

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

March 2021

Marion Edition - Monthly

www.HealthAndWellnessFL.com

FREE

Kidney

Awareness Month

**Include Good
Nutrition in
Your Meal
Planning**

**Lower Your
Cholesterol**

With These Tasty Tips

**What You Need to
Know About Your
Immune System**

**Postponing
Medical Testing**

What You Don't Know
Can Hurt You

SOCIAL DISTANCING SEMINAR

FOLLOWING CDC GUIDELINES



Surgical or Non-Surgical

YOU ARE INVITED FACIAL BEAUTY INFORMATIONAL SEMINAR

Brownwood Hotel
3003 Brownwood Drive

Tuesday, March 9th @ 2pm

DR. RICH CASTELLANO FACIAL SPECIALIST

Facelifts (Surgical and Non Surgical)

Facial Sculpting (Fillers, Wrinkle Relaxers)

Facial Polishing (CO2, IPL, SkinPen Microneedling)

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

MASKS ARE REQUIRED FOR GUESTS AND STAFF

Very limited seating.
Guests must have a
confirmed reservation.



IMAGELIFT®

ImageLift.com

Rich Castellano, M.D.

**Free
Book!**

**+3,500
Facelifts**

**Double
Board Certified
Facial Plastic
Surgeon**



888-875-3223

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

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

We remain sensitive to coronavirus concerns and are dedicated to safely serving our cancer patients.

Your treatment. **Our Journey.**

A cancer diagnosis can feel unexpected, leaving you questioning what to do next. But, within 72 hours, Florida Cancer Specialists gives you and your family the comfort of a personalized treatment plan. Our experienced doctors and nurses provide immunotherapy, the latest technologies from clinical trials and targeted treatment based on your cancer's genomic profile. And with world-class care that's close to home, we're always here to make treatment simple and clear.

By your side – every step of the way.

Caring for patients at our two Marion County locations.

Patrick Acevedo, MD

Luis Carrascosa, MD

Mohammad K. Kamal, MD

Sachin Kamath, MD

Shilpa Oberoi, MD

Vipul Patel, MD

Craig Reynolds, MD

NEWLY DIAGNOSED CANCER PATIENTS

SEEN WITHIN
72
HOURS*

ACCESS TO

85+
NATIONAL
CLINICAL TRIALS

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

FLCancer.com

*All required paperwork must be provided at time of referral.

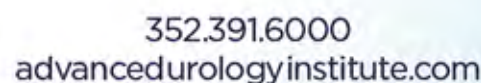


Vaginal dryness through a sex

Learn more about our FemTouche

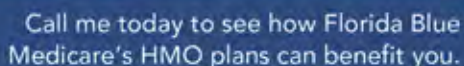
The Female
vagina
procedure
stimulate
va

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



MEDICARE

I'd like to help.



Douglas Decker
douglas.decker@bcbsfl.com

Y0011 97948 M 1019 R1 CMS Accepted

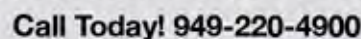
How would it feel to have quicker recovery time from your sporting events AND have less pain?

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

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

Acts as an anti-inflammatory and regulating throughout the body

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



CONTENTS

MARCH 2021

- | | |
|---|---|
| 6 Postponing Medical Testing
What You Don't Know Can Hurt You | 17 COVID-19 Update & the QCARD |
| 8 Include Good Nutrition in Your
Meal Planning | 18 Do You Have Ringing in
Your Ears? |
| 9 5 Reasons to Avoid Knee
Replacement Surgery | 19 Neuropathy? Or is it? |
| 10 Are Your Symptoms Related
to Atrial Fibrillation (AFIB)? | 20 Migraines Are the Sixth Most
Disabling Disorder Globally |
| 11 Kidney Awareness Month | 21 It Seems Way Too Soon...
Until It's Too Late |
| 12 TMJ and Chronic Pain May
Have More to do With Poor Sleep | 22 National Nutrition Month |
| 13 Are You Considering Joint
Replacement Surgery? | 23 Traumatic Brain Injury |
| 14 Lower Your Cholesterol with
these Tasty Tips | 24 10% THC Cap Proposal |
| 15 What You Need to Know
About Your Immune System | 25 The Role of Physical and
Occupational Therapy for MS |
| 16 Nutrition: Fueling The Body
With High-Quality Nutrients is Key | 26 Local Attorney Patrick L. Smith
Offers Flat Fee Estate Planning Services |
| | 27 Spiritual Wellness:
Maintaining Healthy Friendships |

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



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

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

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

TMJ Sleep & Dentistry Opens in Ocala

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

Live Life to the Fullest



**TMJ Sleep
Therapy Centre
& Dentistry**

352-203-4493
www.tmjsleepflorida.com

Are you troubled from...

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



RECONSTRUCTIVE
ORTHOPAEDICS
of Central Florida

**Mending Bones
Restoring Lives
One Patient at a Time**



Upper and Lower Extremity Pains & Treatments:

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

KEEPING YOU MOVING!

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

Karl F Siebuhr, MD

352-456-0220 • www.reconorthofl.com

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



POSTPONING MEDICAL TESTING

What You Don't Know Can Hurt You

Fear of Medical Tests Can Cause Dangerous Delays in Care

People in need of routine cancer screenings and important diagnostic tests often find reasons to postpone or avoid getting them done. Reasons range from fear and anxiety to inconvenience or lack of time. People often decide to wait until they feel less nervous, for things to be less hectic at work or home, or for the pandemic to be over – whatever valid-seeming reason allows them to delay crucial healthcare services.

This is the tendency of a lot of intelligent, reasonable people, who know deep down that avoiding a problem does not make it go away – in the case of medical concerns, delays can make the problem much worse. Health mysteries often grow more severe over time. Some problems, like certain cancers, can go from highly treatable to life-threatening in a matter of months. For example, lung and breast cancer are diseases that can be caught through routine screening at a very early stage, when they are most easily treated. But delays in diagnosis and treatment can allow these cancers to spread, sometimes quickly, which can change a person's prognosis dramatically.

Reasons Why People Put Off Testing

Fear of knowing – As mentioned above, anxiety is a common reason. Sometimes not knowing feels safer than discovering that something is wrong. It allows us to tell ourselves that the possibilities or symptoms concerning us or our doctor are nothing serious. And maybe they aren't. Wouldn't knowing that for sure be a relief? And, if something is potentially serious, knowing what it is so that it can be treated offers far more safety than allowing problems to progress. Consider this: enduring a little anxiety now can prevent a lot of anxiety later.

Fear of testing – Some tests seem scary to people for various reasons. Mammography, x-rays and CT scans do expose people to small amounts of radiation (as does time in the outdoors in the sun). But advanced technologies and equipment reduce this exposure to the lowest possible levels, ones considered safe by the FDA, the American College of Radiology and other monitoring agencies. The limited exposure makes these tests far safer than an unchecked illness can be.



MRI, which is radiation-free, can cause anxiety in some people because the machine surrounds the area being studied – if it's the head or chest, MRI can cause some to feel claustrophobic. But open MRI is an option for many patients, offering a more relaxed and comfortable experience. If you suffer from claustrophobia, talk to your clinician about whether open MRI is appropriate for you.

For women, fear of the discomfort of mammography can cause delays in routine screening. But consider the fact that the actual test takes only about 10 minutes, so any discomfort is brief. RAO utilizes advanced 3D mammography, which uses imaging paddles shaped to better accommodate breast tissue, so some women find it more comfortable than standard mammography. 3D mammography can find very tiny cancers when they are too small to be felt during breast self-exam, even in dense breast tissue. Delaying or avoiding routine screening can give fast-growing breast cancers a chance to spread, making it a service that women should not put off, even for a few months.

Fear of COVID-19 exposure – Adding to the usual reasons people avoid going in for a screening or diagnostic test is the very real concern about COVID-19. Understand that the essential healthcare workers performing screenings and diagnostic tests are just as concerned about safety as you are, with the advantage of having the most current information and resources designed to provide protection to everyone. RAO employs safety standards that are far

more rigorous than any grocery store or restaurant can deliver. As medical professionals, we utilize the highest standards of PPE to protect both patients and staff. Our commitment to everyone's safety is always our first priority.

Steps We Take to Protect Everyone

RAO has continued to function safely during the pandemic by adhering to proven measures designed to protect you and our staff through every step. We see patients by appointment only, require that all staff and patients wear face masks while inside our facilities, employ social distancing and limited occupancy in our regularly-sanitized waiting areas and ensure that wait times are short. All equipment is sanitized between patients, and appointments are performed as quickly as possible, while still delivering supreme accuracy. Using these protocols over the past months, RAO has been able to provide life-protecting tests safely, effectively and expediently.

Don't Place Yourself at Risk

Whatever your reason for avoiding your routine screening or diagnostic test, remember that procrastination is too often the reason that manageable diseases become life-threatening. Most health issues can be treated effectively when caught early. Don't let fear or anxiety take your life off-course. The sooner you get your appointment scheduled and over with, the sooner you can get back to your best possible life.



www.RAOcala.com
352-671-4300



For care as
Rad as you are.

Diagnostic Radiology Services For All of Life's Twists and Turns

When you need a diagnostic procedure, you should know that RAO is the area's only comprehensive imaging center featuring the most advanced imaging technologies, including MRI, CT, X-Ray and 3D Mammography. Plus board-certified radiologists who subspecialize in these procedures and read all test results in-house for superior accuracy, speed and interaction with your clinician.

Radically good care awaits you.



**RADIOLOGY
ASSOCIATES
OF OCALA**

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

Include Good Nutrition in Your Meal Planning

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

WHAT FACTORS CAN AFFECT OUR IMMUNE SYSTEM?

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

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

CAN I STILL EAT THE FOODS I LOVE

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

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



- Eat fresh, unprocessed foods every day. These include fruits, vegetables, legumes (lentils, beans), nuts and whole grains.
- Raw vegetables are great for snacks and, if you just must have a dip, consider using hummus, guacamole or a dip made from low-fat yogurt, lentils, white beans or even nuts. You can find lots of great recipes on the Internet.
- Choose white meat and fish, which are generally lower in fat than red meat.
- Avoid trans fats, which are often found in processed food, fast food, fried food, frozen food, pies, cookies, etc.
- Eat less salt and sugar; choose healthy snacks such as fresh fruits and vegetables.

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

HERE ARE SOME IDEAS TO GET YOU STARTED:

- Cream of Wild Rice Soup - Substitute blended white beans, instead of heavy cream, to provide thickness.
- Sweet Potato Casserole - Instead of canned sweet potatoes and marshmallows, use fresh sweet potatoes and honey with a touch of brown sugar and cinnamon.
- Ambrosia - Use pineapple, oranges, apples and bananas to provide lots of vitamin C; top with toasted almonds and coconut to make this a delicious, healthy dessert.

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

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

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

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

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



World-Class Medicine. Hometown Care.

Ocala

1630 SE 18th St.
Suite 602
Ocala, FL 34471

Ocala Cancer Center

4945 SW 49th Place
Ocala, Florida 34474

For more information, visit FLCancer.com

5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

We understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-357-1773 in Sarasota and 813-544-3123 in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call 786-855-4800.

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in



the blood, have been the subject of many class-action lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.

2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of

hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

Regenexx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



James Leiber, D.O. | Ron Torrance II, D.O. | Ignatios Papas, D.O.



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

813-993-0365



T.E. Vallabhan, MD, FACC

ARE YOUR SYMPTOMS RELATED TO ATRIAL FIBRILLATION (AFIB)?



A Fib is an irregular heart rate that is often rapid with palpitations and causes insufficient blood flow. More than 6 million individuals in the United States have AFib. Hereditary heart disease usually causes the disorder, but other factors contributing to heart arrhythmias are high cholesterol, high blood pressure, obesity, heavy alcohol use, and more. A disruption to the top chamber of the heart, prompting the heart's rhythm and rate to fluctuate, causes an arrhythmia.

The two sides of the heart work in opposition to each other. The right side of the heart takes in deoxygenated blood from the body and feeds them to the veins and lungs; the left side carries the oxygen and nutrient-rich blood from the lungs and feeds it back to the body. Four chambers make up the heart. The top chambers are called the atria, and the lower are the ventricles. Without proper functioning, the heart will begin to cause damage to major organs, and without maintenance, your heart can cause adverse effects very quickly.

Most of us are very familiar with symptoms of coronary heart disease, but AFib symptoms often go overlooked and are not taken as seriously as they should be. Atrial Fibrillation takes over 130,000 lives each year.

The symptoms of an atrial heart arrhythmia are:

- Dizziness
- Shortness of breath
- Racing heart
- Fluttering heart
- Palpitation
- Uneven heartbeat
- Chest pain

If left untreated, AFib can cause blood clots to form in the heart. These clots are produced due to the restricted pumping of the chambers, which causes the blood to pool in the atria and form clots. If the blood clots break off, they can reach the brain and cause a stroke. Patients with AFIB are seven times more likely to have a stroke than those with normal heart rhythm.

Treatment for AFib

- Medications to regulate the heart's rhythm (antiarrhythmic drugs)
- Blood-thinners to reduce the risk of stroke
- Surgery (i.e. Catheter ablation, MAZE procedure)

It's critical to seek medical attention from a respected cardiologist if you are experiencing any of the symptoms related to atrial fibrillation. Do not wait, the heart muscle, rhythm, rate, and ability to pump correctly, is what is keeping you alive.

Dr. V

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

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

And that's how I treat it.

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

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

Dr. Vallabhan

**Call Office for Consultation
352.750.2040**

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

KIDNEY AWARENESS MONTH

Did you know that 37 million adults have kidney disease and the majority of people do not know they have it? One out of 3 three people are at risk for kidney disease. The kidneys are our primary source of detoxification. These two small organs clean the blood and filter waste products and toxins from the body through the urine.

The National Kidney Foundation Explains How The Kidneys Work Below:

- Blood enters the kidneys through an artery from the heart
- Blood is cleaned by passing through millions of tiny blood filters
- Waste material passes through the ureter and is stored in the bladder as urine
- Newly cleaned blood returns to the bloodstream by way of veins
- Bladder becomes full and urine passes out of the body through the urethra.¹

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts are eliminated from the body in the form of urine, while the remainder, about 198 quarts, is retained in the body. The urine we excrete has been stored in the bladder for approximately one to eight hours.¹

There are several key warning indicators of kidney disease. While many of these get confused with other conditions or get ignored completely, if you have any of the following symptoms, it's imperative to see your healthcare provider and to get additional testing done.

According the National Kidney Foundation, these are the 10 most common signs of kidney disease:¹

1. Fatigue—You're more tired, have less energy or are having trouble concentrating. A severe decrease in kidney function can lead to a buildup of toxins and impurities in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anemia, which can cause weakness and fatigue.

2. Trouble Sleeping—When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep. There is also a link between obesity and chronic kidney disease, and sleep apnea is more common in those with chronic kidney disease, compared with the general population.

3. Dry, Itchy Skin—Healthy kidneys do many important jobs. They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease, when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

4. Frequent Urination—If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection or enlarged prostate in men.

5. Blood in Urine—Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signaling kidney disease, blood in the urine can be indicative of tumors, kidney stones or an infection.

6. Foamy Urine—Excessive bubbles in the urine—especially those that require you to flush several times before they go away—indicate protein in the urine. This foam may look like the foam you see when scrambling eggs, as the common protein found in urine, albumin, is the same protein that is found in eggs.

7. Puffy Eyes—Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be due to the fact that your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

8. Swollen Feet and Ankles—Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of heart disease, liver disease and chronic leg vein problems.

9. Poor Appetite—This is a very general symptom, but a buildup of toxins resulting from reduced kidney function can be one of the causes.

10. Muscles Cramps—Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramping.

Advanced Urology Institute

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

Services Offered & Conditions We Treat

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

We Value Patient-Centered, Evidence-Based Care

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



855-298-CARE

Advancedurologyinstitute.com

Reference:

1. The National Kidney Foundation, *Kidneys and Your Health*, <https://www.kidney.org/phi/form?version=health>



TMJ and Chronic Pain May Have More to do With Poor Sleep

By Dr. Thomas Harter

Do you ever find yourself clenching your jaw during the day, or do you wake up with a sore jaw and teeth in the morning? Grinding and clenching (bruxism) can cause periodontal disease, tension headaches, TMJ soreness, fractures, and broken or loose teeth.

Bruxism can be caused by stress, body pain or reduced airflow while sleeping, or a combination of this. Daytime bruxism can be caused by stress or pain in your body, while nighttime bruxism is generally brought-on by decreased airflow. Breathing is our body's top priority for health and survival. Any interruption of airflow immediately sends an alarm to the central nervous system to take action, and the jaw will either open, clench, or grind. The biting pressures during sleep can exceed the normal chewing pressures by as much as five times, causing damage to the teeth, bone, gums, jaw joints, and nerves. Over time the ability of the body to adapt is exceeded which leads to serious symptoms of TMJ disorder.

Common symptoms of TMJ are popping or clicking of the jaw and pain, including tension headaches and migraines. It's common for individuals to suffer from TMJ for many years before getting treatment. The earlier you get treated, the better, but it's never too late. There are multiple treatment options that can be custom tailored to your specific needs.

The Primary Issue Contributing to TMJ

In the absence of an acute injury to the head or facial area, we believe the primary cause of these problems is frequently related to insufficient oxygen while sleeping i.e. an unidentified sleep breathing disorder, sleep apnea or obstructive sleep apnea (OSA). Everyone assumes they are breathing and getting enough oxygen during sleep; few recognize that nighttime teeth grinding, and clenching (bruxing) is an unconscious effort to prevent suffocation. This repeated action all night long, over extended periods of time, wears down the skeletal structure and the joints resulting in TMJ pain, headaches, musculoskeletal pain, TMJ dysfunctions and facial neuralgias.

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

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



How Mouth Breathing Causes TMJ

Our bodies are physiologically designed for nose breathing. When we're breathing through our nose, all the developmental forces are balanced. Unfortunately, many of us breathed through our mouth when sleeping as children and teens, which unbalanced the forces of development, leading to tooth and jaw deformations that contribute to TMJ/TMD.

Our Bodies are Designed to Heal

The solution to curing chronic pain and TMJ is finding the origin of the problem. There are many contributors to this condition and an overall examination will help determine the primary sources so we can correct them. Chronic pain disrupts sleep and lack of sleep causes more pain, continuing the cycle. Nutrition and inflammatory foods must be considered as a contributor, just as poorly functioning parts of the body and a stressful environment that we live and work in.

When striving for your personal maximum potential, it all comes down to addressing these three areas: chemical/nutritional, mechanical/physical and emotional/spiritual. By addressing just one of these areas, you will see relief in the other two. Addressing all three will restore you to the maximum medical improvement potential. If you are looking for the maximum medical improvement, then you must do all you can to correct the factors that cause your condition. At TMJ & Sleep Therapy Centre of North Central Florida, Dr. Thomas Harter, DMD, will find solutions that give you control and to minimize the use of medications. He believes your body is an incredible machine that is designed to heal if we minimize the barriers standing in the way.

Dr. Thomas Harter

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

Practice Areas

- Dentistry
- Orofacial Pain Dentistry
- Sleep Medicine Dentistry

Dr. Thomas Harter is passionate about treating TMJ, sleep therapy and chronic pain conditions. Having experienced all three conditions himself, he has now dedicated his life and career to helping his patients overcome them.

You Don't have to mask your pain with pain medications that can be hazardous on your organs and health. There are real solutions that work and treating these conditions can help to alleviate other comorbidities.

Contact TMJ Sleep Therapy Centre & Dentistry today at (352) 203-4493.



**TMJ Sleep
Therapy Centre
& Dentistry**

Dr. Thomas Harter, DMD

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

(352) 203-4493

www.tmjsleepflorida.com

Are You Considering Joint Replacement Surgery?

Submitted By Reconstructive Orthopaedics of Central Florida

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

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

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

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



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

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

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

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

www.reconorthofl.com



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

Lower Your Cholesterol with these Tasty Tips

High cholesterol can become a problem at almost any age, but our risk for developing it increases as we get older. For women, women, high cholesterol can especially become a problem after menopause. Luckily, there are some easy ways to prevent high cholesterol or help lower it right in your kitchen. Celebrate National Nutrition Month in March by working to lower your cholesterol with these quick tips.

First, what is cholesterol?

Cholesterol is found in all your body's cells. Your body needs cholesterol to function, but having too much of it in your blood can cause buildup in your arteries or even block them completely. This can lead to heart disease, heart attack and stroke, which older adults are also more at risk of developing. More than 42 million Americans over age 60 have at least one form of cardiovascular disease.

There are two types of cholesterol, LDL ("bad" cholesterol) and HDL ("good" cholesterol). LDL cholesterol comes from eating saturated fat and can clog your arteries. On the other hand, having higher levels of HDL cholesterol can lower your risk for heart disease and stroke. So, what can you eat to lower your bad cholesterol and increase the good stuff?

The good guys: Foods that help your cholesterol levels

- **Fiber:** Foods high in fiber prevent your digestive tract from absorbing cholesterol. Try whole-grain oatmeal and oat bran. Fruits like apples, bananas, oranges and prunes are good sources of fiber. Add fiber-rich foods like kidney beans, lentils, chickpeas and lima beans to your diet. Fiber supplements can be a good option, too.
- **Fruits and Vegetables:** Fruits and vegetables have compounds that help lower your cholesterol levels and keep daily saturated fat intake low. Many of them also contain fiber for added benefits. Bonus: Avocado is a "heart-healthy" fat that is good to eat in moderation.
- **Fish:** Fish doesn't lower your cholesterol levels, but it is a good source of healthy cholesterol. Fish are rich in nutrients and protect your heart from blood clots and inflammation — which can reduce your risk for heart attack. These fish are also a good source of omega-3 fatty acids: salmon, tuna and mackerel.



The bad guys: Foods to stay away from

- **Salt:** Limiting your sodium (salt) intake will help lower your blood pressure and reduce your risk for heart disease. Adults over 50 should stick to 2,300 milligrams (1 teaspoon) or less of salt per day. This includes salt that you add to your food and salt already included in your food. Try choosing low sodium or "no added salt" foods and seasonings.
- **Fried and Processed Foods:** Processed foods are high in saturated fats, sugars and salt. Try eating fresh foods like fruits and vegetables.
- **Butter:** Instead of butter, try using vegetable oils. Canola, sunflower and safflower are good replacements.
- **Whole-Fat Dairy:** Whole-fat dairy is high in cholesterol and saturated fats. Look for low-fat yogurt and cheese, 1-percent or skim milk and low-fat or fat-free frozen yogurt and ice cream.
- **High Fat Meats:** Look for lean meats such as beef sirloin or pork tenderloin. Eat portions less than 3 ounces.
- **Eggs:** According to research from the Harvard Medical School, one egg a day should be OK for most people. Eggs have dietary cholesterol, but are low in saturated fat. The problem with eggs occurs when you add oils, butter or cheese into them when you're cooking. However, if you are at a high risk for diabetes or have heart disease, then you should limit yourself to three eggs per week. If you like eggs but don't want the added cholesterol, try egg whites. Egg whites are cholesterol free.

Tips when shopping for food

- This seems like a given, but make sure to look at nutrition labels when shopping for food. The nutrition label will have all the information about how much fat, saturated fat, cholesterol, fiber, sugar and sodium is in the product.
- Shop around the perimeter of the store. This is where you usually find produce, lean meats, nuts and low-fat dairy.
- Always shop when you are full. You will be less likely to buy foods that are high in sugar and salt when you're not hungry.
- When shopping for meat, meats labeled "prime" are higher in fat. Look for meats labeled "choice" or "select."

What else can you do to help manage your cholesterol?

- **Stay active:** Get at least 30 minutes of exercise each day. Exercise will help circulate your bloodstream and improve your overall health. You can walk, garden or hit the gym, anything that gets you moving!
- **Stop smoking:** Just like high cholesterol levels, smoking can clog and block your arteries. Smoking can increase your risk for heart disease or even a heart attack, too.
- **Cholesterol-lowering drugs:** If diet and exercise don't help lower your cholesterol, there are medications that can help. Talk to your doctor to find out if these medications could be right for you.

Sources:
<https://medlineplus.gov/howtolowercholesterolwithdiet.html>
<https://medlineplus.gov/cholesterol.html>
<https://www.webmd.com/cholesterol-management/heart-health/foods-to-buy-foods-to-avoid#1>
https://www.cdc.gov/cholesterol/ldl_hdl.htm
<https://www.nhlbi.nih.gov/files/docs/public/heart/wynik.pdf>
<https://www.health.harvard.edu/heart-health/are-eggs-risky-for-heart-health>

Florida Blue  | MEDICARE
 Your local Blue Cross Blue Shield

Call your local agent today. 



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

What You Need to Know About Your IMMUNE SYSTEM

By Sheryl Hensel

As long as your immune system is running smoothly, you don't even notice it's there or think about what it's doing.

What happens when it doesn't work properly? Diseases like Colorectal Cancer, Endometriosis, Kidney Disease, Vision Impairments, and Brain Disorders to name a few start to set in.

The role of an immune system is to protect your body against harmful substances, germs, bacteria, viruses, parasites, and cell changes that could make your body sick. It also recognizes and neutralizes harmful substances from the environment, like radioactive frequencies from your smart devices.

What are you doing to equip your system with the tools to fight it? We aren't living in the same world our grandparents and great grandparents lived in. They didn't have the assaults against their body that we have today. The ground was left to build minerals back before crops were planted again. The air and water wasn't riddled with toxins and pesticides. The list is long comparing the differences in just our environment alone, not to mention stress levels. They weren't surrounded by cement or driving for hours every day in a car. Being sedentary just wasn't part of their lifestyle. Times are very different and we need to be proactive in preventing our immune system from breaking down.

Imagine sitting at a table with 6 people and you're the only one whose body doesn't subside to the nasty germ roaming around. Why is it that some people exposed to the same germ get sick and some don't? They have a strong immune system and that doesn't happen by chance.

The innate immune system, which you are born with, recognizes an invader and immediately goes into action. The cells of this immune system surround and engulf the invader. The invader is killed inside the immune system cells.

The adaptive immune system, which your body develops as it is exposed to things, produces cells (antibodies) to protect your body from a specific invader. Once the body has come into contact with a disease-causing germ for the first time, it usually



stores information about the germ and how to fight it. Then, if it comes into contact with the germ again, it recognizes the germ straight away and can start fighting it faster.

How do you help your immune system be as optimal as it can be?

Are you getting 8 hours of sleep? Are you drinking water, many recommend half your weight in ounces? Is your food organic, nutritionally dense, vegetables full of color? Do you get 30 minutes of exercise a day? These are a few things that you can do to support your immune system and help build healthy cells. There are also things that decline cellular health and provide a greater opportunity for disease to develop. Are you eating processed and high sugar foods? Do you cook with a microwave? Are you in constant stress? Are you taking medication? Are you sitting for long periods of time? Are you constantly around smart devices or wifi? There are so many things in our lives today that harm our immune systems that our ancestors never had to worry about.

Are you going to do the things your body really needs to be optimally healthy? For many of us, the answer is no. As much as we know eating sugar is bad for us, we often partake in too much at times. We know smoking has been linked to cancer yet it isn't just that easy to quit. Most of us know what needs to be done to take weight off and keep it off, yet our nation's obesity rates are sky rocketing. What we know and what we do are often two different things.

That is why it's so important to support your cell health. Without cell health disease is likely to invade your body. Remember from last month's article, once a cell has lost 60% of its energy, it stops working and uses the remaining energy to survive.

Magnetic resonance stimulation (MRS) may indeed come to the rescue therapeutically and/or preventatively, acting as a "whole body battery recharger". We know that cells that are oxygenated can do battle easier in your body than a depleted cell. Prevention is much less expensive and less painful than disease. Give yourself the gift of cell health this year and start 2021 off with a step in the right direction. Living a quality life with your well-earned time left is the name of the game, not sitting in doctor's offices.

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.

ONE FREE 15 MINUTE MAT SESSION DURING THE MONTH OF MARCH.

Located in U2 New
U Browtique & Spa.
4313 E. CR 466,
The Villages.

LEAVE A MESSAGE AT
949-220-4900.

PEMF MAT IS A HOME USE DEVICE



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.

Nutrition: Fueling The Body With High-Quality Nutrients is Key

We all know that getting enough sleep, exercise, and socializing are critical elements to aging well, but when it comes to nutrition, some information can be confusing. At Pacifica Senior Living, they understand that a combination of healthy foods that are delicious, comforting, pleasing to the eye, and beneficial for the body is important to their residents and provides the nourishment they need to thrive.

Increasing your intake of fresh or frozen vegetables and fruits is a great way to increase fiber, flavonoids, carotenoids, phytonutrients, and numerous vitamins in your diet. This will feed your cells and can even help to reduce some of the damage that may have taken place over the years. It's also wise to add in lean, good-quality proteins. These can be plant-based or animal products, or a combination of both. Nourishing your body with high-quality ingredients is essential for overall health.

After years of cooking and cleaning, residents at Pacifica Senior Living love that they can eat restaurant-quality meals each and every day without the hassle of shopping, cooking, and cleaning up. It's like a vacation from the mundane in a luxurious senior community that is full of friendly staff and other residents who become like family.

The chef-inspired meals at Pacifica Senior Living are bar none for their residents. A few of the favorites include the following:

- Hawaiian-inspired grilled chicken and pineapple
- Country-fried chicken, mashed potatoes, gravy, and steamed vegetables
- Filet mignon with a demi-glaze, caramelized onions and peppers with couscous
- Roasted chicken with roasted potatoes and carrots and a side of broccolini
- Grilled salmon, asparagus, and rice pilaf
- Raspberry and roasted marshmallow-topped lemon curd

Meals can be custom-tailored to your specifications and dietary needs. They can also be delivered to your room if needed.



Pacifica Senior Living is Like a Never-Ending Vacation

On the job or at home, you've worked hard all your life. Now, it's your time to enjoy retirement living to the fullest. No grass to mow or home repairs to tend to – simply relax and focus on the things you love to do. It all starts with selecting a luxurious and carefree independent living apartment home.

PACIFICA SENIOR LIVING OCALA

At Pacifica Senior Living Ocala, you will find an award-winning community that is designed to give seniors in both Independent Living and Assisted Living a retirement lifestyle that makes the most of these golden years. In our community, retirement isn't the end, but the next step in a grand adventure that is still filled with excitement and fun, while recognizing the need our residents have to relax and be cared for. We want to be more than the place that our residents live, we want to be the place they call home, and we work every day to make sure that happens.

Pacifica Senior Living understands that along with providing the best patient care, providing the entire family the support and education they need is essential for enhancing understanding and contentment for families.

Unlike most facilities, their home-like accommodations are custom built to help ease what can be an overwhelming time in life. This is precisely what sets them apart and makes them stand out.



If you would like to learn more about life at Pacifica Senior Living Ocala, please give us a call today, or schedule your own private, personalized tour and see what makes us great for yourself! We look forward to meeting our new neighbor.

Pacifica Senior Living in Ocala, FL

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

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

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



PACIFICA
SENIOR LIVING
OCALA

Lic#AL9315

(352) 414-2507
www.PacificaOcala.com

COVID-19 Update & the QCARD

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

Quick Care's Answer for Those without Medical Insurance

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

Who can benefit from the QCARD program?

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

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

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

The QCARD works in 3 easy steps!

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



Where can you use the QCARD?

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

Why get the QCARD now?

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

QCARD is a great healthcare plan for the following:

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

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

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

Quick Care Med Urgent Care

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

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

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

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

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

www.quickcaredmed.com

4 Locations in Ocala

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

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

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

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

Do You Have Ringing in Your Ears?

If you suffer from hearing or balance disorders, it's time that you get the appropriate treatment to live your life free from lack of communication, ringing in the ears, pain, dizziness, and other adverse effects that are damaging to your overall health. Tinnitus is a common condition that many people overlook or ignore, but it can be attributed to a few health risks. If you have ringing in the ears, it's important to seek a proper diagnosis and treatment.

Tinnitus

Ringing in the ears is called tinnitus, which can be a challenging condition to live with as it can create incredibly uncomfortable sensations and pain known as hyperacusis in many individuals. It can cause communication issues that can affect social and work-related problems, as well as withdrawal. Although there is no cure, there are multiple ways to manage tinnitus.

Treating The Cause

Tinnitus can be caused by many things and is usually a symptom of an underlying condition. The treatment for your particular tinnitus will depend on the condition that is causing it, the severity, any accompanying issues such as hearing loss, and the impact the tinnitus has on daily activities.

Common causes of tinnitus include:

- Hearing loss
- Exposure to loud noises
- Earwax buildup or blockages
- Abnormal bone growth in the ear
- Meniere's disease
- Head or neck injuries
- Benign tumor of the cranial nerve
- Medication
- Aging
- Vascular disorders
- Stress or depression

In order to find out the root cause of your tinnitus, your hearing specialist will conduct a complete medical history, as well as a complete examination.

What Treatments Are Available?

Depending on the cause of your tinnitus and other factors, several treatments are available to relieve your tinnitus symptoms, from hearing aids with tinnitus-masking features to sound therapy.



Sound Therapy

A common treatment is acoustic therapy or sound therapy. Sound therapy makes use of sounds to help the brain re-focus and diminish the emotional impact of the tinnitus.

Hearing Aids

Hearing aids are a popular treatment option for tinnitus even if hearing loss isn't present. Hearing aids can be equipped with a tinnitus-masking feature to help individuals block out the noise and provide much-needed relief. These can be used in collaboration of hearing loss treatment as well.

Tinnitus Retraining Therapy (TRT)

One treatment that incorporates sound therapy is called tinnitus retraining therapy (TRT), also known as habituation therapy. This therapy attempts to retrain your brain into perceiving the tinnitus in a different way. Typical behavioral therapy may also be included to help the individual cope with any emotional difficulties they're experiencing, including depression, stress or anger.

After treatment has taken place, further maintenance is important. This may include management of associated health problems or ongoing therapies to support health and manage tinnitus.

Ocala's Exclusive Hearing Aid Specialists

We treat our patients as we would treat our own family, providing personalized care and services to meet your unique hearing needs. We take great pride to make sure you are hearing your best, which is why we provide thorough counseling and education, whether it's about your hearing loss treatment or caring for technology!

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

Premear Hearing Clinics: Serving You Since 1964
Premear Hearing Clinics proudly boasts that The Mahan Family has provided professional and compassionate care to Central Florida's hearing impaired since 1964. Our family continues to provide you with quality hearing products and excellent customer service.

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

To schedule your appointment, please call Premear Hearing today at 352-236-6700 (East) or 352-438-0050 (West).

signia
Life sounds brilliant.

Premear Hearing
A Tradition of Excellence

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

352-438-0050

4620 E Silver Springs Blvd #501, Ocala, FL 34470

352-236-6700

4414 SW College Rd #1530, Ocala, FL 34474

www.premearhearingfl.com

**Dr. Brent Carter**

Neuropathy? Or is it?

These days we hear more and more about neuropathy. People often attribute all their foot ailments to neuropathy: Burning, Tingling, Numbness, and Pain to name the most common but also loss of balance, swelling, and weakness. The truth is that many of these symptoms can indeed be caused by neuropathy. But frequently the problems are not caused by neuropathy but by inflamed nerves called neuritis.

First, let's discuss what neuropathy actually is. Neuropathy is nerve damage, typically in the hands and feet that can be caused by many factors. Diabetes can be a major cause. For whatever reason, if the nerves in the feet and legs are deteriorating or damaged, they will not work the way that they are supposed to. The pain, burning, etc. can be extremely crippling and negatively affect a person's life. Sadly, there are not really any effective cures for this although there are treatments available to reduce the symptoms. People are commonly of the belief that their problems are caused by neuropathy and nothing can be done.

The good news is that many patients' pain, burning, etc. are only partially or not at all caused by neuropathy but are caused by neuritis or neuromas instead. These are irritated nerves that have become inflamed and enlarged. They are very treatable and can actually be cured. Usually it is not necessary to have them surgically removed.



Some testing is frequently recommended to confirm the diagnoses and rule out other problems. Once a doctor is able to determine that you have this condition, there are a number of treatments available which have high rates of success.

Our goal is to relieve the pain as quickly as possible, help the patient to completely heal, and change the forces that caused it in the first place.

In conclusion, I'd like to give hope to anyone who has painful, burning, tingling, and/or numb feet. Don't give up!

Schedule an Appointment Today



Dr. Brent Carter

Podiatric Physician & Surgeon

(352) 388-4680

www.americanfootankle.com

1714 SW 17th St, Ocala, FL 34471

Premier Hearing

A Tradition of Excellence

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



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

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



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

**Get back
on your
feet again.**

CALL TODAY!

Dr. Brent Carter

Podiatric Physician & Surgeon

352-388-4680

www.americanfootankle.com



Migraines Are the Sixth Most Disabling Disorder Globally

By Alexander C. Frank, DC, DACNB, FABES

Briana, Mom of 3

"When I get a migraine I am done for a couple of days, and with 3 young children it is devastating. I was fortunate to have been given Dr. Frank's card by a friend when my most recent attack occurred. After a thorough examination, he gently adjusted my neck and applied other therapies including vibration and aroma therapy. Normally the only thing that stops my migraine is going to sleep (or vomiting). However, I left that first treatment with a pain level of 2 out of 10, having started out at level 10 pain; I was thrilled! In addition, Dr. Frank gave me exercises and recommended neurological tools that I could use to help prevent and/or treat my migraines".

Migraine are the sixth most disabling disorder globally, and the most disabling of all neurological disorders. Migraine affect females greater than males at a rate of 3:1. It is described as a disorder of brain sensory processing that can have many influences such as genetics, environment, stress, etc. It's a complex and multifaceted disorder which can last for moments, or may last over several days. It is widely accepted that Migraine involves activation and sensitization of an orchestras of tissues along with the Trigeminovascular Pathway (TVP). The TVP starts in the deepest regions of the brain that are tasked with maintaining homeostasis, or balance within the body & its systems. The TVP continues through the Brainstem which houses the centers that control light & sound sensitivity, pain inhibition, posture, sleep, arousal, nausea/vomiting centers, and more. It ends in the upper cervical spinal cord around C2/C3. It has been suggested that migraine may be considered a brain state of altered excitability which leads to the failure of the "volume knob" which gaits sensory information.

In simple of terms, a migraine is occurs when the cells/tissues (think engines) that make up your TVP and associated tissues do not have the capacity/integrity to do work and fail, just like an injured muscle. An example of this type of pain is when you eat or drink something cold and you feel a sudden onset of severe head and/or facial pain. This leads to an over-activation of the system that relays facial pain and we experience 30 seconds of what we feel as excruciating pain. However, this is an misinterpretation of the actual level of tissue damage, as there is none. What occurred was an immediate constriction of blood vessels in the upper palate followed by a rapid dilatation (stretch) of those blood vessel. The failure to throttle the information caused the brain to perceive things being worse than they actually were.



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

Many medication aim to block this pain pathway from sending painful information. At Florida Functional Neurology Group, Dr. Frank utilizes his extensive knowledge of clinical neuroscience to apply drug-free treatments to improve the capacity/integrity of the TVP and other tissues involved in head/facial pain. utilizing a combination of neuroplasticity retraining, vestibular rehabilitation, visuomotor rehab, chiropractic, photobiomodulation, & physio therapies. Diet can play a major role in migraines as keeping TVP tissues appropriately "fueled" in order to prevent fatigue failure of tissue pain. There other variables that also must be considered when developing a tailored treatment plan for each individual. Many times it is a combination of treatments that provide the longest lasting results. This approach has allowed Dr. Frank to help many individuals suffering from various forms of head and facial pain who have not be able to find relief through traditional methods and have been told to "learn to live with it".



Dr. Frank understands that no two people are quite alike, and as such, no two injuries or pains manifest themselves identically. He offers a diverse range of cutting-edge neurological, chiropractic, orthopedic, treatments & physiotherapies, along with nutritional support, to better assist his clients on the road to optimal health & maximum potential.



About Dr. Frank

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.

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.

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



**Florida
Functional
Neurology
Group**

(352) 571-5155 | ffnng.org

It seems way too soon . . . until it's too late

Submitted by Hospice of Marion County

Think of the many things we put off every day, tasks we'd rather not do. Procrastination is all too easy, especially when it comes to talking about something as unpleasant as the end of life. It's one of those topics most people would rather not discuss.

The truth is, the time to talk about it is sooner rather than later. Just as preparing a will is optimal when we are of sound mind and body, so is preparing for future healthcare needs. Having to make decisions for others is decidedly complicated, especially when that person – someone beloved – can no longer speak for themselves.

Next month is National Healthcare Decisions Day – Look for our featured article in the April issue highlighting two films about grief and loss and how you can score tickets to see them at no charge at the Marion Theatre in downtown Ocala – It's our mini film series called Feel better/Live better. Don't miss it!

Advance directives are legal documents that include a living will or a durable power of attorney for healthcare, also known as a healthcare proxy. Either document allows you to give directions about your future medical care. It's your right to accept or refuse medical care. Advance directives can protect this right if you ever become mentally or physically unable to choose or communicate your wishes due to an injury or illness. By law, the decision belongs to the patient, so make your wishes known to your family, providers and caregivers.

An advance directive can be as simple as a two-page Living Will or as lengthy as the Five Wishes, a detailed-yet-user-friendly booklet. In Florida, an advance directive requires neither an attorney nor a notary—just the writer's signature and that of two witnesses. Despite the simplicity of these documents, only about 25% of all Americans have completed one.

Advance Directives can:

- Protect your rights to make medical choices that can affect your life.
- Let families avoid the responsibility and stress of making difficult decisions.
- Assist physicians by providing guidelines for your care.
- Protect people who may be unable to communicate
- Limit life-prolonging measures when there's little or no chance of recovery. They enable patients to make their feelings known about:
 - Cardiopulmonary resuscitation (CPR)—used to restore stopped breathing and/or heartbeat.
 - Intravenous (IV) therapy—used to provide food, water, and/or medication through a tube placed in a vein.
 - Feeding tubes—inserted through the nose or throat to provide nutrition.
 - Ventilators –respirators are used to keep patients breathing.
 - Dialysis— a method of cleaning blood when the kidneys no longer function properly.



Regardless of age or health status, we owe it to those we love to discuss our wishes and follow through with a written advance directive, which is revocable at any time. Free advance directives are available on www.hospiceofmarion.com website all year long, or contact our Monarch Center for Hope & Healing for assistance filling out your forms. With so many things in life today out of our hands, take comfort in the fact that we can control something so important for those who are dear to us. Visit our website to learn more or call (352) 873-7456 if you need assistance.

**GET YOUR
MEDICAL
MARIJUANA
CARD**

DRY FLOWER, VAPES, TINCTURES, CREAMS, PILLS;
MEDICAL MARIJUANA AVAILABLE IN ALL FORMS!

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

WWW.SMOKINGMARIJUANADOCTORS.COM

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

**CERTIFIED
MARIJUANA
DOCTORS**

GUARANTEED
TO GET YOUR CARD

**OR YOU PAY
NOTHING**

OPEN 9 AM TO 5 PM | M TO F
LICENSE NUMBER 058874

Feel better. Live better.

**HOSPICE
OF MARION COUNTY**
Feel better. Live better.

*Families encounter
many challenges on
the road of life.*

**When advancing illness
affects your family,
hospice care may be the
right choice...
because when you feel
better, you live better.
And living well is what
life is all about.**

*Hospice of Marion County • 3231 SW 34th Ave, Ocala, FL
352-873-7400 • www.hospiceofmarion.com*

NATIONAL NUTRITION MONTH

March is National Nutrition Month and what exactly does that mean? Well, for starters it provides an opportunity for you to assess your current nutritional intake and health. How do you care and feed/fuel your body, your amazing organic machine? Before you think about that let's start with a basic explanation of nutrition.

The Encyclopedia Britannica defines nutrition as "the assimilation by living organisms of food materials that enable them to grow, maintain themselves and reproduce."

Since attempts to find a definition on the Academy of Nutrition and Dietetics and the American Medical Association failed, I looked on MedicineNet. They define nutrition as the "process of taking in food and using it for growth, metabolism, and repair. Nutritional stages are ingestion, digestion, absorption, transport, assimilation and excretion."

Your body, your weight and your health depend on what you choose to eat and drink. Nutrition is key!

The study of nutrition has been around for centuries; however, only in the last 100 years has the role of nutrition in complex non-communicable chronic diseases (diabetes, heart, obesity, renal and cancer) been studied at length. The first vitamin was chemically defined and isolated only in 1926 (thiamine)! It was synthesized in 1931 and called vitamin B1. Vitamin C was identified in 1931, 200 hundred years after a ship's surgeon (James Lind) realized that lemons worked for the treatment of sailors with scurvy. Between 1910 and 1950 the focus centered on the identification and synthesis of essential vitamins and minerals. This knowledge led to the prevention and treatment of nutritional deficiency related diseases such as rickets, scurvy and nutritional anemias (to name a few).

The Great Depression and World War II created fears of food shortages. It was at this time that the US government along with the British Medical Association and the League of Nations generated minimum recommended daily allowances (RDA). These were announced in 1941.



From the 1950's through the 1970's the discussion of sugar versus fat was all the rage. Calories became important. The development of processing foods at a low cost fortified with minerals and vitamins led to the rise of diet related non-communicable diseases.

From 1970 through the 1990s the push for the modernization of food processing and agriculture continued. What followed was a rise in type 2 diabetes, obesity and several cancers.

It has been a scary time from the 1990s to the present. With the growth of agribusiness and the increase of manufactured foods we have no idea what the long-term health issues will be. The way crops are planted (GMO vs Non-GMO), livestock are fed and housed, grain milling, etc. we must be even more mindful of nutrition and what we should feed ourselves and our loved ones. Do we want to live to eat or eat to live.

Nutritional advances have shown that diet patterns and foods rather than nutrient (vitamins) have more of an effect on non-communicable diseases.

Whether you are a vegetarian, vegan, pescatarian, flexitarian, paleo, keto, DDF*, PNP* – the message is this: less is more. Your mouth is NOT supposed to have a party at every meal. Eat to sustain life not reduce it.

What simple change can you make that will affect your health and your weight? Make Wednesdays and Fridays VEGAN days. Avoid all animal products from meat and cheese to eggs and yogurt. Focus on avocado toast or an apple with almond butter for breakfast, a salad with quinoa and chickpeas for lunch. How about brown rice pasta with marinara sauce, along with a salad for dinner? It is not that hard. Give your organic machine a break from heavy eating. Keep it simple.

Try it for the month of March. Who knows, it just might become a healthy habit and part of your 2021 lifestyle.

*DDF – Data Driven Fueling™

*PNP – Pancreatic Nutritional Program™

*Remember to consult with your physician before beginning any new way of eating especially if you are on medication!

Candice P. Rosen, R.N., B.S., M.S.W., C.H.C. is a health counselor and creator of the PNP and DDF. She is the author of *The Pancreatic Oath and Forget Dieting!* (available on Barnes & Noble and Amazon). She lives and has a private practice in Los Angeles. www.candicerosenrn.com

818-570-7204

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

Candice Rosen,
Health Counseling



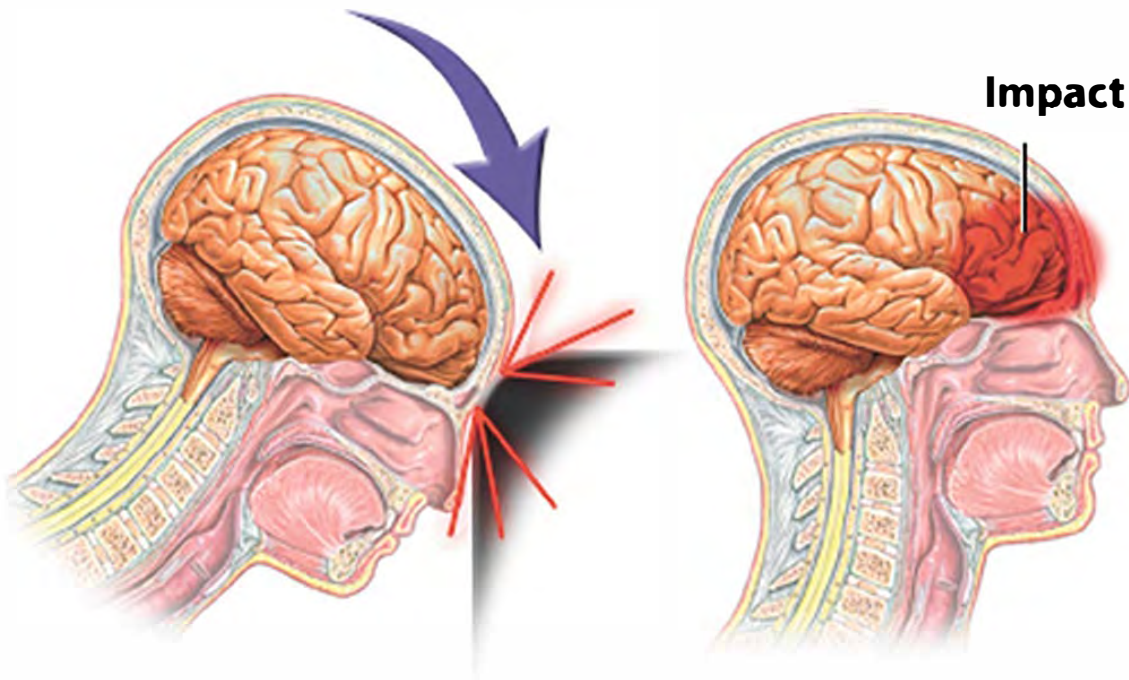
Traumatic Brain Injury

Traumatic brain injury (TBI), also known as concussion, is a serious disorder that can have long term repercussions. This injury can be caused by “whiplash”, or a bump or blow to the head, that disrupts the normal functioning of the brain. Car accidents are the leading cause of TBI. Symptoms can include significant changes in memory and attention, dizziness, headaches, nausea with or without vomiting, sensitivity to light and/or sound, changes in emotional status (example: increased irritability, sadness, or anxiety) and altered sleep habits.

It is very important to be evaluated by a qualified medical provider as soon as possible, in order to begin appropriate evaluation and treatment. At Medig, they have treated over 13,000 patients with car accident injuries in north central Florida in the last almost 18 years.

We recently caught up with Sarah Janning, one of the Physical Therapists at Medig.

“ I joined the Medig team after graduating with a doctorate of Physical Therapy from the University of Saint Augustine for Health Sciences. Although she treats all car accident related injuries, she has developed a special interest in TBI injuries. This led her to receive her certification for Vestibular Rehabilitation from the American Institute of Balance in 2018. In 2020, she received a certification from Complete Concussion Management. Sarah and the PT team use a patient-centered approach to TBI management and are passionate about guiding their patients through the stages of healing. This includes helping patients work through their initial frustration and fear of their brain not functioning the way they are used it doing so.”



“For TBI we offer a comprehensive protocol that thoroughly evaluates brain cognition, balance, vestibular, and eye function. By doing so, we are able to allow the brain to be aware of which particular system isn’t working and help the brain “reboot” that area to improve healing”. Brain MRI’s with specific TBI software may be needed to further investigate more complex TBI injuries.”

“We continually adapt our protocols and treatment methods to accommodate the specific needs of each patient.”

Medig-Leaders in Car Accident Care
At Medig you receive care from a compassionate and experienced medical and physical therapy team that specializes in all car accident injuries (including TBI). They will provide you with a clear, customized plan to get you on your road to recovery.



If you are a new patient please text or call Medig at 352-374-2818

INDEPENDENT LIVING ~ ASSISTED LIVING

EXCEPTIONAL SENIOR LIVING.

CASUAL LIVING.
DESIRABLE LOCATION.
WORRY-FREE LIFESTYLE.



PACIFICA
SENIOR LIVING
OCALA

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

352-414-2507

🏠 ♿ Lic#AL9315 11311 SW 95th Cir | Ocala, FL 34481 | PacificaOcala.com



The Compassionate Care You Need After a Car Accident

 Support from a Team of Car Accident Medical Specialists	 Dedicated Clinicians Who Provide 1-on-1 Treatment	 18 Years Helping 13,000+ Patients	 98% Patient Satisfaction
--	--	---	--

Take control of your recovery today!

CALL | TEXT (352) 374-2818 | 1700 SE 17th Street, Suite 320 Ocala, FL

10% THC CAP PROPOSAL

Evidently, the last few years within the Florida cannabis industry have progressed rapidly with proposed changes such as the Smoking amendment that currently allows patients to purchase cannabis for smoking use. Other small victories such as defeating a proposal for recreational cannabis that would have further exacerbated the issue of vertical integration have created quite the storm of optimism among those in the community. But despite these wins, there are other problems surfacing this coming year that could negatively affect both dispensaries and patients.

Rep. Jose Oliva is proposing a hard limit on the percentage of THC allowed in all medical marijuana products; a leap back from the current progression in the program. Cited from a UK study done in the 1950's, Oliva is quoted saying "We're seeing different strains now in Europe that are 100 times stronger, and we're starting to learn that this has some schizophrenic results, especially in young, developing brains." Every year we see similar policies trying to trek its way into senate and undermine Florida's already strict medical program and Florida marijuana cardholders see this as an uphill battle they're willing to fight for. Patients across social media outlets cannot stress enough how much this could negatively affect them as well as the dispensaries revenue. The bottom line is that this proposal will not benefit anybody in the marijuana industry from the patients all the way to the top executives at places like Trulieve.

While these initiatives have not slowed down yet, it is very important to note that most of these laws have not made it past the House and should not be a major concern to current card holders. Despite this, it is important to stay up to date with the current direction of Florida's ballooning marijuana industry although this particular proposal shouldn't worry any medical card holders anytime soon.



CERTIFIED MARIJUANA DOCTORS

Get Your Florida Medical Marijuana Card. Call Today!

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

www.cmmdr.com

The Role of Physical and Occupational Therapy for MS

Multiple Sclerosis affects approximately 2.3 million Americans, but that number is thought to be much higher since the symptoms are often unspecified and confused with other disorders. With autoimmune disorders, the body's natural defense system (immune system) attacks itself and causes inflammation and damage to healthy tissue and organs.

Multiple Sclerosis is one of the fastest growing autoimmune disorders, affecting the CNS (Central Nervous System), which is made up of the spine, brain and optic nerves. When the immune system attacks the CNS, the myelin sheath, which is the outer protective layer of the nerves, becomes inflamed and can begin to deteriorate. The initial symptoms of MS often come and go, until the disease is much more advanced.

MS Symptoms

- Numbness & Tingling
- Balance Issues
- Vision Disorders
- Slurred Speech
- Cognitive Decline
- Lack of Concentration
- Burning Sensations
- Tremors
- Twitching Nerves & Muscles
- Paralysis
- Blindness

Autoimmune flares are when the body attacks itself. With MS, these flares are called exacerbations or relapses. An exacerbation can be mild

to severe, but they will show signs of myelin inflammation and varying symptoms. An exacerbation can last from one day to a few weeks, depending on your progression and treatment.



Wellness plans play a role in keeping symptoms at bay. Eating a healthy diet, exercising, and healthy behaviors are key components to keeping you healthier in general. Avoiding certain foods that cause inflammation in the body, like gluten, saturated fats, and processed foods, has helped many individuals. Along with eliminating certain foods, adding anti-inflammatory nutrients is also very beneficial to staving off exacerbations. These foods include things like ginger, turmeric, omega-fatty acids, fruits and vegetables, and flaxseeds, to name a few. Physical Therapy plays a crucial role in treating MS and helping patients move well and function at optimal levels depending on their MS severity.

Managing MS With Physical and Occupational Therapy

Throughout the different stages of MS, physical therapy is a primary wellness and therapeutic addition to treatment. From the initial diagnosis to relapse and flares, physical therapy and occupational therapy are critical components of maintaining daily living routines, improving balance and range of motion, to name a few.

Therapists help patients stay active and mobile while teaching them ways to stay safe in their daily lives.

When patients suffer from flares or relapse, the therapist's main goal is to get them back to where they were and retrieve the progress that was made prior to the regression. As the disease continues to progress, therapists will incorporate additional adaptive equipment such as grab bars, shower chairs, reaching/grabbing poles, walkers, scooters, wheelchairs, etc. These are essential components to keeping patients safe and providing daily living assistance. Speech therapy can also be a beneficial means to help with any slurring or cognitive issues that may arise.

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

Types of Treatment Available with Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

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

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

SICK NOW? SEEN NOW!®



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

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

Toll Free:
844-797-8425
3 Locations in the Ocala Area to serve you.

QUICK CARE MED
WALK-IN CLINIC & URGENT CARE
www.quickcaremed.com



Changing lives...
One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com



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

(MM30672)

Ocala
2801 SW College Rd
Ocala, FL 34474

Summerfield
14031 Del Webb Blvd
Summerfield, FL 34491

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

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



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

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

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

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

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

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

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

Consultation:	FREE
Power of Attorney:	\$95.00
Living Will:	\$50.00
Basic Will:	\$75.00
Trust Package:	\$695.00
PROBATE • TRUST ADMINISTRATION	

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



www.ATTYPIP.com (352) 241-8760
406 South Dixie Avenue • Fruitland Park, FL 34731

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

Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

A photograph of an older couple embracing outdoors. The woman is smiling broadly, and the man is looking at her with a gentle smile. They are both wearing blue denim shirts. The background is a soft-focus landscape.

127,150+

**REGENEXX PROCEDURES
PERFORMED SINCE 2005**

Joint Surgery Alternatives?

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

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

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



James Leiber, DO
Medical Director



Ron Torrance II, DO



Ignatios Papas, DO



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

RegenTampaBay.com