

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2021

Marion Edition - Monthly

FREE

www.HealthAndWellnessFL.com

**The FAQs
About LDCT
Lung Cancer
Screening**

**The Link Between
Hearing Loss
and Depression**

The Herbal Treatment of
Sleep Apnea

Advanced Treatment for
**Overactive
Bladder**

SOCIAL DISTANCING SEMINAR

FOLLOWING CDC GUIDELINES



Surgical or Non-Surgical

**YOU ARE INVITED
FACIAL BEAUTY
INFORMATIONAL
SEMINAR**

**Brownwood Hotel
3003 Brownwood Drive**

Thursday, April 29th @ 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	Shilpa Oberoi, MD
Luis Carrascosa, MD	Vipul Patel, MD
Mohammad K. Kamal, MD	Craig Reynolds, MD
Sachin Kamath, MD	

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

NEWLY DIAGNOSED CANCER PATIENTS
SEEN WITHIN
72
HOURS*

ACCESS TO
85+
NATIONAL
CLINICAL TRIALS

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

FLCancer.com

Vaginal dryness putting you through a sexual dry spell?

Learn more about our FemTouch treatment for improved vaginal health.

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


ADVANCED UROLOGY
INSTITUTE

352.391.6000
advancedurologyinstitute.com

TMJ Sleep & Dentistry Opens in Ocala

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

Live Life to the Fullest



TMJ Sleep
Therapy Centre
& Dentistry

352-203-4493
www.tmjsleepflorida.com

Are you troubled from...

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


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



CONTENTS

APRIL 2021

- 6** The FAQs About LDCT Lung Cancer Screening
- 8** Advanced Treatment for Overactive Bladder
- 9** Screenings Help Detect Head, Neck and Oral Cancers at Early Stages
- 10** Should I Stop Driving?
- 11** The Herbal Treatment of Sleep Apnea
- 12** New Treatments For Knee Arthritis Now Available
- 14** TMJ and Chronic Pain May Have More to do With Poor Sleep
- 15** Are You Considering Joint Replacement Surgery?
- 16** COVID-19 Update & the QCARD
- 17** Take Action Today! Commit to Driving Distraction-Free
- 18** The Link Between Hearing Loss and Depression
- 19** Having Advance Directives is a Gift to Loved Ones
- 20** Physical, Occupational & Speech Therapy Helps Patients with Parkinson's Disease
- 21** Parkinson's Disease Awareness
- 22** Neuropathy? Or is it?
- 23** Spiritual Wellness: When You Are At Your Wits End

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.

Florida Blue  | MEDICARE

Medicare


plans that fit your life

Learn more today!



Call your local agent today.

1-352-353-3399
Dell Richards

Florida Blue  | MEDICARE

You CAN have a quality night's sleep again!

NO more CPAP! **NO** mouth pieces! **NO** risky surgeries!

Take Sleep Apnea Relief™ 30 minutes before bed and you can wake rested, refreshed and ready for the day!

Don't let the CPAP ruin another night!



End the overactive nerves, restless legs and leg cramps in minutes with Leg Relaxer™!

NO mess! **NO** menthol smell! **NO** chemicals!

Easy and convenient! Just roll on and go back to sleep!

Order online at MyNaturesRite.com or call 800-991-7088.



USE COUPON CODE HW25 FOR 25% OFF YOUR ENTIRE ORDER!

THE FAQs ABOUT LDCT LUNG CANCER SCREENING

Current and former heavy smokers may have heard some mention of Low Dose Computed Tomography in the news or by their doctor. People have questions about LDCT and how it may apply to them. Here are some of the most common queries, along with informed answers and experienced responses from our Board-certified, subspecialized radiologists.

What is LDCT?

Low Dose Computed Tomography is a highly advanced screening procedure recommended annually for patients at high risk of developing lung cancer. LDCT is able to spot lung cancer in its earliest stages, and captures tiny details significantly better than standard chest x-ray, for a greater chance of an accurate and early diagnosis. As the "low dose" part of its name suggests, LDCT delivers a low dose of radiation considered safe by the FDA, ACR and other governing bodies. "LDCT screening enables your radiologist to diagnose lung cancer while it is small and localized, when treatment is most effective," says radiologist Brian Cartwright, MD. "Discovering lung cancer early, before it has a chance to spread, greatly increases the chance of successful treatment and survival."

Who is a Candidate for LDCT Screening?

While smoking isn't the only cause of lung cancer in the US, cigarette smoking accounts for 80-90% of cases, with cigar and pipe smoking increasing the risk. LDCT screening is an option for people aged 55-80 who are current smokers or former smokers who quit within the past 15 years with a 30 pack-year pack history, which is measured by the number of packs smoked a day multiplied by the number of years spent smoking. 1 pack x 30 years or 2 packs x 15 years equals 30 pack years. Once a person has reached 30 pack years, they are considered at high risk of developing lung cancer until they have stopped smoking for 15 years or more.

What if I Have No Symptoms?

A lot of people assume lung cancer will produce warning signs, like chronic cough, wheezing, shortness of breath or hemoptysis (coughing up blood).



In its early stages, lung cancer typically produces no symptoms at all, allowing it to spread throughout and outside the lungs, when it becomes very difficult – even impossible – to treat. "Some of my patients who smoke or used to smoke tell me they feel fine, and take that as evidence that their lungs are healthy," says Dr. Cartwright. "Sadly, once people develop certain symptoms, it can signify that the cancer has spread to a point where effective treatment is no longer an option."

How Serious is Lung Cancer?

Obviously, all cancers can be serious, but lung cancer is more dangerous than many people realize. 1 in 15 people in the US will get a lung cancer diagnosis in their lifetime, with fewer than 1 in 7 people getting the disease diagnosed in its earliest, most treatable stage. Because it is too often undiagnosed in time, lung cancer is the number one cause of cancer death in the US, accounting for 24% of all cancer deaths. "Lung cancer kills nearly twice as many women as does breast cancer," says Dr. Cartwright. "And it kills more than three times as many men than prostate cancer does. These statistics are particularly tragic because, when caught early, lung cancer can be highly survivable, so screening is really valuable for high risk individuals."

Why LDCT Over Chest X-ray?

For many years, chest x-ray was used to help diagnose lung cancer, with good success. But advances in technology have produced LDCT, a superior screening modality. Early detection through LDCT can reduce lung cancer mortality by as much as 20% among high-risk patients compared to chest x-ray. That means 1 out of 5 more lung cancer patients will get an early and accurate diagnosis and appropriate treatment using LDCT.

Is LDCT Painful?

Not at all. You simply lie comfortably on a table while images of your lungs are captured. LDCT does not require the use of contrast material, so no injections are needed. The scan demands no change in eating and drinking habits and takes only a few quick minutes.

How Do I Schedule an LDCT Screen?

The first step is to talk to your doctor or referring clinician, who will review your smoking history, health status and other factors to determine your eligibility for annual LDCT screening. Eligible patients will have their screenings covered by Medicare.

If you are 55 or older and are or were a heavy smoker, don't wait. Contact your doctor or clinician and ask if LDCT screening might be a potentially life-saving option for you. A few minutes each year could help ensure that you have many more years ahead.



www.RAOcala.com
352-671-4300



Show them just how **Rad** you really are

LDCT Screening Can Protect Moments Like This

Current and former heavy smokers may benefit from annual Low-dose Computed Tomography screening. This quick, painless scan can find lung cancer earlier than other tests, for optimal treatment. For all the fun-filled times ahead, ask your doctor about LDCT screening.

We are committed to your radically good life.

RAO

**RADIOLOGY
ASSOCIATES
OF OCALA**

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

Advanced Treatment for **OVERACTIVE BLADDER**

Have you tried treatment for overactive bladder and still suffer from any of the symptoms below?

- ✓ Urgency to get to the restroom in time
- ✓ Increased frequency of urination
- ✓ Getting up at night 2 or more times to urinate
- ✓ Wearing adult protective undergarments or pads
- ✓ Inability to empty your bladder completely
- ✓ Curbing your usual activities because you must be near a restroom at all times

If you are a man or woman who said yes to any of these, then you should know about some of the advanced therapies that are available and can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately, in many patients, these do not work or don't work well enough. Some patients may even be unable to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation. If you or someone you know has OAB, the use of sacral neuromodulation or Botox may be the answer. In a specialty trained urologists' hands these treatments can succeed where others have failed.

SACRAL NEUROMODULATION

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder. This works by sending messages back to the brain to regulate the "on-off" switch for bladder function. A simple way to think of SNM is as a pacemaker for the bladder. It can help to bring your bladder function back to normal function if it is too active or even underactive.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence and urinary re-tenion. Currently one company (Medtronic Inc., Minneapolis) produces this SNM device for international use under the name InterStim®. In Europe, it is also



used successfully to treat bowel dysfunction including severe constipation, fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.

SNM is a very appealing option to patients due to its high success rate (up to 80%) and a unique trial phase. This trial phase of 3 to 7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder function. This can be placed using local anesthesia or light sedation and takes minutes to perform. This gives the patient the ability to "test drive" the device without going through the full implant. It also helps patients to gain insight on just how much the InterStim could help them. At the end of the trial, the leads are removed in the office without damaging the nerve.



855-298-CARE
Advancedurologyinstitute.com

If the PNE is successful in reducing symptoms, it is likely that the full implant will work in these patients. The InterStim uses an implantable lead and small battery that are placed for long-term treatment of OAB or urinary retention. Once placed, the InterStim can last up to ten years depending on its use. The battery can be easily changed under local anesthesia. After implan-

ation, the InterStim is virtually undetectable even in a bathing suit. This device can drastically improve a patient's quality of life.

BOTULINUM TOXIN (Botox)

Botox injections are another option in the treatment of OAB. The Botox is placed directly in the bladder muscle for treatment of OAB and urge incontinence.

This is done with a simple cystoscopy (small telescope) and can be done under local anesthesia or sedation. It works by binding to nerve endings allowing for relaxation of the bladder muscle. This has been shown to improve symptoms in up to 70% of patients and up to 60% of patients will have complete resolution of their OAB or urge incontinence. Botox, however, only lasts 6 to 9 months and needs to be repeated. The FDA considers this an off-label use even though it has been used successfully for years. Use of Botox in the bladder carries no greater risk to the patient than cosmetic procedures.

These are only a few of the many options that can significantly improve quality of life. A full range of treatments for OAB and any other urologic concerns are offered at Advanced Urology Institute.

Screenings Help Detect Head, Neck and Oral Cancers at Early Stages

While not as common as some other types of malignancies, oral cavity and oropharyngeal (head and neck) cancers can often be discovered during routine screening exams by a dentist, medical doctor, dental hygienist, or even by self-exam. During the pandemic, many people have chosen to delay or even skip routine screening exams that can detect these cancers at an early stage, when they are more easily treatable. This has resulted in some people being diagnosed with cancers that are more advanced and more difficult to treat. It is extremely important not to skip regular screening exams with your dentist or primary care physician.

Oral, head, neck and throat cancers account for about 4% of cancers in the U.S. and are more than twice as common among men than women, according to the National Cancer Institute. Most of these cancers begin in squamous cells, which are cells that line moist surfaces, such as those inside the mouth, nose, sinuses and throat. Salivary gland cancer, another category of head and neck cancer, has many different forms because these glands are made up of many different types of cells that can become malignant. As you might suspect, tobacco use, heavy alcohol use, and infection with human papillomavirus (HPV) increase the risk of many types of head and neck cancer.

One of the factors that can increase your risk of oral cancer is tobacco usage of any kind; this includes cigarettes, cigars, pipes, chewing tobacco and snuff, among others. Heavy alcohol use and excessive sun exposure to your lips can also increase your risk. In recent years, there has also been a rise in cases of oropharyngeal cancer linked to infection with human papilloma virus (HPV) in Caucasian men and women.

According to the American Cancer Society, some of the early warning signs and symptoms can include:

- A sore in the mouth that does not heal (most common symptom)
- Pain in the mouth that doesn't go away (also very common)



- A lump or thickening in the cheek
- A white or red patch on the gums, tongue, tonsil, or lining of the mouth
- A sore throat or a feeling that something is caught in the throat that doesn't go away
- Trouble chewing or swallowing
- Trouble moving the jaw or tongue
- Numbness of the tongue or other area of the mouth
- Swelling of the jaw that causes dentures to fit poorly or become uncomfortable
- Loosening of the teeth or pain around the teeth or jaw
- Voice changes
- A lump or mass in the neck
- Weight loss
- Constant bad breath

Of course, many of these symptoms can also indicate conditions other than cancer; that is why it is so important to get regular dental and physical checkups. See your dentist or medical doctor right away if any of these symptoms lasts for more than two weeks.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a state-wide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner with Sarah Cannon, one of the leading research and clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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

Should I Stop Driving?

Have you ever squinted at the road in front of you and wondered, “Maybe I should stop driving?”

Getting older doesn't necessarily mean you'll have to stop driving one day. You could still be cruising down the road, windows rolled down and blasting Led Zeppelin, well into your 80s and 90s. But for many of us, the time may come when you have to decide whether it's safe for you to be in the driver's seat. According to AAA, adults over 65 are more likely to have health conditions that make it harder to drive and take medications that could affect their driving. Older drivers also have the second highest rate of car crashes, just under teens.

It's not an easy decision to make. No one wants to give up their independence. So how do you know when it's time to hang up your car keys? April is National Distracted Driving Awareness Month, so we've put together a list to help you think about whether it's time to stop driving.

Your vision

As we age, our vision slowly declines over time. We're also more likely to develop cataracts or have glaucoma, too. Being able to see is the most important skill you need to drive, so if your vision is failing, it may be time to take a step back and figure out if it's causing you problems on the road.

Here's what you should watch out for

- How well can you read road signs, during the day and at night?
- How well can you see traffic signals?
- Can you tell how far away or how close other cars are to you on the road?
- Can you read your speedometer and other signals inside your car?
- Do the lights bother your eyes when you drive at night?

If you find you aren't able to read road signs anymore or you can't see the lines on the road very well, even with your glasses on, it may be time to stop driving. Talk to your doctor and have your vision checked. You get a routine annual eye exam as part of your Medicare Advantage health plan. You may find out that your medications are causing blurry vision or you may need a stronger prescription for glasses and contacts.



Important note: In Florida, once you reach age 80, you will have to pass a vision test when you renew your driver's license. Check out Florida's information and resources for older drivers on the Grand-Driver website.

Your medications

Some medications you take may make you drowsy, which can make driving dangerous for you and other people on the road. Talk to your doctor or pharmacist about the medications you take and find out if any of them make it risky for you to be on the road. Make sure you tell them about any over-the-counter medications you take. Your medications may interact in a way that makes it unsafe for you to drive, too.

Your hearing

Just like with your vision, you need to be able to hear what's happening when you're on the road, too. If you use a hearing aid, make sure to wear it when you're driving. If you don't have a hearing aid, but you can't hear sirens and honking cars on the road, talk to your doctor about getting a hearing aid. Florida Blue Medicare plans cover hearing exams and hearing aids. Depending on your plan, you may get an allowance for hearing aids, or you may have a copay. Remember, you may not notice that your hearing is worse than it used to be. Hearing loss usually happens gradually. That's why it's always good to have your doctor check your hearing.

Your health and physical strength

There are several health conditions that can make it difficult for you to drive. Painful conditions like rheumatoid arthritis can make it difficult for you to steer. Uncontrolled diabetes can affect your feet and vision and could even lead to heart attack and stroke, all of which affect your ability to drive.

Resources to find rides

If you don't feel safe driving any more, there are resources available to help you get where you need to go. This website can link you to community resources available to help. <https://www.findaride-florida.org/>. Also, your Medicare Advantage plan may include transportation benefits to help you get the health care you need.

Info for caregivers

If you're a caregiver worried about a loved one's driving, remember, age isn't the issue. Age doesn't make someone dangerous on the road. If you are worried you aren't getting the full scoop from your loved one on their driving, here are some red flags to watch for:

1. **Traffic violations:** Have they gotten a few tickets lately? Ask why and try to determine if there is a problem or if it was just a simple mistake.
2. **Look for damage to the car:** See a recent dent? Find out what happened.
3. **Ask friends and neighbors.** They see your loved one when you aren't around. Find out if they have had any concerns, too.
4. **Check the insurance:** Has their insurance rate gone up? That could be a clue they may have gotten more tickets or had more accidents than they have told you about.
5. **Take a drive with them:** You won't know how you feel until you observe them in the car. Make sure to pay attention to their reaction time and whether they seem to be struggling to see.

Sources:

<http://elderaffairs.state.fl.us/docx/transportation.php>

<https://www.caring.com/articles/assessing-aging-parent-driving>

<https://www.caring.com/articles/when-to-stop-driving>

<https://seniordriving.aaa.com/resources-family-friends/conversations-about-driving/facts-research/>



Call your local agent today.

1-352-353-3399
Dell Richards

The Herbal Treatment Of Sleep Apnea

Sleep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of 25 million Americans with likely millions more un-diagnosed sufferers. The condition prevents the sleeper from entering REM and Delta sleep causing them to become anxious, cantankerous and tired during the day. There are very serious health consequences of prolonged sleep disturbance and deprivation.

When diagnosed, the patient is told to lose weight, drink less alcohol and quit smoking. Beyond that, surgery is offered, though it is painful and has provided only limited success. Dental mouth-pieces can be difficult to sleep with and long-term effects on tooth alignment are questionable. Another common option is CPAP. This is a forced air mask, worn during sleep, that insures proper inhalation. Experience has shown that 60% of patients are not able to tolerate the mask and ultimately discontinue using the equipment. Some users develop respiratory infections from the mask. Finally, there is an herbal and natural approach that we can explore.

Cause of the condition:

Before we evaluate the "solutions", let's consider what is causing the condition. When we begin to fall asleep, we move from stage one (drowsiness) into stage two sleep. Stage two sleep, is the transition stage before entering REM (rapid eye movement). REM sleep is where we dream. Dreaming is critical to a good nights sleep. When we enter stage two sleep in preparation for dreaming, muscular activity is inhibited (blocked). It is called "reduction of muscle tonus". This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams.

The first problem is that the inhibition of signals from the brain tends (inadvertently) to reduce the signal that tells the diaphragm to breathe. In some individuals, upon entering stage 2 sleep, the breathing will actually come to a stop (Sleep Apnea means *cessation of breathing*).



As our breathing becomes shallower, the blood oxygen level drops and the carbon dioxide levels rise. In a young and healthy individual, this would elicit stronger and deeper breathing from the physiological control system that regulates these activities. In an older individual the respiration reduces in intensity and the blood oxygenation drops. This is where the safety back-up system comes in. When the blood gas levels get too far imbalanced, the brain intervenes and causes the body to make a large and immediate inhalation. This causes a large pressure differential in the pharynx and literally sucks the sagging-soft palate into the airway. This obstructs the air flow and causes a loud "SNORT" partially or fully awakening the subject. Most times, the subject is not fully awakened and thus isn't aware that this is even happening. It still disturbs their sleep enough so that they return to stage 1 sleep.

Upon awakening or returning to stage 1 sleep, the inhibition causing the reduction of muscle tonus for entry into stage two sleep is released and respiration begins again in a somewhat normal manner. As the subject starts to drift off to sleep again, they move into stage two, the muscle tonus drops, the soft palate sags, the signal to the diaphragm diminish and the cycle repeats. The resulting snorting awakenings typically occur every 1 to 5 minutes or so.

The Solution:

If your breathing was sufficiently deep enough, then you would not make a rapid inhalation, suck your soft palate into the airway and snort; disturbing your sleep.

The appropriate solution is to accentuate (increase) the ability of the brain to communicate with the diaphragm so that you breathe deeply and steadily throughout the night.

Sure it is beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time as they can cause congestion which aggravates the condition. However; the most dramatic impact can be made by the administration of just a few common herbs.

Lobellia, when used in small doses, acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, can *actually increase* the quiescent level of respiration sufficiently so as to avert the dangerous drop in blood oxygen level that occurs upon muscular inhibition. It can maintain deep steady breathing throughout the stage 2 sleep period.

Thyme has traditionally been used to enhance pleural activity. It actually improves the ability of the lungs to exchange CO₂ for oxygen and makes an excellent contribution to maintaining sufficient respiratory amplitude. To round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This combination of herbs taken before bed has been demonstrated to relieve sleep apnea in most cases.



www.mynaturesrite.com
(888) 465-4404

New Treatments For Knee Arthritis Now Available

By: *Regenexx Tampa Bay, Non-Surgical Orthopedic Specialists*

Knee arthritis affects more Americans than any other joint disorder in the United States. By age 60, an estimated 10 percent of men and 13 percent of women have knee arthritis. Knee arthritis and chronic knee pain often mean that you have to avoid the activities you love (from hiking to dancing to chasing the grandchildren), relying on over-the-counter pain medications, toxic steroid injections, dangerous narcotics, knee arthroscopy (which increases the likelihood of a knee replacement down the line), and knee replacement surgery. But new advancements in precise image-guide injections using bone marrow concentrate containing your own stem cells offer hope, healing, and pain relief for arthritis of the knee.

Symptoms and Treatments: How is Knee Arthritis Identified and Cured?

Arthritis of the knee, as with arthritis anywhere else in your body, is the result of chronic inflammation in your joints resulting in deterioration and degeneration of the structures in the knee. Common symptoms for knee arthritis include:

- Swelling and tenderness in your knee especially after activity.
- Unstable knee. Over time, ligaments can weaken and result in instability in your knee. This can cause a buckling sensation when you put weight on it.
- Poor, limited range of motion in your knee when doing everyday activities, such as sitting, standing, and walking.

If your doctor diagnoses you with knee arthritis, he or she may recommend a combination of medical interventions and lifestyle modifications. These may include:

- Low-impact exercise/Physical Therapy
- Losing weight if you're overweight
- Other treatments such as: Acupuncture, natural topical creams, and ice packs

Common medical interventions often start with taking over-the-counter pain medications like aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs can temporarily help pain associated with arthritis but can lead to damage in the heart, kidneys, and GI tract over the long term (and sometimes even in the short-term) and do not improve long-term pain. More serious medical approaches often graduate to:



- Prescription pain drugs
- Injections, such as corticosteroid injections to temporarily reduce pain
- Surgery

Are Corticosteroid injections Helpful For Knee Arthritis?

Your doctor may recommend corticosteroid injections for knee arthritis. Corticosteroids are powerful anti-inflammatory agents that temporarily reduce inflammation in an arthritic joint. Unfortunately, corticosteroids are also toxic to cartilage and increase the rate of arthritic progression. In a recent 2020 study from *The Bone and Joint Journal*, patients with knee arthritis who underwent corticosteroid injections were compared to patients with similar levels of knee arthritis who did not have any steroid injections. The patients who were given steroid injections were more than 6 times as likely to undergo a knee replacement.

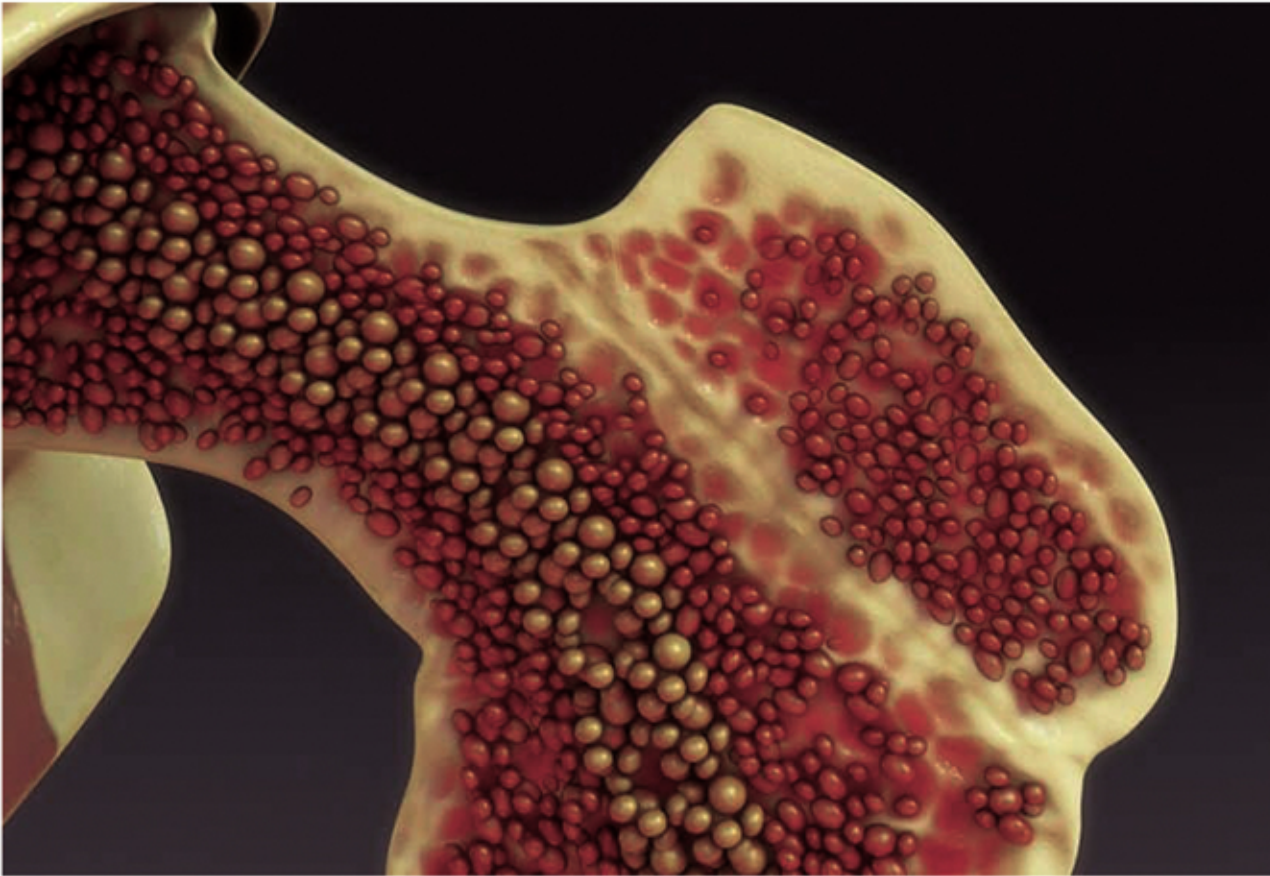
While helpful for knee pain in the short term, corticosteroid injections can actually worsen knee arthritis and pain over the long term.

Is Surgery the Right Answer For Knee Pain and Knee Arthritis?

Your doctor may recommend a knee replacement, which involves removing the damaged knee joint entirely and installing an artificial knee.

In fact, arthritis is the #1 reason for people to get knee replacement surgery or hip replacement surgery. However, most surgeons recommend joint replacement surgery be the last resort because:

- Knee replacements can wear out and may need to be replaced, which is an even bigger operation than the first
- There have been many “mechanical problems” and manufacturer recalls related to artificial joints
- May entail a long recovery process
- An artificial joint that becomes infected is a very serious complication that can lead to another joint replacement and long term IV antibiotics in the best case or can lead to leg amputation or death in more serious cases.
- More than one-third of patients who have a knee replacement still have some knee pain.
- Range of motion in the knee after the surgery is often reduced.
- Thankfully, a growing body of research is revealing new, cutting-edge approaches to knee arthritis, with many men and women finding the relief they need through various skilled orthobiologic procedures utilizing the person's own bone marrow concentrate, platelet rich plasma, and/or microfragmented adipose/fat tissue.



Bone Marrow Concentrate (BMAC) and Knee Arthritis

The premise is simple, yet the science is groundbreaking. Your bone marrow and blood get drawn through a patented same-day protocol, and your bone marrow concentrate, where your body's stem cells are found in highest concentration, is processed in a specialized lab.

Then, your BMAC and natural growth factors are injected under precise image-guidance using sonographic and X-ray devices directly into multiple tissue structures in your affected knee (eg. cartilage, ligaments, tendons, bone, meniscus). This provides more cells to the injured, degenerated, and inflamed joint than your body would otherwise send to the area, resulting in significant improvements in your knee pain and knee function within just a 2-3 months.

Unfortunately, the world of stem cell treatments is often referred to by scientists as a "wild wild west." The efficacy of "stem cell" procedures for knee arthritis and chronic knee pain means many companies have rushed to market with various health claims and procedures. Alas, many (if not most) of what you'll find on the market — such as the use of exosomes or umbilical cord "stem cells" — isn't backed by real research and in fact, is illegal to use.

When choosing a regenerative treatment for knee arthritis, it's critical that you look for a procedure

that's truly backed by science, and specifically peer-reviewed randomized controlled medical trials and other clinical trials.

When reviewing the published research, the science is clear: The most advanced and effective treatment for knee arthritis is from your bone marrow concentrate (BMAC) injected into the joint and sometimes into the bone.

In one study, BMAC injections into the knee joint significantly reduced the need for knee replacement surgery. Another study tracked patients for 15 years and found that BMC injections into the bone (near the joint line) also significantly reduced the need for knee replacement.

At Regenexx, this is the exact same procedure we employ in our clinics. These advancements in regenerative medicine and technology mean our Regenexx approach, overseen by expert technicians and clinicians who have been doing this for over a decade, is far more effective than the run-of-the-mill treatments offered by other providers.

If you suffer from knee arthritis and want to avoid costly and invasive knee replacement surgery, contact us today to learn how you can use these advancements in regenerative medicine to naturally and effectively target your knee health concerns.



Dr. James Leiber

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

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

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

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

The other physicians at Regenexx Tampa Bay are:



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



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



RegenTampaBay.com

8600 Hidden River Parkway, Suite 700
Tampa, FL 33637

813-993-0365



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. X Rays 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**

COVID-19 Update & the QCARD

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

Quick Care's Answer for Those without Medical Insurance

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

Who can benefit from the QCARD program?

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

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

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

The QCARD works in 3 easy steps!

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



Where can you use the QCARD?

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

Why get the QCARD now?

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

QCARD is a great healthcare plan for the following:

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

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

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

Quick Care Med Urgent Care

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

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

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

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

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

www.quickcaremed.com

4 Locations in Ocala

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

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

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

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

TAKE ACTION TODAY!

COMMIT TO DRIVING DISTRACTION-FREE

Even though traffic dropped significantly during the pandemic, our roads have become more dangerous. Car accident fatalities in Florida rose by 4% last year. The leading cause - distracted driving. Over 700 people in the US daily, are injured due to distracted driving. Whether you are talking on a cell phone, texting, putting on make up, tending to demanding kids in the backseat, programming an in-vehicle infotainment system, eating or checking Facebook, your attention is diverted away from driving. Taking your eyes off the road for 5 seconds to read a text while driving at a speed of 55mph is tantamount to driving with your eyes closed for the length of an entire football field. Anytime you take your attention off the road, hands off the steering wheel, or mind off the task of driving you risk serious injury, even death to yourself and others. Recently during spring break on SR19 near Ocala National Forest a patient's son was texting on his phone and veered off the road, he over corrected and lost control of the vehicle rolling it 8 times. It is a miracle he survived and after 13 surgeries he is still fighting for his life.

His parents regret not being better role models and educating him on the dangers of distracted driving.

Every time you get behind the wheel of a vehicle, you have an opportunity to help keep yourself, your passengers and others on the road safe. **HERE'S HOW:**



BEFORE STARTING THE CAR:

- Respond to any texts or calls that need answering.
- Finish doing your makeup.
- Finish whatever you are eating/drinking.
- Buckle the kids in correctly.
- Accurately save addresses you will need in your GPS.
- Select the entertainment: music, podcast and temperature you want for the drive.
- Be in a good state of mind, never drive upset or fatigued.
- Keep your phone stowed or on the backseat where you can't reach it.
- Use 'driving mode' to stop notifications while driving.



- Discuss the danger and legal consequences of driving distracted with your kids.
- Set a company policy about distracted driving and make it clear that work emails and updates can wait until employees are no longer driving.

Let's put an end to senseless and preventable crashes on our roads and save lives.

If you have been in an accident, getting medical treatment is crucial. Even if you don't have symptoms having a comprehensive evaluation, via physical examination and diagnostic testing by a leading medical specialist like Medig in Ocala is essential to your wellbeing and ruling out possible long-term effects of any injuries sustained from the accident.

**CONTACT MEDIG TODAY!
Text or Call 352-374-2818**

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.quickcared.com

medig | LEADERS IN CAR ACCIDENT MEDICAL CARE

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

The Link Between Hearing Loss and Depression

signia
Life sounds brilliant.

Several studies have been conducted on the link between depression and hearing loss. Recent findings indicate that of the groups studied, women of all ages and adults age 18 to 69 with hearing loss are more likely to experience “significant depression” than hearing loss sufferers over 70.¹

“We found a significant association between hearing impairment and moderate to severe depression.”²

There are several likely reasons that loss of hearing leads to depression in so many. Communication, which is vital to social interactions, becomes a source of stress when someone has to strain to hear others speak, and frequent misunderstandings result in embarrassment. After a while, people with untreated hearing loss begin to avoid social situations, particularly if they involve loud surroundings like parties or crowded restaurants where understanding speech is even more difficult. Withdrawal tends to progress until the person gradually quits on life, choosing to remain in silent isolation rather than struggle to hear and communicate publicly. Hearing loss sufferers may think they simply cannot be helped because hearing loss is a “terminal” condition for which there is no cure. Older patients may feel their hearing loss is a signal that they are simply too old to participate in social activities. Cutting oneself off from society and activities is a red flag for depression.

“Loss of hearing represents more than just difficulty hearing sounds. It can lead to social isolation and depression.”³

The following are ten facts medical professionals need to know about the risk of patients with hearing loss developing depression:

1. In a study conducted on Generation X and Baby Boomer patients with untreated hearing loss, participants were found more likely to develop depression and other psychological issues than their hearing peers.⁴
2. Another large study of adults 50 and older with untreated hearing loss found they were more likely to experience depression and other emotional and



mental instabilities and were significantly less socially active than their peers who wore hearing aids.⁵

3. This same study found depression and similar disorders were found to worsen as hearing ability declined.

4. Patients with untreated hearing loss find it more difficult to communicate with others, leading to the avoidance of social interaction with friends and family. Isolation is a known contributor to depression.⁶

5. The onset of depression in older adults has been associated with the development of dementia or Alzheimer’s disease – which is also a co-morbidity of hearing loss.⁷

6. Along with depression, patients with untreated hearing loss are known to experience anxiety, paranoia, relationship problems, stress, and other negative emotions.⁸

7. Using hearing aids can significantly improve emotional and cognitive conditions in patients over the age of 65.⁹

8. 36% of patients who begin wearing hearing aids experienced improved overall mental health, while 34% increased their social engagement.¹⁰

9. Despite the fact that hearing aids can help improve patients’ lives, the average span of time from patient realization of hearing loss to purchase of hearing aids is eight years.¹¹

10. An initiative called Healthy People 2020 calls for an increase in hearing tests for adults between the ages of 20-70.¹²

“...but studies also show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.”¹³

Sources:

- 1 JAMA Otolaryngology – Head & Neck Surgery. *Hearing Impairment Associated with Depression in US Adults*. National Health and Nutrition Examination Survey 2005-2010. 2014 (<http://archotol.jamanetwork.com/article.aspx?articleid=1835392#Abstract>)
- 2 HealthDay News. *Hearing Loss Tied to Depression in Study*. 2014 (<http://www.webmd.com/depression/news/20140306/hearing-loss-tied-to-depression-in-study>)
- 3 Harvard Health Blog. *Hearing loss may be linked to mental decline*. 2013 (<http://www.health.harvard.edu/blog/hearing-loss-may-be-linked-to-mental-decline-201301225824>)
- 4 NCBI.NLM.NIH.gov. *Psychological profile and social behavior of working adults with mild or moderate hearing loss*. 2008 (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2644978/pdf/0392-100X.28.061.pdf>)
- 5 National Council on Aging. *The Consequences of Untreated Hearing Loss in Older Persons*. 1999 (<http://www.ncoa.org/assets/files/pdf/center-for-healthy-aging/NCOA-Study-1999.pdf>)
- 6 Psychology Today. *Social Isolation: A Modern Plague*. 2009 (<http://www.psychologytoday.com/blog/the-depression-cure/200907/social-isolation-modern-plague>)
- 7 Johns Hopkins Medicine. *Hearing Loss in Older Adults Tied to More Hospitalizations and Poorer Physical and Mental Health*. 2013 (http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_in_older_adults_tied_to_more_hospitalizations_and_poorer_physical_and_mental_health)
- 8 HearingAids.com. *Hearing Loss & You*. 2013 (<http://www.hearingaids.com/hearing-loss-you/hearing-loss-you/>)
- 9 Archives of Gerontology And Geriatrics. *Effects of hearing aids on cognitive functions and depressive signs in elderly people*. 2010 (<http://www.aggiournal.com/article/S0167-4943%2810%2900114-7/abstract?cc=y?cc=y>)
- 10 National Council on Aging. *Hearing Loss: It’s a Family Affair*. 2014 (<http://www.ncoa.org/improve-health/community-education/hearing-loss-its-a-family.html>)
- 11 The Hearing Review. *MarketTrak VIII: The Key Influencing Factors in Hearing Aid Purchase Intent*. 2012 (<http://www.hearingreview.com/2012/03/markettrak-viii-the-key-influencing-factors-in-hearing-aid-purchase-intent/>)
- 12 Healthypeople.gov. *Hearing and Other Sensory or Communication Disorders*. 2014 (<http://www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=20>)
- 13 Better Hearing Institute. *Don’t Let Unaddressed Hearing Loss Spiral into Depression, BHI Cautions, Urging Gen Xers and Baby Boomers to Get Their Hearing Checked*. 2013 (<http://www.betterhearing.org/news/don%E2%80%99t-let-unaddressed-hearing-loss-spiral-depression>)

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

Having Advance Directives is a Gift to Loved Ones

Submitted by Hospice of Marion County

Making end-of-life decisions and having “the talk” with family members can be a daunting task, but it’s the best gift you can give to your loved ones. National Healthcare Decisions Day is April 16, a national day of increased education about the importance of having advance directives and planning for the unexpected medical crisis.

A pair of sensitive movies on grief and loss is the focus for this year’s partnership between the Marion Theatre/Reilly Arts Center and Hospice of Marion County in recognition of National Healthcare Decisions Day. Both movies will have a discussion before and afterward to address questions that may arise during the movie.

Two films are offered to the public at no charge -- Mark your calendar for showings of the mini film series Feel Better/Live Better:

- **Tuesday, April 13, 6 p.m.** *P.S. I love you* starring *Hilary Swank* and
- **Friday, April 16, 2 p.m.**, *Patch Adams* starring *Robin Williams*

Tuesday’s April 13 showing is in the main theatre. The discussion starts at 5:30 p.m.; film starts at 6 p.m. Friday’s April 16 will be viewed in the upstairs theatre; the discussion at 1:30 p.m.; film starts at 2 p.m.

Even though these outstanding films come with no ticket price, an **RSVP is required for a pass through the website, www.mariontheatre.org; enter this code HOMC21 to redeem your free tickets.** The code is good for both movies.



All standard COVID protocols will be observed: distanced seating and masks are required at all times while inside the venue.

“This film series follows our goal to recognize and accept grief in our everyday life,” said Jessica McCune, Community Awareness Manager, Hospice of Marion County. “As we find that safe place in our mind and soul to hold pain and peace, side by side, we are able to know more joy in life. How wonderful to use the strength in art and film to teach us as we follow wisdom.” Jessica, a nurse and grief facilitator, will lead the discussions and distribute advance directives to guests.

Hospice of Marion County (HMC) has been at the forefront of activities to support National Healthcare Decisions Day since 2012 with the Conversation Project begun by columnist Ellen Goodman. HMC followed suit with its own booklet, *The Talk*, which, along with *Living Wills*, will be available at the event. These are simple to fill out, no attorney is necessary and they are legal in all states.

Go to the movies on us - no charge!
Marion Theatre

HILARY SWANK GERARD BUTLER

April 13 | 6 p.m.
P.S. I Love You

Sponsored by  and 

April 16 | 2 p.m.
PATCH ADAMS

Visit www.mariontheatre.org;
use the code HOMC21 at checkout to redeem your free tickets

The main objective is to draw people’s attention to the ability to make our own healthcare decisions. Who wants to upset the family with such an unpleasant discussion? It’s one of those uncomfortable topics we assume is best swept under the rug until another time. Nothing could be further from the truth and too often that talk comes too late. Making decisions for others is decidedly even more complicated than those for ourselves, especially when that person – someone beloved – can no longer speak for him or herself. In the end, having the talk is the best gift you can give to yourself and your family.

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

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

Physical, Occupational & Speech Therapy Helps Patients with Parkinson's Disease

Parkinson's disease is a progressive disorder and unfortunately, affects nearly 1 million Americans. The average onset of Parkinson's disease (PD) is around 60 years of age. Approximately 100,000 Americans are diagnosed with PD each year and 15% of those are under the age of 50, which is called "young-onset."

Although the cause is unknown, the main effect of Parkinson's disease is the cell death of neurons in the substantia nigra area of the brain. Neurons are nerve cells that produce the neurotransmitter, dopamine, which send signals to the brain that controls movement and motor skills. In the brain of a person suffering from PD, dopamine is significantly decreased as the disease progresses. Certain drugs may be prescribed to stop the progression of the symptoms below.

The cell death that occurs in Parkinson's patients leads to continual deficiencies in movement and mobility like the following:

- Hand tremors
- Muscle stiffness
- Limb rigidity
- Loss of memory
- Confusion
- Involuntary twitching
- Shaking
- Slowed movement
- Gastrointestinal disorders
- Slouching and posture changes
- Diminished facial expressions
- Changes in handwriting (small/tight lettering)

Physical Therapy: Innovative Therapies Group Offers Advanced Methods

Parkinson's - LSVT Big and Loud

As of yet, there is still no cure for Parkinson's disease. The treatments available are medications, which help to alleviate symptoms, and a high emphasis is placed on a healthy diet along with exercise and mobility training. Because Parkinson's patients are often struggling with small shuffling movements, rigid muscles and tremors, specifically tailored physical therapy classes are highly effective for retraining the brain into making bigger movements, while incorporating stabilizing balance methods.



LSVT Loud trains Parkinson's patients to use their voice at a more normal level, and LSVT Big teaches the individual to use their small and large motor skills with more control.

Patient Education is critical to alleviate further injury and to promote the most efficacious healing, and maintain independent function, mobility and communication.

Occupational Therapy

Occupational therapists specialize in helping patients with Parkinson's disease to participate in daily activities. This might include modifying the way things are done at home to keep patients safe and also to keep them moving. For example, learning how to safely get in and out of bed or in the shower are critical for patient independence and safety. They can also help with things like domestic skills to help patients participate or take control of preparing meals and so forth. These are just a few examples of a long list of how occupational therapy plays a crucial role in the lives of patients and their caregivers.

Speech Therapy

Speech Language Therapist help patients learn how to communicate better, and also to retrain areas of the brain involved in swallowing and eating. Speech therapist work one on one with Parkinson's patients to help them speak more clearly and to also project their voices.

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

Along with disorders like Parkinson's disease, Innovative Therapies Group offers comprehensive treatment and programs for orthopedic injuries, pre and post-surgical training, post stroke conditioning, balance disorders, MS, and other neurodegenerative conditions, and much more. Their services are always patient-focused and custom-tailored to your specific needs and goals.

Examples of The Types of Therapies Available:

- 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
- Daily Living Activities Training
- Physical Therapy
- Occupational Therapy
- Speech Therapy

NEW LOCATION: NOW OPEN

Innovative Therapies Group has a new location at 805 S Main Street, Wildwood, FL.

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



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

Parkinson's Disease Awareness

Parkinson's is a complex disease that progresses over the years, and to date, has no cure. It is a neurodegenerative disease that wreaks havoc on the brain, which in turn interferes with the body's fine motor skills. The brain's neurons (nerve cells) are what create dopamine and the deterioration of this process is the cause of Parkinson's disease.

In Parkinson's patients, the dopamine chemical production is slowed down and over time it can be completely diminished. Some of the first symptoms of early Parkinson's disease are impaired sense of smell, constipation and sleep disorders. These early signs are found in the medulla and the enteric region of the brain. Some patients will have diminished voices, develop rigid muscles and show little to no expression on their faces within the middle stages of the disease.

As the disease progresses, it eventually reaches the substantia nigra region of the brain, which controls the bodies movements. Once this stage is reached, patients have a difficult time controlling their bodily functions, and they develop tremors and have jarring irrepressible movements.

Nearly 1 million people in the U.S. have Parkinson's Disease (PD), a chronic and progressive disorder. 100,000 Americans are diagnosed with PD each year, and 15% of those are under the age of 50.

TREATMENT OPTIONS

Because there is no cure, the main treatments are given through traditional pharmaceutical medications, which are available to slow down the disease's



development. Many of these drugs increase the dopamine in the brain, and in some cases, replaces the dopamine altogether.

Along with medication management, physical therapy for balance and stretching is helpful for fine motor function. Speech pathology is also very effective in maintaining and improving speech related issues that the disease so commonly causes. In advanced cases there is the option for surgery.

ABOUT PACIFICA SENIOR LIVING OCALA
The award-winning Pacifica Senior Living Ocala community serves residents in Assisted Living, Memory Care, and Respite Care with the highest levels of comfort and convenience in town. Right next to Healthpark Hospital and offering a long list of therapy-driven life enrichment activities, our senior living community in Ocala, FL is a beautiful place to enjoy retirement in style.

Pacifica Ocala features trademark programs of Heartland Assisted Living and Legacies Memory Care which allow seniors to age-in-place in a worry-free lifestyle by knowing that as their needs change, their needs will be met. This continuous care plan allows members of our Pacifica Senior Living family to establish long-lasting friendships and enjoy a fulfilling and engaging lifestyle. For seniors requiring short term accommodation, we have Respite Care available. Respite Care can prove quite stress-relieving whenever the primary caregiver is away or if your loved one needs to transition from a stay in the hospital or nursing home.

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 in the memory care facility specialty.

You have options, please call them to find out more information at (352) 229-8132 or visit their website at pacificaseniorliving.com/fl/ocala.

(352) 414-2507
www.PacificaOcala.com



Innovative
Therapies Group Inc.

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	Wildwood 805 S. Main St Wildwood, FL 34785
---	--	---	---

INDEPENDENT LIVING ~ ASSISTED LIVING

EXCEPTIONAL SENIOR LIVING.

CASUAL LIVING.
DESIRABLE LOCATION.
WORRY-FREE LIFESTYLE.



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

352-414-2507

PACIFICA
SENIOR LIVING
OCALA

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



Neuropathy? Or is it?

Dr. Brent Carter

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 cause 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 suppose 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

Cannabis & Coronavirus

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

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all. This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus. Regardless, as we all go through the unknowns of this novel coronavirus, let's continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).



Get Your Florida Medical Marijuana Card. Call Today!

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



www.cmmdr.com

When You Are At Your Wits End

By Pastor Timothy Neptune

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.



And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

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.SMOKINGMARIJUANAODOCTORS.COM

CERTIFIED MARIJUANA DOCTORS

GUARANTEED TO GET YOUR CARD

OR YOU PAY NOTHING

OPEN 9 AM TO 5 PM | M TO F
LICENSE NUMBER 05887A

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

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



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