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Health & Wellness[®] MAGAZINE

August 2021

Marion Edition - Monthly

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Breast MRI

When You Need
to Know More

Prostate Cancer

An Advanced Technique
Saves Lives

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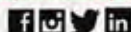
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- **Two must ask questions you should ask** right now **if you own bonds or bond funds.**
- Clarify the **facts** surrounding buy and hold versus timing the market.



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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
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WHAT RESULTS CAN YOU EXPECT?

Technological advances in evaluation and treatment methods allow spider and varicose veins to be treated more effectively and safely than ever before.



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BREAST MRI - WHEN YOU NEED TO KNOW MORE

Breast MRI is a magnetic resonance imaging exam of the breast, used to further study an abnormality discovered by a screening mammogram or to determine the extent of breast cancer that may be present. In women who are considered to be at high risk of breast cancer, such as those with BRCA1, BRCA2 or CDH1 genetic markers, a history of precancerous changes, or a close family history of breast or ovarian cancer, breast MRI can be used as a supplementary screening exam, in addition to mammography. It may also provide an alternative means to examine extremely dense breast tissue that has failed to be imaged by mammography. "Due to its speed and overall accuracy, mammography remains the standard breast cancer screening exam for most women," says Diagnostic Radiology and Breast Imaging subspecialist Dr. Ridgely Meyers. "But because MRI can discover some lesions missed by mammography, especially in inordinately dense breast tissue, it can be a valuable screening adjunct for women with elevated risk factors."

Using radio waves and a powerful magnetic field, MRI captures multiple cross-sectional images of the breast, which are sent to a computer for reconstruction into a 3D representation so that tissue can be examined from myriad angles. MRI is radiation-free, so it is safe to perform in concert with mammography without concern of additional dosing. Because it doesn't involve pressure, MRI may be the preferred cancer screening exam for women with breast implants, and the imaging test used to check for a suspected implant leak or rupture.

When is Breast MRI Needed?

Most often, breast MRI is indicated for women whose screening mammogram or breast ultrasound showed something requiring more examination, had a positive biopsy and need to determine the extent of cancer, or are considered at such an elevated risk that supplementarily MRI may be useful as part of their routine screening. According to The American Cancer Society, women with a greater than 20% lifetime risk of breast cancer



should have both a breast MRI and a mammogram every year, as each test's ability to capture abnormalities complements the other. Breast MRI is also helpful in monitoring any breast cancer treatment to assess its efficacy.

What to Expect

During the exam, you will be asked to lie face-down on a specialized scanning table with your breasts angled through a padded opening at the center. The opening is lined with coiled signal receivers to capture data. The table slides into the center of the MRI machine, where you will lie still during the duration of the exam, which typically lasts between 30-60 minutes. Though an injection of contrast dye is utilized to highlight the areas being studied, MRI itself is painless and non-invasive.

Why RAO is the Smart Choice for Breast MRI

RAO is a local leader in breast MRI for several important reasons:

- 1 RAO's MRI equipment is designed specifically for breast imaging.** Many imaging centers offer standard MRI, but RAO offers advanced, state-of-the-art breast MRI technology
- 2 Our radiologists are prepared to perform an MRI-guided biopsy when needed.** If your breast MRI uncovers an abnormality, our Breast Imaging subspecialists may recommend another exam such as an ultrasound, or when needed, an MRI-guided biopsy, which is a radiation-free exam that doesn't require anesthesia.

3 We have earned Breast Imaging Centers of Excellence designations by the American College of Radiology for our commitment to safety, accuracy and advanced technologies.

4 We maintain ongoing ACR accreditation in MRI imaging for outstanding practice standards.

5 All results are read in-house by our Board-certified radiologists, who sub-specialize in breast imaging.

"We are proud of the Breast Imaging Center of Excellence designations for both our Women's Imaging Center and our Timber-Ridge Imaging Center," says Dr. Meyers. "This is an honor given to very few women's imaging practices in the region, and presents an important distinction in the sophistication of our imaging technologies, the experience of our radiologists and technologists, and the trustworthiness of our services."

Talk to Your Prescriber

If you're at high risk of breast cancer, had a questionable finding on a mammogram, or are unable to have mammography because of breast implants, talk to your clinician about whether breast MRI might be right for you. In many cases, this test is covered by Medicare and most insurance providers.



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Prostate Cancer: An Advanced Technique Saves Lives

One of the leading health concerns for men is prostate cancer. Over the last thirty years, the way most medical practitioners check for prostate cancer hasn't changed very much, and unfortunately, this has led to higher statistics of men being underdiagnosed. There are approximately 2.9 million men in the U.S diagnosed with prostate cancer. Second, behind skin cancer, prostate cancer is the leading malignancy in men.

The prostate gland is a tiny plum sized organ that lies just beneath the bladder; the urethra runs through the prostate releasing urine from the bladder. As men age, it can become enlarged, infected and cancerous. It is often referred to as a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 27,000 men's lives. But it doesn't have to be this way.

Standard Exams Often Miss Prostate Cancer

Traditional rectal exams miss the smaller tumors that are progressively growing, and although the level of a man's PSA (prostate-specific antigen) is an essential marker in detecting issues with the prostate, unfortunately, this test alone is not always detailed enough. In some cases, men with completely normal PSA levels will regrettably have prostate cancer. And on the contrary, high PSA levels can sometimes coincide with a healthy normal prostate. For men in their mid to later life, it is beneficial to have additional forms of diagnostic tests.

Through the years there have been many different variants of testing and imaging for the prostate. One of those is ultrasound. Conversely, with ultrasound many times the transrectal imaging is not clearly visible. In some cases, cancer and lesions can go undetected. If a transrectal biopsy is being performed with ultrasound, it sometimes is done blindly, meaning that the physician is "sightlessly" aspirating tissue, and may inadvertently miss the actual cancer within the prostate.

Cutting-Edge Technology for Diagnosis and Treatment

There is a better test. The most advanced MRI (Magnetic Resonance Imaging) is done with an MRI fusion biopsy. This technology blends ultrasound and MRI biopsy to assure correct location,



aspiration, and treatment take place. The unique MRI unit, shows detailed prostate anatomy, revealing the tiniest lesions that would otherwise go unnoticed, enabling the physicians to visualize the prostate like never before. With the MRI fusion biopsy, physicians are also able to map out intricate treatment options for each patient individually on a case-by-case basis.

This year alone, over 700,000 men will undergo repeat prostate biopsies, with MRI Fusion, the difference in the intricate details is beyond comparison, and that's ideal for both the patient and the physician. In addition to the scientific advancements

in locating and treating prostate cancer, the comfort and reduced anxiety to the patient is also advantageous.

Advanced Urology Institute has the latest technology. Their machine is an advanced MRI fusion biopsy image that merges with the ultrasound during the biopsy. This targets a lesion with immense accuracy that can then be biopsied.

The key to the best outcome when dealing with the prostate is to get a proper diagnosis early. The MRI fusion biopsy is the best chance men have for detailed imaging, early detection, and a healthy life. This technology has helped increase the accuracy of biopsy upwards of 90%.

Advanced Urology Institute provides excellence and distinction in urological care. Comprised of a partnership of the best board-certified urologists working in the state of Florida, Advanced Urology Institute specializes in all phases and conditions of urology including prostate cancer, and they make your health their top priority.

If you or someone you know needs urological care, please contact the Advanced Urology Institute today at 888-298-CARE.



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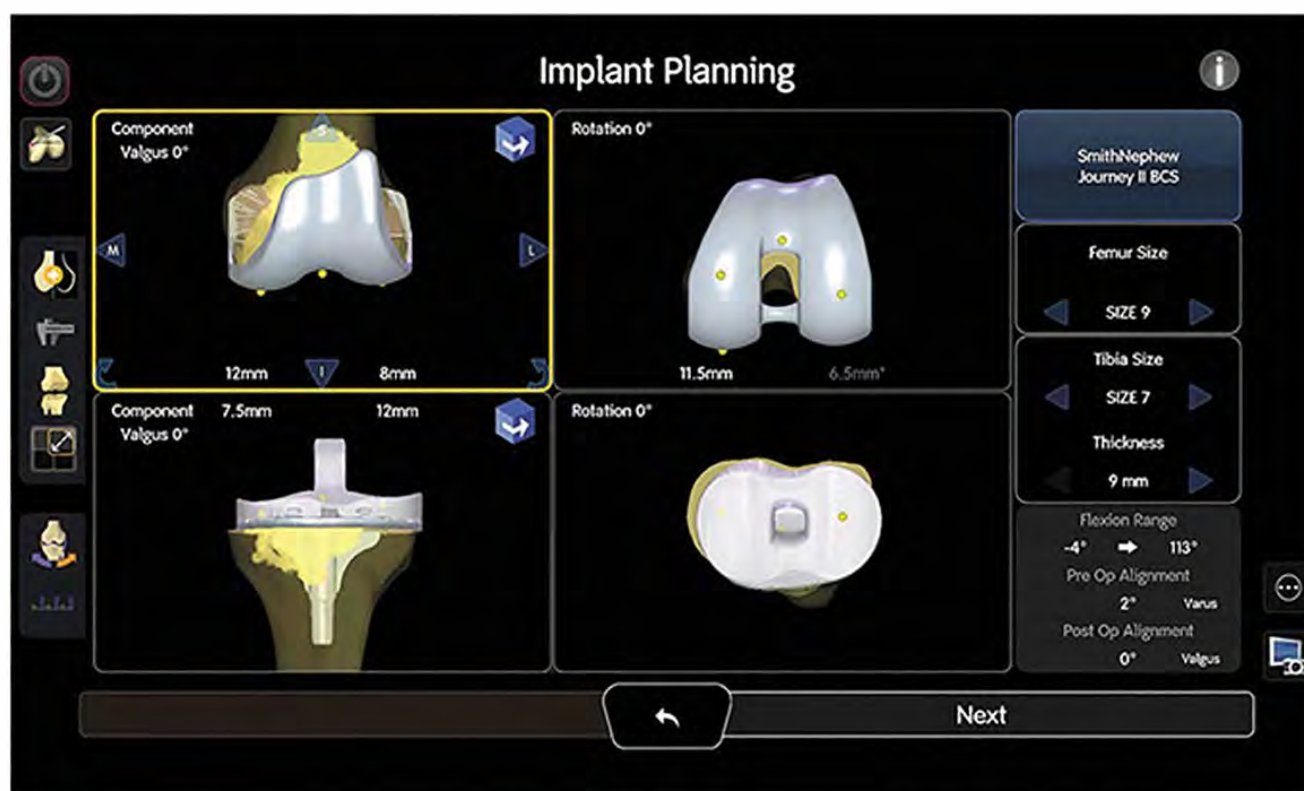
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The Next Generation of Knee Surgery Has Arrived

Submitted By Reconstructive Orthopaedics of Central Florida

The team at ROC prides itself on our ability to offer the most advanced techniques in joint replacement technologies to our Ocala and Central Florida Community. The next generation of Knee Surgery has arrived at Reconstructive Orthopaedics of Central Florida and Dr. Karl Siebuhr is now performing knee replacements using the CORI Surgical System. In fact, we are the first practice to bring the CORI Robotic Knee Replacement technology to Central Florida. This technology is truly a gamechanger in the field of joint replacement surgery! The CORI system is far superior to the robotic knee replacements currently being offered, which are based on technology that is at least a decade old. With the aid of three-dimensional tracking arrays placed around your knee joint, the ligament and soft tissue tension can be precisely measured along with the exact size and fit of the implant. A precise implant position and correct size can be determined based on a patient's individual anatomy and disease stage. This can be done without the aid of preoperative MRIs (which many patients cannot do because of pre-existing implants, pacemakers, pain pumps, or claustrophobia) and CT scans, which expose patients to unnecessary radiation. Instead, the knee is mapped intra-operatively with special sensors which render a precise intra-operative and three-dimensional topographic map of your knee. With the use of artificial intelligence and robotic assistance, combined with Dr. Siebuhr's surgical technique, the knee is actually placed and trialed in virtual space before any bone resections are ever made! Once Dr. Siebuhr is satisfied with the fit of the knee, alignment, and soft tissue balance, a precision cutting mill is used to remove the exact amount of bone required, no more and no less than what is absolutely necessary.

Additionally, while the traditional knee replacements utilize old fashioned bone saws, which may cause thermal necrosis (high heat generation which can kill bone cells), and damage to surrounding soft tissues, this technology utilizes a continuously irrigated precision mill to remove the precise amount of bone (the same type of technology utilized to machine precision aircraft parts). This results in far less tissue damage and thermal necrosis to the patient. The process results in precise bone cuts, as well as a more comfortable recovery and less invasive surgery. This leads to a quicker return to function, reduced



pain medicine requirements, and much more reproducible and superior results for patients. The most exciting thing about this technology is seeing how pleased our patients are with their return to function, and ultimately to the activities that they love!

Additionally, the technology utilizes Oxinium (a special type of ceramic) on a highly crosslinked polyethylene joint interface. This has the wear surface properties of a ceramic surface and demonstrated an 81% reduction in wear when compared to conventional materials used in most knee replacement implants. This also reduces concern for metal sensitivity issues, which many patients are concerned about. It's worth to note that laboratory wear performance has been tested out to 30 years (based on average number of steps a person takes per year).



Traditional knee surgery has relied on the skill and experience of the surgeon and is a very successful surgery that Dr. Siebuhr has delivered to Ocala residents for years. The CORI Surgical System is a powerful tool that lets Dr. Siebuhr target specific areas of your knee anatomy and deliver a custom fit using real time computer imaging. The CORI System is a robotics-assisted tool and serves as an extension of Dr. Siebuhr.

Unlike other robotic systems, there is no fixed arm or hands-off procedures; your surgery remains in the skilled hands and judgement of Dr. Siebuhr.

We believe that you deserve the best in knee replacement surgery. The combination of the most advanced robotics available, superior wear characteristics, and reduced risk of metal sensitivity issues is absolutely the best option for patients requiring knee replacement surgery to treat their degenerative knee condition. We invite you to visit our website reconorthofl.com for information on our practice as well as the CORI Knee Replacement option.

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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.

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It's National Immunization Awareness Month

Are You Caught Up on Your Shots?

There are other important vaccines besides the one for COVID-19. Just as you did when you were younger, adults — especially older adults — may need certain vaccines. As we age, our immunity from childhood vaccines can wear off. And, we're at risk for different diseases than when we were as children.

According to the Centers for Disease Control and Prevention (CDC), vaccinations are one of the easiest and safest ways to prevent disease. Your doctor may suggest you get vaccines for the Flu, pneumonia, Tdap (which includes protection from whooping cough), vaccines, but there are others to talk to your doctor about. Here's some information about some key vaccines important for older adults:

- **Flu:** Getting the flu can get be serious, especially if you're older than 65. The High-Dose Flu Vaccine is made for people 65+. It has a stronger immune response and offers four times the amount of antigen as a regular flu shot.
- **Pneumonia:** Pneumonia can be very dangerous for seniors. There are two types vaccines to protect against pneumonia. Your doctor can help you decide which is right for you.
- **Tdap (Tetanus, Diphtheria and Pertussis):** This vaccine is the same shot that children receive. With one shot, you'll get protection against pertussis (whooping cough), tetanus (lockjaw) and diphtheria.
- **Shingles:** If you've had chickenpox, the virus that causes shingles is still in your body. It could become active and cause shingles, a condition often marked by debilitating chronic pain. Even if you've already had shingles or don't remember having the chickenpox, adults 50+ should consider getting this vaccine.

You'll find a list of vaccinations recommended by the CDC at [cdc.gov/vaccines/adults](https://www.cdc.gov/vaccines/adults) (click on "adults"). Based on your health history, your doctor will talk to you about which vaccines are best for you. And remember, many of these vaccinations are covered in most insurance plans, including Florida Blue Medicare.

Source: www.cdc.gov/vaccines/adults



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Lumbar Spine Pain: Symptoms, Causes & Treatments

By Regenexx Tampa Bay, Regenerative Medicine

The body is an interconnected machine with each part working together in harmony. The lumbar spine is a crucial element of this machine. The hip, knee, and foot are all controlled by spinal nerves within the low back. A problem in the lumbar spine could create problems at any point in the lower body. Common lumbar issues include arthritis, foraminal and spinal stenosis, pinched nerves, disc problems, muscle atrophy, loose ligaments, and spondylolysis. In this article, we will give you a brief overview of these common lumbar spine problems along with their potential symptoms, causes, and treatments.

First, let's take a look at the spinal column and its parts.

The Spinal Column

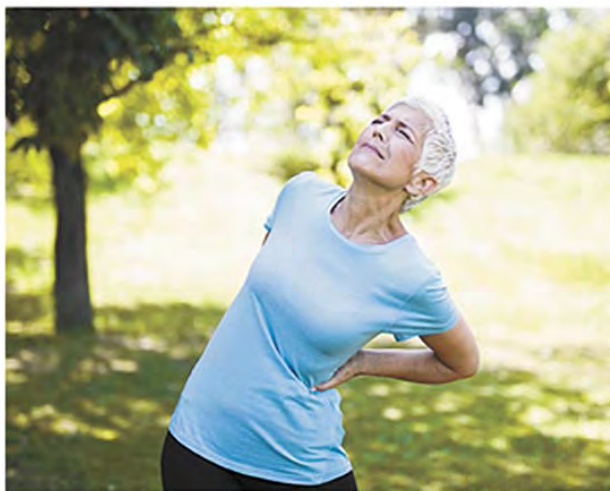
The spinal column is made up of vertebrae that are stacked one on top of the other with an intervertebral disc between each level to provide cushion and absorb shock. The cervical spine consists of the neck area and is made up of seven vertebrae (C1-C7). Following the cervical spine is the thoracic spine (T1-T12), the lumbar spine (L1-L5), the sacrum (S1-S5), and the coccyx. The posterior (back) portion of these vertebrae is known as the spinous process and on either side of these, connecting one vertebra to the next, are finger-joint-sized articulations called facet joints.

Another extremely important part of the spinal column is the spinal canal. This tunnel runs down the middle of the column and houses the spinal cord, which has many nerves that transmit muscle commands and sensory information throughout the body and to the brain. There are small holes in the spinal column where the nerves exit and branch off to other parts of the body. There is one at each level of the spinal column. One of these holes is called a foramen. Any of these structures can become damaged or diseased in some way and lead to pain, discomfort, or even disability.

Foraminal Stenosis

When the spine is healthy, spinal nerves easily traverse through the tunnels transmitting sensory information from each body part to the brain and provide impulses to the muscles so they can contract and move the body part. However, when the spine is unhealthy, the flow of information can be disrupted.

The disc or cushion in between the spine bones can bulge and/or the spine joints can get arthritis causing the foramen to narrow. This narrowing of the tunnel is called foraminal stenosis and can cause the nerves to get pinched. The pressure from a pinched nerve can cause muscle tightness, weakness, numbness, tingling,



burning, or electrical pain in the specific distribution of that nerve. For example, if there is a lower lumbar foraminal stenosis, you could experience numbness in your big toe. Sometimes the symptoms slowly manifest over time from a more subtle pinching of the nerve. If the nerve is irritated, it may release inflammatory substances into the tissue to which the nerve travels causing that tissue to degenerate more rapidly than other areas leading to painful problems such as tendinopathy.

You could have laser spine surgery to open up the hole, but this surgery can have major side effects and serious implications. Another way to surgically treat stenosis is with a spinal fusion, but the mention of a fusion should be a huge red flag to seek out other opinions. Why? Adjacent segment disease (ASD). After a fusion, the motion of the fused segments is limited and the biomechanical loads are transferred to the segments above and below the level of the fusion. These adjacent segments could get damaged and become painful over time resulting in additional surgeries.

Surgery is often performed after an MRI diagnosis of the problem. An MRI indicating stenosis is not enough to appropriately diagnose that stenosis is the cause of pain. If you do have foraminal stenosis, you should not put all your trust in MRI results. Patients may or may not have pain with foraminal stenosis. The MRI is a description of the appearance of the spine. Many people have stenosis and no noticeable problems. An experienced physician knows that it's critical to treat the person, not the MRI. This can be determined by a thorough history and physical examination. Research also shows that skilled physical therapy is as effective as surgery in relieving stenosis symptoms.

Our approach to foraminal stenosis utilizes nonsurgical solutions to treat it before it progresses. Precise image-guided injections of the patient's own platelets into the foramen and around the nerve can help manage the problem.

Facet Joint Osteoarthritis and Instability

The facet joints that we spoke of earlier can become injured from trauma or develop arthritis from cartilage breakdown due to wear and tear. Facet joints allow for and limit movement in the spine. When bending backward, these joints become compressed and when you bend forward, they open up. When damage or arthritis occurs, facet joints can become chronically painful, especially with movement. Facet arthritis is often referred to as Degenerative Joint Disease (DJD).

For facet arthritis or injuries, doctors may recommend a radiofrequency ablation (RFA) also referred to as a rhizotomy of the small nerve that senses pain from that specific facet joint. This is a destructive process that damages the nerve. Although this can be effective in some cases, it may leave the surrounding muscles weaker which can actually be a cause of back pain.

A surgical option is a lumbar fusion to bolt two or more vertebrae of the spine together to eliminate movement and therefore, pain. The nature of this surgery can also damage the muscles that stabilize the area. This is an irreversible procedure that can cause adjacent segment disease in the vertebrae above and below. This surgery should only be considered in the most extreme cases.

Our approach for DJD often includes high-dose PRP, platelet lysate, or stem cell injections precisely targeting the facet joints, surrounding ligaments, atrophied muscles, and around the nerves. This is a tissue preservation strategy that involves no cutting, surgery, hardware, or tissue destruction helping patients avoid pain medications and damaging cortisone injections.

Disc Problems

Within the lumbar spine, there are four types of disc problems that can occur. A herniated disc occurs when the outer covering of the structure breaks open allowing the inner gel to herniate out. A bulging disc is when the outer covering doesn't completely break open, but the fibers are stretched and weak leading the gel to bulge. A torn disc means that the outer cover has a tear that causes or it may allow the leaking of chemicals on the associated spinal nerve. Lastly, a degenerated disc is one that has collapsed or narrowed due to insufficient living cells inside the disc not producing enough of the substances that keep the disc plump. A severely degenerated disc is usually not a source of pain unless it's bulging or leaking onto a spinal nerve. Earlier in the degeneration process, while the disc still has plumpness to it, tears in the back of the disc can be a source of low back pain that results in severe episodes of pain with sitting, coughing, sneezing, or lifting. When a disc is severely degenerated, it usually is no longer painful itself. However, the mechanical load of the compressive forces in the spine at that level are no longer being taken up by the disc and therefore get transferred to the facet joints leading to wear and tear and DJD as described above.

Generally, disc surgeries include either back fusions or disc replacement. Regarding fusion, the vertebrae are bolted together with hardware to keep them immobile. With disc replacement, the goal is to have fewer side effects than a fusion, however, research has shown that abnormal motion with an artificial disc can also lead to ASD. The other side effects of having a device implanted include wear-and-tear ions in the blood from the breakdown of the metal or plastic device, ongoing pain, and potential revision surgeries.

With our approach, herniated and bulging discs are treated based on the problem they are causing. For pinched nerves, instilling isolated growth factors or platelet lysate around the irritated nerve can help the nerve recover and become more tolerant of its narrow space. Injection of the surrounding ligaments and muscles provides for stability with better-controlled movements taking pressures off the disc and nerves. In some cases, bulging discs may be treated with a same-day stem cell treatment to reduce the size of the bulge or heal a tear. In other cases, cultured (grown) stem cells injected in a specific way may be required. Torn discs can be treated with either stem cell or PRP injections very effectively. Symptoms respond well to a treatment protocol focused on platelet and/or stem cell technology deployed to treat undesirable disc and lumbar segment movements due to lax ligaments and arthritic facet joints.

Pinched Lumbar Nerve

Pinched nerves can be caused by foraminal stenosis from bulging or herniated discs and facet joint arthritis as discussed. A pinched lumbar nerve can cause pain, numbness, tingling, or weakness anywhere along the route that particular nerve branch supplies. Pain may or may not be present in the low back.

Chronic knee pain could actually be due to a pinched nerve in the lumbar spine. A doctor may mistakenly conclude that the knee is the source of the pain. This is exactly why we find it so important to consider the entire musculoskeletal system as a whole rather than in parts and to take an extensive history and physical.

The surgical approach to a pinched nerve depends on the root cause. For example, if a disc bulge is to blame, it could be a discectomy and graft and/or lumbar fusion. If it is a foraminal stenosis, laser surgery may enlarge the foraminal opening where the nerve is being pinched. Problems with invasive lumbar surgery are many, including long recovery times and often continuing pain. Ultimately, the structure never fully functions as it originally did.

Our approach includes examining the full musculoskeletal system to determine the source of pain and the pinched nerve and then developing an appropriate treatment plan. Treatment may consist of precise image-guided injections of healing growth factors isolated from a patient's own blood platelets, PRP, or stem cells.

Steroids, NSAIDs, & Other Drugs - Not Recommended

You may be presented with other treatments within the traditional orthopedics model for lumbar problems, including steroid shots or medications.



Nonsteroidal anti-inflammatory drugs (NSAIDs) come with a long and growing list of dangerous side effects, such as sudden-death heart attacks, stroke, gastrointestinal bleeding, addiction, and overdose.

Narcotics can provide pain relief but are not addressing the issue directly and of course, can be addictive. Overdose has become an increasing public health issue.

Steroid shots have been shown to destroy local cartilage in the joint which can progress arthritis and provide no significant long term pain improvement. In fact, pain relief usually diminishes with repeated steroid injections. The list of problems with these injections is also lengthy.

There are supplements that can be a good alternative for pain and inflammation. Chondroitin and glucosamine have been shown to be effective pain relievers and can preserve cartilage. Curcumin derived from turmeric can also decrease inflammation and relieve pain from arthritis and other issues.

Our spines are tuned to precision and attempting to rearrange the spine's biomechanics with fusions and surgeries is often a bad idea. It is essential to understand that where it hurts may or may not be where the primary damage is located.

Acting on a lumbar spine problem while it's still a small problem or when the issue first appears, will be less of an issue than trying to take care of it when it becomes a larger problem that spirals out of control. Conservative options may help in some cases, but if these options have failed, we urge you to seek out interventional orthopedic solutions!



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).



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.



Ignatios Papas, DO, is a non-surgical orthopedic physician specializing in Physical Medicine and Rehabilitation at Regenexx Tampa Bay. Dr. Papas has taught courses in musculoskeletal ultrasound to residents across multiple specialties and to medical students at Carolinas Medical Center in Charlotte.

He is a member of the American Medical Society for Sports Medicine, the American Academy of Physical Medicine and Rehabilitation, and the American Academy of Orthopedics just to name a few. When he isn't practicing medicine he enjoys spending time with his wife and new baby, playing soccer, practicing guitar, and listening to historical podcast



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Pacifica Senior Living: 5 Tips to DESTRESS

Life has been a little more stressful for many people over the past year. Along with the “pandemic” which we’re all growing tired of, many people have added stress-related issues and disappointments.

Here are a few tips to help you cope, relax and find inner peace:

#1 Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself off in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time. You will most likely notice that these personal care methods will help you to become calmer throughout the day. It’s important to take breaks from social media and news outlets, because these often add to our stress response and can intensify negative feelings.

#2 Get Moving

With closure and limitations in going to the gym or our favorite yoga studio, most people can benefit from taking a brisk 30-minute walk, bike ride, or doing any type of exercise in doors via YouTube. The good news is those options are all free with the exception of internet service. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength. If you can work out harder, it’s extremely beneficial to get your heart rate up daily with cardiovascular exercise.

#3 Meditation & Prayer

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation and prayer also reduce stress and anxiety, and promotes emotional wellbeing, which can help fight addictions, generate health and improve immune function, and it can stave off memory disorders and increase neuronal plasticity.

#4 Sleep

The body produces cytokines, which are protective proteins that block infection and inflammation. When a person gets the recommended, uninterrupted seven to nine hours of sleep, cytokines are produced. Without quality sleep, they are significantly less. Blue light is a significant cause of circadian rhythm interruptions. Blue light emits wavelengths that contribute to sleep disturbances.



Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it’s still daytime, which makes it difficult to fall and stay asleep. Blue light disrupts the circadian rhythm and natural sleep cycles, specifically, the delta and beta wavelengths, leading to increased activity in the brain, less relaxation and exacerbates stress and anxiety.

#5 Combining Methods is Best

In order to overcome stress, we need a well-rounded treatment protocol that incorporates, medication (if necessary), stress management, nutrition, high-quality sleep, exercise, meditation, hormone balancing and other therapies that can help to stabilize our systems.

When to Seek Help

If your stress or anxiety are lingering, you should take steps to get treatment. Stress can show itself both physically and mentally. If you feel persistently sad, anxious, or on edge; you start having unexplained physical problems; you’re unable to sleep; feel irritable all the time; or just feel overwhelmed, it may be time to seek help.

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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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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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How Interest Rates Affect Stocks Prices

When the Fed lowers interest rates, it aims to increase borrowing and spending by businesses and consumers. It also aims to generate more business activity and more hiring. When the central bank raises interest rates, it is generally an action to reduce inflation and "cool off" the economy.

The focus right now is on Inflation. In latter July, the government reported that the Consumer Price index (CPI) rose by .9% which shows signs of rapidly rising costs of living. When this becomes chronic the Federal Reserve usually raises interest rates to cool off the economy. The high unemployment rate is the only thing holding them back, which is being manipulated by the Federal government by offering federal subsidies to the state unemployment structure. The subsidy is forcing companies to pay more than fifteen dollars an hour which has been a Democratic goal for the last few years. The Fed has signaled that it does not plan to raise interest rates until sometime in 2021.

But when rates do increase it is important to know how that affects your portfolios. A rate hike reduces the amount of money in circulation, then the cost of borrowing goes up. This affects the rate you pay on auto loans, credit cards and other forms of loans. Not only do higher rates affect what it costs consumers, it also has a profound impact on corporations. Higher interest rates mean it costs more for corporations to pay on interest rates. Those costs are generally passed on to the consumers which leads to more inflation and then higher interest rates. Costs go up until they cannot and that spells trouble.

Higher interest rates impact a company's cash flow because they need to make higher interest payments. All of this slows the economy and slows down GDP. If you have long dated bonds in your portfolio or bond mutual funds, you need to



call and make an appointment for us to analyze your asset allocation. (941 925-2121 Vimvest HDmoney). So what can we do for investors who are looking for both safety and income? There is a range of answers to this question, and we invite you to reach out to us if you're curious to learn more about the full menu.

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EPA & DHA:

How to Decipher the Omega-3 Alphabet Soup

By Anne-Marie Chalmers, MD

It's easy to get lost in the alphabet soup of the omega-3 fatty acid world. Acronyms like EPA and DHA represent just two members of the large omega-3 family – and even that's enough to give consumers and health practitioners alike a headache.

But what do these acronyms boil down to anyway? Let's straighten out some key facts about these important fatty acids.

How Many Types of Omega-3s Are There?

Think of omega-3 fatty acids as a molecular "slinky." These molecules contain multiple double bonds that allow them to be flexible and adaptable.

The term "omega-3" encompasses a broad range of fatty acids. These tend to fall into two main categories: monounsaturated fatty acids (MUFAs) and polyunsaturated fatty acids (PUFAs). However, it's usually the PUFA portion of the omega-3 family that gets the most attention.

Within the PUFA group, scientists have to date identified 33 different members. In addition, there are some 10 different MUFAs and 20 unnamed very long-chain fatty acids that fall outside the main categories.

In other words, there are a bunch of them!

If you see the words "other omega-3s" on a supplement label, remember that any omega-3 (besides EPA and DHA) will typically get lumped under that heading.

EPA and DHA: The Most Popular Omega-3 Fatty Acids

Over the last 50 years, the omega-3 family has had two superstars: EPA and DHA.

EPA stands for eicosapentaenoic acid (try to say that in one breath), and DHA is the acronym for docosahexaenoic acid (another tongue twister). Naturally found in fish and breast milk, EPA and DHA are considered the most potent omega-3s. That's why the majority of the omega-3 research to date has fixated on these two fatty acids.

EPA and DHA first sparked the interest of Danish researchers, Bang and Dyerberg, in the early 1970s. At that time, it was believed that fat was the culprit behind the skyrocketing levels of cardiovascular



disease in the Western world. Bang and Dyerberg analyzed the fat-rich diet of Inuits in Greenland, where heart disease was almost nonexistent. Since the Inuits' diet largely consisted of fish and seal – two rich sources of EPA and DHA – Bang and Dyerberg speculated that higher intakes of EPA and DHA might reduce the risk of coronary heart disease.

The rest is history. Since Bang and Dyerberg published their first papers, EPA and DHA have become some of the most researched nutrients in history. Over the decades, thousands of studies have examined how these fatty acids affect not just the heart, but virtually every other aspect of health as well.

How Do EPA and DHA Work?

EPA and DHA are often referred to as "very long-chain fatty acids." That's a fancy way of saying that EPA and DHA have a chemical structure that's more flexible than other types of omega-3s. This allows them to quickly change their shape and connect with other important molecules.

EPA and DHA have a profound influence at the cellular level. They keep the cell membrane nice and supple, which helps promote healthy nutrient exchange. They also influence cell signaling and gene expression. In addition, EPA and DHA are the precursors for other powerful inflammation-fighting molecules.

Because of their many roles, EPA and DHA are vital for the healthy growth, development, and maintenance of every cell and tissue in our body.

The Difference Between EPA and DHA

EPA and DHA are often viewed as a pair, but over the last decade, more has been discovered about their individual differences.

DHA, for instance, seems to be especially important for healthy eye development. Comprising some 50-70% of the fatty acids in certain segments of the retina, DHA is essential for optimal sight. DHA also makes up a large percentage of the fatty acids in the brain, and is important for healthy neurotransmission and neuroplasticity.

That's not to say that EPA isn't important in these areas, too. For instance, a number of studies on mental health issues (including depression and psychiatric disorders) have indicated that EPA may be more beneficial than DHA for managing symptoms.

We're still in the early stages of understanding exactly how these powerhouses work, and studies continue to provide surprising new insights. For instance, a 2020 Tufts University study discovered DHA had a more powerful anti-inflammatory effect compared to EPA, but EPA was better at improving the balance between pro and anti-inflammatory proteins. As science evolves, we will continue to learn more about the vital impact these omega-3s have on human health.

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

<https://omega3innovations.com/blog/epa-dha-ala-how-to-decipher-the-omega-3-alphabet-soup/>

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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Dr. Brent Carter

Diabetes Adversely Affects Foot and Leg Health

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Roughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

People with diabetes have an extremely high storage of glucose; Glucose damages many organs in the body but also has a severely adverse effect on nerves. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective.

Individuals with diabetes are at a higher risk of developing foot ulcers. These are not just simple wounds that are to be overlooked. When a diabetic person develops these foot ulcers, it can be life threatening.

Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, along with nerve damage, you may develop lingering sores on your feet and toes that are resistant to healing.

Diabetic Foot Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers

Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of diabetic foot neuropathy.

Foot Ulcers

Because of the nerve damage, the feet will most likely not secrete oils or sweat properly and can develop cracks and deep slits from dry skin. Calluses can also split, and once these issues start to take place, bleeding, infections and non-healing wounds form on the bottom of the foot and toes. The lack of blood supply and the nerve issues, do not allow the wound to heal properly on its own. Along with this disorder, the individual will continue to put pressure on the foot; this rubbing action is similar to wearing a hole in your sock or shoe.

It's critical to keep your glucose levels regulated.

Diabetic Foot Ulcer Treatment

- Antibiotics
- Grafts
- Hyperbaric oxygen treatments
- Saline debridement
- Surgery
- Therapeutic footwear
- Wound care

People with diabetes are encouraged to do self-checks on their feet daily. As soon as you notice any redness or wounds, it is imperative to see your podiatrist. Dr. Brent Carter and his staff are ready to answer your questions.

Schedule an Appointment Today



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Developing Social Communication in Children

Innovative Therapies Group

A child's expressive vocabulary grows rapidly from the time of his first word at approximately 12 months, through first grade. Did you know that the average 2 year old uses over 200 words growing to 1000 words by age 3 years to over 1600 words by age 4? Your child's words may only be understood 50% of the time by age 2 but should be 90% understandable between 4-5 years.

There are many strategies that parents and caregivers can use to improve a child's communication:

Follow the child's lead

- Let the child choose the activity
- Join in the child's activity
- Comment on the child's play/talk about what he/she is doing
- Be face to face

Make it interactive – Create an opportunity for your child to communicate

- Keep toys/needed items in sight and out of reach to elicit requesting
- Provide inadequate portions so child requests more
- Create silly situations/be animated
- Playfully obstruct activity so child must request you "move", "go", etc.

Model and Expand the child's language

- Model gestures and words
- Simplify your language
- Speak slowly
- Be repetitive
- Provide choices (even when you already know what the child wants)
- Add one more element to your child's language (i.e.: if child uses one word utterances, model two word phrases, "go" becomes "car go")

Try some of these fun outdoor activities to help develop language skills.

Nature Walk: Whether at your local park or in your own backyard, now's the perfect time to get outside. While you are there, take the time to talk about what you are seeing:

- Label items (grass, leaf, flower, tree, dirt, stick). Collect items in a bag and encourage your child to show others what they found. Model language ("Look, I see, I found")



- Talk about the colors and sizes (big/little, short/tall) of the flowers, bugs, rocks and plants
- Discuss what you hear (model silly sounds and animal sounds)
- Talk about what people/animals are doing (who is running, sliding, throwing, swinging or what is crawling, flying, hiding). This is a great activity to practice verbs!

Water/sand play: Enjoy a hot day with water and/or sand play! Fill up a small pool or even a bucket with water/sand. You can use cups, big spoons and strainers while discussing the different steps throughout the activity:

- Talk about actions (splash, pour, fill, dump, scoop, dig)
- Label items (boats, spoons, cups). Children love to find items buried in the sand (hide, find and label them)!
- Talk about body parts (splash/scoop with your hands, splash with/bury your feet, do little splashes/dig with your fingers)

Follow the Leader/Simon Says: Both activities are great for toddlers and school-age children. Use Follow the Leader to work on identifying body parts and actions, as well as following directions. Younger children can participate by following visual instructions.

- Make sure you talk about what you're doing (model words), model actions and assist them with hand over hand assistance if necessary! ("Clap hands, stomp feet, arms up", "touch your eyes/nose/toes" and "Walk, run, jump, hop")
- Work on opposites (up/down, stop/go, loud/soft, high/low)

- Make instructions harder if the children are older (have them follow two "clap your hands then stomp your feet" or "touch your nose then touch your toes")
- Take turns being the leader and being "Simon". Encourage your child to tell you what to do!

Caregiver involvement can have a positive impact on improving a child's language skills. However, there are red flags which may indicate that a child may need professional intervention.

Red Flags

18 months:

- Does not point to objects
- Does not use gestures such as waving or shaking head
- Does not respond to "no" and "bye-bye"
- Does not use at least six to ten words consistently
- Does not hear well or discriminate between sounds

24 months:

- Does not use at least six consonant sounds
- Does not follow simple directions
- Has a vocabulary of less than 50 words
- Has decreased interest in social interactions

36 months:

- Strangers have difficulty understanding what the child is saying
- Does not use simple sentences

Innovative Therapies Group understands that family education is critical to improve a child's development of language skills. Coupled with family participation, direct therapy for a variety of communication disorders and delays can promote independent function and improved communication.

Speech therapy can help with improving a child's ability to understand and use language; and their ability to produce intelligible speech. We have experience treating children with a variety of disorders including Autism Spectrum Disorder.

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

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The Link Between Tinnitus and Dementia



Many studies have remarked on the link between hearing loss and dementia, but many people still wonder if tinnitus has any links to the condition as well.

Recent studies have shown that there is an irrefutable link between hearing loss and dementia in older patients. As their hearing worsens, they might have trouble interacting with people. Many older people who struggle to communicate with family members, friends, and nurses might withdraw, which can have a negative impact on their health. Social isolation has been shown to increase the onset and effects of dementia, and hearing loss can directly cause isolation.

There is also the issue of misdiagnosis. Certain symptoms of hearing loss might be misinterpreted as dementia. In one case, a woman was diagnosed with a serious case of dementia. After she was fitted with hearing aids, doctors were able to determine that many of her symptoms weren't caused by a mental condition, but a hearing problem.

Early detection of hearing loss is key in these cases. Once the hearing loss is diagnosed, measures can be taken to ensure that the patient's health and well-being are better taken care of. Hearing aids can allow them the freedom to communicate, and an active social life can help prevent the onset of dementia.

Tinnitus and hearing loss

Not every person suffering tinnitus experiences hearing loss, and not every person with hearing loss has tinnitus. However, these two conditions are linked in many cases. Many of those who suffer

from noise-induced hearing loss have reported prolonged or constant ringing in their ears. It is not entirely clear why noise-induced hearing loss leads to tinnitus, but it likely involves the cochlea.

The cochlea is a spiral-shaped organ in your inner ear. The inside is lined with sound-sensitive cells that help you process what you're hearing. When the cochlea is exposed to loud, excessive noise, tinnitus and hearing loss can occur. Many people experience tinnitus after concerts, gunfire, or other loud noises. However, when the ringing doesn't go away, tinnitus becomes a problem.

While tinnitus and hearing loss are not inherently linked, there is a definite correlation between the two. So it's safe to say that an elderly person suffering from hearing loss might experience tinnitus as well. Tinnitus can cause a host of problems on its own, many of which might worsen dementia symptoms.

Linking tinnitus and dementia

Tinnitus makes it difficult for many people to relax and focus. This constant attention can cause mental fatigue, exhaustion, and depression. Insomnia and troubled sleep have also been linked to tinnitus, and lack of sleep can have serious, detrimental effects to anyone's health. When combined with the social isolation and lack of communication that hearing loss can cause, tinnitus can deeply influence an elderly person's health and wellbeing.

Tinnitus and hearing loss also cause the brain to "reorganize". In order to cope with the loss of hearing, the brain stops performing certain functions in order to compensate. The areas of the brain dedicated to memory and concentration are the first to go, and the loss of these functions can lead to the onset of dementia.

How hearing aids can help

As Signia continuously develops its hearing aid technology, the opportunities for better hearing grow. Hearing aids can have a profoundly positive impact on the elderly, especially those who long to communicate and hear the world around them. These interactions can improve their quality of life and prevent isolation and depression -- two factors that have a serious impact on dementia.

The earlier hearing loss and tinnitus are diagnosed, the faster treatment can begin. Consider visiting a hearing care professional for a hearing test, and talk to your loved ones about hearing aids. Better hearing can improve present-day interactions and future health.

Source:
<https://www.signia.net/en/blog/global/2019-02-19-the-link-between-tinnitus-and-dementia/>

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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.

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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!

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 (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

Preventing Falls Extends Quality of Life in Older Adults

Submitted by Hospice of Marion County

Whether it's you or someone you know, we've all experienced accidents, falls and other mishaps that can cause havoc on our bodies. Preventing falls in the home helps curb hospital stays and emergency room visits. According to the National Council on Aging, one-fourth of Americans aged 65+ falls each year and falls are the leading cause of non-fatal emergency room visits and hospital admissions among older adults. Plus, statistics reveal that one fall usually leads to another in the future among this age group.

Falls take away what matters most, our quality of life and independence. This is especially true for older age groups. Increasing strength, balance and endurance through walking, swimming or other types of exercise along with taking a few precautions goes a long way in maintaining better health.

There are currently over 40 million people in the U.S. aged 65+ and this number is anticipated to double by 2050. As a result, demand for durable medical equipment (DME) is in higher demand for this segment of the population due to normal aging ailments, falls and other illnesses.

Whether in short-term or long-term care, and especially with post-surgery care at home, DME home



medical equipment and supplies play an assistive role in faster patient recovery. Luckily, there are many options for consumers of home medical supplies and equipment ranging from personal aids for daily living, mobility aids such as canes, walkers, and wheel chairs, to monitoring equipment such as oxygen and diabetic supplies to hospital beds.

Accent Medical, a durable medical equipment company and affiliate of Hospice of Marion County, is a not-for-profit organization that in addition to serving hospice patients and their families, offers the same quality care and products to anyone in Marion County. Clients can pick up or if home delivery is required, that too can be arranged.

"We do the leg work, so you don't have to," says Accent Medical Administrator Mike Ratner. Adding, "Our friendly qualified staff goes the extra mile to deliver the best products with the best service. We tailor our services to meet a customer's specific situation and individual needs."

Accent Medical technicians will hand-assemble in the home, educate folks on safe and easy ways to operate all of the equipment, making sure clients understand "how to" instructions before leaving their home.

Additionally, if purchasing equipment is not in your budget or required for long-term use, an option to rent is available as well. Accent Medical will provide a free price estimate and recommend only the items that are right for the customer.

"Our team can help you select the best quality product to suit your budget, plus we offer a 'happiness guarantee' with a no-hassle return policy," says Ratner. "We are with our customers every step of the way and live by our motto—Enhancing quality of life, one person at a time."

To learn more about Accent Medical, call (352) 622-7260 or visit: www.accentmedical.org



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Cannabis & Coronavirus

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

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all.



This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus.

Regardless, as we all go through the unknowns of this novel coronavirus, let's continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).

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Hydrating Your Soul

By Ross Johnson, Lead Pastor, Gathering Pointe Church

It was sometime during the summer of 2001. We had just moved our family from LaCrosse, WI where I served as a youth pastor for almost five years to Sellersville, PA to begin my Master of Divinity degree at Calvary Baptist Theological Seminary. I had about a month and a half of free time before my new job and classes started, so we decided to travel back to my home town of Council Bluffs, Iowa to see my parents. At that time, my father was running his small general contracting business and had several roofs to finish before the winter months began. So we went back to help him finish those roofs and make some extra money.

I had just turned 29 in June; obviously much younger than I am now...and in considerable better shape and condition (the last seventeen years haven't been kind!). Years before, I had worked with my dad for a few years roofing so I knew what I was getting into. If you have ever done that line of work, you know it is not the easiest job in the world and while I was in pretty good shape, I wasn't in "roofing" shape.

If my memory serves me correct, were finishing up our fourth roof in three and half weeks of work. It was getting later in the day, it was hot and humid with little to no breeze and I just wasn't feeling well. I told my dad that I wasn't feeling well and thought it might be a good idea for me to get off the roof for a while. Little did I know that when I climbed down off the ladder that day, I would no longer be able to help him finish; not just that roof, but the remaining roofs he had left.

The next thing I remember, my wife was helping me get out of my truck in front of my sister's house. I don't remember driving home and I had blacked out in the street with the truck still running. I have only two more memories of that day. I remember my brother in law helping me into a cold shower to help cool my core temperature and then I remember waking up in the hospital with all kinds of tubes, IV's plugged into me and ice packs placed all over my body. I was told that when I arrived at the hospital that my core body temp had reached closed to 107 degrees. I had suffered a severe exertional heat stroke due to strenuous activity in hot weather and dehydration. It was not a good situation and quite honestly, I was pretty scared.



Since that day, I have taken the topic of hydration much more serious. Dehydration is a serious issue that can creep up on you extremely quick and have life altering ramifications. The Mayo Clinic's website informs us that one of the causes of heat stroke is dehydration and can cause your brain or other vital organs to swell, possibly resulting in permanent damage and without prompt and adequate treatment, can lead to death.

As dangerous as physical dehydration can be...I want to close out our time in this article to discuss another type of dehydration – that of spiritual dehydration.

During the summer months it is quite natural for families to take time for travel and family vacations. It is part of life...one that we all look forward to. But as a pastor, I fear many of us take a spiritual vacation as well. It is easy in the midst of our traveling and time away to rehydrate our physical lives to neglect our spiritual lives and become spiritually dehydrated. We miss church.

We miss community. We miss those quiet moments in our Bible reading and prayer.

In Psalm 42:1-2, the Psalmist writes, "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God." The Psalmist had a deep desire to have his spiritual thirst quenched by the things of God. He was in a rough spot in this period of his life and he knew it would be easy to become spiritually dehydrated and so he sought out the life giving streams that flow from the presence of God.

During the remaining weeks of summer be sure to stay hydrated; hydrate your body and hydrate your soul. Drink plenty of water. But perhaps more important, stay connected to our Heavenly Father and drink in His presence and blessings.

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