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Health & Wellness[®] MAGAZINE

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Neuroradiology

Evaluating & Treating
Spine, Head and
Neck Issues

Progress in
Treating Leukemia,
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CONTENTS SEPTEMBER

6 Neuroradiology - Evaluating & Treating Spine, Head and Neck Issues

7 September is Prostate Cancer Awareness Month
How to Avoid Prostate Cancer and Other Prostate Problems

8 Progress in Treating Leukemia, Lymphoma & Myeloma Blood Cancers

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

12 Understanding Cholesterol and Tips for High-Cholesterol Prevention

13 Clinical Trials and Research are Critical for Oncology Care

14 Regenerative Medicine For ED

15 The Next Generation of Knee Surgery Has Arrived

16 How Hearing Loss Affects Your Memory

17 COVID-19 Update and the QCARD

18 4 Things You Should Know About Medical Marijuana

19 Sports Injuries: Non-Surgical Treatment with Occupational/Hand Therapy

20 4 Things to Know About Alzheimer's Disease

21 Caregivers' Health at Risk

22 Do You Have A Ticking Time Bomb in Your Leg?

23 Spiritual Wellness: Hope and Optimism

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NEURORADIOLOGY

EVALUATING & TREATING SPINE, HEAD AND NECK ISSUES

If your doctor has said you need a neuro-imaging exam, you certainly have questions about what it is and what to expect. Herein we will cover the general principles of neuroradiology.

Neuroradiology is a subspecialty within the practice of radiology that addresses conditions affecting the brain, skull, spine, spinal cord, neck and central nervous system. Neuroradiologists are doctors who diagnose a huge range of disorders, including congenital malformations, genetic conditions, trauma, stroke, tumor, aneurysm, neurodegenerative diseases, MS, infection, metabolic disorders and others. The technologists are the highly trained people who perform the imaging exams, while the neuroradiologists are the physicians who interpret the results, form a diagnosis and work with your referring clinician to help stage, and often perform, any treatment.

"Subspecializing in neuroradiology requires a minimum of 11 years of post-graduate education and training," says neuroradiology subspecialist, Dr. Edilberto Alvarez. "It is one of the most complex and fascinating radiological subspecialties, one in which advanced image guidance plays a crucial role in both diagnosis and treatment."

While having a neuroimaging exam may seem a little scary at first, these tests are painless, non-invasive and capable of revealing even tiny abnormalities, many of which can be treated using minimally-invasive procedures that can safely restore health and function. RAO's team of neuroradiologists interpret images created by leading-edge technologies, including advanced x-ray and CT to provide an accurate diagnosis and assist referring clinicians by recommending the best testing modalities for each patient's symptoms and history. Neuroradiologists also treat many of these conditions, such as arteriovenous malformations, stroke, spinal compression fractures and others, without the risk, complications or long healing times associated with surgery.

Magnetic resonance imaging, or MRI, and computed tomography, or CT, are two of the most important technologies used in neuroradiology, as they create highly detailed images of the brain, spine, blood vessels and related systems. MRI uses radio waves and a powerful magnet to create images without ionizing radiation. The exam involves lying down on an exam table, which slides into the imaging machine. You are asked to remain still for 30-45 minutes while a series of 3-D quality images is captured.

With a CT scan, you also lie down on an exam table, but this test takes only about 10 minutes. You may be asked to hold your breath for short periods while images are taken. X-ray imaging is another imaging tool used for procedures like catheter angiography to investigate blood vessels for aneurysm, plaque and other problems. Apart from an injection of contrast dye to highlight details, all of these tests are completely painless.

"Using image guidance, we treat medical problems using tools like catheters, stents and injections," says neuroradiologist Dr. Ralf R. Barckhausen. "Many conditions that used to require open surgery, such as an aneurysm, subarachnoid hemorrhage and stroke, can be treated with minimal invasiveness. We can also use image guidance to perform pain management procedures like epidural injections and nerve root blocks to help provide relief from many chronic pain syndromes."

By getting an accurate diagnosis, your care team can work together to develop the right treatment plan to help get you back to health, vigor and better quality of life.



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September is Prostate Cancer Awareness Month

How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound



known as choline. According to Dr. Michael Greger, an American physician and author of How Not to Die, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try

frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



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Progress in Treating Leukemia, Lymphoma & Myeloma Blood Cancers

Blood cancers are the third leading cause of cancer deaths in the U.S. Approximately every three minutes, someone in the United States is diagnosed with a type of blood cancer (leukemia, lymphoma or myeloma).

What Are Blood Cancers and What Causes Them?

According to the American Society of Hematology (ASH) there are three main types of blood cancers: leukemia, lymphoma and myeloma. Leukemia is found in blood and bone marrow and is marked by the rapid production of abnormal white blood cells. These abnormal white blood cells are not able to fight infection like normal white blood cells do. They also impair the ability of bone marrow to produce red blood cells and platelets.

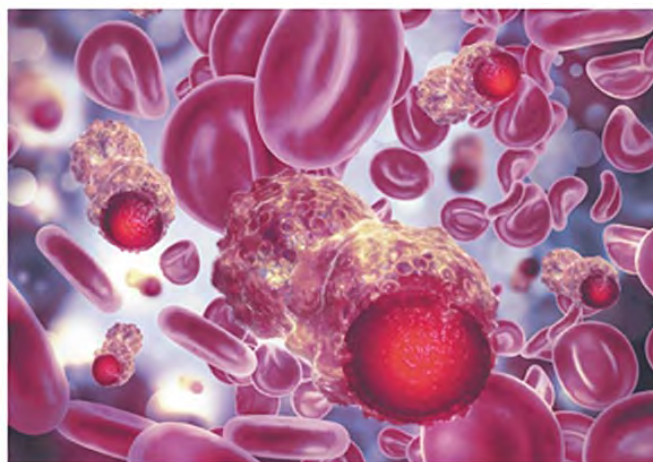
Lymphoma is another type of blood cancer that affects the lymphatic system. The function of the lymphatic system is to remove excess fluids from the body and to produce immune cells. Lymphocytes are a type of white blood cell that fights infection. Abnormal lymphocytes can mutate and become lymphoma cells that multiply uncontrollably and collect in the lymph nodes and other tissues.

Myeloma is a third type of blood cancer that specifically targets plasma cells. Plasma cells are white blood cells that produce antibodies to fight disease and infection in your body. Myeloma cells prevent the normal production of antibodies, leaving the body's immune system weakened and susceptible to infection.

Although the specific causes of blood cancers remain largely unknown, scientists have learned that the DNA of immature blood cells (mainly white cells) can become damaged or mutated in some way. This abnormality causes the blood cells to divide chaotically and grow uncontrollably. As more and more space is occupied by these damaged blood cells, there is less space for normal cells and, as a result, the immune system becomes compromised and does not function normally.

Making Progress Against Blood Cancers

The Leukemia & Lymphoma Society largely attributes the dramatic improvement in blood cancer



treatment to research and new, targeted treatments, such as immunotherapies. Research in the past 10-15 years has led to an increased understanding of the many subtypes of each blood cancer and the differences in therapy that are required to treat each of these subtypes.

One of the biggest success stories to date has been the treatment of chronic myelogenous leukemia (CML), which is one of the four main types of leukemia. Treatment of CML has greatly improved since the late 1990s after a new, targeted biologic therapy (imatinib) was introduced. Today, patients with CML take a daily pill and can enjoy a normal life expectancy. This drug, as well as more recent second-generation targeted therapies, has transformed a previously fatal disease into a manageable chronic disease with very few serious side effects.

Most recently, oncologists have been encouraged by the results of a type of immunotherapy, Chimeric Antigen Receptor - T Cell, or CAR-T Cell therapy, which programs the body's T cells to attack cancer cells. There are hundreds of CAR-T clinical trials currently underway and three different CAR-T treatments have already received FDA approval for the treatment of blood cancers, such as follicular non-Hodgkin's lymphoma, mantle cell lymphoma, diffuse large B-cell lymphoma, acute lymphoblastic leukemia (ALL), multiple myeloma and chronic lymphocytic leukemia (CLL).

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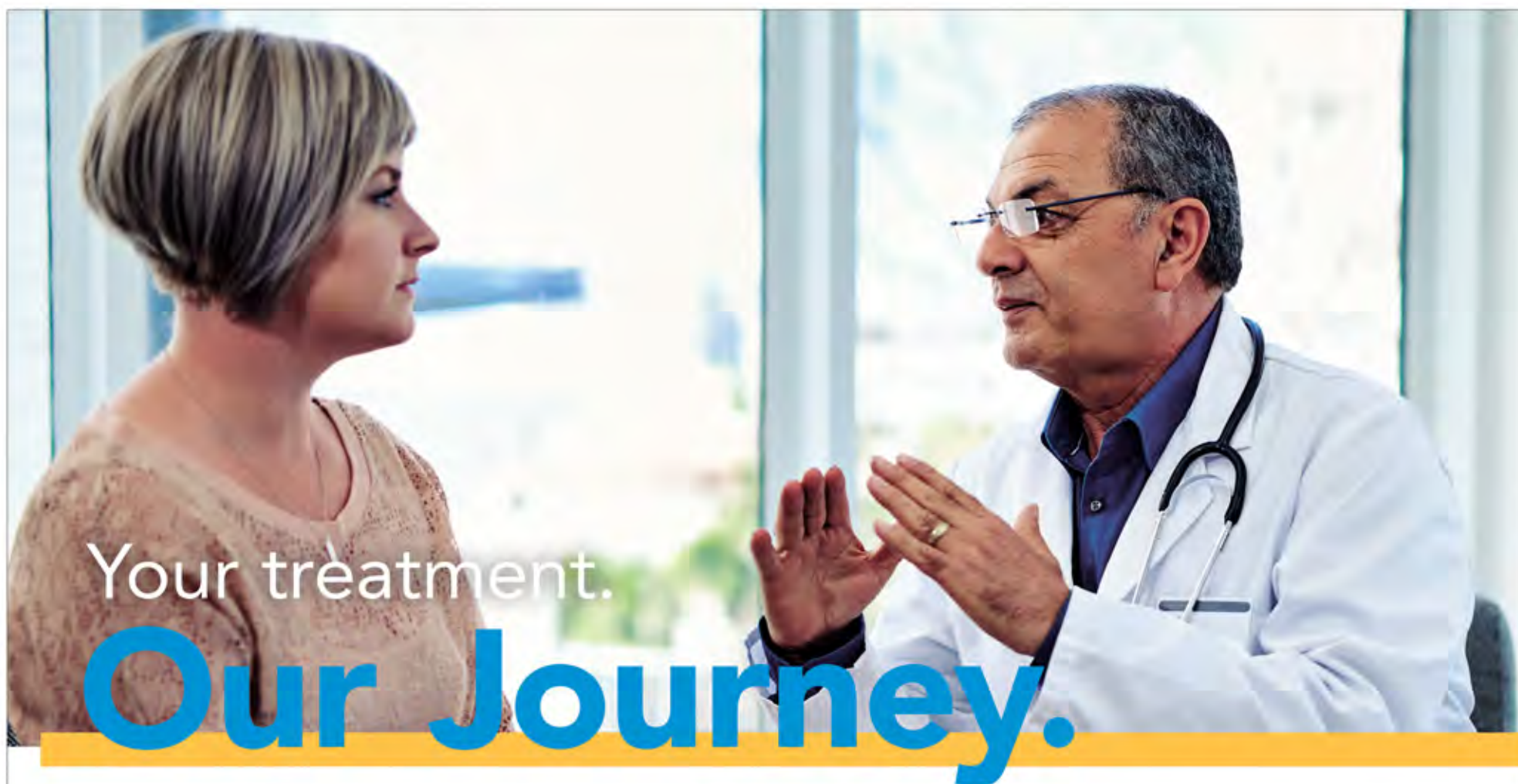
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Is My Rotator Cuff Tear the Cause of My Shoulder Pain?

By Regenexx Tampa Bay, Regenerative Medicine

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

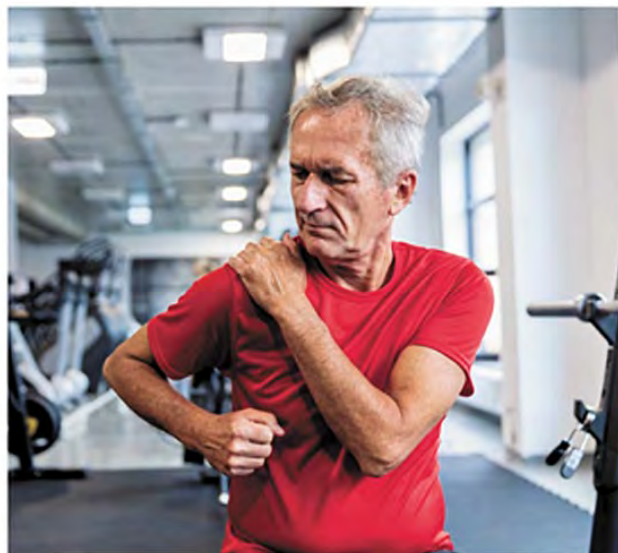
This is the case for various body areas including the lumbar spine, knee, and certainly shoulder. The MRI can provide a lot of good information, but it has been repeatedly shown not to substitute for a thorough history, exam and a diagnostic ultrasound by the physician. This takes time and focus.

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

What is a Rotator Cuff Tear?

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

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



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

What Happens During Rotator Cuff Surgery?

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

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

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

Shoulder Pain and Inflammation

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

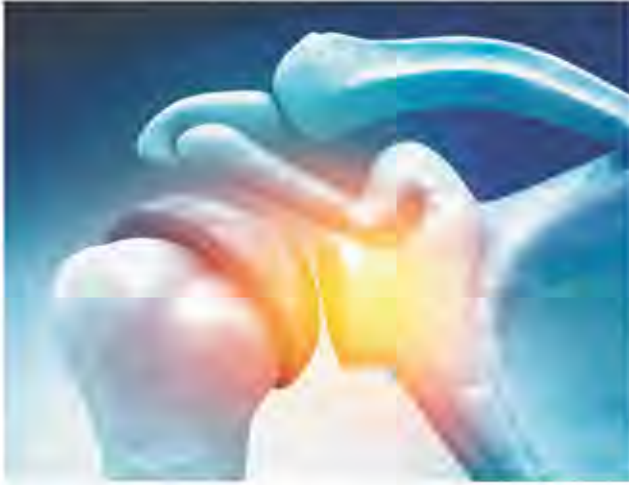
Imagine that our immune cells are like firefighters, always ready and waiting. The firefighters might be at the station cleaning trucks, training, or stocking their equipment, but when that alarm sounds, they jump into action and race to the fire. For us, that alarm is our cytokines, and when it sounds,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

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

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

Does Rotator Cuff Repair Surgery Fix Pain?

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



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

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

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

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

The Best Alternative

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

What if you could avoid rotator cuff surgery and have a much quicker recovery? Well, for about 70-80% of rotator cuff tears, you can. We have pioneered a procedure to do just that over the last 14 years that includes an ultra-precise injection of your own stem cells under image guidance using a patented protocol.

Rotator cuff tears are one of the most commonly treated conditions at Regenexx Tampa Bay, and we consistently see successful outcomes in these patients. With that said, while most tears will heal

with just a precise injection, there are a few massive tears that are unlikely to be helped without surgery. Keep in mind that even after surgery to repair a massively damaged rotator cuff, stem cell injections may assist in the healing and improvement of the tissue. For example, one study showed that using stem cells after surgery reduced the retear rate by half.

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

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

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

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



Dr. James Leiber

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

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



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



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

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


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Understanding Cholesterol and Tips for High-Cholesterol Prevention

Did you know you can have high cholesterol—which can put you at risk for heart attack and stroke—but not know it? Here is some more information about cholesterol and how to manage it.

Cholesterol is Important to Your Body.

Your body needs cholesterol to build cells and make vitamins and other hormones. We get it from the food we eat (animal sources), and it's also made by our own body. There are two types of cholesterol: HDL, which stands for high-density lipoprotein and LDL, which stands for low-density cholesterol. We all have both kinds in our bodies all the time.

- **HDL or “good” cholesterol** — This helps protect our body. It helps prevent the “bad” cholesterol from sticking to artery walls, which helps lower the risk of heart disease and stroke.

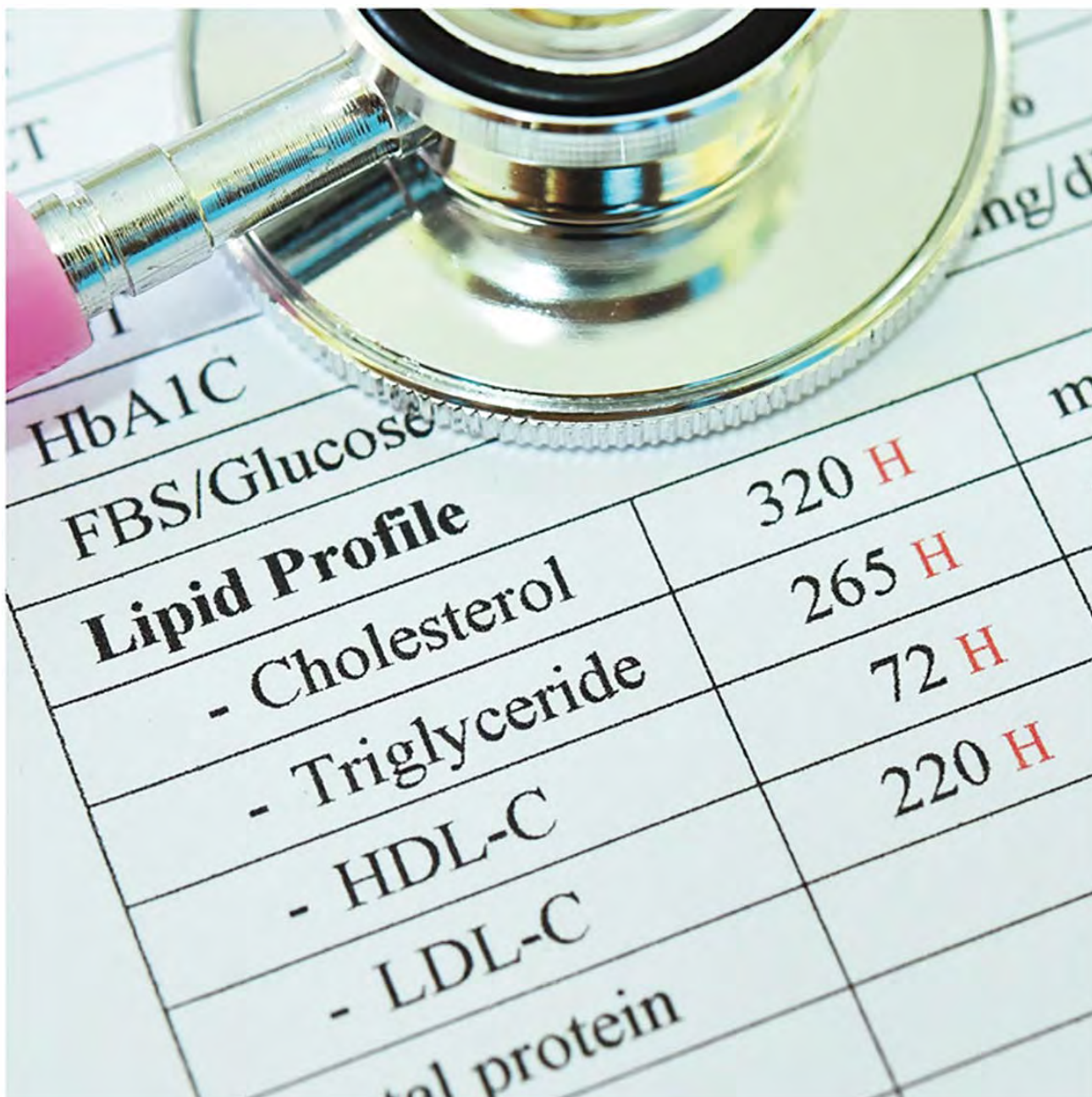
- **LDL or “bad” cholesterol** — This can cause build-up on blood vessel walls. This causes your arteries to narrow, which means there's a smaller “pipe” for blood to flow through to your heart and other organs. This raises your risk of heart disease and stroke.

September is National Cholesterol Education Month. The American Heart Association urges us all “know our numbers, and what to do about them.” For people 65 years and older, your doctor will likely check your cholesterol at least once a year via a simple blood test. Your doctor may want to check it more often if you have a history of high cholesterol or other conditions.

In addition to health issues, other risk factors that can contribute to high cholesterol include age, gender and lifestyle choices. Of these, you can control your lifestyle choices. Examples include:

- **Eating healthy** — Eat fewer red meats and dairy products and sugary drinks. Eat vegetables, fruits, lean and plant-based proteins in your diet.

- **Exercising** — Get at least 150 minutes per week of exercise, like walking or riding a bike.



- **Stop Smoking** — Even if you're not a smoker, try to avoid secondhand smoke as much as possible.

- **Less Alcohol** — Limit how much alcohol you drink. It's important to talk to your doctor if you have concerns that you are at risk for high cholesterol. Most screenings and preventive resources are covered under your Florida Blue Medicare plan.

Source: heart.org/en/health-topics/cholesterol

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Clinical Trials and Research are Critical for Oncology Care

A Local Oncology Group Paves The Way for Numerous New Therapies

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

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

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

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

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

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

Local Care with National Support

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



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

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

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

Patients Will Always Receive Their Standard of Care First

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

Ocala Oncology

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

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

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

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

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



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 (352) 259-5190.



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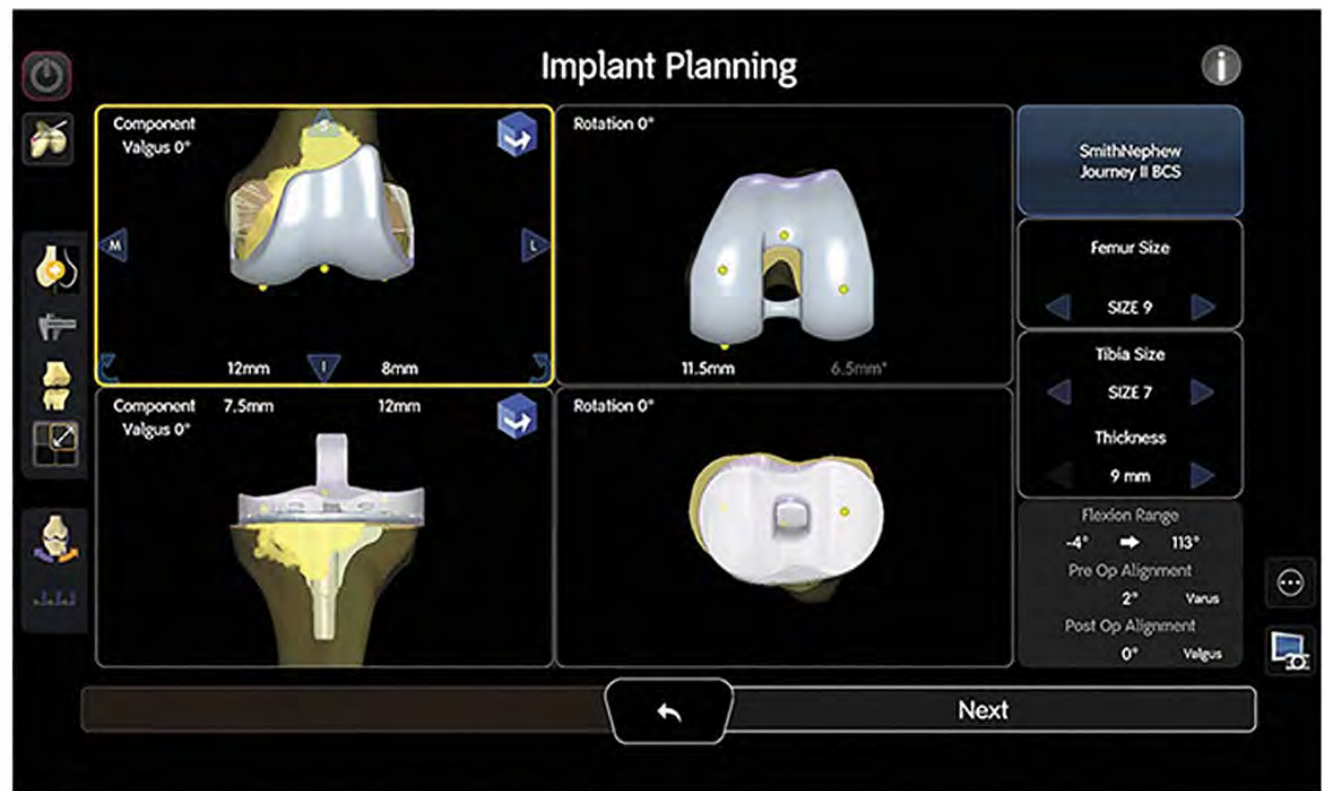
WWW.TNT4ME.COM

The Next Generation of Knee Surgery Has Arrived

Submitted By Reconstructive Orthopaedics of Central Florida

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

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



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

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



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

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

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

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

www.reconorthofl.com



1500 Southeast Magnolia Extension, Suite 104
Ocala, Florida 34471

How Hearing Loss Affects Your Memory



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

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

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

Does hearing loss affect your memory?

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

Concentration

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

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

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

Isolation

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

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

Anxiety and depression

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

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

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

Identifying hearing-related memory loss

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

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

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

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

Treating and preventing memory loss

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

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

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

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

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COVID-19 Update & the QCARD

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

Quick Care's Answer for Those without Medical Insurance

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

Who can benefit from the QCARD program?

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

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

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

The QCARD works in 3 easy steps!

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



Where can you use the QCARD?

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

Why get the QCARD now?

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

QCARD is a great healthcare plan for the following:

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

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

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

Quick Care Med Urgent Care

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

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

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

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

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

www.quickcaredmed.com

4 Locations in Ocala

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

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

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

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

4 Things You Should Know About Medical Marijuana

#1—HOW IT WORKS

There are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and THC, and the second is the altered version of the plant that has been through a hybrid process to lighten the THC (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no THC. THC is the mind-altering, euphoric component of marijuana that gives the “high” feeling. With CBD plants, the THC levels have been extracted through a vigorous process, leaving zero to little THC levels. CBD is an excellent alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of THC to be included in the leaves of the marijuana. Experienced, qualified medical marijuana physicians like Dr. Gregory Sonn, owner of Iona Cannabis Clinic understand what dosages and strengths work best for your needs.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) and THC through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and THC, creating a multitude of beneficial reactions in the body.

#2—CANNABIS’ HISTORY & REGULATORY STANDARDS

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford’s medical professional journals, it was



touted as a means to reduce depression. In the early 1900’s, the United States began growing cannabis for pharmaceutical companies to formulate into medications.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida.

#3—WHAT DOES IT TREAT?

Medical marijuana and cannabis oil can be used to treat and alleviate symptoms of numerous medical conditions. Listed below are the state’s qualifying conditions:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn’s disease
- Parkinson’s disease
- Multiple sclerosis (MS)
- Medical conditions of the same kind or class as or comparable to those above

- A terminal condition diagnosed by a physician other than the qualified physician issuing the physician certification
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition

#4—YOU NEED A CERTIFIED MEDICAL MARIJUANA PHYSICIAN

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing medical marijuana. You must visit a Physician that is licensed to recommend medical marijuana. To legally purchase and consume medical marijuana in Florida, the person must have one of the specific qualifying medical conditions regulated by the government or have a medical condition that is deemed as appropriate.

At Certified Marijuana Doctors there is no charge for your initial visit if you don’t qualify. For the other 95% of their patient population, the physician issues a certification and enters the patient into the Medical Marijuana Use Registry or MMUR. Only people who are registered in the Medical Marijuana Use Registry database can obtain and consume medical marijuana in Florida. Certified Marijuana Doctors guides you through every step of the process.

Certified Marijuana Doctors

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www.cmmldr.com

Sports Injuries: Non-Surgical Treatment with Occupational/Hand Therapy

Innovative Therapies Group

Because we have the most beautiful weather all year long, in our sunshine state, older individuals are golfing, playing tennis, pickleball, kayaking, swimming, and the list goes on and on; but with all of this healthy activity, adults are more susceptible to injury and wear and tear.

Tennis Elbow: Tendonitis (Tennis, Golf, etc.)

The same sentiment holds true with elbow injuries. Elbow tendonitis results in a ligament laxity component that if unaddressed, causes the issue to become chronic. The tendon will continue to become inflamed during sports and other daily activities because the muscles are overcompensating for ligament laxity. Instead of surgery, there is another treatment option.

Pickleball Injuries

Many sports-related injuries are putting players in quite the predicament. Oddly enough, most of these injuries are taking place in the wrist and hands. According to the USAPA (USA Pickleball Association), 70% of the participants playing pickleball are over the age of 60. That's a lot of seniors out there enjoying this exciting sport, but that also means that there are more injuries needing medical attention. The same holds true for many other sports and outdoor activities. Ballistic movements or quick side to side, lateral transitioning, are very often what lead to these injuries.



The most common of the two types of injuries are traumatic, so for all the exercise fanatics, weekend warriors or accident-prone individuals, the RICE method, along with NSAID's (aspirin or ibuprofen) should be your first line of defense if you've injured yourself. But along with this standard of care, any time you or a loved one experiences injury; you should consult a physician for a medical examination immediately to evaluate how severe your injury might be. Additionally, Occupational/Hand therapy should also be a first-line treatment.

Occupational/Hand Therapy for Sports Injuries

With the right method of hand therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

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

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

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

Occupational/Hand therapy is used to help with numerous indications and conditions like retraining the body to improve strength and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical and occupational hand therapy.

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

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- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

4 THINGS TO KNOW ABOUT ALZHEIMER'S DISEASE

1. What are the risk factors and causes of 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.

2. What are the symptoms?

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)

3. 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



4. Guidelines Based on Study

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.

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.

**IF YOU OR A LOVED ONE NEEDS HELP
PACIFICA SENIOR LIVING HAS CARE
OPTIONS THAT CATER SPECIFICALLY TO
PATIENTS WITH COGNITIVE DYSFUNCTION.**

Pacifica Senior Living is actively raising donations at each community for the Alzheimer's Association walk, September 26th in Ocala. Find out how you can get involved in the cause.

ABOUT PACIFICA SENIOR LIVING OCALA

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

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

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

Unlike most facilities, their home-like accommodations are custom built to help ease what can be an overwhelming time in life. This is precisely what sets them apart and makes them stand out in the memory care facility specialty.

You have options, please call them to find out more information at (352) 414-2507, or visit their website at PacificaOcala.com.


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Caregivers' Health at Risk

Submitted by Hospice of Marion County

According to the Family Caregiver Alliance and National Center on Caregiving, an estimated 43.5 million Americans have provided unpaid care to an adult or child; about 34.2 million Americans have provided unpaid care to an adult age 50 or older, and about 15.7 million adult family caregivers care for someone who has Alzheimer's or other dementia.

Additionally, most caregivers receive little or no support from their own families or other organizations and are basically on their own, creating much stress and anxiety, from emotional to financial stress. It is estimated by the Alzheimer's Association that caregivers provide an estimated 15.3 billion hours of unpaid care valued at \$257 billion, and about a third of these caregivers report that their own health has gotten worse due to care responsibilities compared to caregivers of older people without dementia.

Health of Caregivers Impacted

There's been a growing trend over the last few decades of closing mental health facilities, early discharge of hospital patients, and implementation of managed care practices which causes a shift and burden to families and caregivers. This often results in financial loss, strain among families, and caregiver health issues that manifest due to increased stress.

Studies consistently show the following impacts on a caregiver's health:

- Higher levels of depression and depressive symptoms than in non-caregivers



- Depressed caregivers are more likely to have coexisting anxiety disorders, substance abuse or dependence, and chronic disease
- Caregivers who experience chronic stress may be at a greater risk for cognitive decline
- Caregivers report having a higher incidence of stress, weight gain, headaches, and back strain among other physical ailments and pain associated with caregiving

Women tend to be, more often than not, the primary caregivers. However, being a caregiver whether male or female affects your quality of life and increases the challenge of balancing your personal schedule with that of the intense, demanding focus needed to be a caregiver.

Resources and Tips Available

Caregivers tend to put others first and themselves last. However, it's vitally important for all caregivers to make sure they are taking care of themselves mentally, physically and socially. Below are some resources and tips to consider:

- Don't be afraid to ask for help from family members or close friends who could run errands
- Practice meditation and exercise to help relieve stress—set aside early morning or evening for yourself
- Do something socially just for you—see a movie, have lunch with friends
- Check into your office policies to see if you have family leave benefits

Call Hospice of Marion County's Transitions program—This is a community supported volunteer-based resource program: (352) 854-5200 or visit www.transitionsfl.com to learn more about this program's caregiver support groups, respite for the caregiver, assistance for caregivers in homes and assisted living facilities.

When medical conditions worsen, let our specially trained team assist through a community supported, volunteer-based program offering companionship, help with errands and connection to community resources.

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Do You Have A Ticking Time Bomb in Your Leg?

By Bryan Carter, MPA-C, Phlebology-Surgery

Have you ever noticed sensations in your legs that made you wonder if you should see a doctor, but since they seemed to subside, you ignored the symptoms away? Many people overlook the life-threatening warning signs that could lead to an embolism. If you've experienced swollen legs, tingling, burning or itching sensations in your legs, a feeling of heaviness, aching, cramping, or skin discoloration, you could have Deep Vein Thrombosis.

Every year, nearly one million people are affected by deep vein thrombosis, and sadly, approximately 100,000 of these cases end in death! These are grim statistics since the treatment is minimal and so readily available to patients. Along with the common indicators mentioned above, nearly half of the individuals that are affected by DVT have no symptoms at all. Unfortunately, the majority of these people do not realize that they have a medical issue until it's too late!

What is Deep Vein Thrombosis (DVT)?

DVT's are a blood clot that can form in the legs or arms. When a blood clot breaks free, it can travel to the lungs or brain and causes an embolism, which is when the thrombus or blood clot is moving through the vessels or arteries. If it lodges in the lungs, it can cause death, and if it travels to the brain, it will cause a stroke, along with the probability of death. If you have any discomfort in your limbs, it's imperative that you see a specialist.

What Causes DVT?

When a vein's inner lining is damaged, by either trauma, biological, or chemical factors, blood clots can form deep inside the vein. Varicose veins are an indicator of deep vein thrombosis. When veins are impaired, they can lead to more severe health issues. A medical professional will be able to report whether or not your symptoms are superficial, or unsafe and in need of restorative treatment.

Although it can happen to anyone, the most common factors that put you at risk for DVT is sitting for extended periods of time. If you are driving long distance, traveling by train, bus or plane, or perhaps you're deskbound at work,

these lengthy episodes of sitting can all lead to deep vein thrombosis. Other causes are vascular malformations, pelvic tumors, a family history of varicose veins, smoking, being overweight, pregnancy and an overall sedentary lifestyle.

Symptoms:

- Prominent varicose vein
- Heavy aching legs
- Leg swelling
- History of a previous clot
- Family history of blood clotting
- No Symptoms

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. DVT's and Chronic venous insufficiency can be fatal and must be treated to prevent further damage to your circulatory system and your overall health.

Celebrity and Pro Tennis player Serena Williams suffered a DVT, which led to a pulmonary embolism. Thankfully she had a successful emergency surgery that saved her life. Shortly after having heart surgery, television host, Regis Philbin, also suffered from a DVT. He developed pain in his calf, and after further investigation, the clot was discovered. Luckily, he too was treated and had a successful outcome. However, NBC News journalist, David Bloom, wasn't so fortunate. He was killed by a DVT while reporting on the war in Iraq.



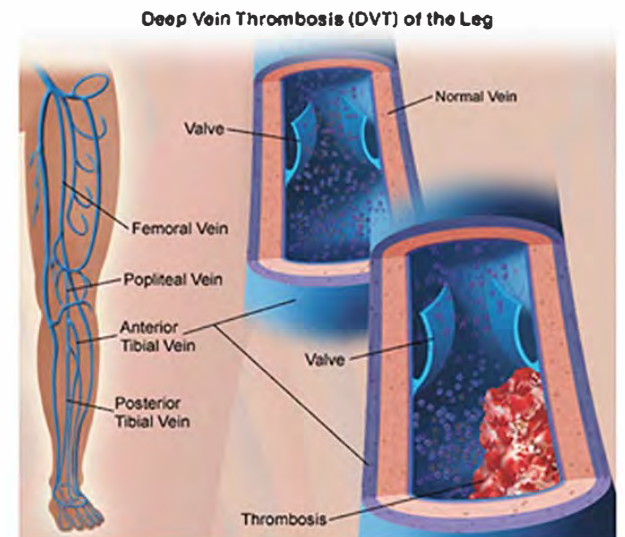
Bryan Carter, MPA-C

8575 NE 138th Lane
Lady Lake, FL 32159

(352)-674-2080

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

www.villageheartandvein.com



If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately! Making an appointment with a phlebologist, which is a vascular surgeon specializing in venous disease is your best line of defense against this common disorder.

Treatment Options for Venous Insufficiency

- Compression Stockings
- Gradient Compression Devices
- Increased Exercise
- Medications
- Surgery (Usually through minimally invasive catheters, or ultrasound)

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

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

Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, "Where then is my hope? Who can see any hope for me?" (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, "May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: "And now these three remain: faith, hope and love. But the greatest of these is love." (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.



Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, "...I will go to the king, which is against the law; and if I perish, I perish!" (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)." (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!

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