

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2021

Marion Edition - Monthly

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FREE

**Summer
Safety**

ROC Out Your
Summer!

**Let's Get Back to
Enjoying the
Florida Sunshine**

**Balancing
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**Interventional
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INTERVENTIONAL RADIOLOGY

TAKING TESTING AND TREATMENT TO THE NEXT LEVEL

The practice of Interventional Radiology is comprised of minimally-invasive image-guided diagnostic tests as well as a range of therapeutic procedures, many that now replace open surgery as the gold standard of care. Breakthroughs in imaging technologies allow your Interventional Radiologist to utilize highly advanced systems, such as x-ray, MRI, CT and ultrasound, to pinpoint the area under examination and create a quick and accurate diagnosis. Because the localization is so precise, only a minimal incision is needed to deliver treatment, reducing the risk of discomfort and infection and promoting a speedy recovery.

Interventional Radiology has made huge improvements for many patients in the treatment of everything from vascular blockage to chronic pain – in fact, the large roster of evaluation and treatment procedures inspired RAO to create its own Center for Vascular Health (CVH), which hosts a team of Board-certified, subspecializing interventionalists, who diagnose, evaluate and treat a vast array of vascular and nonvascular conditions.

“Our main goal in the interventional oncology procedures we offer is to target and treat the patient’s liver or kidney tumors through a minimally invasive approach, with shorter procedure and recovery times and without a significant negative impact in their quality of life when compared to surgery,” says Jaime L. Abesada, MD, Medical Director for RAO’s Center for Vascular Health. Dr. Abesada specializes in Interventional Oncology with a focus on hepatic chemoembolization, tumoral bland embolization, and hepatic and renal tumor ablation, all highly effective treatments for liver cancer. “By using sophisticated image guidance, I can direct currents, heat or medication directly to the liver tumor. For people with smaller tumors, these procedures have a high success rate. They may also present alternatives for people with larger tumors whose health profile prevents open surgery.”

By utilizing dramatic advances in radiological technologies, CVH is able to provide treatment for a long list of conditions and disorders on an outpatient or overnight-stay basis.

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CVH offers a comprehensive range of diagnostic and therapeutic services, including:

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- Uterine artery embolization (UFE)
- Assessment and treatment of varicose veins
- Targeted kidney and liver tumor treatments
- Catheter placement
- Coronary computed tomography angiogram
- Non-invasive bodily arterial evaluation
- Kyphoplasty and vertebroplasty to treat compression fractures
- Epidural steroid injections
- Selective nerve root blocks
- SI joints injections and facet injections
- Discograms

CVH’s minimally-invasive services are performed at the region’s most respected hospitals: AdventHealth Ocala, Ocala Regional Medical Center and West Marion Community Hospital, with whom CVH’s interventionalists have long-standing relationships.

“Diagnosing and treating pain is an important element in our care,” says Diagnostic, Vascular and Interventional Radiologist, Rolando E. Prieto, MD. Dr. Prieto is highly experienced in the use of image guidance to discover the true source of pain and provide targeted relief. “Oftentimes, pain is referred from another area of the body. By using advanced imaging systems, we’re able to determine where pain



originates and direct therapy to that space, proving lasting relief and reducing or eliminating the need of pain relievers.”

For the diagnosis and treatment of many health conditions, CVH delivers safe and effective alternatives to open surgery and can help reduce dependence on habit-forming and potentially dangerous pain medication. For more information about how Interventional Radiology may help your condition, talk to your clinician or call CVH at 352-671-4252.



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Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



855-298-CARE

Advancedurologyinstitute.com

Clinical Trials and Research are Critical for Oncology Care

A Local Oncology Group Paves The Way for Numerous New Therapies

When it comes to patient care, new drugs, new testing mechanisms, and targeted therapies for cancer patients, Ocala Oncology is leading the way in clinical trials.

Clinical research and trials are critical for implementing new oncology therapies, and for those patients that want to participate, Ocala Oncology makes their wish to join a study a reality with multiple ongoing trials within their three convenient locations. Bringing these trials here locally is critical for cancer patients seeking excellent, advanced care, and being innovative allows Ocala Oncology to be one of the top enrolling clinical trial sites for several trials in the United States and globally.

We caught up with Sanjit Nirmalanandhan, Ph.D., Research Lead at Ocala Oncology to find out more about the importance of these trials and how it benefits patients individually and as a whole across the country.

Dr. Nirmalanandhan explained, “We have a long history of running clinical trials. We have been the first to administer and study many drugs that are now widely used throughout the world for cancer treatment. Our studies include all phases of clinical trials I, II, III, and IV. We enrolled the first patients (globally) on a clinical trial for a new drug to treat ITP (Immune Thrombocytopenic Purpura) and clinical trial for a melanoma vaccine.

Innovative Trials in the Comfort of Ocala Oncology's Office Locations

“When many people think about clinical trials, they envision massive research centers that are far away from where they receive treatment. Cancer patients are often very ill or may feel lethargic and find it challenging or impossible to travel to research sites frequently. At our local facilities, we have 10 providers including board certified MDs in Hematology and Oncology that actively participate in these trials and follow their patients, report on progress, and are deeply involved in the research and outcomes of the treatment provided. We also have five nurse practitioners, dedicated Research Department and staff that are also thoroughly involved in the trials. These studies help to improve the science needed and address new testing methods or new drugs.

Local Care with National Support

“We are also partnered with several large organizations that allow us to bring their targeted therapies directly to our patients. We have access to over 30



trials through *Tempus*’ and *Caris PharmaTech*’s *Just-in-Time* activation program. When patients have genetic mutations, next-generation sequencing allows our team to identify the mutations and provide these essential and targeted treatment options, which can be activated in our research site within less than two weeks. For difficult tumors and genetic mutations, these studies are incredibly important.

“We have three locations. Our main practice and research are in the Ocala office, and we also have locations in Timber Ridge and The Villages that allow patients the comfort of seeing physicians and participating in research locally.

“Currently, we have over 50 studies; however, this number is rapidly increasing as we constantly open more studies at our site when a patient is identified. These studies range from lung, breast, gastric solid tumors, unresectable or metastatic melanoma, prostate and targeted therapies to name a few.

Patients Will Always Receive Their Standard of Care First

“The most important thing for patients to understand is that clinical trials are not always a last case scenario attempt at treatment. Several clinical trials attempting to improve the current treatments by adding new drugs and therapeutics to the standard of care are also available to our patients. These trials allow new therapies to reach our patients more quickly while getting their current standard of care treatments.”

Ocala Oncology

Over the past 40 years, Florida Cancer Affiliates – Ocala Oncology has provided patients access to cutting-edge and innovative clinical trials in a comfortable and convenient setting. One of the largest and most reputable community-based research networks in the world, US Oncology Research has contributed to over 70 FDA-approved cancer therapies and approximately one-third of all FDA-approved oncology therapies. It also specializes in Phase I–IV oncology clinical trials and has participated in over 1,600 investigator-initiated and sponsor-initiated trials since its inception. The program brings innovative therapies and clinical trials to practices and patients in communities across the nation to help advance the science of cancer care while offering the best possible treatments and improved patient outcomes.

Ocala Oncology is proud of their participating role in the research and development of vital new cancer therapies through independent studies. This will allow a broader range of opportunities to offer their patients. Ocala oncology is dedicated to advancing cancer care by leading and participating in clinical trials that test the safety and efficiency of new or modified treatments.

And they are deeply committed to bringing clinical trials to their community, offering patients an opportunity to help shape the future of cancer treatment, while benefitting from the very latest in clinical trials. Florida Cancer Affiliates- Ocala Oncology is constantly offering eligible patients opportunities to join new trials.

At Florida Cancer Affiliates – Ocala Oncology, research is an integral part of their comprehensive efforts to provide cancer patients in the local community with access to the latest and most advanced therapies and treatment options.

To find out more, please visit floridacancer.com or call (352) 547-1954.



Summer Safety – ROC Out Your Summer!

Submitted By Reconstructive Orthopaedics of Central Florida

The health care providers at Reconstructive Orthopaedics of Central Florida see patients with elective surgery choices (knee and hip replacements, shoulder repairs, carpal tunnel, trigger fingers, and more) as well as injections for assistance with pain management (ranging from Corticosteroids to DepoMedrol to viscosupplementation and hyaluronic acid). Part of our practice also involves providing emergency coverage for the local hospitals (Advent, Ocala Regional Medical Center, and West Marion Community Hospital) and the cases we see there are the ones you would expect considering the equestrian community here in Marion County and the fact that I-75 runs through our back yard. Certainly, summer brings out even more season-specific injuries – we'd like to help our patients avoid some of the most common injuries.

Fireworks are gorgeous to watch. History says the first fireworks were set off in 1777 in both Pennsylvania and Boston to celebrate the signing of the Declaration of Independence. It's not an overstatement to say that Boston still puts on one of the best shows every year. Here in Florida, we have lakes, beaches, fields, and backyards that just cry out to revelers everywhere as the next best place to set off fireworks, but we must caution you that fireworks can be very dangerous. Make sure that only folks trained in using fireworks operate them on your property. We have seen fingers lost, wrists damaged, and other various injuries. The expense of lost work, insurance copays, and sometimes even basic day to day functionality are risks people don't necessarily think about. Nothing ruins a good holiday celebration like frantically driving to the hospital (or calling the ambulance) and then spending hours in the Emergency Room.

The warmer months also show an increase in the use of ATVs. Wearing a helmet is helpful, but the injuries sustained in ATV accidents are often more encompassing than a helmet can prevent. Make sure you think about the peripheral risks – are there children and young adults in the area where people are riding? Pets wandering where people are congregating? Be mindful of the 'pedestrians' in your group- we have seen patients suffer a shattered pelvis, a broken leg or two, broken arms, and even broken clavicles from being hit by a friend or family member's ATV at a gathering. We've also seen patients thrown from ATVs leaving them with



broken necks, backs, arms, legs, and more. These vehicles may be fun, but they can be life altering if you are not careful.

Swimming in local rivers, lakes, and quarries is also a highpoint of summer activity but there are dangers there as well. Never dive in an area that you cannot verify bottom depth and confirm there are no jeopardies for the diver. Just because an area was clear last week doesn't guarantee its safety any other time. Diving headfirst into a fallen tree or a large limestone rock can cause broken bones or possible paralysis from the injuries sustained. Even jumping from a diving board or a boat can be dangerous if you don't check your surroundings – is there another boat nearby? Are there people swimming beneath where you are trying to dive? A few seconds of safety can protect you and your loved ones from days, weeks, or even a lifetime of discomfort and rehabilitation.

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

The providers and staff at Reconstructive Orthopaedics of Central Florida are happy to offer elective services including the CORI robotic knee replacement as well as in-office injections for osteoarthritis pain in major joints. We are honored to be part of the teams that take care of our community through our service at the local hospitals, but we would rather not meet you as a patient in need of an emergent care through one of the Emergency Rooms.

Be alert, enjoy your summer, and stay safe!



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Let's Get Back to Enjoying the Florida Sunshine

Sun Safety Tips for Outdoor Explorations

Now that you are vaccinated and plan to spend more time with your loved ones as safely as possible, many of us will be getting tons of fresh air and exploring the great outdoors. Before you jump into the hottest months of the year, your sunscreen isn't the only thing that you should be grabbing for added sun protection.

According to the Centers for Disease Control and Prevention, less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. This may raise the risk of getting skin cancer.

For outdoor fun, it's important that you have proper:

Shade: Be sure to take a few moments from the sun's rays and find shading under an umbrella or tree or take a pause in the fun to briefly step indoors.

Clothing: Don't forget to cover up by adding long-sleeve shirts and pants to your wardrobe.

Hats: A wide-brimmed hat helps protect your face and your eyes.

Sunglasses: Ultraviolet eye protection creates added covering for the skin of your eyelids, corneas, lenses and other parts of the eye.

Drinks: Consume plenty of non-alcoholic fluids for hydration. Water is best.

Sunscreen is a must whether you are headed to the beach or on a leisurely walk in the park. The CDC recommends using a broad-spectrum sunscreen that blocks the sun's rays and has an SPF of 15 or higher. In this case, lathering is your friend. It is best to reapply your sunscreen at least every two hours, and don't forget to give yourself 15 minutes before heading outdoors for it to work at its optimum. Remember, although it has a lengthy shelf life, sunscreen can expire. Be sure to discard sunscreen after one to two years.

Taking these easy steps, and making them some of your everyday habits, can help prevent sunburn and skin cancer risk.



Safely is the best approach when enjoying the summer months. The CDC recommends that you immediately seek medical attention if any of the following occur:

- Severe sunburn, especially if it covers more than 15% of the body.
- Dehydration.
- High fever (above 101° F).
- Extreme pain that lasts more than 48 hours.

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Emotion takes control and overrides logic and facts.

Continuing the discussion from last month's article of whether the market is primed for a pullback it leads to the problem of heavy social media involvement in markets that furthers the problem of making logic and fact-based decisions.

So, the missing critical facts are...

1. When did someone get information and buy in or get out?
2. Was the information obtained legally?
3. How accurate is the information?

Euphoria or Panic? Both are emotional with very little fact or process.

Although this has been going on for decades the rapid growth of social media and even alternative investment choices like crypto currency are accelerating the amount of misinformation which pushes emotions to the limit.

Another way to look at how you react to greed and emotion is if you have played a slot machine. Did you put in a reasonable amount based on your income and net worth? Did you cash out with a small profit or loss?

Did you put in more than you should have and let it ride up, down and maybe to zero?

In other words, how do you personally react to greed and desire? Does it have a similar influence on your investment decisions?

Do you have a process that helps you identify facts, clear up misconceptions, and control emotion when you make major investment decisions? Most people don't.

EMOTIONAL INVESTING

Generally, research shows over 80% of our investment decisions are based on emotion and possibly 100% of other decisions in our life. This is hard to control and hard to determine and we usually end up taking too much risk, paying too much in taxes, and not preparing properly for our future.

Going through a proper discovery meeting or attending an educational event on how you arrive at decisions will help you determine if you have too much emotion, misconceptions, myths, or other missing facts built into your investment, tax, and estate planning.

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Margaret Hixon
Founder & President

Stuart Dickson
Managing Partner

Is My Rotator Cuff Tear the Cause of My Shoulder Pain?

By Regenexx Tampa Bay, Regenerative Medicine

What's causing your shoulder pain? Is it due to instability? Could it be a rotator cuff tear? A labral tear? Arthritis? Inflammation? Swelling? Bone edema? Tendinosis (tendon degeneration)? A pinched nerve? More and more studies continue to show that shoulder MRI results often cannot predict why the patient is experiencing pain.

This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

Although most patients and providers will blame the rotator cuff tear as the cause of pain, it is never a given that a rotator cuff tear is actually the source of the pain. In fact, the studies we will cover in this article show that it is often inaccurate to assume that a rotator cuff tear is what is causing your shoulder pain despite what is seen on an MRI. Let's dive a bit deeper into rotator cuff tears, surgery, and determining the cause of your shoulder pain.

What is a Rotator Cuff Tear?

The rotator cuff is a complex series of muscles and tendons that surround the shoulder and help lift the arm and stabilize the shoulder joint. A rotator cuff tear is simply a tear in the tendon usually close to where it attaches to the bone. While some rotator cuff tears result from trauma, the vast majority happen from wear and tear as we age- this is referred to as a degenerative tear.

The most common cause of a rotator cuff tear is simply a slightly more demanding movement than usual. How might this happen? It has been known for a considerable amount of time that the rotator cuff does not have a great blood supply which makes it harder for the body to heal an injury in that area.



So, what is the problem? It is likely to be a lack of healthy progenitor cells and stem cells to repair the damage as it occurs over time, and at some point with little provocation, the unhealthy tissue simply fails and a tear occurs.

What Happens During Rotator Cuff Surgery?

Rotator cuff surgery involves cutting into the shoulder and stitching the tear back together. Recovery time from surgery can be lengthy and there is a good amount of research showing that this surgery is often ineffective for many types of rotator cuff tears. The tissue is often too weak to stay together with a stitch.

In larger tears, approximately 6 in 10 do not heal properly, even with surgery. For patients over 60, shoulder surgery recovery is even more difficult, with 1 in 3 rotator cuff tears not healing.

It is also notable that a good number of surgical patients never return to their full range of motion following surgery and pain can linger. Additionally, many studies show that shoulder pain prior to surgery actually has little to no correlation with the rotator cuff tear or the severity of the tear. So, what is causing the pain?

Shoulder Pain and Inflammation

One study performed in Japan analyzed joint fluid obtained from 38 patients before and after orthopedic rotator cuff surgery for various chemical messenger molecules (cytokines). These cytokines work for the immune system and call our immune cells into action when there is inflammation, infection, or trauma.

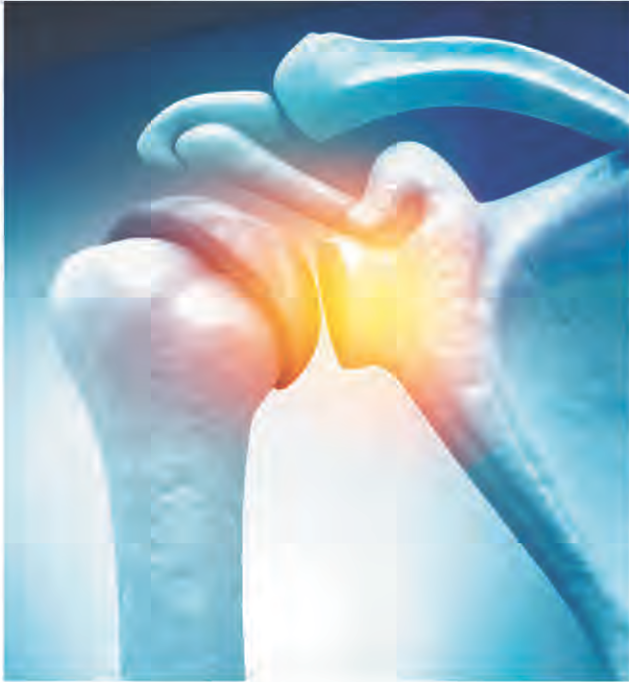
Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds, our immune cells race straight to the inflammatory fire as our first responders.

Interestingly enough, the study that we referenced earlier concluded that larger rotator cuff tears were associated with less pain and that more pain was accurately predicted by more IL-8 (interleukin 8) in the joint fluid. IL-8 is an inflammatory cytokine or an alarm sounding when inflammation is present. The pain that was studied in this study was due to the inflammation and not the tear itself.

Another study states that "the prevalence of full-thickness rotator cuff tears increases with age [and] many patients are asymptomatic and may not require surgical repair." Even while there was pain present, the study concluded that physical therapy rather than surgery should be sufficient to address the symptoms in most cases.

Does Rotator Cuff Repair Surgery Fix Pain?

Unfortunately, the answer is no. One study proved this disappointing result that rotator cuff repair does not fix pain or function in the shoulder. This should be eyeopening for patients, whose primary goal for undergoing a rotator cuff repair is to reduce or eliminate their pain. There are countless studies showing that shoulder pain is often not due to the presence of



a rotator cuff tear. If a surgeon repairs a tear in your rotator cuff to eliminate your pain, but your tear is not the actual source of your pain, why was it necessary to have the surgery? It may be that the tear caused inflammation which thereby causes the pain. Sewing up the tear may not get rid of the inflammation.

Why not use Cortisone or Anti-inflammatories to get rid of Inflammation?

The problem is that cortisone gets rid of inflammation at a cost. The tissue gets even weaker and unhealthier. The local stem cells are damaged or killed leaving the tissue in worse condition than it already was in. If someone receives a cortisone injection within a year of a rotator cuff repair, it is more likely to fail and need a revision.

In regards to NSAIDS, aside from the myriad of systemic problems they can cause (gastrointestinal bleeding, kidney damage, stroke and heart attack to name a few), they also have been shown to inhibit tendon healing and in Regenexx's laboratory, they have been shown to negatively impact stem cells.

The Best Alternative

If the reason that the rotator cuff fails in the first place is a lack of local stem cells, doesn't it make logical sense that replacing those cells is critical to get the structure as healthy as possible?

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a

procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal with just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

The Regenexx procedure addresses more than just the rotator cuff tear. Precise injections of the surrounding ligaments improve stability, injections of the other nontorn rotator cuff tendons and biceps tendons improve their strength and function, injections of the labral tissue, when there is evidence of damage, strengthens that tissue and injections of the joint and cartilage can improve any arthritis that is present.

In some cases, when there is edema (swelling) in the bone itself seen on MRI (which represents small microfractures), injections will help heal the bone. There may even be a component of a pinched nerve in the neck that is contributing to the pain and accelerated degeneration of the tissue in the shoulder. In these cases, platelet lysate injections around the nerve (epidurals) can help as well.

Following the procedure, skilled physical therapy will likely be recommended. For our patients in the Tampa Bay region, we recommend Competitive Edge Performance (CEP) therapy at our Tampa location with EXOS. As you can see, this is a comprehensive plan to get you back to the activities you love to do. CEP offers the latest in recovery science and "bio-tech" to expand the scope of physical therapy practice beyond injury rehabilitation into the realm of achieving optimal health and wellness for all clients.

Whether you've had surgery to repair your rotator cuff or not, Regenexx may be able to help you with your shoulder pain. Contact us today to find out how.



Dr. James Leiber

James Leiber, DO, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician

to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

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

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



Ron Torrance II, DO, FAOASM -

Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has

achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



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MEDICAL MARIJUANA

Edible Dosing, Certified Physicians and Dispensary Information from Certified Marijuana Doctors

There are various forms of medical marijuana such as smoking, tinctures, vapors and edibles, but many people are still uncertain of which form is best for them personally. And that's a critical question and more importantly, it's why a certified medical marijuana doctor with extensive research and experience is your best option. The physicians at Certified Marijuana Doctors take great care to understand your condition and how best to dose your initial medical marijuana trial, or to tweak dosing for those that are already familiar with how it affects them personally.

Without an expert to guide you, you can end up having adverse side effects like nausea and paranoia. And because edibles are one of the most requested forms of medical marijuana, the fact that they can easily be overeaten, often leads to unpleasant effects. Being certain of if you specific dosing is essential.

It's important to understand how and why medical marijuana works

The endocannabinoid system was discovered in 1992, yet most medical schools, and nursing programs have not added it to their curriculum. Studies showing the benefits of cannabis (marijuana) on the endocannabinoid system were mostly blocked by the Federal Government.

The endocannabinoid system (ECS) is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and peripheral nervous systems, consisting of neuro-modulator lipids and their receptors.

The endocannabinoid system can be found in nearly any mammal with a vertebrae. The endocannabinoid system is involved in regulating many key bodily processes, including blood pressure, immunity, stress, inflammation, neurotoxicity, and digestive functions. The endocannabinoid system within the human body is a network of cell receptors that respond to key molecules found in marijuana – THC and CBD in particular. CB1 receptors are most densely concentrated in parts of the brain and central nervous system, and less densely found throughout the rest of the body. CB2 receptors, on the other hand, are less densely located in

the brain regions, and more concentrated in the peripheral nervous system and organs. The mapping of these receptors fits well with the diverse range of symptoms and conditions that are found to respond positively to medical marijuana.

In addition to regulating neuronal excitability and inflammation in pain circuits, the endocannabinoid system has been shown to play a regulatory role in movement, appetite, hypothalamic-pituitary-adrenal axis modulation, immunomodulation, mood, blood pressure, bone density, tumor surveillance, neuroprotection and reproduction. The endocannabinoid system has also been shown to affect sensory perception, cardiac output, cerebral blood flow and intraocular pressure.

A Note on Dispensaries and Vertical Integration

Since Florida's medical marijuana programs inception, vertical integration has been the main force behind each dispensary operation. What this means is that each dispensary is responsible all the way from seed to sale, making it extremely costly to get your feet wet in the industry. If you include the cost of obtaining a license as a medical marijuana business, the cost to get started can get into the tens of millions. This leaves us the question of "when will small businesses be able to flourish and profit from the industry alongside the conglomerates"?

Industry heavy hitters such as Trulieve, which currently holds the title for 54% of the entire market share in Florida, have completely taken over the state and leaves patients yearning for more options and better competition. Vertical integration inadvertently creates an uncompetitive environment as instead of having thousands of businesses compete for the top,

there are about ten multi-million dollar firms coming in with millions ready to invest. Some argue it's unfair but there is a reason behind this; liability. Florida has one of the stricter programs in the U.S. and as such, it was started with an extremely limited selection of products and the laws were made this way so that each company had 100% responsibility for every step of the process. This makes regulation easier for the governing heads in charge of such but ultimately leaves out opportunities for small business to get involved, leading to all the profit going straight into the pockets of companies already set up across the states.

What does this mean in 2020? Well, there is one underdog that has finally had its moment with its single brick and mortar location in Spring Hill, Florida and they go by the name "The Botanist". While they aren't a true underdog, with them being a state-wide company, they are still the smallest dispensary to successfully have operations in the state with products that are actually worth making the trip for. Patients from Miami have made the 10 hour round trip just to see the difference between products of theirs and the rest of the competition. While seeing high percentage flower isn't too unusual in Florida (with Rise's Velvet Glove coming in at a hefty 31.8% THC), it is unusual to see consistent 20% and higher strains with proper curing and high percentages of terpenes. A small glimmer of hope that will eventually set the standard for the rest as they open more stores and create a healthier competition of better product rather than micro efficiencies to squeeze every last dollar out of the process."



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When your golf swing is lacking, it may be because of underlying mobility issues that are actually affecting your entire body. Whether impinged muscles, injury, stiffness or pain are limiting your range-of-motion, physical therapy will not only get you out of pain but can improve your golf game by increasing your mobility and strength.

Instability, especially in the core and spine, along with hip and ankle limitations can also be impeding upon your ability to drive the ball like you used to. With the right method of physical therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

Innovative Therapies Group works with you to customize your specific plan depending on your injuries, health, goals and needs. These plans include increasing mobility, stability, strength, and endurance. The area's most commonly needing physical therapy are hips, spine, posture, and lower extremities.

Return to Golf Program

If you are having pain, limited range of motion, stiffness or unable to swing your golf club like you once were, Innovative Therapies Group has a **Return to Golf Program** to get you back in the game you love.



The **Return to Golf Program** are customized, individual-specific programs, which are determined in order to promote improved swing mechanics, balance, flexibility, and muscular strength and balance. These techniques are used to enhance function and maximize your golf swing and dynamic stability.

Masking your pain with pain medications is not the answer. Getting to the root cause of your condition is the key to healing your body and living the life you deserve.

For numerous individuals Physical therapy is the leading way to relieve pain and discomfort at its core. 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.

Common Conditions That Improve Significantly With Physical Therapy

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

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with at-home exercise guidelines and self-help management to promote and maintain independent function and increase mobility, Innovative Therapies Group has got you covered.

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 and occupational therapy.

Mention the Back to Golf Program in Health and Wellness Magazine/online and get 10% off the program!

To find out more about Innovative Therapies Group **Return To Golf Program** or to schedule your appointment, please contact them today.

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How Hearing Loss Affects Your Memory



Could hearing loss be making you forgetful? Find out how and why hearing loss affects your memory function now.

It's common knowledge that unresolved hearing loss can have an impact on stress and anxiety levels, but did you know it can affect your memory too? Memory loss is just one of the side effects of reduced hearing function, but it is one of the most important.

As well as having a significant impact on your confidence and day-to-day lifestyle, memory loss can often be misinterpreted as the onset of dementia. If you develop age-related hearing loss, for example, a subsequent reduction in memory function may not automatically be linked to hearing issues. However, there's a good chance that your hearing loss is impacting your ability to retain and recall information.

Does hearing loss affect your memory?

Research has confirmed that hearing loss does have an impact on memory. In fact, it is believed that hearing loss can affect memory function in numerous ways. To understand why hearing function impacts memory, it's important to look at the overall effect hearing loss can have on an individual.

Concentration

When you are experiencing hearing loss, you will need to concentrate much more simply to recognize sounds. If you have a conversation with someone, for example, your concentration is directed at deciphering what the person is saying and trying to understand it. This means the brain is less focused on actually retaining the information.

Due to the increased concentration required to simply follow the conversation, the brain doesn't store the information. Known as cognitive overload, the brain is too busy trying to listen to and interpret sounds to memorize the content too. Of course, when you try and remember the details of the conversation, the information simply isn't there and so cannot be recalled.

You may feel like you're unable to remember what you've heard but, in fact, the brain hasn't even got as far as storing the information. Due to this, you won't have the data you need for the recall function in your brain to work effectively. While the mechanism is still functioning, the information isn't there to process.

Isolation

Untreated hearing loss often leads to loneliness and isolation. A reduction in socializing is extremely common amongst people with unresolved hearing loss or tinnitus.

When you're isolated, your brain is exposed to fewer stimuli. As a result, it doesn't need to work as hard and becomes less active. This can lead to structural changes and even cause the brain to shrink. Isolation means that your memory function is being exercised as often, which reduces its capacity. Naturally, this has a negative impact on its performance. When it comes time to recall information, the reduced functioning of your memory means it's harder for you to remember things.

Anxiety and depression

If hearing loss isn't treated effectively, it can increase the risk of developing emotional and psychological issues. Many people find that hidden hearing loss has a negative effect on their mental health, with a significant number of individuals experiencing increased anxiety and depression.

Studies into depression have shown that it can change the way your brain operates. When depression impacts the memory, it means you are less able to retain and recall information on demand.

To learn more about the connection between hearing function and memory loss, sign up for the Signia newsletter now. If you want to know whether hearing function could be affecting your memory, take the Signia hearing test today.

Identifying hearing-related memory loss

If you're experiencing memory loss, it's important to seek medical advice. While people often consult their primary care physician regarding reduced memory function, it's advisable to contact a hearing care provider too.

A simple hearing test can assess your hearing function and determine whether you are experiencing any form of hearing loss. Even relatively mild hearing loss can cause cognitive overload, which means people can experience hearing-related memory loss without having moderate or severe hearing problems.

In fact, you may notice your memory loss before you're aware of any reduction in your hearing function. As many people experience a reduction in hearing function gradually, it can take some time before it really has a noticeable impact on their day-to-day lives. While you may be aware of difficulties recalling information, you may not notice just how much you're having to concentrate on following a conversation or listening to sounds, for example.

This is one of the reasons why it's so important to have routine hearing tests. By undertaking a non-invasive exam, such as a pure tone audiometry hearing test, your hearing care professional can confirm whether or not you're experiencing hearing loss. If so, the type, configuration and severity of your hearing loss can also be assessed swiftly.

Treating and preventing memory loss

When memory loss is related to hearing function, it can typically be resolved quickly and easily. By wearing hearing aids, for example, you can enhance your hearing function. This prevents cognitive overload, as the brain no longer needs to work hard simply to pick up and interpret sounds. This enables your brain to process information normally and means the information is stored in your memory, ready to be recalled as and when it's needed.

In addition to this, wearing hearing aids greatly reduces the risk of social isolation. As you are able to continue with your usual lifestyle while wearing hearing devices, people are able to remain social and active. Similarly, hearing aids mitigate the effects of hearing loss, which means the risk of developing depression and anxiety are reduced.

This ensures your brain isn't subjected to the structural changes that can occur over time due to isolation, reduced activity and depression. As you are able to maintain your lifestyle, your memory function and brain are still being exercised. Due to this, your ability to interpret, store and recall information is unaffected. A hearing test and appropriate treatment can certainly help to combat existing hearing-related memory loss. However, there's no need to wait until you start experiencing a reduction in memory function to consult a hearing care professional. By having regular hearing function tests, any potential hearing issues can be identified and resolved quickly, thus reducing the risk of related memory loss occurring.

Source:
https://www.signia-hearing.com/blog/how-hearing-loss-affects-your-memory/?utm_source=facebook&utm_medium=post&utm_content=555a7a5c-9020-4fa3-b3ed-916bd0e72e94&utm_campaign=ongoing

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Improving Quality of Life with Supportive Care

Submitted by Hospice of Marion County

All of us deserve to live as comfortably as possible; however, when an accident, sudden illness or chronic condition takes hold of our lives, comfort may seem impossible or out of reach. In the past decade, hope for relief from acute pain and distressing symptoms has become a reality and within reach, thanks to a growing trend in supportive care.

Supportive Care is comforting, soothing, calming and reassuring. It should not be confused with quick fixes offered in so-called “pain clinic” settings. Supportive Care is specialized medical care for people with serious conditions. Its focus is to provide relief from the symptoms, pain, and stress that entails—whatever the cause or diagnosis. The goal is to improve quality of life for both the patient and the family.

This type of care is provided by a team of doctors, nurses and other specialists, who work together with a patient’s primary doctor and/or specialist to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and can be offered along with curative treatment. Examples of those who have benefited include someone with pancreatitis and a diabetic with neuropathy (nerve pain). Both conditions are chronic but not life-threatening.

Supportive Care improves healthcare quality in three significant ways. It:

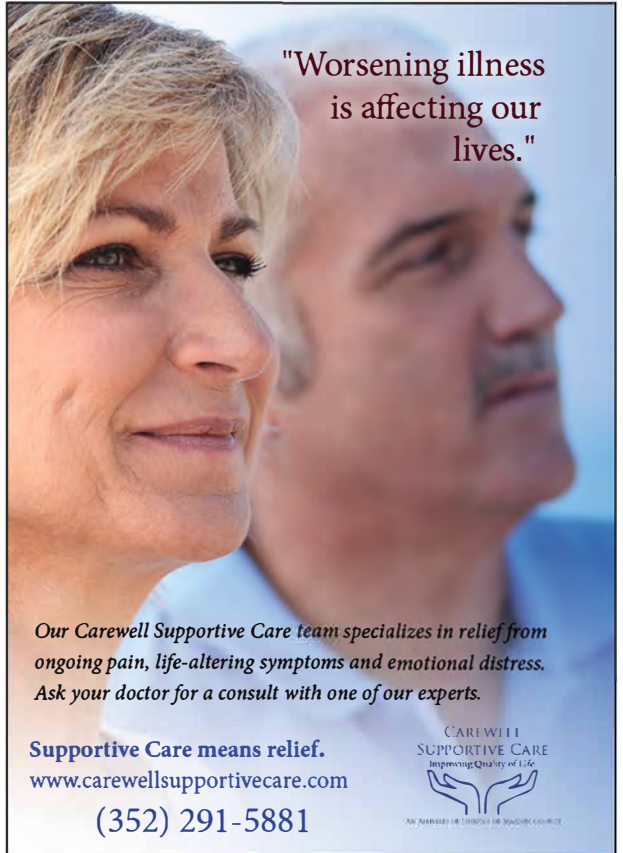
1. effectively relieves physical symptoms and emotional suffering,
2. strengthens patient-family-physician communication and decision-making, and
3. ensures well-coordinated care across healthcare settings.

As a holistic approach to care, it’s about a person’s whole being, including family and loved ones. It is covered by Medicare, Medicaid and most private insurances. Those with advancing illness can deal with their situation without the added burden of debilitating pain or life-altering symptoms that prevent them from enjoying daily life.

The steady growth in this type of care is primarily in response to the increasing number of people with serious and chronic illness. People are living longer, but not necessarily better. Their needs are many, placing overwhelming caregiving demands on families. We recognize their needs and are addressing these challenges through a strong partnership between patient, family and the Carewell Supportive Care team. A consult is available through one’s own physician or by calling (352) 291-5881 for information about receiving services. They can request treatment if the outcome from surgery, accident or disease has left them in physical or mental distress.

Because patients are carefully regulated by their physicians in collaboration with experts on the Carewell Supportive Care team, they can rest assured that symptoms can be managed (most within 24-48 hours) and their condition monitored on an ongoing basis. Many go on to fully regain their lives.

The Carewell Supportive Care team has two medical directors and six advanced practitioner registered nurses. Together they conduct more than 1,000 consults a year, in hospitals, nursing homes, assisted living facilities and even private homes. Learn how Carewell Supportive Care can help: (352) 291-5881 or visit www.carewellsupportivecare.com.



"Worsening illness is affecting our lives."

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5 Ways a Move to Senior Living Can Increase Well-Being

The choice to move to senior living can be difficult and emotionally charged. Most people understandably prefer to stay at home as long as possible. But, what I have learned through the years is that many folks who could benefit from a senior living community wait too long before making the decision. In fact, I have heard many residents say they wish they had made the move sooner. Here are the top 5 ways that a move to senior living can improve health and well-being.

- **Safety and Security.** The first and perhaps one of the most common reasons for seeking senior living is safety and security. And indeed, that is a big benefit. But there are others, some of which may be unanticipated.

- **Social contact.** Many older adults who are living alone have too little socialization. Almost all of us have heard the research on the importance of having daily social contact. Seniors who live in isolation are at greater risk for a number of health conditions and even of dying. But, I think few people realize how much better they will feel both physically and emotionally when adequate social contact is restored. Like a wilted plant that is given water, many seniors blossom as a result of living with others in a community setting.

- **Improved nutrition.** Poor nutrition is associated with social isolation. Eating is a social time for most of us. When a person lives alone, there can be a lack of motivation to eat and to prepare balanced, nutritious meals. Many older folks who live alone exist on packaged prepared foods that lack good nutrition. Living in a place where nutritious food is readily available and is enjoyed in the company of others makes a big contribution to well-being.

- **Finding new purpose.** Many older adults have experienced a loss of purpose, whether because of declining health or changing roles in life. Loss of purpose is one of the things that some people believe to be an expectation of growing older. Nothing could be further from the truth. Many older people who move into a community setting are surprised by the new purpose they find.



Research studies have shown that those who have a higher sense of purpose have lower rates of dementia and other chronic health conditions.

- **Better access to health care services.** Almost all senior living communities have some level of health care services. These can include a wellness nurse, visiting physician and/or nurse practitioner, therapy services, and daily wellness checks. This can mean that any changes in health will be noticed and addressed sooner, hopefully avoiding a serious problem and/or a hospital visit.

So, if you or a loved one is considering a move to senior living, think about the many benefits that truly outweigh the difficulty of making such a move. Many people before you have done it and are thriving as a result.

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In our community, retirement isn't the end, but the next step in a grand adventure that is still filled with excitement and fun, while recognizing the need our residents have to relax and be cared for. We want to be more than the place that our residents live, we want to be the place they call home, and we work every day to make sure that happens.

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

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Pacifica Senior Living is proud to announce the newly anticipated memory care facility within our Ocala community. To keep your loved ones safe and to provide them with all of the training, health-care, daily activities assistance and warm care necessary, Pacifica Senior Living has a state-of-the-art facility dedicated to those with neurodegenerative disorders and cognitive decline.

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


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The Weight of Obesity

Weight loss may save you from severe joint pain and brittle bones

Dr. Brent Carter

Obesity is a common focus in health-related industries, but did you know that excess weight can also affect your joints and weaken your bones? Obesity is frequently the foundation of osteoarthritis and brittle bones. Osteoarthritis is the most common form of arthritis and is caused by the wear and tear and overuse of joints. Excess body fat can also promote the development of arthritis by releasing chemicals that increase the development of inflammation within the body.

Harvard Medical School reports that on level ground, a 200 pound person puts about 300 pounds of pressure on his or her knees just by walking. This is equivalent to 1.5 times the individual's body weight. This burden increases significantly when walking up and down the stairs or squatting. According to Johns Hopkins Arthritis Center, an additional 10 pounds of weight can increase the force on the knee 30-60 pounds with each step.

If you are affected by excess weight or obesity, you are likely putting extra stress on weight-bearing joints, such as the knees, hips, feet, ankles and spine. Because of the stress that additional body weight is putting on your joints, wear and tear is more likely to occur. This can put your body at risk of developing osteoarthritis because the excess weight will put additional strain on the cartilage, causing it to wear down. Without the cushion of the cartilage, the surface of the bones in the joint will rub against one another causing severe joint pain, swelling and stiffness.

Aside from joint-related issues, obesity also puts you at risk of developing weakened bones that are prone to breaks or fractures. When higher levels of stress are placed on bones, they will eventually wear down, creating fragile and easily broken bones.

The important thing to learn is how to protect your body from the painful consequences of obesity and the overuse of your joints. Losing weight is a proactive measure for fighting osteoarthritis. Exercising and eating healthy, well-balanced meals can help to not only lose weight but to maintain healthy bones and joints as well. Low-impact exercises, such as walking, biking, swimming, yoga and stretching can help build strength and promote proper range of motion in your joints. In addition, incorporating calcium and Vitamin D in your meals will promote bone mass development and help prevent brittle bones.

Weight loss can prove to be advantageous for your joint health. Studies have shown that obese individuals who lost approximately 11 pounds reduced their risk of developing osteoarthritis by 50 percent. Losing weight not only decreases your likelihood of developing arthritis, it also prevents bones from becoming brittle and prone to breakage.

If the damaged joint causes severe pain, the best option may be to replace the injured joint with an artificial joint. According to Obesity Action Coalition, obese individuals are 20-times more likely to need a knee replacement surgery than one of average weight

and they are also likely to need this surgery many years before someone who is not affected by obesity.

If you are preparing for joint replacement surgery, it is important to shed those extra pounds to ensure that your body will be able to heal without additional stress being placed on the joints. Many doctors recommend reducing your weight and body mass index (BMI) before surgery. In fact, weight loss may allow you to delay surgery, or reduce the need for it at all. Obesity makes you a potentially high-risk patient for replacement surgery.

If you are experiencing joint pain, it is important to speak with a doctor to discuss your options for pain relief. Dr. Brent Carter and his staff are ready to answer your questions.

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Fish Oil and Fiber: How to be Number One at 'Number Two'

By Anne-Marie Chalmers, MD

Countless articles detail how exercising, eating well, and sleeping better are crucial for healthy aging. But there's one aspect to good health that people rarely mention: pooping.

Yes, pooping.

Maybe as a physician, I should be medically correct and write "defecating" instead. But whatever the term, one thing is certain: Regular bowel movements are essential for feeling good.

Chronic Constipation Could Be a Symptom of Intestinal Dysbiosis

A proper poop depends on a healthy gut. So if you regularly struggle with constipation or diarrhea, it could be a sign that your gut is not functioning optimally.

In medicine, we use the term intestinal dysbiosis. This means that the populations of different gut bacteria that colonize the intestines have become imbalanced.

Today, we know that these gut bacteria dictate not just bowel-related disorders — like Irritable Bowel Syndrome (IBS) and chronic constipation — but also our weight and immune response to chronic diseases.

The composition of our gut bacteria depends on a variety of factors, including genetics, age, previous antibiotic use, and environment. Diet, however, plays an especially big role.

Let's focus on two stool-facilitating nutrients that promote good intestinal health: fiber and fish oil.

The Digestive Benefits of Fibers

Almost every constipation-related article talks about the importance of eating enough fiber — and with good reason. Fiber has a profound impact on our digestive system.

First and foremost, fiber promotes good microbial health. Gut bacteria feed on fiber through fermentation, breaking them down in the digestive system. During this fermentation process, the bacteria create short-chained fatty acids (SCFAs) that support the integrity of the cells in the stomach. SCFAs also influence our metabolism, appetite, and immune response.



Different types of fiber also affect our digestive system in unique ways. For instance, beta-glucan soluble fibers (found in oats and barley) bind together with cholesterol to remove it from the intestines.

Insoluble fibers are generally not fermented by the gut bacteria. However, insoluble fibers are still important since they push food through the intestinal tract. Certain types of insoluble fiber also bind together with water to help soften the stool, providing a natural laxative effect.

Why Fiber-Rich Foods Are Important

Because different fibers feed different bacteria species and impact our digestive system in unique ways, eating a variety is best for promoting good health.

Unfortunately, most of us here in the United States do not get enough. While studies show massive improvements in microbial diversity when people consume more than 30 grams of fiber daily, most Americans only get between 12-18 grams on average.

The Benefits of Omega-3 Fish Oil for Constipation

Since oils act as natural lubricants, most varieties will help get the "ball rolling" in the restroom.

For better bowel movements, however, omega-3 fish oils have clear advantages for 3 key reasons:

1) Fish oil increases the production of intestinal alkaline phosphatase (IAP). IAP plays a crucial role in maintaining gut homeostasis and reducing inflammation in the intestines. Researchers have also found a link between lower IAP concentrations and conditions like IBS.

2) Full-spectrum fish oils have antimicrobial properties that keep certain "bad" endotoxin-producing bacteria from wreaking havoc in the gut. Since endotoxins cause inflammation, blocking their build-up helps reduce inflammation in the intestines.

3) Fish oil also promotes a better composition of gut bacteria. In clinical studies of IBS patients, researchers found that omega-3 supplementation increased the population of certain healthy bacteria species. Omega-3s also decreased the levels of harmful bacterial groups, resulting in an overall healthier gut.

How Often Should I Be Pooping?

If you take fish oil, enjoy a high fiber diet, and practice other healthy habits — like drinking lots of liquids and exercising regularly — chances are that you've mastered the art of pooping. Still, what does it mean to be 'regular'?

While most people defecate once a day, the so-called 'normal' interval between defecations varies greatly. Constipation is defined as having fewer than three bowel movements every seven days. On the flip side, some people produce two to three stools a day, which is still considered within the normal range.

Given such a wide definition for 'regularity,' the most important thing to remember is that consistency is key.

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

<https://omega3innovations.com/blog/fish-oil-and-fiber-how-to-be-number-one-at-number-two/>

About Anne-Marie Chalmers, MD

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



Call us at 941.485.4400
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Ready to Finally Take Advantage of the Low Mortgage Rates?

Mortgage rates are still very low. If you are thinking about buying a new home, condo or townhouse now is the time to do so. Many people are taking advantage of the low interest rates and refinancing their loans as well. If you are even toying with the idea of selling or making a new home purchase, it's important to speak to a bank about getting you the best rates that fit your needs and budget.

On average, we're seeing rates around 2.65, but that number fluctuates in both directions depending on your financier, length of loan and your FICA score to name a few. These rates will not last forever. As we've seen in the past things eventually do go back up and with inflation, they could soar above what we've seen in a very long time. Staying on the side of caution, you could wait it out and see what happens,

but the majority of researchers and professionals will tell you that they don't foresee these low rates lasting long term. Who can say how long they will be available? Well, that just takes looking back to a few years ago to see what happened after the housing boom.

If you are interested in purchasing a new home, call Amanda Fincher to help make the transition and experience as painless as possible.



Amanda Fincher
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Amanda Fincher

Amanda Fincher is an award-winning, Multi-Million Dollar Producer. Amanda helps home buyers and sellers across The Villages, Ocala, Wildwood, Fruitland Park, and Lady Lake reach their real estate goals by tapping into her relationship-building prowess and high-level real estate training.

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 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. She strives 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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COVID-19 Update & the QCARD

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

Quick Care's Answer for Those without Medical Insurance

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

Who can benefit from the QCARD program?

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

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

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

The QCARD works in 3 easy steps!

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



Where can you use the QCARD?

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

Why get the QCARD now?

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

QCARD is a great healthcare plan for the following:

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

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

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

Quick Care Med Urgent Care

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

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

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

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

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

www.quickcaredmed.com

4 Locations in Ocala

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

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

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

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

BALANCING LIFE

By Rev. J. Keith Long

Do you live a balanced life? When your life seems to be running smoothly and everything is happening just like you suppose it should, you may not give much thought to what it means. When you seem to be at wits end, you may be thinking there must be a better way.

Luke 10:27 reads: He responded, "You must love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and love your neighbor as yourself.**

Look closely at what this says. It says with your heart. The heart, the amazing muscle made to provide life giving blood to all of the body. Without the heart, the body cannot do its amazing things. Without blood, the brain will not function, the arms and legs will not move, the body cannot live. One of the best ways to honor God is with your heart, by using the gift of life, of the blood flowing through you to do good things, to say good things, and to be good, or sometimes people say righteous.

Your heart is maintained by exercise. As Americans we are prone to spend too much time in the car, in front of the Television, or at the computer. The heart as a muscle needs work to keep doing what it does at the optimum. The healthy heart provides for you the opportunity to love God with all of your strength. The muscles provide strength to move your legs, your arms, all the parts of you that hugs, carries, moves, speaks, and shares. Health professionals will say this: get moving. Movement maintains, lots of movement builds, but most important is the first step movement.

Love God with your mind. In other words, think. Wisdom and knowledge are two very different things. Wisdom for me is a daily process. Living each day learning something, gaining knowledge is mostly helpful, but I can honestly say some things I hold as knowledge are not always helpful. So, therefore, wisdom is about knowing the difference and what makes your life better becomes the very best wisdom. I skipped over "being" because for me it is the entire package. Your heart, your muscles, your mind, every part of you is combined as the temple for your soul. All of your being means everything about you. Jesus said in answer to the



question, "What must I do to have eternal life?" He said, "Do these things." Not some of them, all of them. Not part of the time or most of the time, but all of the time.

Finding Balance is Key

Balance, the act of having enough, not too much, not too little, this is the key to most things, if not all things. I am really strong on spiritual practices, but I need to work on my physical practices. My emotions seem to be doing OK, my relationships are trending up. My visits to my healthcare providers including the dentist are in check. I am making better decisions about what I eat, when and how much. Thinking about these areas of my life and finding balance is an opportunity. Thinking about these things has shown me there is a better way. I thought I was happy and doing

OK, but consideration of these aspects has given me a way to be happier, to have more joy, even in the midst of crisis and stress, and everything else going on.

Practice is Necessary

Like an athlete, for any sport they will practice and work at keeping their skills up to be their personal best. Like a piano player or any musician, even for a drummer, practice is necessary to maintain the talent. It seems that for all of us the same is true; we must have a routine of practice that keeps our mind, body and soul in its best condition. As you live, be encouraged that your God has given you abundance. How you use it, what you do with it, that is something not to be squandered, it is more precious than gold.

**Bible Reference - Common English Bible



127,150+

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