

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

August 2021

Lake/Sumter Edition - Monthly

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FREE

**National
Immunization
Awareness
Month**

**Regenerative
Medicine for ED**

Prostate Cancer

An Advanced Technique
Saves Lives

**Diabetes
Adversely
Affects Foot &
Leg Health**

**Alzheimer's Disease
& Brain Health**

**Early Detection of
Cancer Saves Lives**

Get Screened



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
- SCLEROTHERAPY

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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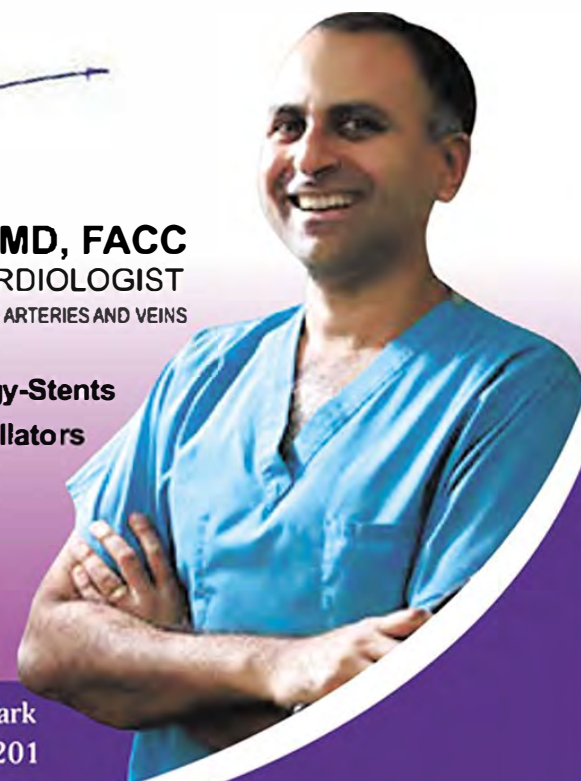
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BREAKTHROUGH IOL TECHNOLOGIES FROM LAKE EYE

Deciding to treat the blur, muting and potential danger of cataracts is a smart decision, one designed to dramatically improve vision, safety and quality of life. But having a clouded natural lens removed is only the first part of cataract surgery – the second is having a new intraocular lens (IOL) implanted in its stead. IOLs come with a variety of features, so it's important to work with your eye doctor to choose the one that will provide the optimal vision correction for the way you live. Your best IOL is suited to the unique condition of your eye and matches your vision goals. To that end, Lake Eye offers a wide range of the most advanced IOL technologies to give you every potential for sharp, brilliant vision that caters to your daily needs now and over the long term.

As you may know, Lake Eye is a practice heralded for technological and procedural firsts in the region: we were the first local provider qualified to perform the bladeless Femto Laser cataract system, and the first to offer a complete range of the most advanced FDA-approved IOLs ever created, including:

The Tecnis® Symphony® extended range of vision IOL – the Symphony lens delivers a full range of continuous, high quality vision at far and intermediate distances, and improves near vision, even age-related loss of near vision (presbyopia), better than a standard monofocal IOL.

The AcrySof IQ® lens – this lens provides improvements to key elements involved in clear, sharp vision, including minimizing spherical aberrations, enhancing contrast and colors, and delivering filtered blue light protection to safeguard eye health.

The AcrySof IQ PanOptix® – available in both trifocal and toric trifocal (for patients with astigmatism), the PanOptix IOL improves distant, intermediate and near vision by enhancing light to the retina, mimicking healthy natural vision.



The AcrySof® IQ Vivity™ – the Vivity provides superior extended-range vision compared to a standard IOL, providing clarity at both far distances and at arm's length, with improvement to close-up vision. Unlike multifocal IOLs, the Vivity uses advanced non-diffractive X-wave™ technology to provide continuous vision across a broader scope with improved contrast sensitivity, especially in low light.

The Tecnis Eyhance™ – the Eyhance monofocal IOL provides superior depth of focus and image contrast, even in low light conditions. For patients with astigmatism, the Eyhance Toric II is engineered to provide advanced correction of eyeball irregularities.

Dr. Scot Holman is the first local surgeon to implant the Eyhance IOL. "The Eyhance provides the precision of a monofocal lens as well as depth-of-focus benefits that can compete with some multifocal lenses," says Dr. Holman. "The Eyhance can deliver dramatic improvement across a range of vision fields without correction overlap."

Dr. Holman and Dr. Gutti were among the first local surgeons to implant the Vivity monofocal IOL. "The Vivity offers renewed clarity and depth

of focus to patients with presbyopia," says Dr. Gutti. "Unlike a standard monofocal lens, the Vivity can improve vision across a range of distances while reducing or eliminating a person's dependence on reading glasses. It is a monofocal that behaves somewhat like a multifocal, providing the best of both worlds for certain patients."

Dr. Holman and Dr. Vinay Gutti are both excited about the AcrySof IQ and AcrySof IQ PanOptix IOLs. "The PanOptix in particular is truly amazing," says Dr. Gutti. "It bends light toward the retina like a normal, healthy lens, and provides trifocal vision correction. The technology is incredible."

All three doctors are also enthusiastic about lens technologies that will soon be available, including Johnson and Johnson's Tecnis Synergy™, a continuous range of vision IOL that provides high-contrast correction at all distances, even in dim lighting. It corrects presbyopia while improving distant and intermediate vision, and promotes focusing capabilities that rival natural vision. Approved for commercial use in many European countries, the Synergy IOL is expected to be FDA-approved soon for use here in the US. "And, of course, we intend to be among the first surgeons in the area to offer it," says Dr. Wehrly. "It is part of Lake Eye's commitment to remain at the forefront of the newest and best technologies. It is what our patients expect and deserve."

Lake Eye offers an impressive selection of monofocal, multifocal and extended range of vision IOLs, including toric versions to address astigmatism, for the widest range of options to correct vision challenges and cater to individual budgets.

For the most revolutionary, sophisticated and effective cataract solutions, including the latest in IOL technologies, Central Florida relies on the experienced doctors and staff of Lake Eye, the region's leader in clear, healthy vision.



Early Detection of Cancer Saves Lives: Get Screened

A cancer diagnosis changes everything; it is, perhaps, the most feared diagnosis a doctor can deliver. Every cancer patient wants to be assured they have access to the most advanced treatments, delivered by a physician who is both experienced and compassionate ... and it helps tremendously if treatment can be administered in a community setting, close to home, so the patient can be surrounded by family and friends. However, no matter what type of cancer or what the cause of cancer, the earlier it is detected, the more treatable it usually is and the better the outcome for the patient.

Cancer Screenings Decreased During COVID-19

A recent study conducted for the Community Oncology Alliance (COA) showed a substantial decrease in the number of cancer screenings, diagnosis and treatment for senior adults and Medicare beneficiaries because, during the early months of the pandemic, many people chose to delay or even skip regular screenings, such as mammograms, prostate exams, PSA testing or colonoscopies, among others, for various types of cancer. This has resulted in later diagnoses for some patients and delays in beginning treatment. Florida Cancer Specialists (FCS) urges everyone to talk with their physician about cancer screenings and follow recommended guidelines, so that an early diagnosis is possible. Here are some of the most common cancer screenings for people at an average risk for cancer and with no family history:

Skin Cancer: Screening for skin cancer involves checking your skin and any moles for changes that could be signs of cancer. An annual skin check by a dermatologist or your regular physician is recommended for those with a family history of skin cancer.

Breast Cancer: In addition to monthly self-examinations, the American Cancer Society (ACS) recommends that, starting at age 40, all women should have annual screening mammograms. Talk to your doctor about what is right for you, based on your own family health history and your risk factors.



Cervical Cancer: A Pap test is advised for all women, beginning at age 21. Women from 21 to 29 should have a Pap test every three years. Beginning at age 30, ACS recommends a Pap test combined with human papillomavirus (HPV) testing every five years. Testing should continue until the age of 65.

Colorectal Cancer: Colonoscopy screening for colorectal cancer should start at age 45 and be done every 10 years, unless recommended more often by your doctor, up until age 75. This type of screening not only detects cancer early, but, in many cases, it can prevent cancer from developing by identifying and removing polyps (abnormal, precancerous growths within the colon).

Lung Cancer: Low-dose CT scanning is recommended for some people who are at higher risk for lung cancer. This group includes adults, ages 55 to 80, who have a 30 pack-year smoking history and who currently smoke or have quit within the past 15 years. To determine a pack-year score, multiply the number of packs smoked per day by the number of years smoked. So, if you smoked two packs a day for 20 years, your pack-year score would be 40.

Oral Cancer: Screening for oral cavity and oropharyngeal cancer may be done during a routine checkup by a dentist or medical doctor. The exam will include looking for lesions or abnormal-looking areas in the mouth and throat. 75% of all head and neck cancers begin in the oral cavity.

Prostate Cancer: The PSA test is used to screen men for prostate cancer; however, it is not clear if the benefits of testing all men outweigh the risks, such as finding and treating slow-growing cancers that do not require treatment. It is important to talk with your doctor about the risks and potential benefits, based on your personal and family history.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

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

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



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Villages North

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For more information, visit FLCancer.com

Coronary Artery Disease: PUTTING THE PIECES TOGETHER

Feeling short of breath, heart palpitations, chest pain and tightness? Do you know the signs of Coronary Artery Disease (CAD)? And if you're experiencing them, are you taking steps to see your cardiologist to find out what's the cause?

For many people, that have CAD symptoms, they, unfortunately, ignore their signs. Ignoring heart irregularities can be fatal! And if you are experiencing any, the best time to have diagnostic testing is when these indicators are acting up.

What Diagnostics are available?

In today's modern medical world, we have so many tests that can pinpoint exactly what's wrong with our hearts; if only more patients would take advantage of getting tested to know where their risk factors and cardiac health fall, they would give themselves a jump start on living a much healthier life with greater longevity.

An electrocardiogram (EKG or ECG) measures the electrical activity of the heartbeat. If you are experiencing heart symptoms, this is usually the first test that will be administered in an office setting or in the ER. If symptoms persist, more testing will follow to eliminate issues, or in many cases, put the pieces together to find out what's causing your warning signs.

Stress tests are one of the most common methods to detect heart function during exercise and at rest. If you are unable to exercise, there are nuclear stress test options that utilize an injectable contrast to mimic the heart rate elevation of exercise, while you lie or sit down.

Sometimes stress tests are not enough, and further testing like an angiogram is required to see how the inside (lumen) of the blood vessels, arteries, and heart chambers are working. An angiogram can show blockages and other blood flow abnormalities. Stents can be placed if needed during the procedure.

Many times cardiologists will ask patients to wear a Holter Monitor for anywhere from 24 hours to several days depending on your specific situation and risk factors. The monitor is a portable electrocardiography device that continuously monitors the rhythm and the heart's activity.



An echocardiogram is an ultrasound of the heart that can detect how the blood is pumping and it can also identify the size and thickness of the valves, chambers, and arteries.

There is also another vital test called a calcium score. This test measures the amount of plaque in your arteries. CT coronary angiogram is a technique to evaluate the coronary arteries in select patients.

CAD Symptoms

- Chest Pain and tightness
- Lightheaded
- Dizzy
- Tired/Fatigue
- Shortness of breath
- Fainting
- Rapid heart rate
- Sweating
- Gray color to the skin
- Arm/Shoulder Pain
- Abnormal heart palpitations
- Cardiac arrest

Depending on your diagnosis and indicators, the treatment can vary from merely taking medications to having a non-invasive procedure, or angiography/stents. The best advice any cardiologist will give you is, "Don't ignore your symptoms!" If you have any heart irregularities or discomfort, seeking medical attention fast is imperative.

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

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Dr. V

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SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

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.



855-298-CARE

Advancedurologyinstitute.com

Skin Discoloration Could be a Serious Warning Indicator

The circulatory system must contend with distance and gravity, so often the lower extremities are the first to show signs of vascular and arterial disease. If you have noticed skin discoloration, this symptom is extremely common in peripheral artery disease (PAD), peripheral vascular disease (PVD), deep vein thrombosis (DVT), critical limb ischemia, and chronic venous insufficiency. Skin discoloration happens due to a lack of blood supply from damaged or narrowed vessels or arteries.

Skin discoloration is often accompanied with other common symptoms such as numbness, tingling, burning, sensations of heaviness, skin temperature fluctuations, thin skin, hair loss, and swelling of the extremities to name a few.

Individuals with arterial disease due to atherosclerosis (plaque buildup in the arteries) often have peripheral vascular disease (PVD) as well. Where other blood vessel conditions like DVT's (Deep Vein Thrombosis) varicose veins, pulmonary embolisms, and venous insufficiency are interrelated.

Maintaining a healthy diet is critical to keeping your lipid levels in proper balance, coordinately it will assist in supporting the vascular structures through nutrient and antioxidant-dense foods. Preventing atherosclerosis, or the hardening of the arteries due to plaque build-up can be achieved through medications as well. However, if the blockage is severe and life-threatening, a medical procedure will be necessary to open and repair the artery to allow blood to flow normally again.

Depending on your diagnosis, health and condition, treatments can vary greatly. Diabetes, high blood pressure and high cholesterol are often related to arterial and vascular disease. Staying on top of your condition with medications, and healthy lifestyle choices is critical.



Village Heart and Vein Center

At Village Heart & Vein Center, Bryan Carter specializes in venous issues and leg health, taking great pride in getting to know his patients on an individual level. He is supported by a full-service cardiology practice.



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Mr. Carter is a previous Army combat medic who obtained his Masters in Physician Assistant studies with a thesis in Venous Disease and Treatment. Mr. Carter has been treating vein problems since October 2002 and was one of the first Physician Assistants to perform thermal ablation—a treatment that soon made traditional vein stripping extinct. Bryan has personally trained physicians, physician assistants and nurse practitioners throughout Florida and Georgia and is an active member of the American College of Phlebology. He is also one of only a few to be inducted into the American Venous Forum.

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



By Dr. J. Mandume Kerina

OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

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

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

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

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

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

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

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HIP & KNEE
CENTER

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

UNOVA Health at:

(352) 973-4070 | unovahealth.com



ATTENTION MEDICARE RECIPIENTS

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

Regenerative Medicine For ED

The first major shock wave study for ED was in 2010 and since then, over 50 small-scale studies have come to fruition showing the efficacy and marked outcomes of this advanced therapy for ED. In 2019, a new large-scale study launched called the S.W.E.E.T. study.

The primary goal of the S.W.E.E.T. Registry is to evaluate the efficacy of shockwave therapy across a wide group of participants, treating physicians and shockwave protocols. Other targets of interest include identifying optimal treatment plans, identifying factors that predict superior outcomes, and quantifying long term efficacy. Over 5,000 participants have been recruited which will provide advanced outcome results across numerous levels, such as age, health and efficacy.¹ We already know that GAINSWave has help increase the vascular blood flow (vasculogenic ED) and also breaks up scar tissue and adhesions.

In the studies, it's repetitively seen that those participants treated with shockwave therapy have better outcomes than those receiving other means of treatment for ED and with little to no side effects. GAINSWave is safe, effective and responsible for helping numerous men get their lives back.

Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging.

TNT (Total Nutrition & Therapeutics) focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. These disorders almost always run parallel to ED. In addition to these conditions, TNT employs the most advanced groundbreaking technology, which utilizes high-frequency shockwaves to break up the plaque in the penis. This technology is called GAINSWave.

How GAINSWave Works

The standard treatments for erectile dysfunction are prescription medications or injections that cause an erection for a limited amount of time. However, there is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED.



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

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

**DON'T JUST MASK YOUR
SYMPTOMS—TREAT THE ROOT CAUSE!**

Source:
<https://www.biospace.com/article/releases/largest-clinical-study-focusing-on-gainwave-for-erectile-optimization-approved-to-begin-enrolling-patients/>

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

Total Nutrition & Therapeutics

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

TNT offers free monthly seminars to find out more about GAINSWave and the P-Shot.
Call them to day to schedule your appointment at
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Obstructive Sleep Apnea & Oral Appliances:

A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

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

What Causes Sleep Apnea?

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

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

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

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

What are the symptoms of Sleep Apnea?

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

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy and failed?

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

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

COVID-19 and Sleep Apnea

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

Village Sleep Dentistry

352.430.1710

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1950 Laurel Manor Drive, Suite 180B
The Villages, Florida 32162

This recommendation is being made based on the following information:

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

Best of all, Village Sleep Dentistry provides CDC recommended, single use WatchPAT™ ONE contactless, first and only disposable Home Sleep Apnea Test.

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

Meet Dr. Rozensky

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

Village Sleep Dentistry

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

From the moment you step in the door you will feel at ease. You will be welcomed by a warm and inviting atmosphere, combined with a professional and caring team. You will immediately recognize the emphasis on professionalism and quality, from the people who care for you to the technology used-this is the way dental care should be!

Estate Planning: What You Should Know

As we age, it's important to plan out where and who our assets will go to, but it's usually something that many people put off due to not wanting to think of end of life circumstances. Despite this train of thought, it's an essential part of planning and a responsibility that will make you feel prepared, and in most cases, satisfied by knowing everything is in order as it should be.

Legal teams and attorneys that specialize in estate planning are available to draft your will, trusts, power of attorney documents and living wills. Depending on your needs and desires, the documents can be customized and personalized. Leaving your estate to children, grandchildren, dependents, named beneficiaries or foundations will reduce estate taxes for your benefactors.

It's not uncommon that one needs a live-in nurse to help with daily tasks that are now impossible due to cognitive and degenerative conditions (Alzheimer's, Parkinson's disease, etc.) or debilitating disorders (cancers, coma, on life-support, etc.). When there is no power of attorney (POA) in place to make decisions such as hiring a nurse or caregiver, transitioning into a memory care facility, or implementing a hospice plan, these important decisions can turn into a lengthy, legal process with negative outcomes.

Florida requires a permanent POA that goes into effect at the moment of signing. If you or a loved one are being proactive about your estate planning or medical interests, it's critical to speak to an attorney to help guide you through the process and make the appropriate decisions that are specific to your situation.

Talking to an attorney about making these important decisions now is a responsible decision.

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

See Yourself Here

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

Our Independent Living lifestyle provides the day-to-day freedom to come and go and the convenience of any number of activities to choose from. It is the perfect fit for an active, healthy lifestyle where



residents enjoy all-inclusive, restaurant-quality dining and weekly social gatherings. Sumter Senior Living is dedicated to empowering residents to explore personal interests and connect you with the greater community through transportation and full access to The Villages® amenities. Our Grand Clubhouse includes a full bar, heated pool, and fitness center. There is also golf cart accessibility with convenient charging stations.

Our Assisted Living lifestyle is truly catered to the individual, providing support and care that stands out from any other. Enjoy the comforts of home to call your very own and personalized assistance with daily routines that promote a healthy, social, and active lifestyle. Research shows that seniors who stay active and social experience better health, a greater sense of well-being, and may recover from illness quicker. Our planned activities and events provide fulfilling experiences each day with 24-7 help at your fingertips.

Our Memory Care specializes in providing compassionate care to individuals with dementia, Alzheimer's disease, and other neurodegenerative conditions. The challenges presented by memory loss can be difficult to navigate, but our specialized Village Program® is here to help every step of the way. The Village Program® offers personalized programming that engages residents in activities to best reflect their former schedules, lifestyles, and interests while providing a safe place where their unique interests

are nurtured. We also provide It's Never 2 Late (iN2L) technology to engage and stimulate the intellect and provide connection through innovative technology.

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

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

**For more information, please visit
www.gracemanagement.com.**

For more information about Sumter Senior Living or to schedule a personalized visit please call us at: 352-707-9959 or visit our website: www.SumterSeniorLiving.com. We look forward to hearing from you!



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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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Alzheimer's Disease & Brain Health

At this point, most of us know someone that is affected by Alzheimer's disease. Numerous studies and statistics show Alzheimer's and other related dementias are on the rise. According to the Alzheimer's Association's latest figures, nearly 6.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century. Currently, every 66 seconds, someone develops dementia in the United States.

What are the risk factors and causes of Alzheimer's and dementia?

For years, medical professionals and researchers have been trying to find the exact cause of Alzheimer's disease (AD). Even with the top three speculative triggers, it's still unclear as to what is causing this devastating disease to rob so many people of their cognition.

The main characteristics of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with Alzheimer's disease, they are not always present in all; consequently, they cannot entirely account for the umbrella of cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders. Almost all individuals with dementia show signs of some vascular impairment on various levels.

What are the signs?

The signs and symptoms of dementia are different throughout the various stages of the disease, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Aphasia (speech disorders)
- Sundowning (confusion and sleeplessness in the evening)



What are the treatment options?

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. However, we do know that following helps patients stave off the disorder:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

Staying active and social is also a useful method for maintaining optimal brain health.

Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia.

A few years ago, there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the *FINGER Study* was conducted over a two-year period in Finland by a team of healthcare providers.

The trial called the *FINGER Study* was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

If caught early, this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining memory skills. Primary Care Doctors, Neurologists and other professionally trained practitioners are essential in putting the pieces back together.

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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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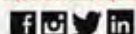
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By Physicians Rehabilitation

We all know that being and staying active is critical for aging well. But as we age, we can sometimes exacerbate injuries especially for those who are active in sports like tennis, running, biking, pickleball and working out. Physicians Rehabilitation has a several options to treat and retrain your joints and improve your range of motion. The best part is its non-surgical!

Whether you have knee injuries, shoulder, ankle, hip and the list goes on and on, Physicians Rehabilitation has numerous advanced treatment options to get you back in the game.

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

- acute neck/back pain from muscle strains or "throwing your back out"
- shoulder pain (sprain, strain, rotator cuff injury)
- elbow pain due to golfer's/tennis elbow
- wrist sprain/strain
- carpal tunnel
- trigger finger/thumb
- hip pain/bursitis/arthritis
- quadriceps/hamstrings strains
- knee pain
- calf strains
- ankle sprains, heel pain/plantar fasciitis

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

Platelet Rich Plasma (PRP) Therapy

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

enhanced healing, using your body's natural healing capabilities. PRP provides a long-lasting solution for pain and symptom relief of soft tissue injuries.

Spinal Decompression

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

Physical Therapy

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

Bracing

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

PATIENT TESTIMONIALS

Improved Golf Game

"My pain level was extreme...I just couldn't walk. I came to Physicians Rehabilitation after visiting my doctor...who told me I had to have surgery or shots...and I needed help..."

— Joe W.

With Bad Heart – Resisting Knee Surgery!

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

Why Choose Physicians Rehabilitation?

Physicians Rehabilitation offers the most advanced non-surgical, FDA procedures for relieving pain. Most patients will typically see diminished symptoms in less than 1 month of treatment. We're certain you will agree that our approach to healthcare is quite different from anything you've experienced in the past. Our combination of expertise with multiple disciplines of care enables us to provide for our patients a level and quality of care that is not only unique, but also produces consistent results.

If you are looking for a non-invasive alternative treatment to drugs for pain relief and healing, please call one of our convenient locations to schedule a NO COST Consultation and begin your road to recovery today.

**Why Not Feel Better and Improve your Game?
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Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient. Our clinical care providers are able to employ a wide variety of physical modalities by utilizing state-of-the-art tools.

Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.



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It's Time to Sell

By Amanda Fincher

It's loud and clear that this is a seller's market. The home valuation has skyrocketed here locally and across our state. What does that mean for you? If you are considering a move, whether you are moving into a new home, downsizing into a condo or townhome, or perhaps you're contemplating retiring to a senior community, now is a great time to make money on your existing home sale. Having the luxury of making a profit on your home is a great incentive to transition and do so comfortably.

Out-of-Towners are Interested in Your Property

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

Buyers

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



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

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

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



Call Amanda today at Realty Executives in The Villages to find out more about your home valuation and options. Please call 352-497-5673.

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REALTY EXECUTIVES

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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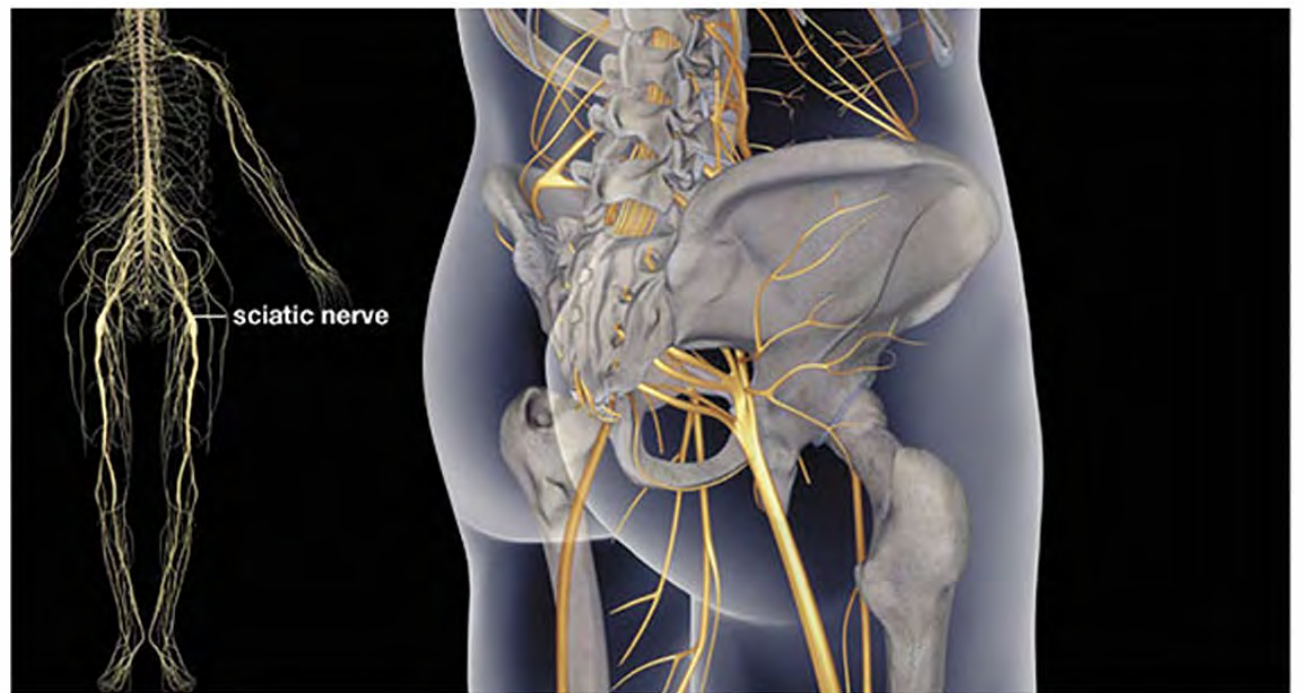
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By Compton Chiropractic Care

Currently there are millions of Americans who suffer from low back and leg pain. A recent survey showed, a large majority of these patients are over the age of 65. When you figure that the Villages has a population exceeding 100,000 and a majority are over the age of 65 then it becomes easier to understand why so many local residents experience this pain. In fact, seven out of ten patients who walk into Dr. Compton's office complain of low back or sciatic pain. It is common knowledge that Chiropractors treat low back pain among other muscular skeletal complaints. What is not well known is that there are over a dozen different techniques and treatment plans to treat the same condition. Different Doctors feel one technique is better than another but the proof is in the pudding. What makes a Doctor truly unique and beneficial to their patients is being able to properly diagnose a condition the first time and realize when a particular protocol is not working and escalate care to the next level.

Sciatica is defined by The Mayo Clinic as: *Pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.*

Sciatica most commonly occurs when a herniated disk or a bone spur compresses part of a nerve. This causes inflammation, pain and often numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with conservative chiropractic care in a few weeks. Interestingly enough; due to the anatomical location of the sciatic nerve, sciatic type pain can also be caused by Piriformis syndrome or sacro-iliac joint dysfunction. These two conditions masquerade around with similar signs and symptoms and can lead to improper diagnosis and treatment. This means patients spend money and do not get better, never a good thing.



The Doctors at Compton Chiropractic are board certified and have degrees from Palmer College (The First Chiropractic Medical School). Among other common conditions they treat low back and sciatic pain on a daily basis with great success. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

These days it's hard to walk around the golf course and not hear someone talking about their "sciatica". Unfortunately, the great game of golf tends to wreak havoc on one's spine and muscular systems. This is one reason why many top pro golfers (Tiger Woods, Tommy Armour) among other athletes have a chiropractic physician on staff. Certainly if professional golfers with great swings utilize chiropractic care, then local residents who have trouble swinging could potentially benefit more.

Compton Chiropractic has been serving The Villages since 2006 with knowledgeable Doctors and friendly staff who treat sciatica pain on a daily basis. They primarily utilize "Cox Flexion Distraction Technique" which was developed by Dr. James M. Cox in the early 1960's as a non-surgical method of treating disc related injuries. Since that time Doctors of different specialties around the country have studied and utilized these methods with great success.

Many residents are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc and stenosis. Many are also aware that surgery has been the most common treatment for these injuries in the past. However, years of research and technology have pushed us into the 21st century and now there is hope for those who suffer from this debilitating pain. It is now commonplace in medicine to try the most conservative means of treatment first. This approach is a win: win for patients and doctors alike because it means less wasted time and money.



WHETHER OR NOT YOU'VE GOT A PRIMARY CARE PHYSICIAN (PCP), AT DR. COMPTON'S OFFICE, ALL PATIENTS ARE WELCOME.

WE WORK WITH YOUR CURRENT PHYSICIAN:

If you have a regular family practice relationship, your current PCP can treat you simultaneously, and all communications between Dr. Compton's office and theirs will be shared and interconnected.

WHAT IF I DON'T HAVE A PCP?

Many patients come directly to Dr. Compton's office, as referrals are not required.

WE CAN REFER YOU OUT IF NECESSARY:

All cases and patients are different. For example, if we feel it's in your best interest to see an orthopedic specialist, or if you need additional images, we refer you out and can also coordinate this with your PCP's preferences.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

Patient Testimonial

"I suffered from sciatica for 25 years until a friend told me about Doc. After 4 treatments I was back on the golf course and out of pain." - K.R.

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm.



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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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Cornerstone Hospice Focused on Each Patient's Life, Not End-of-Life

Submitted by Cornerstone Hospice and Palliative Care

Nearly 60 years after the end of World War II, former US Army Sergeant and Villages resident Charles Mellott was honored for his service during a special ceremony, surrounded by family and friends. The Cornerstone SALUTES! ceremony was arranged by the Cornerstone Hospice social worker who was part of the team that ensured the 93-year-old lived his last days in comfort and with dignity.

Mr. Mellott's cardiologist had recommended Cornerstone to care for Mellott. His daughter said the time was right. "It took a huge load off of my 90-year-old mother as a caregiver," says Del Hunt. "She was then able to prepare for his passing."

Hunt said the Cornerstone Hospice team treated her father with compassion. "They spent time getting to know him personally, listening to him with their undivided attention. He looked forward to the routine visits from his nurse and she became his friend," said Hunt. The hospice team even coordinated care with her parents' assisted living facility.

"When our teams collaborate on a patient they aren't focused on how this person is going to die, but rather how he'll live out his last days, and that his family receives the necessary support to allow for it," said Chuck Lee, President and CEO of Cornerstone Hospice.

Each Cornerstone Hospice patient is cared for by members of what is called a "multidisciplinary team" which includes a physician, nurses, nursing

assistants, a chaplain, a social worker and a specially-trained volunteer. The team addresses symptom control, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes.

Hospice focuses on caring, not curing and, in most cases, care is provided in the patient's home. It also is provided in freestanding hospice centers, hospitals and long-term care facilities or wherever a patient resides.

Due to misconceptions about what hospice provides, patients often are brought in too late when much discomfort and strain has already been experienced by the patient and the family.

Patients may be eligible for hospice services when a doctor certifies a patient has a terminal illness and a life expectancy of six months or less. Hospice services are available to patients of any age, religion, race, or illness and are covered under Medicare, Medicaid, and most insurance plans.

Cornerstone provides special services to ensure overall comfort and support including its nationally recognized seven-day care model which ensures continuity in the care team and improved communications amongst staff and the patient, the Pet Peace of Mind program, bereavement counseling and Cornerstone SALUTES! for veteran patients. Cornerstone SALUTES! is a comprehensive hospice program respectfully celebrating veterans' service to our country, at home and abroad, and providing care that recognizes the challenges unique to military families.



Cornerstone Hospice volunteer Retired Col. Paul Farineau salutes Charles Mellott at a Cornerstone SALUTES! ceremony. Cornerstone's veteran volunteers provide honorees with a certificate, a commemorative pin and a salute to thank veterans for their service to our country.

"Veterans often have emotional and physical conditions related to their service which require additional insight from the care team," said Lee. "With one in four people dying today being a veteran, we take extra steps to help them during their last days."

"Words could not describe how that made my dad feel. He was finally recognized for his service to this great country. He appeared to be more at peace and held his head higher. I feel in my heart it did bring closure for him," said Hunt.

About Cornerstone Hospice

Cornerstone Hospice is a leading community-owned provider of end-of-life care in Central Florida. For 34 years Cornerstone has set the standard for hospice care as we serve more than 7,000 people in Lake, Sumter, Orange, Osceola, Polk, Hardee and Highlands counties each year. For more information, to donate, or to volunteer, call 866-742-6655 or visit www.CornerstoneHospice.org



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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
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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!

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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.

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4 Locations in Ocala

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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

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



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

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

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

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

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

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

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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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