stressful to the mind and body and as this battle for survival continues the child presents with a variety of ailments.

We treat both children and adults.

Contact our office at 352-203-4493, or to find out more, please visit tmjsleepflorida.com.

Dr. Thomas Harter

Dr. Harter is highly focused on providing the latest in non-invasive treatment protocols for treating children and adults for sleep disordered breathing, sleep apnea (ADHD/ADD in children) TMJ disorders, Chronic pain and headaches. He continually attends educational programs to learn the best techniques to deliver treatments that solve the problem by getting to the core issue at hand. He is a member of the TMJ & Sleep Therapy Centre International, Academy of Physiological Medicine & Dentistry, and the American Academy of Craniofacial Pain.

Practice Areas

- Dentistry
- Orofacial Pain Dentistry
- Sleep Medicine Dentistry



**TMJ Sleep
Therapy Centre
& Dentistry**

Dr. Thomas Harter, DMD

**TMJ Sleep Therapy Centre & Dentistry
2609 SW 33rd St Suite 104
Ocala, FL 34471**

(352) 203-4493

www.tmjsleepflorida.com

Are You Considering Joint Replacement Surgery?

Submitted By Reconstructive Orthopaedics of Central Florida

Have you thought about getting a joint replaced but wondered just what that entails? Did you know that knees, shoulders, and even hips can be done in an outpatient setting? If you get a knee replaced the expectation is that the surgery will usually go well enough that you can actually go home the very afternoon that you had the surgery. Shoulders may be the same and while a hip replacement usually does require a few nights in the hospital, there absolutely are cases where a patient can go home the same day. Some knee and shoulder procedures can even be done in local surgery centers, avoiding hospital parking and the presence of 'sick' patients altogether.

You may hear your physician or friends refer to the procedure as an arthroplasty which is what it is called when you have part or all of the entire joint replaced. What that means is that your physician goes into the joint and removes any damaged, diseased, or otherwise non-functioning parts and replaces them with man made parts. The man-made parts can last up to 20 years and only ten percent or so require additional replacements at the ten-year mark. People who get partial replacements are more likely to need surgery again as the 'original' parts may continue to deteriorate over time.

The most common joints are knees, hips, and shoulders but even ankles, wrists, shoulders, and elbows can be done. There are many companies who make the replacement joints – called prosthetics – and the shelf life on these components is quite impressive – tennis, pickle ball, rowing, and even running can be on your docket again after a successful arthroplasty. The first few days after surgery can have heightened pain, but the recovery process can be helped greatly with ice, elevation, rest, and adherence the pain medication regimen you and your provider discuss. You don't get credit for suffering, but there are also strict guidelines mandated by the state to help avoid accidental overuse of medications. The average time frame for use of narcotics after this type of procedure ranges from four to twelve weeks. If it affects your digestive track and elimination of waste, you can speak with your provider about Colace or Dulcolax.

You can also make your own ice packs before surgery (or just to have on hand) using one gallon food storage bags (double bagging is a good idea and if you add just a drop of food coloring you'll know



ahead of time if it starts to leak). Mix 1 cup rubbing alcohol with 3 cups of water and then distribute evenly between four of the gallon bags for on the ready ice bags. If you have at least four on hand prior to your surgery you will find them very helpful. The combination of the water and the alcohol creates a semi liquid that is similar to a Slushie and is easy to 'mold' to your body part. Many people also find using bags of frozen peas to be similarly helpful. It's always a good idea to place a thin piece of cloth between the 'ice pack' and your skin – the ace bandages will certainly suffice in the beginning.

Physical therapy (often called PT for short) is an additional and excellent tool for recovery. PT can usually start immediately after surgery with some minor moves like learning how to safely stand (and use a walker, cane, or crutches if the surgery was on your knee). You may, if you go to a facility have your therapy there, but you can also have a therapist come to your home or you can go to an outpatient therapy provider to do exercises and weight bearing acclimation. Even things like getting in and out of the bed are best addressed with a therapist to ensure you are conscious of what moves will cause the least discomfort as your body acclimates to the new joint and recovers from the incisions and intrusive surgery. Following the suggestions and directions of your therapist is encouraged. You will have pain and swelling and perhaps even some bruising, but the therapist can help you balance the need to rest and recover against the need to avoid scar tissue and joint stiffness.

While there is never a guarantee with any surgery, joint replacements are quite common and have extremely positive outcomes for the mass majority of patients. The recovery is a little different for and Your primary care physician can provide good information about orthopaedic surgeons in your area. Initial consultations can also be provided, quite often without a referral, by the providers at Reconstructive Orthopaedics of Central Florida. Xrays and MRIs are helpful in deciding which type of surgery (partial or total) suits you best and can also be used in creating the prosthetic for your joint. Prior to scheduling surgery, you will want to discuss your medications and any other chronic conditions (diabetes, blood thinners, cardiology or pulmonary conditions). Recovery is unique to every patient but driving has to be avoided for several weeks after the surgery is complete and long trips should not be planned for at least six weeks. The surgery can absolutely give you a new lease on life.

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

www.reconorthoofl.com



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

When you hear the word **PAIN** **MANAGEMENT** what do you think of?

By Sheryl Hensel

My first thought is.....I don't want to manage any kind of pain, I want to heal it.

The National Academy of Science estimated the cost of pain was \$560 billion to \$635 billion per year back in 2012 which includes direct and indirect costs. Examples such as: days of work missed (\$11.6 billion to \$12.7 billion), hours of work missed (\$95.2 billion to \$96.5 billion), and lower wages (\$190.6 billion to \$226.3 billion.) It probably is no surprise to you that chronic pain is the leading cause of disability globally, affecting billions of people.

The price of pain far outreaches just the physical pain, which can be life altering. The price of pain is costly to your relationships, your time, your activity level, your work capability, and your emotional well-being. The toll pain takes on our entire being can be overwhelming. According to the CDC's, Data from the National Health and Nutrition Examination Survey, In 2015-2018, 10.7% of U.S. adults aged 20 and over used one or more prescription pain medications (opioid or nonopioid) in the past 30 days. Also, prescription opioid use was higher among women than men, and use increased with age.

Not all people are candidates for current medical approaches to pain therapy like pharmacological, surgical and physical options. Although many people can be provided with pain relief in this way, not everyone responds to, or are suitable, for these options. Some of the pharmacological and surgical therapy approaches do have risk potentials that should be taken into consideration as well.

How would it feel if you could do something, from your home, on a daily basis that would drastically improve your pain, maybe even eliminate it? Our solution does not require ingesting anything into or lathering anything onto your body. The goal at Wellness Achievers is not to help you manage pain, we'd like to see you out of pain. Nobody should have to live with pain on a daily basis.

Our PEMF (Pulsed ElectroMagnetic Field) device's magnetic fields affect pain perception in many different ways. These actions are both direct and indirect.



• **Direct effects of magnetic fields are:** neuron firing, calcium ion movement, membrane potentials, endorphin levels, nitric oxide and dopamine levels, and nerve regeneration.

• **Indirect benefits of magnetic fields on physiologic function are on:** circulation, muscle relaxation, edema, tissue oxygen, inflammation, healing, prostaglandins, cellular metabolism and cell energy levels.

PEMFs have been used extensively in many conditions and medical disciplines. They have been most effective in helping rheumatic and musculoskeletal disorders. It is estimated that Americans spend over 50 Billion dollars each year on lower back pain.

Some of our personal, greatest testimonials from users here in The Villages:

• Knee pain, looking into a knee replacement and getting injections for pain with no relief. After a month of PEMF use, his pain is gone.

• Sciatic pain, hip pain completely gone after 6 weeks of daily PEMF use. She tried massage therapy, topicals and nothing was effective until PEMF.

• Arthritic hands that ached every day. After 2 session with PEMF she was able to make a fist again and pain had subsided substantially.

• Migraine suffer with sinus issues has knocked the pain down from 9 (worst pain) to a 2 when she gets a migraine, which she reports is very rare these days.

We have all experienced pain on some level but we certainly haven't experienced YOUR pain. It is such a personal experience and tolerance levels are so different. One thing we believe, our PEMF device can make a difference in your life. It has been found to have good results in a wide array of painful conditions. There is little risk when compared to the potential invasiveness of other therapies and the risk of toxicity, addiction, and complications from medications.

We are also seeing magnificent effects PEMF has on animals. Keep them in mind when considering a device for your entire family.

If you'd like to learn more about how our PEMF devices can help you eliminate, or greatly alleviate, your pain contact Sheryl at (949) 220-4900. Please leave a message and someone will return your call within 24 hours. We do have weekly presentations and will be at The Brownwood Hotel & Spa conference room March 5th and 6th all day providing presentations.

**FREE DEMONSTRATION
ON HOW PEMF CAN IMPROVE
YOUR CELL HEALTH**

**How would it feel to have quicker
recovery time from your sporting
events AND have less pain?**

SPECIAL TWO DAY EVENT
Friday, March 5th and Saturday, March 6th
Brownwood Hotel
3003 Brownwood Blvd, The Villages, FL 32163

Wellness Achievers

*For more information, or to have your own personal
presentation, leave a message for
Sheryl @ 949-220-4900.*

Someone will get back to you within 24 hours.

STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

“Stress incontinence” is a reality for millions of women in America today. The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise—sex; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that fully *two out of three women never mention it to their doctors*. Those who do, wait an average of *over six years* before seeking help.¹

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.

AUI
ADVANCED UROLOGY
INSTITUTE

855-298-CARE

Advancedurologyinstitute.com



Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.





Want A Sleeker Smoother Sculpted Body this Valentine's Day?

Uzoma Nwaubani, MD, FACOG, FPPMRS

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 lifestyle 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/>



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

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

Don't Just Mask your Symptoms

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

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

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

Treat ED's Cause with GAINSWave

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

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



Younger Men Should Seek Treatment Early

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

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

How to Get Started?

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

CONTACT US FOR A FREE CONSULT WITH OUR GAINSWAVE PROVIDER!

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



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

Total Nutrition & Therapeutics

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



TOTAL NUTRITION AND THERAPEUTICS

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

352.259.5190

WWW.TNT4ME.COM

Considering Senior Living?

Pacifica Senior Living Goes Beyond Expectation

Not all senior communities are equal. If you are searching for a place to call home or looking to help a loved one find a senior community where they can thrive, Pacifica Senior living goes above and beyond the norm. For starters, our Executive Director is a highly experienced and well-regarded nurse. She makes sure the daily operations are organized and the staff is well-educated on numerous healthcare and dietary needs. Pacifica Senior Care also understands that residents are like family and making sure they are comfortable, and that they have their needs met are at the top of the list every day.

Having the availability to age through different stages or levels of care is an important need that many people overlook. At Pacifica Senior Living, we have independent living, assisted living, and memory care levels. These options are also attractive to couples, who may start out in independent living and discover that their spouse might need skilled nursing for a health need or memory care for cognitive decline or neurodegenerative disorders, which are unfortunately escalating worldwide.

Independent Living

Our Independent Living program is designed to give residents total freedom over their daily routine, providing peace of mind around activities like dining, driving, and housekeeping. As a part of the Independent Living program, our residents enjoy world-class retirement housing, vibrant life-enrichment programming, gourmet dining, and much more.

Each of our spacious senior living homes features ample living and storage space, kitchenettes with full-sized refrigerators, individually-controlled thermostats, and patios or balconies. We offer cable television and high-speed internet service in each and every home as well.

Assisted Living

Personalized care is at the heart of Assisted Living at Pacifica Senior Living Ocala. Our compassionate staff members provide customized care according to each resident's needs, and their care plans are created from assessments that help our team members best address each resident's unique daily needs. We offer medication management services and assistance with day-to-day activities, supporting our residents with tasks like bathing, dressing, and grooming.



Memory Care

Our Legacies™ Memory Care program is specially designed for residents living with dementia and Alzheimer's disease, providing a unique approach to long-term care that is personalized for those navigating a memory-loss journey.

We use a dynamic, resident-centered approach for our Memory Care program to provide tailored care for each person according to his or her needs over time. Our memory care residents have access to caregivers 24 hours a day, with emergency call systems located in each of our safe and secure apartments. We provide a wide range of dementia care and Alzheimer's care for our residents living with memory loss, including dementia-specific programming, guided exercise, mobility assistance, and more.

There are multiple amenities that are available at Pacifica for their residents needs and enjoyment.

Dining

At Pacifica Senior Living Ocala, dining is an essential part of our commitment to resort-style senior living. Our residents enjoy chef-prepared meals three times per day, served hot and fresh in our beautiful restaurant-style dining room. Our dedicated kitchen staff handcraft meals to each resident's taste and nutritional recommendations, creating a world-class dining experience each time residents sit down to enjoy breakfast, lunch, and dinner at our community.

Life Enrichment

At Pacifica Senior Living Ocala, we provide a dynamic range of activities and events for residents, encouraging active living through exciting hands-on opportunities. Each day brings new chances for our residents to make friends with their peers and bond over shared interests, with new opportunities on our calendar each morning, afternoon, and evening.

Our team plans and designs activities with residents' interests in mind, including exercise classes, arts and crafts, movie screenings, social hours, group outings, devotional services, and much more.

Housekeeping

Housekeeping services are included with our Independent Living and Assisted Living programs, offering linen care, laundry assistance, and apartment maintenance to help residents feel at home in their surroundings.

Transportation

We provide scheduled shuttle services and transportation to help residents navigate the Ocala area. We help residents see doctors, go shopping, and more with total peace of mind about getting to and from their destination. When residents have questions about scheduling rides, our staff members are happy to help.

Pacifica Senior Living in Ocala, FL

At Pacifica Senior Living Ocala, our residents enjoy customized care, gourmet dining, life-enrichment programming, and much more. Our senior living community is staffed 24 hours a day, helping residents live with peace of mind while enjoying our luxury amenities and housing. We are happy to help families learn more about our community and how Pacifica Senior Living Ocala compares to assisted living facilities in the area.

Pacifica Senior Living also follows strict hygiene and disinfection protocols to keep our residents and staff safe!

*It's easier than ever to take an initial tour—
We have a link on our website to give you
and your loved one a virtual tour at
PacificaSeniorLiving.com. We're always
here to answer your questions or to set up
a tour of our charming community.
Please call us at 352-414-4743.*



PACIFICA
SENIOR LIVING

OCALA

Lic#AL9315

(352) 414-2507
www.PacificaOcala.com

Why Regular Blood Pressure Checks Matter

Checking your blood pressure regularly is one of the most important screenings you can get because high blood pressure usually has no symptoms. People with high blood pressure may have a higher risk for heart disease and stroke. That's why it's a good idea to see your doctor at least twice a year to make sure your blood pressure is right where it should be, and your treatment plan is working.

A blood pressure reading measures the force of your blood pushing against the walls of your arteries. Your blood travels through your body to supply oxygen and nutrients to your organs and tissue. But when our blood vessels harden, it can make it harder for your blood to move through them, resulting in high blood pressure.

Your blood pressure reading is made up of two numbers. The systolic reading is the larger number on top. This number measures the force of your blood going from your heart to your arteries. The smaller number is your diastolic reading. This number measures your heart resting between heartbeats. According to the American Heart Association, normal blood pressure is 120/80 or lower. Any blood pressure reading over 139/89 is considered high blood pressure for people with diabetes.

Why You Need to Check Your Blood Pressure

If it's not caught and treated early, high blood pressure can lead to stroke, heart attack and other dangerous health problems. Getting an accurate blood pressure reading when you see the doctor is important to catch problems as early as possible.

High blood pressure can often show no symptoms, particularly in the early stages, and can quietly damage your body for years. Once it has elevated, it can become a serious condition, and if left uncontrolled, can lead to various serious complications such as heart attack, stroke or kidney failure.

How Much Does It Cost?

Getting your blood pressure checked should be part of every doctor's visit, not just with your primary care

doctor, but with specialists, too. It's no cost to you to have this done. You can also get your blood pressure checked at no cost in most grocery stores, too.

If your doctor prescribes medications to help control your blood pressure, you may have to pay a copay, depending on your Medicare prescription drug plan. Some generic drugs for blood pressure may be available at no extra cost to you.

Make sure to ask your doctor if a generic drug is available. Generic drugs usually cost less than their brand name counterparts. You can use generics with confidence. Although they may look different from their brand name versions, generics are safe and effective. A brand-name drug and its generic version must have the same active ingredient, dosage, safety, strength, usage directions, quality, performance and intended use. Generic drugs work in your body in the same way and in the same amount of time as brand-name drugs.

Depending on your income, you also may qualify for Extra Help from Medicare.

What Should You Expect?

Typically, a nurse will take your blood pressure when you get to the doctor's office. Stress, physical activity and other factors can increase your blood pressure. If you're rushed into a room and the nurse takes your blood pressure before you have had time to sit down for a minute, your reading might be too high. If this happens, ask to sit for a minute and catch your breath first. Relax. This can help make sure your reading is accurate. If your blood pressure is still high, ask to be left alone quietly in a room for 45 minutes.

Sources:
<https://www.aarp.org/health/conditions-treatments/info-05-2011/high-blood-pressure-older-adults.html>
<https://www.health.harvard.edu/mcns-health/blood-pressure-goals-how-low-should-you-go>
http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/What-is-High-Blood-Pressure_UCM_301759_Article.jsp#.WyAXNeyot9A

Your nurse will tell you your blood pressure reading as soon as it's ready. Your doctors will track your blood pressure from visit to visit and will let you know if they see an increase over time.

If your cholesterol is high, your doctor may prescribe a type of medication called statins. If this happens, make sure to start with a 30-day supply of medication. If the medication works after the first month, then ask your doctor for a 90-day prescription. This way you don't have to go to the drug store as often. You can also choose to get your drugs through mail order.

If you ever have any issues with paying for your medication, talk to your doctor. There are some extremely affordable options when it comes to blood pressure medications.

How Do You Make an Appointment?

If you haven't had your Annual Wellness Visit yet this year, this is a great time to ask your doctor about any screenings you need and get your blood pressure checked. You can also visit your local grocery store or pharmacy and check your blood pressure at a blood pressure machine.

If you're a Florida Blue Medicare member, call the number on the back of your member ID card if you need help finding a doctor or making an appointment. You can also log in to your My Health Link™ member account at floridablue.com/medicare.



Call your local agent today. ↘



1-407-795-0477
 Douglas Decker
douglas.decker@bcbsfl.com

INDEPENDENT LIVING ~ ASSISTED LIVING

EXCEPTIONAL SENIOR LIVING.

CASUAL LIVING.
 DESIRABLE LOCATION.
 WORRY-FREE LIFESTYLE.

PACIFICA
 SENIOR LIVING
 OCALA

Affordable senior living community in Ocala.
 Schedule your personal tour and move in today.

352-414-2507

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

Lic#AL9315

GET YOUR MEDICAL MARIJUANA CARD

CERTIFIED MARIJUANA DOCTORS
 GUARANTEED TO GET YOUR CARD

DRY FLOWER, VAPES, TINCTURES, CREAMS, PILLS, MEDICAL MARIJUANA AKA LABLE IN ALL FORMS!

Leesburg - 352-306-0133
 Ocala - 352-414-4545
 Port Charlotte - 941-208-3444

OR YOU PAY NOTHING

WWW.SMOKINGMARIJUANADOCTORS.COM
 OPEN 9 AM TO 5 PM | M TO F
 LICENSE NUMBER 08874

ALTHOUGH MEDICAL MARIJUANA IS LEGAL IN FLORIDA, IT REMAINS ILLEGAL UNDER FEDERAL LAW.

PLUG INTO LIFE, LOVE HOW YOU HEAR

signia

BIG SOUND, NOW IN THE SMALLEST OF PACKAGES.



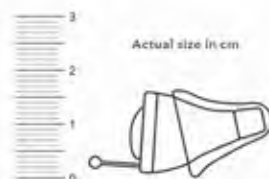
Finally, a hearing device so small, it's nearly invisible in the ear.



For decades, one of the primary reasons people wouldn't consider a hearing aid was size. Outdated technology resulted in devices that were too big, too clunky, and they made the wearer look 'too old.' So, unfortunately, people would forsake better hearing in favor of feeling better about their overall appearance. It wasn't vanity, it was simply human nature.

Hearing is believing.

The new Signia Silk X has changed the way people look at hearing aids (and the way people look at those wearing them). Advanced technology allows the Silk X to pack our most superior sound into the smallest of packages - almost completely invisible when it nestles comfortably in the ear. Now you can hear better and look your best.



A hearing aid that fits you. And your lifestyle.



The Signia Silk X takes advantage of design technology, too. With super soft silicone click sleeves, it's easy to instantly find the fit that's best for you. In fact, with Silk X you can walk out with an in-ear device the same day you purchase, without the two-week or more wait time of other devices. The sleeves are comfortable, so people won't notice your Silk X devices. In fact, you'll hardly even notice you're wearing them.

Why your hearing is so very important.

Better hearing allows us to better experience the world around us. To hear the soft giggles of a grandchild as you read a bedtime story. To marvel in the calls of all manner of birds as you walk through the park. Or the simple, joyful relaxation of watching TV with the sound down low.

For those with hearing loss, however, those simple joys aren't so simple anymore. Constantly nodding your head to avoid the embarrassment of having to ask someone to repeat themselves. Missing out on the little things that make life special. Yes, people with hearing loss know all too well that they're missing out on some of the best life has to offer.

Get back to hearing. And get back to life.

There's a new, better, smaller, and more technologically advanced way for you to once again enjoy the symphony of life. And it's so small, it's almost invisible once placed in your ear. But what they can't see belies what you can hear, once you wear your Signia Silk X device.

With a custom fit and technology that picks up sound inside your ear, Silk X is ideal for both everyday wear and for use with phone calls - even headphones.

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

PremEar Hearing
A Tradition of Excellence



Treating Diabetic Wounds: What You Should Know About Your Risks & Recovery

Dr. Brent Carter

Diabetes is a progressive disease and complicated condition to gain control of, but one of the most painful parts of this disease is the development of diabetic wounds. Often these wounds become “non-healing” due to the adverse effects of the systemic disorder. Millions of people with diabetes will suffer from diabetic foot ulcers more than once in their lifetimes.

High blood sugar damages various organs within the body, but also has a severely adverse effect on nerves. This nerve damage happens when the blood supply is limited. The small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening. These small sores go undetected due to the lack of feeling. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

If you have ulcers and lacerations that never fully heal, you might have a chronic wound. These are most often caused by diabetes mellitus, which causes blood

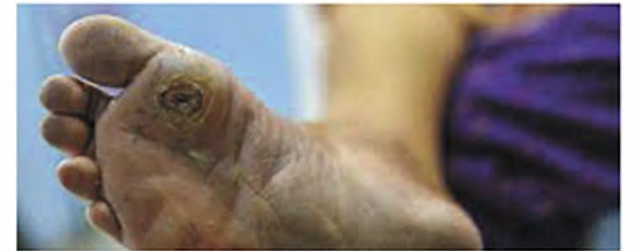
vessels in the feet and hands to grow smaller. The restriction of blood flow damages nerve areas and reduces sensation.

Chronic wounds can also be caused by venous stasis, a condition of the veins in the lower legs, which also deprives your feet of adequate blood flow. With both conditions, when you bump or cut your foot or when you develop an ulcer, the lack of blood flow makes it difficult for the wound to heal.

In the endothelial layer of the dermis, vascularization must take place in order to heal the wound. The neo-vascularization or also known as angiogenesis is when new microvessels, fibroblast, and collagen begin to proliferate and form along with an increase in oxygen uptake and micronutrients to help grow new tissue, and to build a strong vascular blood flow to supply the proper nutrients to the dermal layers.

Wound care includes self-checking your feet and ankles at home for any new cuts, scraps or ulcers. Wound treatment might include any of the following depending on the severity of your condition:

- Antibiotics
- Grafts
- Hyperbaric oxygen treatments
- Saline debridement
- Surgery
- Therapeutic footwear
- Wound care
- Vascular Treatment



Why You Should NEVER Ignore Symptoms
Changes to your foot and ankle health should never be ignored. Warning signs and symptoms are the body's way of signaling us to take the initiative and seek medical intervention.

Swelling, fluid retention, skin color changes, slow hair growth, pain, dry skin, non-healing wounds, and other signs are not a normal part of aging, as many people assume. They are instead indications of circulatory problems, which can lead to adverse conditions quickly.

If left untreated, circulatory issues can lead to vascular disorders. It's critical to seek prompt medical care.



Dr. Brent Carter
Podiatric Physician & Surgeon
(352) 388-4680
www.americanfootankle.com
1714 SW 17th St, Ocala, FL 34471

Premier Hearing

A Tradition of Excellence

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

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

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

Foot and ankle pain doesn't have to be your normal.
But how do you know when it's time to see a doctor?

Get back on your feet again.

CALL TODAY!
Dr. Brent Carter
Podiatric Physician & Surgeon

352-388-4680
www.americanfootankle.com

COVID-19 NEUTRALIZING ANTIBODY & IGG WHITE PAPER

By Select Laboratory Partners

ANTIBODIES AND VACCINES

Infection with SARS-CoV-2 causes the body to produce two different kinds of antibodies: **binding antibodies** and **neutralizing antibodies**. The most commonly measured binding antibodies are **IgM** and **IgG**.

Neutralizing antibodies have been shown to prevent the coronavirus from infecting our cells. COVID-19 vaccines, such as mRNA-1273 by Moderna, NVX-CoV2373 by Novavax, and BNT162b1/2 by Pfizer, have been shown to increase the neutralizing antibody level in patients treated with the vaccine, and the levels of neutralizing antibodies in the vaccine trials generally reached or exceeded the levels obtained in patients recovering from COVID-19.¹⁻⁵ Therefore, high levels of neutralizing antibodies appear to be important in our body's ability to fight off coronavirus infection.

ANTIBODY TESTING

Currently, there is only one neutralizing antibody test approved by FDA EUA⁶ and the clinical application is limited by its technical challenges and costs.

Alternatively, IgG antibody testing has been proposed as a reliable, cost-effective solution to estimate the levels of neutralizing antibodies. Multiple clinical studies have shown that IgG antibody levels essentially mirror the neutralizing antibody level. In fact, the CDC has recommended using IgG antibody testing as a way to estimate neutralizing antibody levels in a recent statement - "...because direct assessment of neutralizing antibody activity requires specialized laboratories, SARS-CoV-2 IgG titers from relatively easy-to-perform commercial assays may serve as a surrogate for assessment of neutralizing activity".⁷

CLINICAL STUDIES

Studies have shown that IgG and neutralizing antibody levels are generally sustained for at least 3 months in a study of 65 COVID-19 infected patients.⁸ The same studies also showed that peak levels of neutralization antibodies were achieved between 20-25 days after the onset of symptoms.⁸ However, the percentage of patients with high levels of neutralizing antibodies dropped from 60% to only ~17% after 65 days.⁸ According to the CDC, "decreasing neutralizing antibody levels over time raise concern for re-infection and could impact the implementation of immunization programs and monitoring for herd immunity".⁹



Based on the clinical studies and the limited amount of clinical testing data available for the upcoming COVID-19 vaccines, it is unclear how long the vaccines will provide us with sustained, high levels of neutralizing antibodies to fight off infection. As more studies are performed and the vaccine is introduced into the general population the answer to this question will become clearer, but it is difficult to provide a definitive answer to the question with the data currently available.

Ultimately, what the clinical studies suggest is that we are unsure of how long people who receive the vaccine will remain immune to the coronavirus without additional vaccine treatment.

POST VACCINE STRATEGY

Until more clinical data is obtained from vaccine studies and a more cost-effective neutralizing antibody test becomes available, a reasonable strategy to monitor resiliency to the coronavirus in people who receive the vaccine is to follow the CDC suggestion of using the relatively easy-to-perform IgG antibody testing as means to estimate the level of neutralizing antibodies. This strategy would appear to be even more critical for at risk populations such as the elderly or people with known underlying comorbidities (e.g. hypertension, diabetes, cardiovascular disease, metabolic syndrome, obesity, etc.) who are at dramatically increased risk after contracting COVID-19.

Ultimately, frequent monitoring of how long vaccinated individuals will remain protected against the disease is extremely critical in the implementation and sustainment of COVID-19 surveillance plans and mitigation strategies.

REFERENCES:

1. Corbett, K. S., et al. Evaluation of the mRNA-1273 vaccine against SARS-CoV-2 in nonhuman primates. *N Engl J Med.* 2020 Oct 15; 383(16):1544-1555.
2. Jackson, L. A. et al. An mRNA vaccine against SARS-CoV-2—preliminary report. *N Engl J Med.* 2020; 383(20):1920-1931.
3. Keech, C., et al. Phase 1–2 trial of a SARS-CoV-2 recombinant spike protein nanoparticle vaccine. *N. Engl. J. Med.* 2020; 383(24):2320-2332.
4. Widge AT., et al. Durability of Responses after SARS-CoV-2 mRNA-1273 Vaccination. *N Engl J Med.* 2020 doi: 10.1056/NEJMc2032195.
5. Sahin U, et al. COVID-19 vaccine BNT162b1 elicits human antibody and TH1 T cell responses. *Nature.* 2020; 586(7830):594-599.
6. <https://www.fda.gov/media/143583/download>
7. https://www.cdc.gov/library/covid19/pdf/2020_10_20_Science-Update_Final-Public.pdf
8. Seow J., et al. Longitudinal observation and decline of neutralizing antibody responses in the three months following SARS-CoV-2 infection in humans. *Nat Microbiol.* 2020(12):1598-1607.

SLP OFFERS IgG ANTIBODY TESTING BY CHEMILUMINESCENCE

- Antibody levels indicate an immune response.
- Specimen tested is serum collected in a centrifuged serum separator tube (SST).
- Serum IgG testing is a monitoring tool post-vaccine to ensure protection against COVID-19.
- FDA EUA-approved automated chemiluminescence antibody testing is one of the most sensitive at detecting low levels of antibodies in serum.
- Testing is performed in a highly complex, CLIA laboratory by qualified and highly trained laboratory technicians, eliminating the uncertainty of results identified in finger-stick, cartridge testing.



11115 S W 93rd Court Rd.
Ocala, FL 34481

352-389-8088 | <http://mc.select-labs.com>

FEBRUARY IS GET MOVING MONTH

I really like the word “moving” rather than exercise (a 4 letter word in the minds of many – including me). Now more than ever before (due to COVID restrictions) you have to move and be active even if it is just around your home or neighborhood. Sitting around watching depressing news that you have no control over, can affect you not only mentally, but physically as well. Don’t put off moving until tomorrow when you can begin today. Whether COVID-19 or another virus down the road, the best defense you have is a healthy organic machine – your body. Moving makes it stronger along with eating correctly.

Think of your body as your house and your joints as its furniture or its nooks and crannies. What happens if you don’t dust your furniture or clean around the baseboards or corners of a room? You get an accumulation of dust, dirt, and cobwebs, right? Think of your hips, knees, shoulders, and other joints as items you need to “dust.” Moving prevents the formation of “cobwebs” in your joints.

Personally, I like to put music on while I cook, and then I dance! I do deep knee bends every time I take clothes out of the dryer. I take one piece of clothing out at a time, so if there are ten pairs of socks in the dryer, that equals twenty deep knee bends.

Another easy way to get moving is grocery shopping. I know where the items are at my local grocery store, but I purposefully create my shopping in a way that requires me to go from one end of the store to the other end. I also park my car far away from the door as possible. All of those steps add up,

burning excess glucose, improving flexibility and increasing activity is a win/win. Every single time your body moves, it burns glucose (the body’s fuel), improves flexibility, your health and weight.

When you eat to protect your pancreas and move, your body must go into your storage tanks for extra fuel which leads to weight loss. Also, the added benefit of movement is the release of endorphins that aid in reducing stress, anxiety and depression, along with improving sleep and self-esteem (especially when your weight starts to drop, and your health improves).

Whether you get down on your hands and knees to wash the floor, hula hoop, clean the windows, wash your car, lift weights, dance or take a walk after dinner, any of these activities will raise your heart rate, increase your stamina and force you to utilize muscles that need to be dusted off and engaged.

I cannot emphasize enough the need to love and care for yourself. Make this a priority for 2021! Remember, your mind, body, and spirit are in a partnership. They work in unison to sustain life. Give your body something to work with – wholesome, nutritious, responsibly grown pancreatic friendly foods and engage in some form of movement/activity on a daily basis. Your health and well-being will benefit. Now - GET MOVING!

Candice Rosen is a registered nurse, social worker, healthcare counselor, researcher and author. The Pancreatic Oath and Forget Dieting! It’s All About Data Driven Fueling (Rowman & Littlefield, July 2020) are available at Barnes & Noble and Amazon.

Candice believes in the practice of self health. Her hypothesis is that all non-communicable diseases (obesity, type 2 diabetes, high blood pressure, high cholesterol, metabolic syndrome, insulin resistance, polycystic ovarian syndrome, low testosterone, renal issues and even some cancers) stem from pancreatic abuse. What is pancreatic abuse? Anytime you raise your blood glucose over 100 ninety minutes after you eat a meal or a snack, you are asking for weight gain and poor health.

*Never allow your glucose to drop below 70. Clients of Candice test their glucose using a glucometer for 2-3 months to determine what fuel/food works best for their organic machine. Always consult your physician before engaging in any new eating plan.

818-570-7204

@candicerosenrn (twitter & instagram)
<https://www.facebook.com/candicerosenRN>

Candice Rosen,
 Health Counseling



The Industry Experts for On-Site
Laboratory Implementation, Management and Support
 THE FUTURE OF LABORATORY TESTING

Prevé
 PERSONALIZED HEALTH MANAGEMENT

Now offered at Select Labs-Marion County
 352-389-8088 | www.prevehealth.com

CANDICE P. ROSEN

Forget Dieting!
 IT'S ALL ABOUT DATA-DRIVEN FUELING

YOU DON'T NEED TO STARVE YOURSELF TO ACHIEVE A HEALTHY WEIGHT.

Forget Dieting!
 ITS ALL ABOUT DATA-DRIVEN FUELING

Order Your Copy Today!
 Barnes & Noble, Amazon
<http://candicerosenrn.com>
candicerosenrn@gmail.com

COVID-19 Update & the QCARD

Each day, we learn new facts, figures, and protocols concerning COVID-19. Recently, we were informed by the FDA that they are investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. At this point, we also know that the vaccine will take approximately 12 months to become available. As we navigate through the coronavirus pandemic over the next few months, disinfection and social distancing is the recommended preventative advice, and boosting the immune system is also beneficial. Healthier individuals are better able to fight the infection and make full recoveries. If you get sick, you need to be tested!

Quick Care's Answer for Those without Medical Insurance

If you don't have health insurance, things can get pricey rather quickly. Luckily the QCARD is an alternative to conventional health insurance giving you access to the Quick Care medical professionals with ease and affordability. The QCARD is a program based for self-pay patients or anyone without medical insurance. Quick Care Med always takes the lead in finding innovative ways to help their communities and their patient demographic. They implemented this program to offer a well-needed resolution for so many individuals and families.

Who can benefit from the QCARD program?

Almost anyone without medical insurance will find QCARD to be a valid answer to their healthcare needs. For example:

1. Headaches
2. Influenza or colds
3. Injuries or trauma
4. Asthma or allergy Issues
5. Twisted ankle
6. Your child has a bad cold or is colicky.
7. And the list goes on and on

*QCARD's copay is \$10 per visit. Average medical office visits can be hundreds of dollars!

The QCARD works in 3 easy steps!

1. Patient can sign up online or in the office
2. Patient pays \$1 a day plus a \$10 copay at time of service
3. Patient can be seen as many times in a month as they like for just the \$10 co-pay



Where can you use the QCARD?

Quick Care Med has 10 locations in Alachua, Citrus, Levy and Marion Counties. We have 3 offices in the Ocala area, plus other locations in Dunnellon, Beverly Hills, Crystal River, Homosassa, Inverness, Newberry and Williston.

Why get the QCARD now?

If you don't have insurance, then you should get the QCARD now. It is a good idea to have at least a basic healthcare plan to deal with life's unforeseen events. It will give you access to medical professionals when you need it the most.

QCARD is a great healthcare plan for the following:

- Those with no medical insurance
- Part timers
- Snowbirds
- Just off parents insurance
- Agricultural workers
- New to the area

If you have insurance and want to avoid high deductible, the QCARD is perfect for you. It is a great companion to high deductible insurance plans, as you can keep the insurance to cover only catastrophic events. You will save money by not having to pay the high deductible.

Quick Care Med
Walk-In Clinic & Urgent Care
844-797-8425
www.quickcaremed.com

Quick Care Med Urgent Care

If your health needs are not emergent and in need of life-saving measures, the benefit of urgent care in comparison are numerous. To name a few, the wait time will be much shorter. For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med urgent care provides you with the proper paperwork to follow up with your primary care physician or specialist, as urgent care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.

There are numerous reasons people go to urgent care, from sore throats, skin infections, school sports physicals, vaccinations, colds and flu, sprains, heat exhaustion, animal bites, dehydration, broken bones and much more. Before you go to the ER, consider if you could instead be treated at urgent care because of the numerous benefits to you and your loved ones.

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties, plus our newest location in Chiefland that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

Quick Care Offers The QCard—Affordable Healthcare for Just \$1 a Day, Ask us How or Visit us Online!

www.quickcaremed.com

4 Locations in Ocala

3415 E. Silver Springs Blvd, Ocala, FL 34470
 (On Silver Springs Blvd. across from Publix)

8119 SW State Rd 200, Ocala, FL 3448
 (Just past Walgreens)

6341 N US 441, Ocala, FL 34475
 (Across from John Deer)

NEW LOCATION: Chiefland
 2205 N Young Blvd, Chiefland, FL 32626

Physical Therapy: Your Key to Wellness!

Getting people moving and keeping them active is the key to health care. But there are so many illnesses and injuries that can prevent people from being active; from simple sprains and strains of ligaments and muscles, to arthritis and back pain, and to medical problems such as neurologic conditions, heart, or lung disease. Physical therapy can be the key that can unlock your health!

Physical Therapists are professionals that offer cost effective care that can reduce pain, increase function and mobility, and hopefully decrease or eliminate the need for medications, injections, and at times, even surgery.

Movement is essential for all of us. It helps to reduce obesity and improve metabolism. It is also essential for focus and attention; movement helps decrease depression and improve mood and energy.

Movement also plays a role in maintaining your balance system and independence. By simply walking every day you can reduce your chance of a stroke or heart attack. Physical therapy can also play an integral role in treating many common conditions such as low back pain, neck pain, knee and shoulder joint dysfunction. For example, in many cases surgery can be avoided and medication usage can be significantly reduced with the role of focused physical therapy. This can lower the cost of health care, as well as the side effects of narcotic and anti inflammatory medications (nausea, constipation, lethargy, confusion to name a few!).

Possibly one of the most important aspects of physical therapy is that it lets the patient play a key role in their health and recovery. Having a patient

centered plan that is designed and created just for you can be empowering and can be essential in eliminating any roadblocks to recovery.

So what is a physical therapist, and what can they do?

Physical therapists are smart folks; they have completed a college education program and have a graduate degree, either a Master's or clinical doctorate. They must graduate from an accredited program, and then must pass a national licensure examination. With their extensive knowledge they are an integral component in the health care team, helping to diagnose and examine patients and outlining a treatment plan to limit or eliminate conditions that effect a patient's ability to move and function.

A physical therapist often works in tandem with a physical therapy assistant (PTA), another licensed and experienced specialist who works directly under the supervision of the physical therapist. This team approach is extremely effective. Working together, they will devise and outline a treatment plan. This may include modalities such as heat, ice, ultrasound, electric stimulation, and massage. Also, components of care may be therapeutic exercise, functional training, gait and balance intervention, and proper body mechanics. They may create a home exercise program and in many cases may provide a spinal reconditioning and rehabilitation program.

Common Myths about Physical Therapy

1. Physical Therapy is going to hurt. A study shows that 71% of people that have not had therapy believe this.

FACT: The reality is that if you are seeing a therapist you already hurt. Or have a joint that isn't working well. Or have spine pain. Or have some bodily limitation. The goal of the therapist is to limit pain and improve function.

2. You should only have physical therapy if you have had an accident or are injured.

FACT: Therapists are expertly trained to evaluate and correct problems before they become serious. They can diagnose and manage disorders including carpal tunnel syndrome, neck and low back pain, headaches, and shoulder problems, just to name a few. AND, they can also treat and strengthen muscles and tendons and ligaments after an injury or trauma.

3. Physical Therapy is not covered by insurance.

FACT: Therapy is almost always covered by insurance. Sometimes there are insurance limits and this has to be in checked with each policy. However, therapy can often be extremely cost-effective; it can reduce the need for medications, it can reduce the need for imaging and surgery. It may also be effective in reducing falls, thereby reducing additional injuries.

4. Surgery is necessary, and it is my only option.

FACT: Physical Therapy can often be as effective as surgery when treating a number of specific conditions. This can include spinal conditions and degenerative disc disease, rotator cuff shoulder injuries, and even meniscal tears in the knee.

5. I can do physical therapy myself, I don't need a licensed therapist.

FACT: While it is true that the patient has to do the exercises, it is only possible to reach your maximum potential for recovery with an expert, individualized treatment plan.

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

Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com

SICK NOW? SEEN NOW!®



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

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

Toll Free:

844-797-8425

3 Locations in the Ocala Area to serve you.



WALK-IN CLINIC & URGENT CARE

www.quickcared.com




Changing lives...
One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com

Ocala
2801 SW College Rd
Ocala, FL 34474

Summerfield
14031 Del Webb Blvd
Summerfield, FL 34491

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

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

(MM30672)

Improve Your Workout with Omega-3 Fish Oil

By Anne-Marie Chalmers, MD

Is there a relationship between taking fish oil and exercise performance?

That was our hypothesis when we started giving Wellpride® fish oil to Thoroughbred racehorses nearly two decades ago. The theory held water. Trainers reported that their horses had better endurance and recovered faster after racing.

Today, we know a lot more about how omega-3 fatty acids support the body during exercise (both in animals and people). The growing body of research presents a compelling case for why workout junkies of all kinds should consider adding omega-3s to their exercise program.

Improved Muscle Mass

Omega-3 fish oil isn't going to land you on any doping drug list, yet there are numerous reasons why getting an effective dose of fish oil every day could significantly improve your workout. One of the most surprising benefits is the omega-3 fatty acids' impact on muscle mass and strength:

- A 2012 study from Brazil revealed that women in their 60s experienced greater improvements in muscle strength when they consumed 2000 mg of EPA/DHA and exercised each day. This was compared to women who completed the training without omega-3 supplements.
- A 2015 double-blind study focused on seniors (60-to 85-year-olds) found that consuming 3360 mg of EPA/DHA for 6 months helped increase muscle mass and muscle strength, independent of exercise.

While the above studies focused on older adults, there's reason to believe younger individuals may experience similar benefits, too.

One study conducted on healthy adults (aged 25-45) found that supplementing with 4000 mg of EPA/DHA increased muscle protein synthesis. Another study on the same age group discovered that – when they consumed 3000 mg of EPA/DHA every day – study participants improved the number of bicep curls they could perform.



Reduced Muscle Soreness

Numerous studies have also looked at how omega-3s can impact muscle soreness after exercising, which is known as Delayed Onset of Muscle Soreness (DOMS). Omega-3s are well-known for their anti-inflammatory benefits, and when it comes to DOMS, omega-3s may reduce the risk of muscle cell injury by improving cell flexibility and elasticity.

A fair amount of research has been done on this topic, so we have picked a few favorites:

- A 2014 study found that healthy college students with higher omega-3 levels had a decreased incidence of DOMS compared to students with lower omega-3 levels.
- A 2018 study from New Zealand looked at how omega-3s influenced a team of professional rugby players. The researchers compared how the rugby players self-assessed muscle soreness, fatigue and mood when taking 1500 mg of omega-3s compared to a protein-based placebo. Compared to the placebo, fish oil had a greater effect on reducing muscle soreness and fatigue.
- A 2018 study from researchers at Harvard Medical School found similar results when exploring how omega-3s impacted patients with coronary artery disease. Patients who received 3360 of EPA/DHA daily for one year had better physical function, fewer joint replacements, less pain and stiffness, and exercised more per week (compared to the control group).

What to Consider Before Taking Omega-3s

Before your rush out to buy fish oil capsules, it's important to understand that the benefits of omega-3s depend on dose and quality. In one review, researchers found that consuming supplements containing only EPA or only DHA did not reduce several markers for DOMS. This is likely because these fatty acids have a synergistic effect in the cells and work together to produce the best results.

Secondly, getting an optimal omega-3 dose matters tremendously. In the studies referenced above, the researchers used between 1500 mg to 4000 mg of EPA/DHA daily to achieve positive effects. Unfortunately, many regular fish oil capsules contain only 300 mg of EPA/DHA. Depending on the brand and concentration, this means that you would have to swallow between 5 – 13 capsules daily to get the kind of dosages used in the studies cited above.

Alternatively, fresh, full-spectrum liquid cod liver oils, like Omega Cure®, can make it easier to get a higher omega-3 dose without having to swallow umpteen capsules. Just remember to read the nutrition facts to ensure you get enough EPA/DHA per serving.

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/improve-your-workout-with-omega-3-fish-oil/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



Call us at 941.485.4400
www.omega3innovations.com

When Grief Comes...

Submitted by Hospice of Marion County

Even when the anticipated death of a loved one occurs, it is never easy. It is normal human nature to experience an array of unexpected emotions from sadness to anger and even debilitating grief, sometimes affecting our mental health and ability to function in our daily lives. When the latter happens, that's a signal it's time to seek professional assistance from someone who can help make the long journey from loss back to healing less difficult.

That's where the services of the Monarch Center for Hope & Healing, at no cost to the community, can make a difference. By preparing for the inevitable, we are better positioned to meet the ups and downs of bereavement with equanimity and grace, lessening our suffering and helping others in our circle. "Living with Grief" is brand new and just one of the many groups focused on guiding people through their grief, whether they received care from Hospice of Marion County or are members of the community experiencing a sudden death. The highly trained facilitators are ready to help people:

- reflect on life with others who are grieving
- share thoughts, feelings and experiences
- learn to cope while preparing for loss

The new support group will be held on the first Wednesday each month at 10:30 a.m. beginning February 3 at the Monarch Center, located at 2895 SE 62nd St., in Ocala.

Other programs available

Those dealing with a loss may take advantage of other support groups such as *The Novel Friends Book Club* and *Expressive HeARTS*.



The book club meets on Mondays at two locations, either at the Cates House (formerly Legacy House off SR 200) or the Monarch Center. This spring's selection is *"A Grief Observed"* by C.S. Lewis, in which the renowned author examines himself with brutal honesty as he reflects on the death of his wife, Joy Gresham. The book club offers a great opportunity for those who are alone, or who feel alone in their grief, to join with others who may be experiencing a similar difficulty. Members are not required to complete all assignments. Discussion, emotional support and camaraderie are the most important elements. Upcoming dates are on Mondays at both locations. Call below for the places and times most convenient for you.

Try Expressive HeARTS -- No artistic experience required for this popular workshop. Participants are invited to freely express themselves without judgment through simple writing and craft projects. "It's not the end product that matters, but how your journey got you there," says facilitator Tracie Wiggins. "It's a hands-on program designed to open up the senses with a focus on the emotions of grief where people are able to express themselves in a whole new way. It's very liberating." These sessions are guaranteed to improve mood, inspire well-being and reduce stress. Monday dates begin in March also in two locations, the Cates House and the Monarch Center.

Space is limited; social distancing and mask requirements will be observed. Call (352) 873-7456 to learn more and reserve your space, date and time.



Like WD-40[®] for Your Aching Joints

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

Or do we?

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

Omega3 Innovations | omega3innovations.com | 941.485.4400



*Today...more than ever
Mental Health Matters*

In times of the loss of a loved one,

TURN TO THE MONARCH CENTER FOR HOPE & HEALING
programs for adults, teens and children...at no charge to the community







2895 SE 62nd St., Ocala, FL 34480
(352) 873-7456
www.monarch-marion.com



STRESS MANAGEMENT FOR YOUR HEART: WHY IT'S CRITICAL

T.E. Vallabhan, MD, FACC

We all know it's imperative to keep ourselves healthy through exercise, eating right, and warding off viruses and infections. However, one of the most overlooked stressors on our hearts is—*anxiety*.

According to the American Heart Association, "More research is needed to determine how stress contributes to heart disease — the leading killer of Americans. But stress may affect behaviors and factors that increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating. Some people may choose to drink too much alcohol or smoke cigarettes to "manage" their chronic stress; however, these habits can increase blood pressure and may damage artery walls.

And your body's response to stress may be a headache, back strain, or stomach pains. Stress can also zap your energy, wreak havoc on your sleep and make you feel cranky, forgetful and out of control. A stressful situation sets off a chain of events. Your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. These reactions prepare you to deal with the situation — the "fight or flight" response.

When stress is constant, your body remains in high gear off and on for days or weeks at a time. Although the link between stress and heart disease isn't clear, chronic stress may cause some people to drink too much alcohol which can increase your blood pressure and may damage the artery walls."

If you find that you are feeling more stressed than normal it's important to take time for yourself, relax and do something that brings you joy, even if that's simply taking a nap!

Dr. Vallabhan's Tips to Relieve Stress

Tip #1

Take Time for Yourself—Read a book, take a warm Epsom salt bath, get a massage, take a relaxing drive, take a nap, meditate, pray, or simply watch your favorite program on TV (not an action packed thriller) can be very relaxing and relieve some stress.



Tip #2

Exercise—Increasing cardiovascular exercise is critical for oxygen intake, circulation, and increasing both brain and heart health. It can also be a wonderful outlet to release frustration and lower blood pressure. People that exercise regularly, have significantly lower stress and cortisol levels. It's important to speak to your cardiologist or primary care doctor before embarking on any new exercise program. For those with cardiovascular disease, it's well known that swimming or water aerobics are exceptional options to safely increase cardio without as much vigor as with land exercising. Also, low impact exercise like walking, Yoga or Pilates are also beneficial ways to get your cardio in without overdoing it.

Tip #3

Don't Ignore Your Symptoms—If you have any issues with anxiety, stress, PTSD or changes in your heart rate, blood pressure or are experiencing tightness or palpitations, don't ignore your symptoms. If stress or cardiac issues are left untreated, they can create exacerbated conditions or even death. Talk to your physician right away if you notice any changes in your health.

Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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

And that's how I treat it.

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

Dr. Vallabhan

Call Office for Consultation
352.750.2040

Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159

WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2019 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2020.



112,500+

**REGENEXX PROCEDURES
PERFORMED SINCE 2005**

Joint Surgery Alternatives?

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

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

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



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



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

RegenTampaBay.com