

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

February 2021

Lake/Sumter Edition - Monthly

FREE

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**DO YOU HAVE
A TICKING
TIME BOMB
IN YOUR LEG?**

**REVEAL A
BRIGHTER
TOMORROW
WITH BRILLIANT
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**TREATING
DIABETIC
WOUNDS**

**WHAT YOU SHOULD
KNOW ABOUT YOUR
RISKS & RECOVERY**

**STRESS
MANAGEMENT
FOR YOUR HEART
WHY IT'S CRITICAL**

**WHY REGULAR
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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
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WHAT RESULTS CAN YOU EXPECT?

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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!

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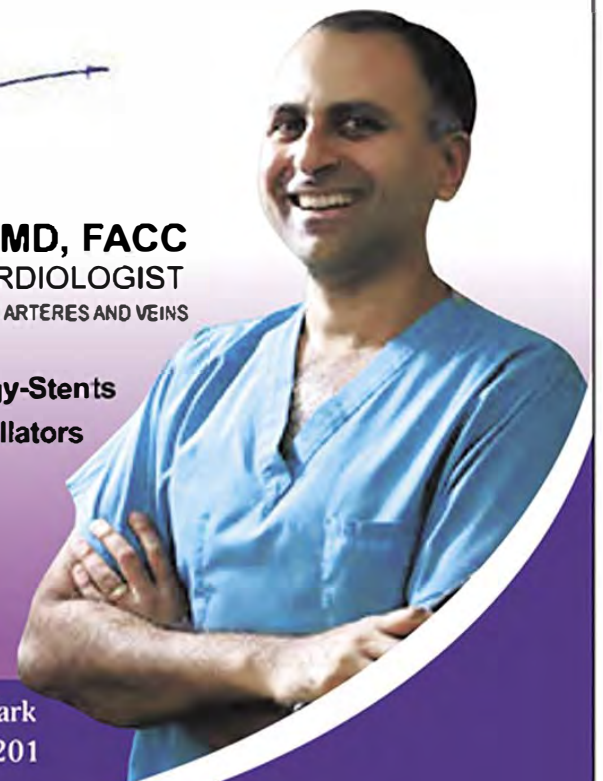
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Reveal a Brighter Tomorrow With Brilliant Vision

2021 is here, and it's time to start thinking about exciting days ahead, ones where we no longer take for granted what's truly important, and that includes healthy vision.

Where would you be without your eyes, the ultimate video camera? Eyes work so hard, day in and day out, that it can be easy to forget they need care to keep functioning at their best, including regular eye health and vision exams to help maintain dependably clear, crisp, comfortable vision.

General Eye Care

Eye Exams - Regular comprehensive eye exams delve into far more than a simple vision screening. A comprehensive eye exam involves a series of visual acuity and eye health components that your eye doctor will customize to you, based on your age and personal situation. Your Lake Eye doctor will ask about your health background and history, creating a unique profile designed to protect and maximize your eye health now and for years to come. Your eyes will be assessed for refraction errors, proper eye alignment, focusing ability and mechanical function, and for the presence of eye disease, including infection, dry eye, glaucoma, cataracts, macular degeneration and retinal issues. Discovering health problems early presents an opportunity to arrest these issues before they seriously - even permanently - impact vision.

Should your doctor discover any issues with your vision, he or she can provide everything necessary to help restore it to optimal brilliance and health. From prescription lenses to the safest, most advanced surgical options, you'll find everything your eyes need to perform beautifully, year after year.

Services for Dazzling Vision

Precision Optics - Every Lake Eye location has an on-site Precision Optics department, featuring a stunning array of fashion and specialty frames, a full range of state-of-the-art lenses, all major contact lens brands and expert service from licensed opticians for the perfect fit.

Cataract Surgery - Our surgical team leads the region with innovative procedures such as Femto refractive laser surgery - the safest and most accurate cataract surgery system ever



created - to swiftly remove cataracts. As pioneers in this leading-edge procedure, our surgeons also specialize in the world's most advanced IOLs, including the Symphony® extended depth-of-focus lens, designed to provide seamless vision improvement at all distances.

Vision Correction - Lake Eye offers a suite of permanent vision correction surgeries that enable nearly everyone to take advantage of options to reduce or eliminate their need of prescription lenses. We offer iLASIK, the region's most sophisticated and customized laser surgery to correct refraction errors with exceptional precision, without blades or cutting. For people with thin corneas, chronic dry eye and other issues, there's photorefractive keratectomy (PRK), a laser surgery that corrects the shape of the cornea for clearer, brighter vision. And for people 40-50 and above, there is the exciting new breakthrough procedure, Refractive Lens Exchange (RLE), which corrects age-related near vision loss and/or severe farsightedness, providing a revolutionary choice for those who never thought vision correction surgery was a possibility.

Eyelid Surgery - Sagging, baggy or dysfunctional eyelids can limit vision, invite eye irritation and infection, and create a tired, haggard appearance. Lake Eye offers safe, gentle eyelid restoration surgery customized to widen visual range, reduce discomfort and provide a naturally refreshed look with minimal recovery and downtime. Some patients may have their eyelid surgery covered by Medicare.

Treatment of Eye Diseases & Conditions - Left untreated, problems like glaucoma, macular degeneration and diabetic retinopathy can lead to partial or total blindness. Proper diagnosis and treatment of these diseases can arrest damage and protect vision. Lake Eye provides leading-edge medicinal and surgical treatments for these disorders, and practical lifestyle recommendations for optimal eye health. And, of course, we have everything you need to address conditions such as chronic dry eye, red eye, low vision, blepharitis and others, so you can see the world more clearly and comfortably.

Why Lake Eye?

With so many options available, you might wonder why Lake Eye is the ultimate choice for your vision needs. Here are a few. We have been a local leader in comprehensive vision services for more than 40 years. Dr. Scott Wehrly and Dr. Scot Holman are regional pioneers in some of the world's most advanced surgical procedures, including Femto laser cataract surgery and advanced IOL placement. Dr. Vinay Gutti leads the area with a full line of permanent vision correction surgeries. Dr. Shelby Terpstra has years of experience performing comprehensive vision services, including the safe, successful correction of eyelid disorders. Dr. Jose Alfredo Vazquez has extensive experience treating glaucoma, age-related macular degeneration (AMD), dry eye and other problems, and in addition to English speaks fluent Spanish.

Our team of inspired optometrists, Dr. Lindsey Walsh, Dr. Adria Young and Dr. Alexandria Rawls, provides comprehensive eye and vision testing, eye health diagnoses, and treatment of many common eye diseases and disorders. These young but highly skilled professionals offer a remarkably friendly, welcoming energy our patients love.

We hope this provides a solid overview of how Lake Eye is dedicated to helping you achieve and maintain clear, healthy vision for life. If you're left with any questions, contact us! Our staff is ready to help with anything you may need.

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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

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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.”

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.

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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.



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

Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

What is Deep Vein Thrombosis (DVT)?

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

What Causes DVT?

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

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

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

Symptoms:

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

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

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



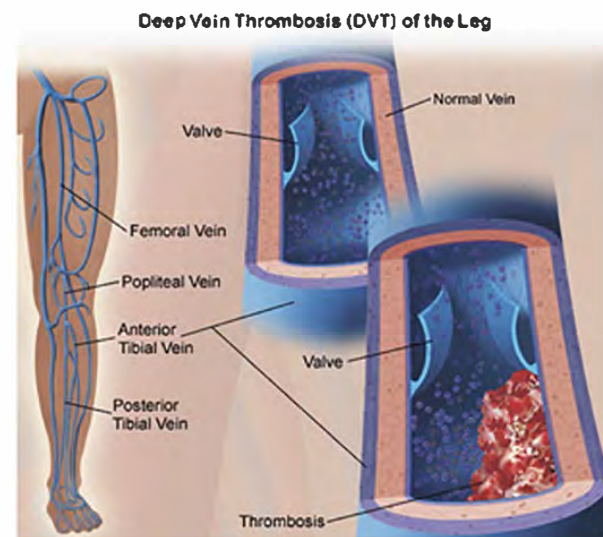
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If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately! Making an appointment with a phlebologist, which is a vascular surgeon specializing in venous disease is your best line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

Treatment Options for Venous Insufficiency

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

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

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

Sumter Senior Living is Providing Residents Peace of Mind With Onsite COVID Vaccines

With the coronavirus spreading and mutating into different strains, Sumter Senior Living is thrilled to be able to offer their residents and staff the vaccination. It's challenging enough for most seniors to age well, so this vaccine is a remarkable solution to such a lasting issue throughout our local community and the world.

Residents are eager to receive the two vaccination doses, which are administered approximately 20 days apart for optimal antiviral effects and to boost the immune system. The virus is nerve wracking for all ages, but especially the elderly who seem to have more severe outcomes than some.

Along with a pleasurable lifestyle full of amenities and activities, at Sumter Senior Living, we are always dedicated to providing safety and security as well as elite healthcare for our residents. Our COVID standards and protocols for vendors and visitors remains active, and we encourage all to continue to practice good hygiene and to vigilantly remain at safe distances whenever possible.

The COVID vaccines are 95% effective. If you are a senior or have the opportunity to receive the COVID vaccine, we encourage everyone to do so. The more people that get vaccinated will give larger populations peace of mind and stronger immunity to this virus that we'd all like to see alleviated.

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

See Yourself Here

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

Our Independent Living lifestyle provides the day-to-day freedom to come and go and the convenience of any number of activities to choose from. It is the perfect fit for an active, healthy lifestyle where residents enjoy all-inclusive, restaurant-quality dining and weekly social gatherings. Sumter Senior Living is dedicated to empowering residents to explore personal interests and connect you with the greater community through transportation and full



access to The Villages® amenities. Our Grand Clubhouse includes a full bar, heated pool, and fitness center. There is also golf cart accessibility with convenient charging stations.

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

Our Memory Care specializes in providing compassionate care to individuals with dementia, Alzheimer's disease, and other neurodegenerative conditions. The challenges presented by memory loss can be difficult to navigate, but our specialized Village Program® is here to help every step of the way. The Village Program® offers personalized programming that engages residents in activities to best reflect their former schedules, lifestyles, and interests while providing a safe place where their unique interests are nurtured. We also provide It's Never 2 Late (iN2L) technology to engage and stimulate the intellect and provide connection through innovative technology.

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

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

**For more information, please visit
www.gracemanagement.com.**

*For more information about Sumter Senior Living or to schedule a personalized visit please call us at: 352-707-9959 or visit our website: www.SumterSeniorLiving.com.
We look forward to hearing from you!*



SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

1490 Killingsworth Way, The Villages, Florida 32162
352.707-9959

www.sumterseniorliving.com

Assisted Living License Number: 12227

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



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

Uzoma Nwaubani, MD, FACOG, FFPMRS

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

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

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

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

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

SmartLipo

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



SmartLipo Advantages:

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

How does the Smartlipo work?

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

What areas can be treated with the Smartlipo?

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

What should a patient expect after a treatment?

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

NUWA WORLD

Uzoma K. Nwaubani, MD

Urogynecology & Medical Spa & Laser Center

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

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

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

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

Source:

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



NUWA WORLD

**9580 N. US Highway 301
Wildwood, FL 34785**

352-218-8643

WWW.NUWAWORLD.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.

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.

Sources:
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<https://www.health.harvard.edu/mens-health/blood-pressure-goals-how-low-should-you-go>
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1-407-795-0477

Douglas Decker
douglas.decker@bcbsfl.com

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.



By Dr. J. Mandume Kerina

OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

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

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

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

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

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

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

UNOVA HIP & KNEE CENTER

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

UNOVA Health at:

(352) 973-4070 | unovahealth.com



ATTENTION MEDICARE RECIPIENTS

This is now approved beginning January 2021 and we have perfected outpatient total joint replacement over the last few years to be ready to deliver this to our patients safely.



CAN REGENERATIVE MEDICINE RELIEVE YOUR SHOULDER PAIN?

By Physicians Rehabilitation

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

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

What causes shoulder pain?

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

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

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

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

Viscosupplementation

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

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

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

PRP (Platelet-Rich Plasma)

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



855-276-5989

www.PhysiciansRehab.com

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

How Does PRP Therapy Work?

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

PATIENT TESTIMONIALS

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

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

Physicians Rehabilitation

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

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

CALL PHYSICIANS REHABILITATION TODAY!

Cornerstone Hospice Programs Help Children Deal with Mental Health Issues

Submitted by Cornerstone Hospice and Palliative Care

Kristen Nardolillo has seen a huge increase in children who are grieving. As Cornerstone Hospice's Children's Bereavement Counselor, Nardolillo is on the front line dealing with students trying to cope with loss.

But Nardolillo does not attribute this abundance of grief only to the passing of loved ones.

"Just about everyone has experienced dramatic changes due to the pandemic. But for kids, the lockdowns, mask-wearing, attending school virtually and social distancing has been traumatic," said Nardolillo, a licensed clinical social worker, at the non-profit which serves Lake, Sumter, Orange, Osceola, Polk, Hardee and Highlands counties in Central Florida as well as several North Georgia counties. "Their worlds have been turned upside down and children often don't have the tools to cope."

Nardolillo cites a support group she has been facilitating at a local middle school as an example: "For the past few months, I've been meeting with the best friends of a young boy who tragically died from a gunshot wound. Although the group was formed to help the boys grieve the loss of their best friend, the weekly discussions have turned to a lot of anger towards the pandemic, because they could not spend time with their friend before his passing," said Nardolillo. "Grieving a death of any sort, let alone the unexpected loss of your best friend, is very hard. These boys are placing blame on the virus for memories they didn't get to make with their friend due to social distancing."

A national emergency

According to a recent study by the Centers for Disease Control (CDC), pediatric emergency department visits have increased 24% for children aged 5 – 11 and 31% for 12–17-year-olds.

The emergency room is often the first point of care for children's mental health emergencies, according to the CDC. The study attributed the increase in visits to mental health syndromes that often result after disaster events, such as stress, anxiety, acute posttraumatic stress disorder and panic.

"Children are experiencing financial insecurity due to parents losing their jobs, lost companionship with grandparents, extended family and friends due to social distancing, illness or even death. They have difficulty keeping up grades and concentrating on schoolwork in



remote classrooms. They feel isolated," said Nardolillo. "As an adult who is trained to help others with mental health issues, even I struggle to cope with changes caused by COVID-19."

Last May, Nardolillo and the other Cornerstone Hospice bereavement counselors began offering free, virtual support groups where participants could share their feelings and find mutual strength in a safe, secure environment. The support group offerings were also expanded to specific populations, such as healthcare workers, first responders, caregivers, and students.

A safe space to deal with loss

For more than 20 years, Cornerstone Hospice has offered Camp Bridges to students in its children's bereavement program. The volunteer-run weekend event, which will be held this May at the Florida Elks Youth Camp in Umatilla, includes games, crafts, outdoor activities, and music. Campers share stories about lost loved ones and express their feelings with peers. Many of the volunteer counselors attended Camp Bridges when they were children.

Last April would have been Nardolillo's first year leading Camp Bridges, as her predecessor retired in late 2019. But like most other events, it was canceled because of COVID-19 concerns.

"It was heartbreaking. I knew there were so many kids who looked forward to the experience at camp," said Nardolillo. "We didn't want to wait a year to offer a fun

outlet for the kids in our bereavement program, plus we saw a need to address mental health concerns of students whose struggles with grief aren't necessarily tied to death. So, Cornerstone's Kids was born."

Cornerstone's Kids offers a variety of activities each month that children can participate in while getting the support they need to feel safe, secure, and happy. Nardolillo utilizes art therapy, creative writing storytelling, play therapy and visualization as well as socially entertaining events to help children explore their thoughts and feelings.

"Some activities are specifically geared toward bereavement but others, such as movie and game nights, are open to any child," said Nardolillo. "Cornerstone's Kids offers a community where they can be engaged with peers and enjoy healthy and positive interactions."

A weekly Kids Yoga class is a favorite of two young brothers who have been participating since May, "Almost every week, they tell me how happy they are to be doing yoga with the group, then tell me again at the end of class how excited they are for next week," said Nardolillo. "It tells me how significant the need is for kids to feel connected to each other during this time."

In February, Nardolillo has planned several Valentine's Day-related activities, including a Valentine making workshop, a Dance Party, and a Valentines to Heaven event for children in the bereavement program.

All Cornerstone's Kids activities are held weekdays, from 4:30 – 5:30 p.m. to accommodate school schedules. Children and families register to join Cornerstone's Kids for free and receive access to members' only activities and resources to help the entire family. For now, all activities are held virtually.

"It's important to remember that grief is a natural reaction to loss, whether a loved one passed away or because some constant in your life is gone. If not addressed, grief can have a devastating impact on a child's ability to focus on day-to-day tasks, can lead to grades dropping and a loss of interest in activities. Parents and caregivers should pay attention to major behavioral shifts that could be a sign of depression," said Nardolillo. "I am proud that Cornerstone's Kids is now available as a free resource, providing the support families need to prevent these issues from exacerbating in the future."

For more information about Cornerstone's Kids, visit [CornerstoneHospice.org/Cornerstones-Kids](https://www.cornerstonehospice.org/cornerstones-kids), or call 866.742.6655.



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

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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.



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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.

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ILEOCECAL VALVE DISORDER

Ileocecal Valve Disorder is often misdiagnosed as it can mimic many other disorders. The Ileocecal Valve is a sphincter muscle that is located off of the small intestine. It is responsible for digestion and blocking toxins or waste from backing up into the small intestine. If the valve is damaged, it can begin to malfunction and open or close inadvertently, which can cause several issues to arise.

Leaky gut is known to cause bacteria and non-digested food to enter the bloodstream; once this occurs, it's critical to get one's gut health back into a healthy state. Leaky gut contributes to numerous chronic conditions, including autoimmune dysfunction.

If the ileocecal valve stays open, patients might undergo bouts of diarrhea and dehydration. If the valve remains closed, waste and toxins are reabsorbed, and bowel movements can be confined, or it can cause constipation. Either condition will cause pain and discomfort along with the following symptoms:

- Abdominal pain
- Allergies
- Back pain
- Bad breath
- constipation or diarrhea
- Dark circles
- Dehydration
- Fatigue
- Fibromyalgia
- Flu-like symptoms
- Gas and bloating
- Headaches
- Pallor
- Shoulder pain
- Skin conditions
- Tinnitus
- Weakened immunity

When the bowel is irritated, it's recommended to avoid certain foods. These include roughage such as whole grains, raw fruits and vegetables, nuts and seeds and snack like chips or popcorn. It's also advised to avoid spicy food, alcohol and caffeine. While some of these foods are healthy, they can exacerbate the irritation and lead to long lasting adverse effects. You will be better suited with a diet that is soft, such as over cooked vegetables, and lean protein that is easier to digest such as bone broth and fish. Dr. Podlaski works directly with his patients to customize a plan that is best for them personally.

Along with diet, there are other treatments available, one such method is to manually hold the ileocecal valve closed and to massage the area. Dr. Podlaski shows patients precisely how to maneuver the valve for optimal results.



The valve functions under nerve control and is influenced by digestive secretions, as well as emotions. Correcting the valve's function requires the efforts of your doctor and yourself. Using applied kinesiology techniques, Dr. Podlaski will examine and determine the level of dysfunction and provide treatment to improve nerve control of the digestive system, as well as possibly recommend nutritional supplements to reduce the irritation and aid in digestion.¹



Dr. Podlaski

At the Natural Medicine Institute we are "patient centered." Our belief is in the concept that we strive to treat the person that has a condition and not the condition that has the person. What this means is that we help your body heal itself by treating you with a "whole person" approach, without the use of unnecessary drugs, needless surgeries or invasive procedures.

For over 38 years Dr. Podlaski has been licensed to practice Chiropractic Medicine and holistic Integrative Natural/functional Medicine utilizing clinical nutrition, acupuncture, chiropractic, homeopathy, Cranial-Sacral Therapy and functional medicine testing.

The difference in Functional Medicine is that we do in-depth evaluations and testing to get to the root cause of your condition.

Natural Medicine Institute's Optimal Health Evaluation

1. Balance Adrenal Stress Response: Under constant stress our bodies cannot function well and heal. We evaluate the six stressors that may interfere with and weaken your body (foods, chemicals, heavy metals, immune challenges, scars/tattoos, electromagnetic exposure (such as cell phones and computers, etc.)

2. Body/Nutrition Reflex Analysis and Correction: Specific body reflex analysis of each organ or system utilizing Nutrition Response Testing, Nutri-Spec & Applied Kinesiology. Personal Designed Clinical Nutrition Programs are recommended according to your own unique biochemical individuality.

3. Allergy and Energetic Sensitivity: Re-programming with NAET and ASERT assists the body by using acupuncture needle-less technique to help your body deal with food, chemical or environmentally imposed reactions.

4. Meridian Energy Assessment & Balance: Modern computerized evaluation of the acupuncture/meridian system. No needle acupuncture available, cold laser, electroacupuncture, traditional needle acupuncture, herbs.

5. Enzyme Replacement Therapy: Lack of enzymes and hydrochloric acid contribute to leaky gut problems, delayed food hypersensitivity and many musculo-skeletal and joint problems.

6. Lifestyle Modification: Consultation, proper food choices, lifestyle coaching, controlling detrimental habits (smoking, drug, alcohol and food addictions), weight loss resistance, insulin resistance.

7. Heavy Metal & Toxic Stress Reduction: We live in a toxic world. Using nutrition and Homeopathy along with Bio-Detox Programs, we can assist your body in its detoxification pathways.

8. Toxic Organism Detox: Exposure to viruses, bacteria, yeast and parasites can weaken your immune system. Past or present use of antibiotics or medication can help with acute situations, but can lead to imbalances—causing leaky gut, fatigue, allergies and an overall decreased state of wellness. Gluten sensitivity is also a major contributing factor.

9. Probiotic Bowel Replenishment & Re-inoculation: Your body needs proper balance of good and bad bacteria for optimal health. Proper gut flora ("the second brain") promotes a healthy intestinal environment for good immune system function and neurotransmitter production.

10. Neuro-Emotional Re-Integration: Various neuro-emotional techniques, such as Emotional Freedom Technique (EFT), LENS NEUROFEEDBACK, Neuro Emotional Technique, Positive Point Therapy, First Aid Stress Tool and the use of Eye Lights along with proper nutritional and hormonal balance can reduce stress caused by past or present injuries or memories negatively programmed in the brain.

11. Re-Establish Neuro-Structural Integrity: The nervous system controls every cell, tissue, organ and organ system in the body. Inflammation at the cellular level, caused by nerve interference and toxins, needs to be corrected. Chiropractic, Craniosacral Therapy

12. Metabolic Lab Analysis & Correction: Blood chemistry, urinalysis, hair analysis, salivary hormone testing and functional medicine testing for accurate assessment to get to the root cause of the problem.

Reference:

1. ICAK-USA, 6405 Metcalf Ave, Shawnee Mission Kanasa 66202, 2005

THE ART OF THE PHYSICAL EVALUATION

By Alexander C. Frank, DC, DACNB, FABES

My shoulder hurts me! Why isn't that sufficient enough for you to know what is wrong with me and how to get me better!? "Well, it is vital to know what you feel is hurting, but I also want to know the why." Just as cops don't ask drunk drivers to evaluate their own ability to drive/function, a thorough evaluation will objectively look for areas of weakness/disharmony/imbalance that may lead to dysfunction between your nervous ↔ muscular ↔ skeletal systems. A thorough evaluation will assess for disruptions between these systems to determine a causative agent(s) behind issues such as shoulder pain, back pain, unsteadiness/imbalance, headaches, migraines, slowing of movements, and other less-than states. A tailored treatment plan can then be employed to improve the integrity of tissues/systems that were determined to be functioning less-than optimally... all without the use of drugs.

Sara 71

My right shoulder kills me. I was in a car accident which caused neck and shoulder injuries. They said I might have had a concussion too. I went to physical therapy and had chiropractic treatments that included stretching my neck; this made my pain worse. I then went to another chiropractor and he suggested I do out-of-pocket testing that turned out to be of no value. I was resigned to not playing cards, doing yard work, or living my life as I did prior to my car accident; I was just going to suffer until the end. A friend pushed me to see Dr. Frank. **What is he going to do differently than these other doctors?** Well to start, we discussed my records that he had reviewed prior to my office visit. How refreshing! He then went into what I call his examination "ballet" in which he utilized a variety of neurological tools: pinwheels with sharp teeth, tuning forks, striped scarfs that he brought past my eyes [that made me feel dizzy], and much more.

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



"Follow/track my finger with just your eyes" asked Dr. Frank. So, I did that [or so I thought]. "Okay, Mary, let's try that again, but this time, do not move your jaw". Wait! What? My jaw was moving when I moved my eyes?! On to more evaluating: I had to touch my finger the tip to my the tip of my nose with my eyes closed, balance with my feet close together and my eyes closed; now do that but with my chin tucked to my chest, and more. What an array of tests! [thankfully I had not been drinking, lol]. "Okay, Mary, now raise your right (bad) shoulder/arm up like you are waving good bye". I tried to lift my shoulder but had so much pain after just a bit of movement. "Okay Mary," he said, "Now I want you to try that again, but with your left arm, and while you are looking into this mirror." I looked at him with this confused/disbelieving/you have to be kidding me glance as he continued to direct me to look into the mirror and perform multiple arms raises. "Trust me, your brain thinks the reflection is your right [bad] arm", he said. "Okay, now please try raising your right shoulder again." That time to my disbelief I was able to raise my shoulder almost all the way up, with more *anticipated pain* than actual pain. *How can this be?* I saw this exacerbated look come over his face as he asked, "They treated your neck and shoulder, but did anyone treat your brain?" No was my reply, because *my shoulder hurt*.



About Dr. Frank

Dr. Frank understands that no two people are quite alike, and as such, no two injuries or pains manifest themselves identically. That's why I offer a diverse range of neurological techniques, chiropractic adjusting techniques, treatments, therapies, along with nutritional support, to better assist you and your loved ones on the road to optimal health & maximum potential.

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

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

Dr. Frank's comprehensive evaluations assess for the root cause(s) of his client's health issues. Treatment plans are then tailored to an individual's specific needs. Dr. Frank's comprehensive evaluations are based on the most advanced clinical neuroscientific research of today. In addition, he utilizes the most state-of-the-art diagnostics available that help to find the "weak links in the chain". Cutting-edge rehabilitative programs are then tailored to each individual's specific needs.

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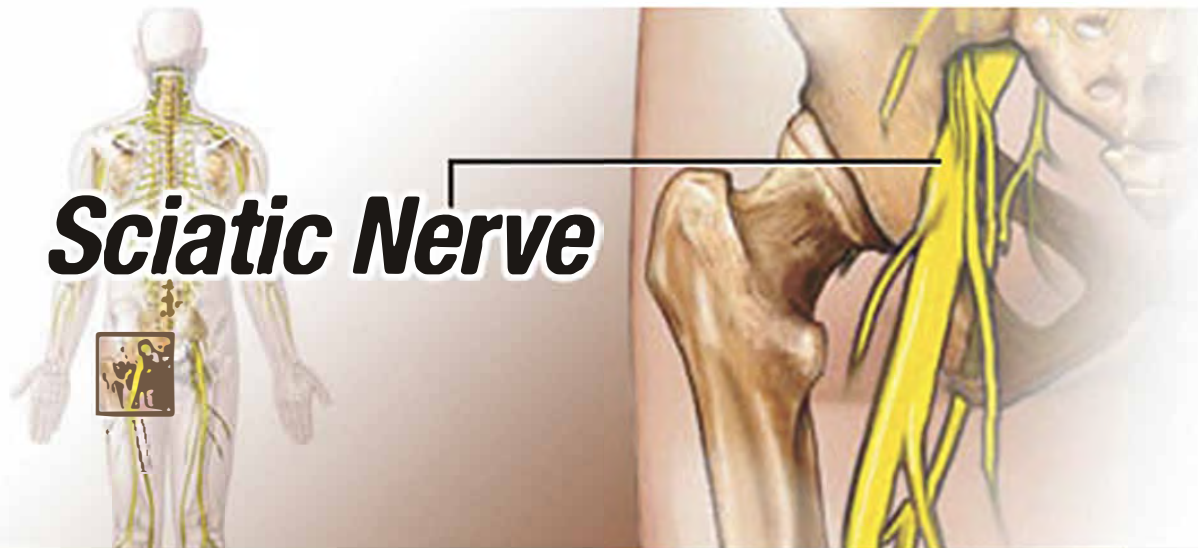
By Daniel Taylor D.C. - Compton Chiropractic Care

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

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

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

Sciatic Nerve



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

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

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

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Chiropractic Physician
Palmer Graduate
U.F. Graduate - B.S. Nutrition
Military Veteran

Dr. Brent Compton
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Biology Sciences

Dr. Daniel Taylor
Chiropractic Physician
Palmer Graduate
U.C.F. Graduate
B.S. Molecular & Microbiology Sciences

FREE
CONSULTATION
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352-391-9467
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opiates are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

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

FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 2/28/2021

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

TESTIMONIALS

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

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

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

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

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

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

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

COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

Accepting

- Medicare
- Blue Cross Blue Shield
- Cigna, Aetna
- Humana
- United Health Care plans
- Personal Injury



Compton Chiropractic Care
352-391-9467



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

By Richard W. Rozensky, DDS, D.ABDSM

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

What Causes Sleep Apnea?

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

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

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

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

What are the symptoms of Sleep Apnea?

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

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy and failed?

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

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

COVID-19 and Sleep Apnea

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

Village Sleep Dentistry
352.430.1710
villagesleepdentistry.com

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

This recommendation is being made based on the following information:

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

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

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

Meet Dr. Rozensky

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

Village Sleep Dentistry

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

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

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

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

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

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



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

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

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

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

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

Consultation:	FREE
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Tune in Saturdays at 8am on FM90.3 WLMF for "Ask An Attorney" where you can call in with your legal questions.

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The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

46929

Finally, a good night's sleep!

If you have Sleep Apnea, your health, and quality of life can be improved with Oral Appliance Therapy.

Village Sleep Dentistry is qualified to provide Oral Appliance Therapy for patients who may not be achieving optimal results with a PAP device.

352.430.1710

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Village
Sleep
Dentistry



Richard Rozensky, DDS
Diplomate, ABDASM

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