

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

May 2021

Lake/Sumter Edition - Monthly

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**Promising New  
Treatments**

Bring Hope to Cancer Patients

**Treating Sinusitis  
Naturally and  
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**WHAT CAUSES VARICOSE VEINS?**  
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# CONTENTS MAY 2021

**6** Stay Focused on Your Vision Health

**8** At the Onset of a Stroke: Prompt Treatment Can Save Lives

**9** Promising New Treatments Bring Hope to Cancer Patients

**10** Treating Sinusitis Naturally and Effectively

**11** Stop Overlooking Signs of Incontinence

**12** Varicose Veins Are Not Just A Cosmetic Problem

**13** Learn How P+G Equals an R Rating in The Bedroom

**14** Hearing Aids Keep You in the Conversation

**15** Opioid Free Anesthesia for Outpatient Total Hip and Total Knee Replacement

**16** Sumter Senior Living's In-House Provider Dr. Martinez, Shares His Insight

**18** What is Functional Neurology?

**19** May is Better Hearing Month

**20** Cornerstone Hospice Programs Help Children Deal with Mental Health Issues

**21** Physicians Rehabilitation Gets You Back in the Game & Enjoying Life Again

**22** Chronic Pain: Finding Relief with Physical Therapy & Manual Stretching

**23** Pain in Your Feet and Toes? Don't Let the Symptoms Escalate

**24** Why You Should Get Your Omega-3 Index Measured

**25** It's Time to Sell

**26** Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

**28** Obstructive Sleep Apnea & Oral Appliances

**29** What Telemedicine Means for Florida

**30** Local Attorney Patrick L. Smith Offers Flat Fee Estate Planning Services

**31** Spiritual Wellness: Slowing the Pace of Your Life

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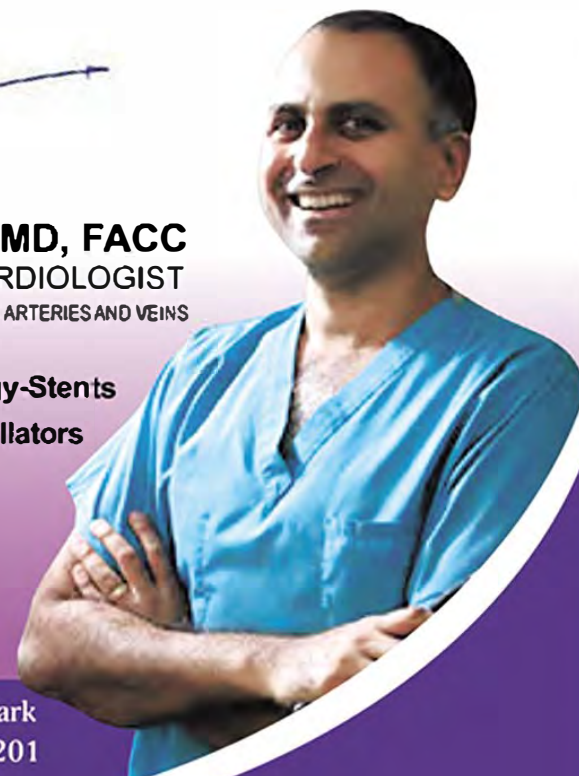
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# STAY FOCUSED ON YOUR VISION HEALTH

**M**ay is Healthy Vision Month, bringing attention to the importance of regular comprehensive eye exams. An eye exam is different from a vision screening, which is a visual acuity test that checks how well you see letters from a standard distance. Performed by nurses (or even volunteers), vision screenings may be useful in spotting certain very obvious problems, but do not provide the health details of a comprehensive eye exam. Eye exams are performed by optometrists and ophthalmologists, doctors experienced in diagnosing the earliest signs of eye disease and planning any needed treatment to help preserve vision.

## What You Don't Know Can Hurt Your Vision

Having regular eye exams works to discover diseases before they have a chance to severely impair vision. The good news about eye diseases is that, when caught and treated early, most of the damage they cause can be prevented, minimized, halted or, in some cases, reversed. Therefore, it's crucial to get regular comprehensive exams while your eyes are feeling fine, to help ensure they remain healthy and able to capture life's wonders, year after year.

Sadly, many people do not have regular eye exams. Of the country's projected 93 million adults considered to be at high risk of vision loss, only half have seen an eye doctor in the past twelve months, leaving millions with the prospect of serious and often permanent eye damage.

"People usually get their vision checked when they realize they need a change in their lens prescription," says ophthalmologist Dr. Jose Vazquez. "And many are under the impression that this vision test will reveal any eye disease that might be developing, or that an eye disease will produce symptoms. However, many serious eye diseases are stealthy and produce no early symptoms that either the patient will notice or an optician will be able to identify during a vision test. That's why it's imperative to have regular comprehensive exams where your pupils are dilated so we can check for any increase in eye pressure, and discover early changes to the cornea, lens, macula, retina and other structures that may require treatment to help prevent vision loss and keep eyes functioning optimally."



## What's Included in the Exam

A comprehensive eye exam includes a review of your personal history, and testing for visual acuity, depth perception, color recognition, eye alignment and movement, light response and peripheral vision. Your doctor will examine the curvature of your corneas and measure any refractive errors, such as near-sightedness, farsightedness or astigmatism, so that corrective lenses can be prescribed if needed. "A comprehensive eye exam can also reveal overall health problems people don't even know they have," says optometrist Dr. Alexandria Rawls. "I have been able to catch high blood pressure and diabetes in a few patients, which motivated them to seek treatment from their primary care physicians."

A dilated exam also allows for the early discovery of disease and helps to prevent possible blindness related to:

- **Cataracts** - the #1 cause of vision loss in the U.S.
- **Glaucoma** - a group of diseases affecting the optic nerve
- **Diabetic retinopathy** - the country's #1 cause of blindness in adults
- **Age-related macular degeneration** - a condition that can be managed before vision loss becomes severe

Finding these problems before they produce symptoms and permanently damage vision is the key to preventing or limiting vision loss.

## Appointment Recommendations for Adults

The following guidelines offer the best protection from sneaky, vision-robbing conditions. For adults at average risk, see your eye doctor for a comprehensive exam as follows:

**20-39: every 5-10 years**

**40-54: every 2-4 years**

**55-64: every 1-3 years**

**65+: every 1-2 years**

People at higher risk of developing glaucoma, including all adults ages 60 and older, those with a family history of the disease, and African Americans over 40, should have a dilated eye exam every two years.

If you have diabetes or another chronic condition that affects your eyes, or have a family history of eye disease, you should have a comprehensive eye exam once a year, or as recommended by your eye doctor.

## When to Call Your Doctor

If you develop any of the following symptoms, don't wait for your next appointment - call your eye doctor immediately if you experience:

- Eye pain
- Decreased vision
- Double vision
- Floaters (squiggles or specks that float across visual field)
- Flashes of light
- Halos around light sources
- Draining or unusual redness of the eye

Taking routine steps to care for your eyes will help them remain clear, healthy and functioning their best. If you haven't had a comprehensive eye exam in a while, don't wait for problems to develop - schedule an appointment now.

Looking out for your eyes today will help them continue to perform brilliantly through the years to come.

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# AT THE ONSET OF A STROKE:

## Prompt Treatment Can Save Lives and Lessen Long-Term Side Effects

T.E. Vallabhan, MD, FACC

**W**hen oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures. Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain. TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

### Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

<b>B</b>	<b>Balance:</b> Does the person have a sudden loss of balance or coordination?	
<b>E</b>	<b>Eyes:</b> Is your loved one experiencing double vision or are they unable to see out of one eye?	
<b>F</b>	<b>Face:</b> Is one side of the face drooping? Ask the person to smile.	
<b>A</b>	<b>Arms:</b> Does one arm drift downward? Have the person raise both arms in the air.	
<b>S</b>	<b>Speech:</b> Is he or she slurring their speech or having difficulty getting the words out right? Have the person repeat a simple phrase.	
<b>T</b>	<b>Time:</b> Time to act! Call 9-1-1 and get the person to a certified stroke center immediately, such as Adventist Medical Center.	

**STROKE?**  
**DON'T WAIT!**  
**B.E. F.A.S.T.**



### What You Can Do

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

# Dr. V

**T.E. VALLABHAN, MD, FACC**  
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# PROMISING NEW TREATMENTS BRING HOPE TO CANCER PATIENTS

**D**espite the COVID-19 pandemic, clinical research has continued to bring promising new treatments to cancer patients. Twenty-one new cancer drugs received approval from the U.S. Food and Drug Administration (FDA) in 2020 and some of these therapies were for difficult-to-treat cancers, such as triple-negative breast cancer.\*

No other field of medicine is changing as rapidly as oncology. Over the past decade, literally hundreds of new medicines and new approaches for treating cancer have been developed and this has resulted in many more people surviving cancer than ever before. According to the National Cancer Institute, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer. Some of the reasons cancer survival rates have dramatically increased can be linked directly to improvements in early detection methods, more advanced therapies, and genetic research and clinical trials, which are responsible for developing more effective drugs.

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? In some instances, it is because clinical trials are misunderstood, and patients may fear being "a guinea pig." In clinical trials for a life-threatening disease like cancer, no one who participates is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

*\*Source: American Association for Cancer Research*

## Debunking the Myths

Patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.



All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer... then, in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.

## Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, hundreds of promising new cancer drugs and therapies are currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists & Research Institute (FCS) offers access to more national clinical trials than any other community oncology practice in Florida. If you qualify to participate in a clinical trial, you can do so from the comfort and convenience of your local FCS cancer center.

## 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, 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.

FCS treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location.

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# Treating Sinusitis Naturally and Effectively

If you suffer from chronic sinusitis and have been through multiple courses of antibiotics then you know the ills of the antibiotic approach. The antibiotics leave you with intestinal problems and often yeast infections while they only get rid of the sinus infection for 6 months or so. The next time it comes back, you have to try a different antibiotic and this one will cost more and make you feel worse. So why is this cycle escalating? Why aren't you winning the war when you frequently win the battles? Because the antibiotic solution does more harm than good. It shifts the fauna and flora of bacteria in your sinuses to the ones that are not so easily killed by the antibiotics and leaves you with a more formidable foe after each round. Additionally, the antibiotics are taken systemically, which means that they are coursing through your entire body when you only need them in your sinuses. This distorts all of the fauna in your body and can lead to a yeast infection. What's a sinus sufferer to do?

Glad you asked. The problem is two fold. First, you are fighting what is a symbiotic relationship of fungus and bacteria with an active agent that kills only the bacteria. Second, the active agent that you are using to kill the bacteria kills only some of the bacteria. The types that are not susceptible to your chosen antibiotic will take-over the feeding grounds of the ones that you have killed, leaving you with a fauna of germs that you cannot kill. This is really a recipe for how to take a bad neighborhood and make it worse by killing off only the weakest of criminals.

Let's explore the first point. Your sinuses are host to many fungi. They thrive on the muco-polysaccharides (mucus) that line your sinus passage and produce exotoxins that irritate the sinus membranes. Your immune system does its best to kill these invaders but this is a constant battle, for every breath that you take will contain bacteria and molds. What makes this problem worse is the fact that the fungus acts as a platform of insulation on which the bacteria can live and thrive. The bacteria can digest the conversion of the muco-polysaccharides by the fungus and live on top of them. In this manner, they are insulated from your immune system and from the drugs that you would take to reach them by distribution through your micro-capillary bed.



And so you see, approaching the problem of sinusitis with merely an antibiotic to kill the bacteria would be only half the solution. You need an anti-fungal as well to attenuate the population of molds (fungi) that inhabit your sinuses. For it is these molds that insulate the bacteria, keeping them out of reach of your immune system.

And now for the second part. It is very important to choose an anti-microbial that will kill ALL the bacteria. Antibiotics work in three discrete manners and can kill three different groups of bacteria. Each type of antibiotic will kill only a portion of the fauna leaving the survivors to take-over the sinus tissue that was abandoned by the bacteria which you killed. What you want is a broad-spectrum antimicrobial that kills all types of bacteria as evenly as possible so that you don't just kill the easy ones. And, an antimicrobial that will kill the fungus.

Ah, so you ask, "where can I find such an active agent that kills fungus and all types of bacteria?"

Glad you asked. Clinical studies have shown that an enhanced aqueous colloid of silver (EACS) of 35 parts per million or more, is able to terminate sinus infections in a week or less and this is far better than sinus surgery or antibiotics. What's more, it can be sprayed directly into the sinuses and so it doesn't have to be taken systemically. You apply it only where the infection is occurring; In your sinuses.

To reach the deeper sinuses, it is best to use a Neti Pot. You can fill your sinuses with the solution and then close off your nose with your fingers. Sitting this way for 10 or more minutes will kill more bacteria and fungus than a week of antibiotics.

Of course, since you have a sinus infection, the mucosal flow is pretty large. This will flush the anti-microbial from the area in less than 10 minutes. If it's not there, it's not working. *It is absolutely paramount to the success of this therapy that you spray every 20 to 30 minutes. Using the Neti Pot in the morning and evening for 10 minutes is also advised.* Bacteria and fungus can double in number every 20 minutes.

So you see, the balanced holistic approach to sinusitis rests with using the right active agent, in the right concentration, in the right place and with the right protocol. If this is done, you will attenuate the fungus and the bacteria while not shifting the fauna and flora. You will re-establish the balance of power in your sinuses. I suggest that you look for an enhanced aqueous silver colloid product that offers Sinus Relief or some Super Neti-Juice for your neti pot. Colloids that espouse concentrations of 250ppm and 500ppm are compounded (this ruins them) and in my testing have performed horribly. Look for 35ppm to 50ppm pure colloids.

*Over the past 20 years, Mr. Frank has directed and participated in more than a dozen clinical studies, written numerous papers, articles and books relating to natural solutions for health. His many hours in the clinics and labs have generated patents on respiratory antiseptics and enhancement of colloids.*



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# STOP OVERLOOKING SIGNS OF INCONTINENCE

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

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

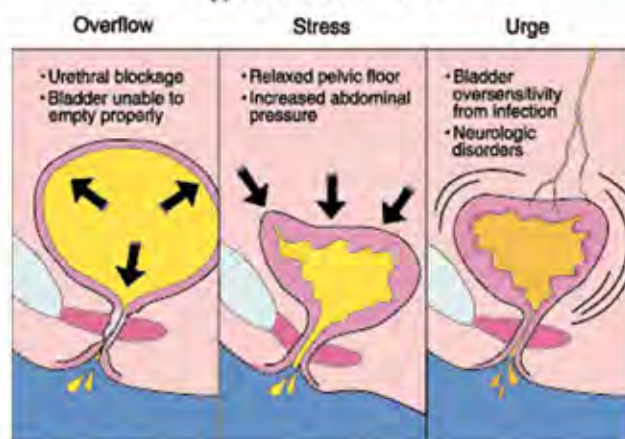
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine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

#### Accidental urination can be triggered by:

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

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

#### Types of Incontinence



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

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

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

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

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



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

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

# Varicose Veins Are Not Just A Cosmetic Problem: What You Should Know

By Bryan Carter, MPA-C, Phlebology-Surgery

**S**pider veins are tiny blood vessels that are showing through the skin, while varicose veins are more prominent and sometimes take on a ropey, bulging look. Both spider veins and varicose veins are a warning indicator that the circulation is disrupted. However, varicose veins can also be a sign of a more serious condition, and that's why it's imperative that you see a vein specialist. If your legs hurt, or if you have swelling, numbness, or tingling in your legs or feet, you should never ignore these symptoms. Various health conditions can cause tingling sensations in the feet and legs, such as diabetes or MS, but often it is associated with varicose veins. One out of two people over the age of 50 have varicose veins, but that's not to say that younger people can't also develop them.

## Varicose & Spider Vein Symptoms

Along with tingling, the symptoms may include throbbing, weakness, a sensation of heaviness in the legs, restlessness, and dark blue or purple bulging veins in the legs, calves, or behind the knee. Varicose veins can cause pooling of the blood and blood clots, but not all varicose veins are initially dangerous or systemically damaging.

## What Causes Varicose & Spider Veins?

Some of the risk factors include a family history of varicose veins, poor circulation, being overweight, hormonal imbalance and fluctuations, birth control medications, standing or sitting for long periods of time, blood clots, abdominal pressure, or frequent crossing of the legs.

## Spider Veins Treatment

Because spider veins are tiny blood vessels that typically are just starting to become discolored and more noticeable as we age, Village Heart and Vein Center offers an in-office procedure that's efficient and quick. It's called sclerotherapy. Sclerotherapy involves the controlled destruction of enlarged veins by injecting a solution directly into the blood vessel. The vein shrinks and ultimately collapses, allowing the blood to reroute through other, more healthy veins. Sclerotherapy is a conventional treatment for spider veins in the legs and feet.

## Varicose Vein Treatment Options

Many individuals find relief from compression garments, elevating the legs, cold compresses, and rest, but once you have varicose veins, these remedies will not "heal" their underlying issue.



Years ago, the only options for alleviating varicose veins was surgery, which includes stripping (removes long portions of the vein), or ligation, which ties the vein off from the blood supply. These treatments are still used in some severe cases, but now there are other options that are minimally invasive. These advanced procedures close a vein and reroute the blood flow via several mechanisms and alternatives. Village Heart and Vein Center will determine which is the optimal choice for your specific needs.

## Enhanced Treatment

- VenaSeal™ Closure System (closes vein through thermal energy and medical grade adhesive)
- Endovascular Laser Ablation (collapses the vein internally)
- Radiofrequency Ablation (Collapses the vein and shuts the wall through heat)



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**& VEIN CENTER**

**Bryan Carter, MPA-C**

8575 NE 138th Lane  
Lady Lake, FL 32159

**(352)-674-2080**

**Toll Free: 1-855-432-7848 (Heart 4 U)**

**[www.villageheartandvein.com](http://www.villageheartandvein.com)**

Not all varicose veins pose a health threat, but because proper blood circulation aids the body's flow of nutrients and oxygen to the heart, brain and other organs, it's essential to get a medical consultation to discuss the severity of your venous condition and your treatment options.

## Village Heart and Vein Center

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

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

# Learn How P+G EQUALS an R Rating in The Bedroom

**T**here are two secrets that are starting to gain more attention due to their ability to treat the root cause of erectile dysfunction. And when they are coupled together, the results are remarkable, and numerous men and their partners are clamoring to find out more.

With these two alternative treatment options, you can kiss the little blue pill goodbye—forever.

For men between the ages of 40 to 70, erectile dysfunction is extremely common. It's critical to see a medical professional if you are experiencing difficulty in getting and maintaining an erection, but most physicians will not try to get to the root cause of your condition.

The standard treatments for erectile dysfunction are prescription medications that cause an erection for a limited amount of time. However, there is a better way than the standard of care that actually TREATS erectile dysfunction at its core. These are GAINESWave and the P-Shot.

## WHAT IS GAINESWave?

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

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



## WHAT IS THE P-Shot?

The P-Shot is a spun down platelet rich plasma that is taken from the patient's own blood and injected into the penis. The P-Shot is comprised of the patient's stem cells that stimulate new tissue growth, collagen formation. Because it's not a foreign substance, the body accepts it naturally, and the results are amazing. Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged tissue and help to regenerate new healthy tissue and cells.

The P-Shot also helps men with Peyronie's disease by stimulating circulation and lessening the scar tissue associated with the disorder. No longer do men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with ED and Peyronie's disease.

## Added Benefits

GAINSWave and the P-Shot also helps men with Peyronie's disease by stimulating circulation and removing the plaque and scar tissue associated with the disorder.

**CONTACT US FOR A FREE CONSULT  
WITH OUR GAINSWAVE PROVIDER!**

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

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

## Total Nutrition & Therapeutics

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

**TNT offers free monthly seminars to find out more about GAINSWave and the P-Shot.**

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



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# Hearing Aids Keep You in the Conversation

**M**aybe you've thought about getting a hearing aid, but you aren't sure how it will look or if it will really help you. If you have trouble hearing, a hearing aid can significantly improve your quality of life. It can:

- Improve communication
- Help you stay more alert
- Reduce background noise
- Help you regain independence
- Help you feel more included

While Medicare Part B covers hearing exams required for medical treatment, it does not cover an annual routine hearing exam. The good news is some Florida Blue Medicare health plans do offer this benefit.

Check your plan's Evidence of Coverage at (<https://www.nationshearing.com/floridablumedicare>) to find out. Many Florida Blue Medicare health plans cover your annual hearing exam and an evaluation and fitting for hearing aids at no cost to you.



have occurred because of earwax build-up. Or, you may have hearing loss that cannot be improved by a hearing aid.

If your doctor says you can benefit from hearing aids, here are some things to know about them.

Most hearing aids work the same way. They usually have a digital amplifier that is powered with a special battery. They amplify sound through a three-part system:

- The microphone receives sound from around you and converts it into a digital signal.
- The amplifier increases the strength of the digital signal based on your hearing loss and needs.
- The speaker delivers the adjusted sound to your ear.

Your doctor will refer you to an audiologist who will help you choose the best hearing aid for you. While at the audiologist make sure to ask about:

- **Trial periods:** You can usually try out a hearing aid for a limited amount of time. This way you can look at all your options to make the best decision. You won't have to commit to a hearing aid you don't like.
- **Future needs:** Ask if the hearing aid you chose has an option to increase power and volume. If your

hearing gets worse, you won't have to buy another hearing aid.

- **Warranty:** Make sure your hearing aid includes a warranty period. This can include broken parts, office visits or professional services for a limited amount of time.
- **Expenses:** The costs of hearing aids can vary from \$1,000 to a few thousand dollars, and special features may cost extra. Talk to your audiologist about payment plans.

If you have trouble participating in everyday conversations, hearing aids could be life-changing. Have your hearing tested and find out if hearing aids are right for you.

Sources:  
[https://www.health.gov.au/english/topics/seniorhealth/healthpromo/Pages/Hearing\\_loss.aspx](https://www.health.gov.au/english/topics/seniorhealth/healthpromo/Pages/Hearing_loss.aspx)

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**DID YOU KNOW**  
Untreated hearing loss can have serious consequences?



**1 in 3**  
people over the age of 65 have some degree of hearing loss<sup>1</sup>



Adults over the age of **50** should get their hearing tested every 3 years<sup>2</sup>

Hearing aid users wait, on average, **10 years** before getting help for hearing loss<sup>3</sup>

<sup>1</sup>Statistics and Facts about Hearing Loss. CHC. Center for Hearing and Communication. 31 May 2018.  
<sup>2</sup>Hearing Test: Purpose, Procedure, and Results. WHO. WHO. 2 May 2019.  
<sup>3</sup>Report. USA. "Hearing Loss Tied to Increased Risk for Depression." Reuters. Thomson Reuters. 17 Apr. 2019.

## Before you shop

Check with your doctor in order to better understand your hearing needs. Your hearing loss may simply



By Dr. J. Mandume Kerina

# OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

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

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

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

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

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

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

## UNOVA HIP & KNEE CENTER

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

UNOVA Health at:

(352) 973-4070 | [unovahealth.com](http://unovahealth.com)



### ATTENTION MEDICARE RECIPIENTS

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

# Sumter Senior Living's In-House Provider Dr. Martinez, Shares His Insight

**S**umter Senior Living is a special place for seniors to enjoy their lives in every aspect. At Sumter Senior Living, our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents—from healthcare and finances to overall quality of life—while never losing sight of the details that matter most—the connections we make along the way.

## Dr. Axel Martinez

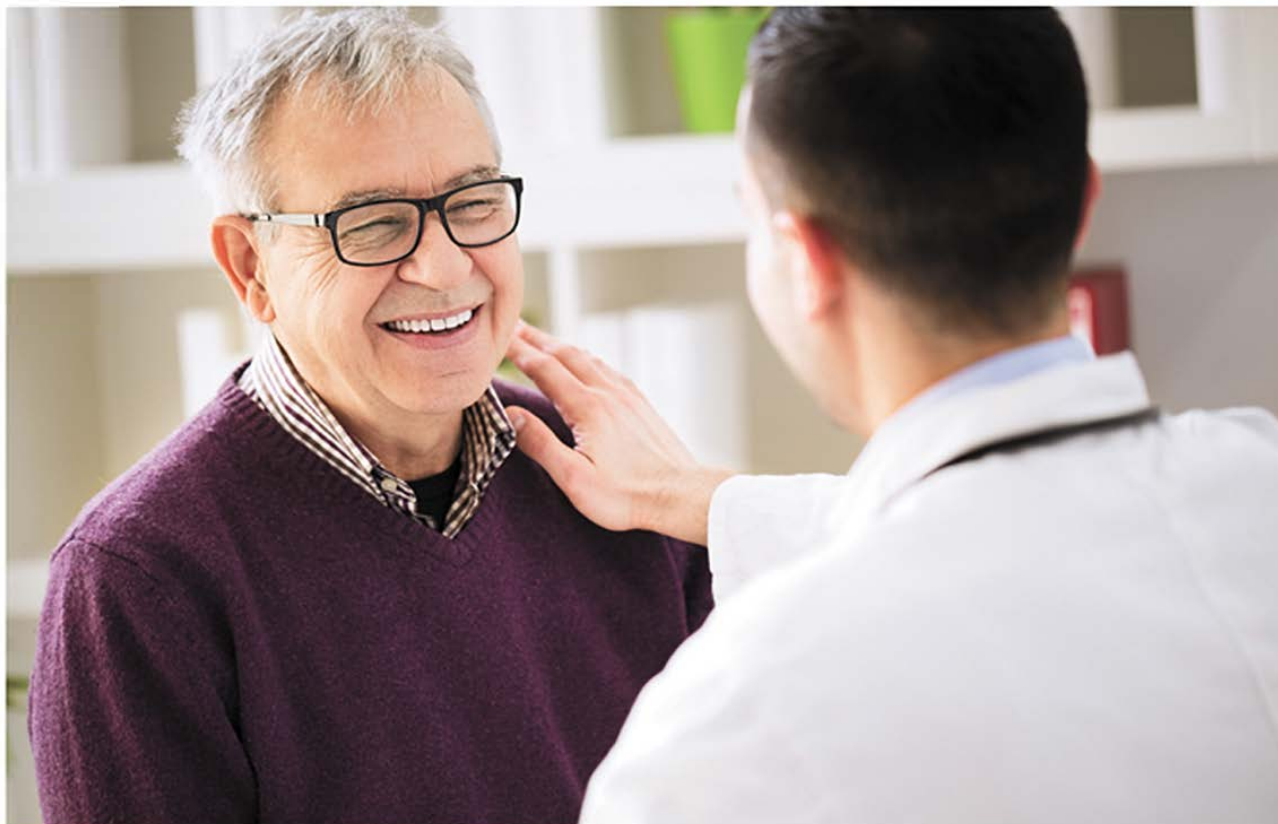


Our Preferred In-House Provider, Dr. Axel E. Martinez works directly within our facility to care for the needs of our residents. Dr. Martinez takes great interest in his patients and is a highly-regarded, detail-oriented geriatrician, hospice and palliative medicine specialist.

Dr. Martinez is a quadruple Board Certified Physician in Geriatrics, Family Medicine, Hospice and Palliative Medicine and in Obesity Medicine. He has 16 years of experience taking care of the geriatric population and enjoys spending time with his patients. Dr. Martinez is married to his high school sweetheart and loves God with all his heart. Dr. Martinez has uncompromised dedication to the well-being of his patients. He is committed to giving the best care and establishing long-lasting relationships with them.

**We caught up with Dr. Martinez to discuss his role in patient care and how Sumter Senior Living is a unique environment where residents thrive.**

Dr. Martinez explained, "My role as the Preferred In-House Provider allows me to provide a sense of well-being and establish long-term relationships with the residents on a personal level to better care for their medical concerns or needs.



"The healthcare services that the administration provides revolve around a concierge-like setting. Many facilities offer "standard of care" medicine, but Sumter Senior Living is personalized medicine with an elite advantage for optimal outcomes and whole-body, comprehensive care.

**Give us insight into the Independent Living and Assisted Living life of residents at Sumter Senior living.**

Dr. Martinez continued, "The independent living side is a gathering of like-minded individuals in a community that meets and exceeds their needs. When I first witnessed the residents in the dining room, I was surprised at how it was as if they were having dinner in a 5-star restaurant with friends, laughing and enjoying the evening together. This is a place you want to be during retirement. It's social, comfortable, and everything is taken care of for you. You just unwind and enjoy life.

"As for those that need extra care, the Assisted living community is a place where professionals can take care of and help with normal daily living activities, so residents can live as independently as possible and still enjoy their time socializing and experiencing life.

"I enjoy spending time with these amazing residents as my patients and friends. They share their memories and life lessons, and I care for their medical needs along this journey together."

## See Yourself Here

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

Our Independent Living lifestyle provides the day-to-day freedom to come and go and the convenience of any number of activities to choose from. It is the perfect fit for an active, healthy lifestyle where residents enjoy all-inclusive, restaurant-quality dining and weekly social gatherings. Sumter Senior Living is dedicated to empowering residents to explore personal interests and connect you with the greater community through transportation and full access to The Villages® amenities. Our Grande Clubhouse includes a full bar, heated pool, and fitness center. There is also golf cart accessibility with charging stations convenience.

Our Assisted Living lifestyle is truly catered to the individual, providing support and care that stands out from any other. Enjoy the comforts of home to

call your very own and personalized assistance with daily routines that promote a healthy, social, and active lifestyle. Research shows that seniors who stay active and social experience better health, a greater sense of well-being, and may recover from illness quicker. Our planned activities and events provide fulfilling experiences each day with 24-7 help at your fingertips.

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

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

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



For more information, please visit  
[www.gracemanagement.com](http://www.gracemanagement.com).

For more information about Sumter Senior Living or to schedule a personalized visit please call us at: 352-707-9959 or visit our website: [www.SumterSeniorLiving.com](http://www.SumterSeniorLiving.com).

We look forward to hearing from you!



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- **Meet** at our 24-hour pantry to satisfy that late night craving
- **Graze** on locally sourced fresh fruits and produce at our Farmer's Market
- **Nourish** your body and soul with chef-driven cuisine in our dining room

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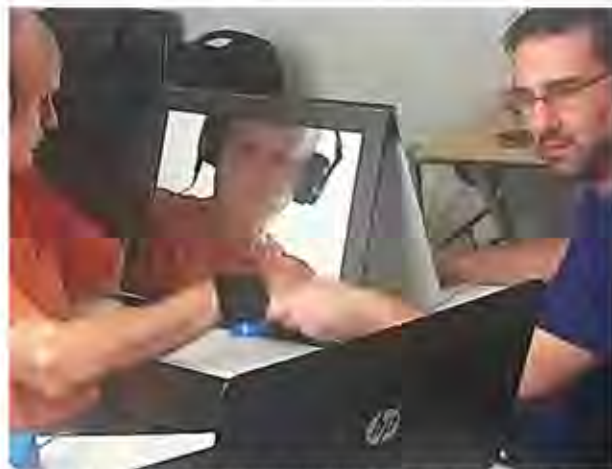
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# WHAT IS FUNCTIONAL NEUROLOGY?

By Alexander C. Frank, DC, DACNB, FABES

"Your brain knows what YOUR senses tell it." Breakthroughs in clinical neuroscience have revealed that the brain is able to change and learn throughout one's entire life, including after an injury or disease process. This ability of the brain to change in structure and function is referred to as neuroplasticity. Dr. Frank applies his extensive knowledge of human anatomy and physiology to utilize drug-free treatments that drive the process of neuroplasticity. In layman's terms, his treatments "up-grade the software [brain, nervous system] to improve the hardware [muscles, etc.] output/function".



ONE TO ONE ADVANCED NEUROLOGICAL REHABILITATION

## How Functional Neurology Differs

Although its applications have been practiced for generations, functional neurology as a health care discipline is a relatively new concept. In recent years it has gained significant momentum and wide acceptance as a proactive brain performance strategy and a powerful treatment option for disorders of the nervous system. The practice of functional neurology spans multiple disciplines, including chiropractic, psychology, conventional medicine, optometry, audiology, and physical and occupational therapies.

The key difference between Dr. Frank and a medical neurologist lies primarily in their approaches to treatment. A medical neurologist is focused on the diagnosis of structural pathology and utilizes pharmaceutical and surgical interventions to treat disease—Dr. Frank views his clients as diamonds, evaluating all facets of their health. Once the root cause(s) [suspects] of their health issues are identified, treatment plans can be tailored to that individual's needs.

Dr. Frank underwent both doctoral (chiropractic college) and post-graduate (chiropractic neurology) training, along with completing a 2-year internship with one of the top Functional Neurologists in the world, as part of a rigorous certification process. The intensive training undertaken ensures a higher level of clinical efficacy proficiency.

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



As an artist or chef uses many tools to bring their inspirations to life, Dr. Frank has a virtually unlimited arsenal of cutting-edge treatments and technologies in order to benefit the needs of any individual. Anything that can be used to stimulate the nervous system (e.g., vision, sound, smell, movement, balance, etc.) can be used as a method of neurological modulation (e.g., Drug-Free) therapy. These modalities are directed by some of the most advanced and clinically reliable assessments available today. Programs are supported by Functional Medicine approaches where metabolic function is assessed and improved with specific diet and nutritional interventions.

## Who Can Benefit?

Dr. Frank has worked with a broad spectrum of patients: from brain-injured premature infants to Senior Olympic Centurions. Any brain can benefit from evaluation and training with Dr. Frank: Whether you are burdened with a chronic condition that you have been told to "learn to live with," have a child with developmental issues, are facing age-related memory loss and cognitive decline, have vertigo/dizziness or are looking to elevate your current level of academic, or athletic performance, Dr. Frank's brilliant insight and cutting-edge tools can help you or a loved one to meet and exceed health care goals and/or improve quality of life.



HELP THEM TO EXCEL BEYOND THEIR WILDEST DREAMS...  
WITHOUT THE USE OF DRUGS



## About Dr. Frank

I understand that no two people are quite alike, and as such, no two injuries or pains manifest themselves identically. That's why I offer a diverse range of neurological techniques,

chiropractic adjusting techniques, treatments, therapies, along with nutritional support, to better assist you and your loved ones' on the road to optimal health & maximum potential.

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

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

Dr. Frank's comprehensive evaluations assess for the root cause(s) of his clients health issues. Treatment plans are then tailored to an individual's specific needs. In addition, Dr. Frank utilizes the most cutting-edge diagnostics and rehabilitation technologies. The Dx100 Video Oculography (eye tracking) systems helps to detect traumatic brain injury (concussion), dizziness, and other issues. The RightEye system assess for reading proficiency, along with other eye tracking issues that can impair both academic and athletic performance.

Dr. Frank has always felt an inner drive to serve his community. He has been a part of the Fire Rescue and EMS service since 1989, beginning at the age of 13. He received his state certification as a Fire Fighter II and Emergency Medical Technician in 1994. Dr. Frank served with Alachua County Fire Rescue during his studies in Gainesville, FL. He continued his Fire-Rescue career after college with the city of Plantation (FL) Fire Department, receiving the Rookie of the Year award for his Battalion in 1997.

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 | [ffng.org](http://ffng.org)

# May is Better Hearing Month

## What You Should Know

**H**earing loss can happen at any age due to illness, birth defects, genetics, exposure to loud noises, or aging. As we age, hearing loss typically diminishes. For individuals with hearing loss, it can be dangerous not to hear the car horn that's attempting to alert you of an impending accident. It's unsafe not to be able to hear the smoke or burglar alarm. Also, consider, the safety risks of not being able to hear conversations correctly. This can lead to confusion and lack of the ability to follow necessary directions.

### Hearing Loss Can Negatively Affect Your Brain

Getting your hearing checked regularly is critical for your own personal safety and the health of your brain. Individuals that struggle with hearing often become less social and therefore their cognitive decline is affected by less interaction and less mental processing. It is also thought that decline in other special senses, like the sense of smell and vision, can exacerbate cognitive issues due to degeneration in these other areas of the brain.

### The Ability to Hear Well and Stay Safe are Inter-connected

If you have hearing loss in one ear, it can be difficult to decipher where sounds are actually coming from. It's common for people to sleep on their "good ear" to get a better night's rest, but this again, puts one at risk due to not being able to hear during an emergency or precarious situation. Getting hearing aids to improve hearing or getting your hearing aids upgraded to suit your changing hearing is absolutely imperative.

### What You Can Do

- Avoid excessive exposure to loud noises
- Avoid ear infections by limiting water in the ears or by treating other forms of infection that commonly affect the ears
- Regularly get your hearing checked
- Get and Wear Hearing Aids

### Hearing Aid Evaluation

There are several steps that are part of a hearing aid evaluation. If you suspect that you might need a hearing aid, you will first need to have a hearing



evaluation. At the time of the hearing evaluation, a case history will be taken to determine how much your hearing problem impacts your day-to-day life as well as the lives of your family. You may also have to provide some basic questions about your general health history.

### Hearing Test Results

The results from your hearing test will provide the hearing care professional information on what sounds you may be missing or hearing. The results of this testing will also allow the hearing care professional to make the best treatment recommendations, which typically includes hearing aids.

### Hearing Aid Recommendation

If your hearing test reveals a permanent hearing loss, hearing aids may be recommended. Your hearing professional may explain what sounds you have difficulty hearing, and what hearing aids can do to help. It is usually at this appointment that you will get to see and touch different styles of hearing aids. In some cases, you may even be able to listen to a hearing aid.

Your hearing professional will help you choose the best hearing aid style, features and level of sophistication based on your degree of hearing loss, lifestyle, and financial circumstances. Some hobbies and occupations may benefit from different hearing aid styles or features, so your hearing care provider may

have you fill out a questionnaire to assist during the evaluation process. The final decision on which hearing aids are purchased is your choice.

Once you make a decision, the hearing professional may take impressions of your ears if you selected custom hearing aids or behind-the-ear hearing aids that require earmolds. Hearing aids must usually be ordered from a manufacturer and then programmed by your hearing professional to meet your specific hearing needs. There is an adjustment period when wearing hearing aids, so it's possible your provider may make additional changes to your settings to ensure you're getting the best listening experience possible.

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# Cornerstone Hospice Programs Help Children Deal with Mental Health Issues

Submitted by Cornerstone Hospice and Palliative Care

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

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

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

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

## A national emergency

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

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

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



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

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

## A safe space to deal with loss

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

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

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

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

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

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

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

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

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

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

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

# PHYSICIANS REHABILITATION GETS YOU BACK IN THE GAME & ENJOYING LIFE AGAIN

By Physicians Rehabilitation

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## When You Partner With Physicians Rehabilitation Experts, You Receive Elite Treatment in Multiple Disciplines of Care

Physicians Rehabilitation specializes in the diagnosis and treatment of acute and chronic pain. Some of the most common conditions we treat here include osteoarthritis of the knee, shoulder, elbow, fingers, feet, back, neck, strains and sprains, herniated discs, bulging discs, spinal stenosis, failed back surgery syndrome, facet arthrosis and soft tissue injuries.

Our care combines the unique talents of medical doctors, physical therapists and wellness specialists all under one roof. This team approach provides you with the unique opportunity to benefit from the highest quality of health care services to help restore each patient to optimal health and well-being. A completely individualized program will be designed utilizing the most advanced combination of diagnostics and treatment options available.

### Stem Cell Therapy

Stem cell therapy offers the opportunity to repair and heal worn out and damaged tissues naturally, without the need for surgery. Stem cells modulate the immune response to injury, regenerate musculoskeletal tissues and prevent tissue damage. The result is improved mobility, better quality of life and better outcomes.

### Platelet Rich Plasma (PRP) Therapy

PRP therapy is a revolutionary treatment to eliminate pain caused by injuries of the muscles, tendons and ligaments, and osteoarthritis. PRP initiates wound healing, and tissue repair. In essence, it is biologically enhanced healing, using your body's



natural healing capabilities. PRP provides a long-lasting solution for pain and symptom relief of soft tissue injuries.

### Spinal Decompression

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

### Physical Therapy

Your body is much like a machine. If it is in good shape, it works well. However, many things can arise to inhibit, interfere, or even disrupt the proper functioning of the body's muscles, bones, and joints. When that happens, you need a physical therapist from Physicians Rehabilitation to get you back in the action.

### Bracing

At Physicians Rehabilitation we utilize braces for back, neck and knees for pain relief, to allow healing and provide support during treatment. Bracing provides support to the weakened body area by decreasing stress to lessen pain, allow healing and increase mobility.

## PATIENT TESTIMONIALS

### Improved Golf Game

*"My pain level was extreme...I just couldn't walk. I came to Physicians Rehabilitation because I was told elsewhere surgery was my only answer. WRONG! Physicians Rehabilitation is my TRUE answer! Thanks for saving me!"— Mary Lou R.*

### With Bad Heart – Resisting Knee Surgery!

*"When walking my pain level was a 6 or 7. I had taught tennis 25 hours a week...then took care of my wife for a year and a half...afterwards I went to the gym and I could not peddle a recumbent bike...after two weeks of treatment I could pump the bike backwards and forwards"—Paul G.*

## Why Choose Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

## No-Cost, No-Obligation Consultations

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# Chronic Pain:

## Finding Relief with Physical Therapy & Manual Stretching

**W**hen chronic pain affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches, impaired mobility, and limitations on range of motion.

Chronic Pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

Over 116 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain just to name a few. Whether trauma or degenerative diseases have caused your pain, the consensus is usually the same; people want their pain to go away.

Physical therapy is the leading way to relieve pain and discomfort at its core for many individuals. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

### Arthritis

Arthritis is an inflammation of the joints. Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes



friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation. Most people may find that there is little to no relief with over the counter NSAID's like ibuprofen.

Physical therapy and manual stretching offer arthritic joints and sore surrounding tissues much needed relief and over time, the individual will see more and more improvement in their pain level.

### Back Pain

Unfortunately, back pain affects up to 80% of individuals at some point in their lives. Studies show that for those who suffer from back pain, the symptoms often come in persistent, continuous episodes. This is why being proactive about physical therapy treatments and techniques can help to alleviate or lessen these intervals of pain.

For patients suffering from back pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along

with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

### Examples of Stretching Exercises to Relieve Pain

**Hands:** make a fist with the thumb on the outside and hold for 30 seconds. Open the hand abruptly with the fingers spread wide. Repeat six times.

**Back:** lying flat on your back, bring one leg in towards the chest with the leg bent. Put your arms or hands around the back of the bent leg and gently pull towards your chest. Switch legs and repeat 10 times.

Patient Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, mobility and communication is critical.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical therapy.

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



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**Dr. Brent Carter**

# Pain in Your Feet and Toes?

## Don't Let the Symptoms Escalate

**W**hether young or old, most people lucky enough to live in Florida appreciate the great outdoors. The weather and sunshine allow Floridians and visitors alike time well-spent kayaking, golfing, playing tennis, jogging, and participating in competitive sports for the majority of the year.

While exercising outdoors is a healthy luxury, ballistic movements through exercise and sports-related activities can cause a great deal of wear and tear on the feet and ankles. Some of the most common are due to repetitive strain. Podiatrists often see issues that deal directly with the toes. One of the most widespread disorders is a condition known as hammertoe.

### Hammertoe

Hammertoe can be genetic and many times occurs in people with either a high arch or a flat foot. When the muscles in your toes get out of balance, they can start contracting abnormally. This causes the toe to bend in an upward position in the middle joint of the toe. When this happens, it can create severe pain. Various forms of arthritis can contribute to this issue as well. And unfortunately, ill-fitting footwear can also cause hammertoe, due to pushing the toes out of their normal position for long periods of time.



Hammertoes can be corrected by minimally invasive surgery. A small titanium screw is placed in the toe to help straighten it into the correct position. If the tendon is only lengthen, the hammertoe will mostly come back.

Whether it's you, or someone you know that sustains sprains, tears, or other painful injuries to your feet or ankles, it's imperative that you seek out the best podiatric care to ensure you heal correctly and to eliminate future relapse or recurrence.

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# Why You Should Get Your Omega-3 Index Measured

By Anne-Marie Chalmers, MD

If you're like most Americans of a certain age, you regularly visit the doctor to get your cholesterol levels checked.

## But what about your omega-3 index?

Since 2004, the omega-3 index has been proposed as a tool for measuring a person's risk of cardiovascular disease. Today, some studies indicate the omega-3 index may be a better predictor of heart health than cholesterol levels.

Let's take a closer look at this important measurement and why it matters to our health.

## What Is the Omega-3 Index?

The omega-3 index measures the amount of EPA and DHA omega-3 fatty acids in the red blood cells.

The higher the number, the better. You want enough EPA and DHA, since these two fatty acids are essential for regulating the flow of nutrients into the cell and reducing inflammation (among other benefits).

Importantly, having a low omega-3 index is considered a risk factor for developing coronary heart disease. Your risk depends on where your number falls on the scale:

- Less than 4% is considered high risk ("undesirable")
- 4 – 8% is considered intermediate risk ("intermediate")
- Above 8% is considered low risk ("desirable")

## What Determines Your Omega-3 Index?

Your omega-3 index mostly depends on how much fish you consume. That's because EPA and DHA are predominantly found in fatty fish.

(You can also get EPA and DHA from fish oil supplements.)

Americans don't eat much fish by global standards, so it's no surprise that the majority have low omega-3 index levels as well. Indeed, an estimated 95% of Americans have an omega-3 index of 4% or below, putting them in the high risk category.

## Why Your Omega-3 Index Matters

Most of us try to eat a healthy diet. But often, it's hard to tell if our efforts are adequate.



That's where measuring your omega-3 index can be helpful. It tells you how much EPA and DHA actually gets integrated into your cells.

This knowledge matters since a person's omega-3 intake can be tricky to estimate. Even if you eat two or more servings of fish weekly (like the American Heart Association recommends), your fish might contain more or less omega-3s depending on the species, whether it's farm raised or wild caught, and how it's cooked.

Taking fish oil supplements isn't always straightforward either. That's because the amount of EPA and DHA you get can be impacted by the quality of the supplement – as well as individual factors like genetics, age, gender, and lifestyle.

## How to Measure Your Omega-3 Index

Some doctors regularly measure their patient's omega-3 index, just like they do with cholesterol levels.

If your doctor does not offer this service, however, several companies provide a quick finger prick test you can take at home.

## Tips to Improve Your Omega-3 Index

Since the omega-3 index came on the scene, it's proved to be a powerful health indicator. One study showed that people with low omega-3 index levels were 10 times more likely to die from sudden cardiac death compared to people with higher omega-3 index levels!

*The good news is that even if your omega-3 index is low, you can improve it by:*

### 1. Eating More Fatty Fish

Salmon and small oily fish, like sardines and mackerel, are great sources of omega-3s.

### 2. Taking an Effective Fish Oil Dose

Studies show that it typically takes between 1800 – 2000 mg EPA/DHA daily to move a person's omega-3 index by 4-5 percentage points.

Unfortunately, most regular fish oil supplements contain just 300 mg EPA/DHA per capsule. At that dose, you'd need to consume 6 - 7 capsules daily!

Taking fresh liquid fish oil can be easier for many people. At Omega3 Innovations, we typically find that when people consume one tablespoon (or a single vial) of Omega Cure® Extra Strength daily, their omega-3 index measures around 11 – 15%. That said, there can be variations between people.

## 3. Waiting At Least 4 Months

Before reassessing your omega-3 index, remember that it takes time for the omega-3s to be fully absorbed into the red blood cells.

## 4. Reducing Your Consumption of Omega-6s

As you work on increasing your omega-3 levels, it's smart to simultaneously decrease your intake of processed omega-6s. This means eating fewer foods rich in omega-6-rich vegetable oils (like pizzas, doughnuts and fries).

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

<https://omega3innovations.com/blog/why-everybody-should-get-their-omega-3-index-measured/>

## About Anne-Marie Chalmers, MD

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



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# It's Time to Sell

By Amanda Fincher

**I**t's loud and clear that this is a seller's market. The home valuation has skyrocketed here locally and across our state. What does that mean for you? If you are considering a move, whether you are moving into a new home, downsizing into a condo or townhome, or perhaps you're contemplating retiring to a senior community, now is a great time to make money on your existing home sale. Having the luxury of making a profit on your home is a great incentive to transition and do so comfortably.

## Out-of-Towners are Interested in Your Property

The influx of buyers interested in living in Florida has escalated to an all-time high. Many people have been given an opportunity to work from home, while in other situations, entire companies are moving to the Sunshine State. Many people are growing tired of the civil unrest in certain areas of the country and weary of all of the shutdowns, while others just want to enjoy the warm sunny days. Houses are not staying on the market long once listed. Many are selling within a few days, and it's not uncommon to have multiple bidders offering higher than what the home was listed for initially.

## Buyers

We have not counted out the benefits for buyers here. The great news is that sellers are becoming more and more interested in selling their homes for multiple reasons at all price levels. If you need or want to move, Amanda Fincher can find you the perfect opportunity for your new home that suits your specific needs. The most crucial tip these days is to be prepared to buy. Know what you're approved for and have funds available for your deposit.



We don't know how long this boom will last, but Amanda Fincher is here for you to help you make these decisions now before there is a change in the market.

Amanda launched her career in real estate sales in 2017, bringing more than a decade of experience living and working in The Villages to her role. She quickly proved herself as a key player in the market, earning the "Rookie of the Year" award from her former brokerage, Realty Executives in The Villages, which has ranked as a market leader in the local MLS year after year. She bolsters her commitment to advocating for clients by staying up to date with the latest technology and continuing her real estate education with some of the industry's top mentors and coaches. Amanda lends her outgoing, detail-oriented, kind, and professional outlook to both her real estate endeavors and local volunteer fundraising efforts.

Amanda has been building lasting relationships, by providing top notch service in The Villages for the past twelve years. Her strive to always stay up to date with the latest real estate technology, which keeps her clients equipped with the latest products. Amanda is very detail orientated and her customers are her number one priority. She shows great dedication to achieving results and providing exceptional services in this industry. Amanda has made a high level commitment to her real estate education, having been mentored and coached by several highly acclaimed real estate professionals.



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By Daniel Taylor DC

**I**t's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive

motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted,

fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game? Ask one of golf's greatest about chiropractic. *"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing"*

- Tiger Woods.

**Common golf related diagnosis include:**

• **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.

• **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.

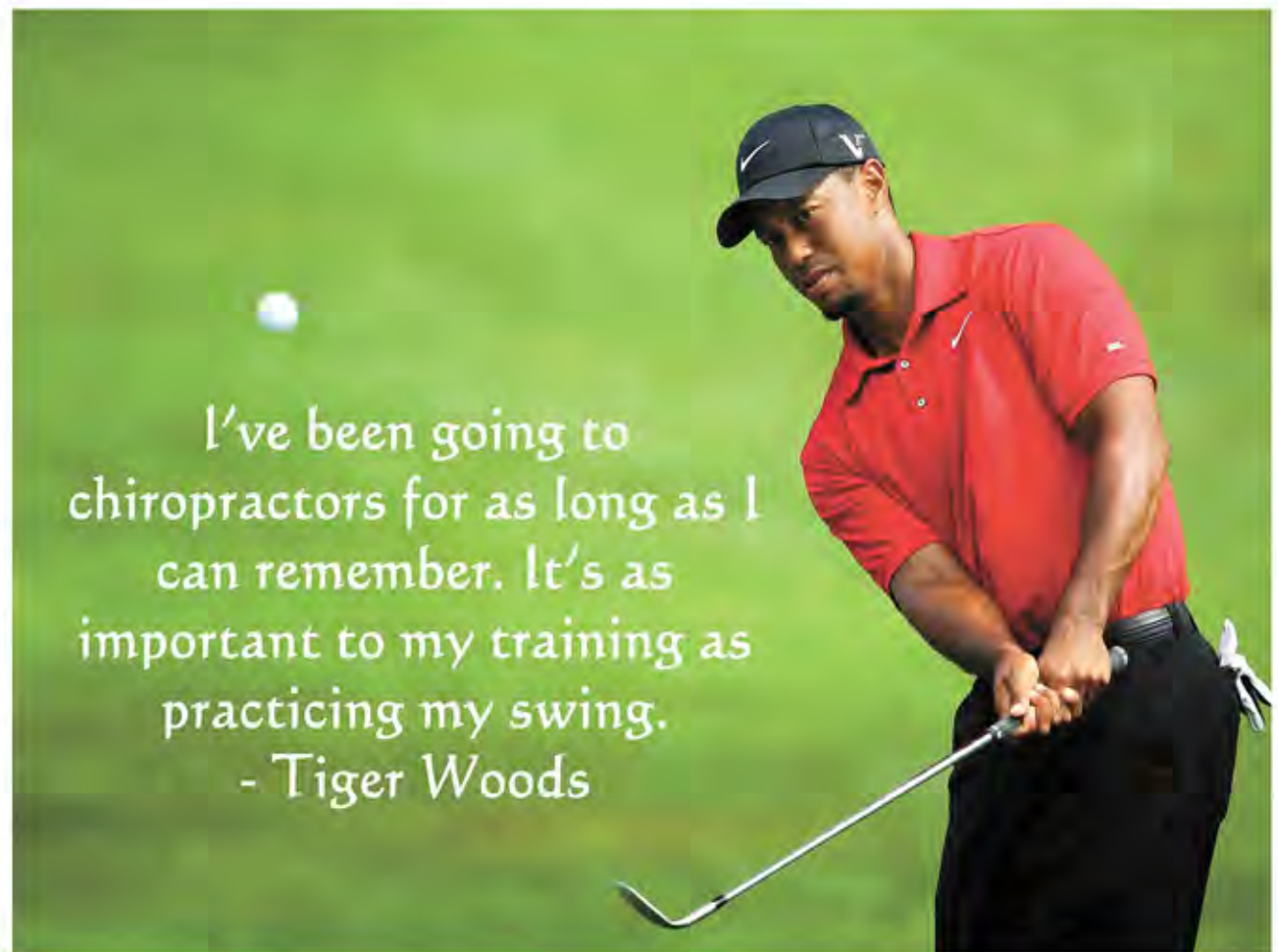
• **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended.

• **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

**The next time you are on the golf course focus on these things:**

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.



At Compton Chiropractic, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.

So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

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

By Richard W. Rozensky, DDS, D.ABDSM

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

## What Causes Sleep Apnea?

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

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

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

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

## What are the symptoms of Sleep Apnea?

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

## Obstructive Sleep Apnea & Oral Appliances:

### Have you tried CPAP therapy and failed?

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

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

### COVID-19 and Sleep Apnea

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

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*This recommendation is being made based on the following information:*

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

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

### Meet Dr. Rozensky

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

### Village Sleep Dentistry

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

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# What Telemedicine Means for Florida

**T**elemedicine (also referred to as telehealth) has become the main medium for health-care workers that are able to do so. Telemedicine refers to the practice of caring for patients remotely when the provider and patient are not physically present with each other. Modern technology has let doctors to consult patients by using HIPAA compliant video-conferencing tools such as Zoom, TheraNest, and VSee. Allowing patients to continue on with their scheduled appointments remotely has also been a positive for those that do not find the experience comfortable. Telemedicine also allows patients, as well as doctors, to save themselves the commute to the office. This also allows doctors, specifically specialists, to potentially see new patients from across the state (or country for other fields) where they otherwise would have to travel long distances to do so. Patients who are homebound also now have many more options to choose from as they were previously limited to doctors who do home visitations.

Policies vary widely state by state but Florida has been lenient in allowing telemedicine to continue on until May 8th. With that in mind, many wonder if the state can take advantage of this new medium in the medical marijuana world especially given the unknown of when we will see normal everyday life start to return. Hopefully telemedicine will be implemented across the country, even in non-medical marijuana fields, as it has its clear advantages to both the doctor and patient.



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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](http://www.attypip.com). For your free consultation or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling (352) 241-8760.

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# Slowing the Pace of Your Life

By Pastor Timothy Neptune

**R**emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

*2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.*  
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength."*

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it."* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

**Contentment means this:** I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

**Contentment will come easier when you realize two things:** life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.



Jesus said it like this, <sup>15</sup> *Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

- **My life is a rat race.**
- **I don't know how I'm going to get it all done.**
- **I am just so exhausted.**
- **I don't know how much more of this I can take.**
- **I just want to escape.**

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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