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

September 2021

Lake/Sumter Edition - Monthly

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# TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

## TIRED & ACHING LEGS?

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

## WHAT ARE VARICOSE VEINS?

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

## WHAT CAUSES VARICOSE VEINS?

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

## WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

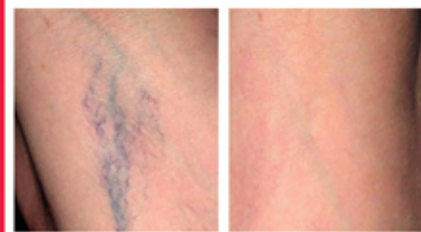
"Do veins require treatment?" and "What treatment is best?"

## TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- 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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- EVALUATION OF CORONARY ARTERY DISEASE
- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
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# HEALTHY AGING MONTH

**S**eptember is Healthy Aging Month, drawing focus on smart ways to remain healthy, strong and full of vitality into your 60s and beyond. This national promotion includes tips on eating well, staying active, managing stress, quitting smoking and, of course, taking care of your precious peepers.

One in six Americans age 65 and older has an eye condition that reduces the quality of their vision. Left undiagnosed and untreated, some can lead to serious vision loss, even blindness. Protecting your vision is about more than having an exam to assess your eyesight and provide a prescription for glasses. Full protection includes having regular dilated-pupil exams to ensure your eyes are safe from a range of stealthy, sight-robbing diseases that become more common as people get older. Conditions to which we become more vulnerable include:

**Cataracts** - Over time, cataracts form on the lens of the eye, causing clouding, muted colors, blurred vision, light sensitivity and other vision problems. Cataract surgery safely removes the damaged lens and replaces it with a new intraocular lens that can restore most people to 20/20 vision or better. Noticeable vision improvement occurs within the 24-48 hours following surgery, with continuing progress over the coming week or two.

**Chronic dry eye** - Eyes can stop producing enough quality tear film to maintain comfort, resulting in grittiness, redness, irritation and blurred vision. Eye drops, specific vitamins and special eye cleansers can deliver significant relief. However, chronic dry eye is often the result of blockages in the eyelids, which diminish tear quality and cause moisture to evaporate too quickly from the eye's surface. Lake Eye offers a warming eyelid massage system that gently unblocks moisture ducts and improves function, for lasting relief from chronic dry eyes.

**Presbyopia** - Presbyopia is the gradual loss of near vision, which typically begins in one's 40s and continues to worsen into one's 60s.



Most people address presbyopia with reading glasses, but there are surgical options available to reduce dependence on glasses.

**Glaucoma** - Glaucoma describes a group of eye diseases that cause blindness. Glaucoma typically produces no symptoms other than gradual vision loss. Most cases of glaucoma can be successfully managed with prescription eye drops. More serious cases respond favorably to state-of-the-art glaucoma surgery, which can slow disease progression and, in some cases, restore some lost vision.

**Age-related macular degeneration** - AMD describes age-related damage to the macula, which controls central vision. The primary symptom is blurred vision. Left untreated, AMD can result in a complete loss of central vision. While it can't be cured, AMD can be managed and vision protected.

**Diabetic retinopathy** - This serious disease involves damage to the blood vessels in the retina. Management of diabetic retinopathy goes hand-in-hand with proper management

of diabetes, including closely monitoring blood sugar. Serious cases can be successfully treated using laser surgery.

**Eyelid disorders** - Drooping eyelids, under-eye bags, and inward- or outward-turning eyelids can diminish one's field of vision and invite infection. Eyelid surgery can safely restore eyelids to a more normal function and appearance with minimal downtime.

## The Importance of Regular Exams

When caught in time, all of these age-related conditions can be managed or cured, and healthy vision preserved, even improved. That's why everyone 65 and older should have a comprehensive eye exam every one to two years. People with conditions such as diabetes or rheumatoid arthritis should be seen once or twice a year. Sadly, far too many people don't have regular eye health exams, giving rise to problems like AMD, diabetic retinopathy and cataracts. Advances in technology make diagnosing and treating these conditions easier and more effective than ever before, so prioritizing your eye health is a key to enjoying a full and rewarding life.

So much about aging is sort of out of our hands, but eye health and vision are things you can actively protect. If you haven't seen your eye doctor in a while, call for an appointment today. It's a simple, easy way to keep your eyes healthy and your vision clear, crisp and bright at any age.

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# High Cholesterol = High Risk for Debilitating Diseases

**C**holesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the blood stream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body over produces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol. If we did not have HDL, our brains would not work properly, and we would suffer from other bodily disorders. The same holds true for too much bad, LDL cholesterol. If we have too much LDL, then it adversely affects our overall health.

## What numbers are healthy?

Your total Cholesterol is made up of LDL and HDL. There are blood tests that your physician will order to check your cholesterol level. The best combination of both types of cholesterol is HDL (good) around 40 and LDL (bad) around 100.

TOTAL CHOLESTEROL LEVEL	
NORMAL	<150
BORDERLINE	150-200
HIGH	200 or higher

## What are the Risk Factors?

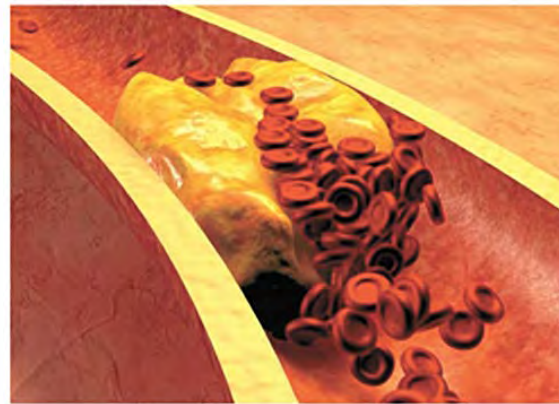
Cholesterol along with another substance in the blood can form atherosclerosis, which is the plaque that builds up in the arteries. If you have excessive plaque, then you are at high risk of having a coronary heart attack, heart disease, stroke and other disease related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides are what combine with the high LDL level and create harmful plaque build up.

## What you can do

Because much of the high degree of cholesterol is associated with our food intake and our body's inability to burn fat, you can do many things to help lower your cholesterol naturally.

- Eating healthy diet
- Stop smoking (contributes to atherosclerosis)
- Start an exercise program
- Cut back on alcohol and processed foods

You should have an annual exam with your physician to check your cholesterol levels on a regular basis. If you have a high lipid count, your doctor will prescribe medication (statins) for you to help lower the total level. In addition to statins, you can change your diet to get your levels to drop more rapidly.



## Foods to incorporate

A big part of lowering your LDL or low-density lipoprotein is through adding soluble fiber, omega 3 fatty acids, monounsaturated fatty acids or MUFAs, powerful antioxidants and lutein to your diet. Some of the following foods listed below can literally lower your "bad" cholesterol levels by 5-10% within just a few weeks. But in order for these nutrients to make the most efficient decrease in your cholesterol, you must adhere to an overall healthy diet. You can't eat fried chicken and then eat an apple and think you'll get the benefit. You'll need to make a plan to eliminate the processed foods in your diet.

## Cholesterol Lowering Foods

Garlic  
Oatmeal and Oat bran  
Pears  
Apples  
Prunes  
Beans  
Red wine  
Fatty fish (salmon and sardines)  
Nuts  
Black tea  
Spinach  
Olive Oil

It's always best to speak directly with your physician before completely changing your diet or exercise program. Your doctor will construct a precise plan to suit your specific needs and incorporate some of the foods mentioned above along with a coordinated lifestyle strategy.

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# Dr. V

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

# Aging Well Takes Work, But it's Absolutely Worth It

**W**hen it comes to aging well, we might conjure up images of seniors that are jogging, lively and glowing from within. While those things are typically associated with overall health, every one's fitness level, appearance and internal health is going to be different. What might look like the epitome of health to you, might not actually be what it seems. It's important to do all that you can now to stave off chronic illness and to live your best life, but it's never too late to take your health seriously.

## It all begins with you

You have to take the initiative and responsibility for your health. How can you make sure you are on the right track? Talking to your provider is essential. They can help you meet your goals and to make certain that you are getting your screenings in timely manner. Scheduling your wellness exams, lab draws and seeing your physician regularly or if you have any new symptoms or changes in your health is imperative.

It also begins with you taking your exercise and dietary habits more seriously. Always talk to your doctor before starting any new program. Adults that eat healthy, nutrient-dense foods such as the Mediterranean diet fare better in aging well. These whole foods include produce, seafood, olive oil, nuts and it significantly limits sugar, saturated fat, and refined, processed foods.

Adults that exercise regularly have healthier cardiovascular symptoms, circulatory functioning, and are able to fight off illnesses better than those that live sedentary lives. Getting 30 minutes of exercise daily is recommended, but 30 minutes of exercise 3 to 5 times per week is also beneficial. It doesn't have to be difficult or intense, but it's best to go at a pace that is suitable for your fitness level.

## Cardiovascular Health

If you have any cardiovascular conditions or symptoms, making an appointment with your doctor is critical. If you are having an emergency situation such as severe chest pains, tightness in your chest, slurred speech or face drooping call 911.



## Cardiovascular Associates of Lake County

At the Cardiovascular Associates of Lake County, we take your heart health personally. Our physicians have served the community for more than 25 years. Combining state-of-the-art medical technology with compassionate care, our goal is to prevent and treat heart-related illnesses so you can live a long and heart-healthy life.

Are you predisposed, based on lifestyle or biology, to heart related conditions? Allow our physicians to assess your heart health and recommend the best course of action. Thanks to decades long relationships forged with local hospitals, our patients receive top care and patient admission is smooth and seamless.

Our commitment to patient health extends long after you are discharged from the hospital. We believe that following up with patients is critical to ensuring your future health.

The physicians and team at Cardiovascular Associates of Lake County are committed to providing high-quality, compassionate care to all of our patients using cutting edge technology and state-of-the-art practices.

Cardiovascular Associates of Lake County offers numerous diagnostic imaging services including the following:

- PET Scan
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- Echocardiogram
- Carotid Ultrasound
- Vascular Ultrasound
- Electrocardiogram

Cardiovascular Associates of Lake County offers numerous procedures including the following:

- Pacemaker implantation
- Balloon Stenting
- Angioplasty
- Vein Ablation
- Coronary Catheterization
- Angiography

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

By Richard W. Rozensky, DDS, D.ABDSM

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

## What Causes Sleep Apnea?

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

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

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

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

## What are the symptoms of Sleep Apnea?

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

## Obstructive Sleep Apnea & Oral Appliances:

### Have you tried CPAP therapy and failed?

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

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

### COVID-19 and Sleep Apnea

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

*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!

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

By Bryan Carter, MPA-C, Phlebology-Surgery

**H**ave 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.



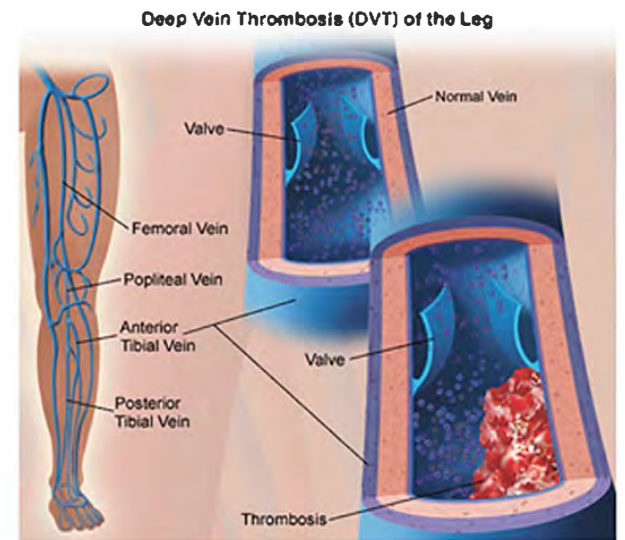
**Bryan Carter, MPA-C**

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**[www.villageheartandvein.com](http://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](http://villageheartandvein.com), or call their office to schedule your appointment at, (352) 674-2080.

# 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](https://heart.org/en/health-topics/cholesterol)

Florida Blue and Florida Blue Medicare are Independent Licensees of the Blue Cross and Blue Shield Association.

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# How to Optimize Healthy Aging in an Assisted Living Community?

**T**he question posed is really not that difficult to answer, as long as you are in a thriving assisted living community that focuses on their residents best living arrangements, interests, daily activities, fine dining and social events.

Are these always available or even considered in all Assisted Living places? The answer unfortunately, is a resounding NO!

At Sumter Senior Living, we take your health and wellness personally. We want our residents to love where they live, to establish quality relationships, to engage in physical activities, and to eat nutritious foods that nourish their bodies from within.

Sumter Senior Living offers the finest amenities, state-of-the-art facilities, luxury spaces and delicious food for their residents. Our staff is highly trained and makes sure to make each resident feel like they are always well-tended to and cared for whether it's implementing a personal favorite recipe into our dining options or sitting and chatting with residents about their family. Sumter Senior Living goes above and beyond what other communities would even consider. We do this because they genuinely care.

## Wellness

Living well can mean lots of things. It's seizing opportunities to connect with others, explore interests, grow spiritually and nurture a healthy lifestyle. It's being part of a community where you feel valued and welcome. At Sumter Senior Living, we provide all the ingredients you need to live up to your full potential. From fitness lessons to therapeutic programs and everyday activities that define our vibrant community, everything we do is guided by a sense of purpose.

## Therapy Partners

Aging is a natural process, and one that presents both joys and challenges along the way. Sometimes we need a little extra help, which is why our community partners with therapy providers to ensure mobility stays high and stress remains low. We have carefully selected partners who are known for their therapy skills, tailoring programs to meet your individual needs. Guided by professionals who have experience working with a range of issues, we help you get the compassionate and convenient care that helps you live your best life.

## Activities and Special Events

We offer a calendar as full as you want it to be. Feel free to choose from any number of activities, or just relax in the comfort of home and in the company of friends.

**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](http://www.gracemanagement.com).

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



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Assisted Living License Number: 12227



# Regenerative Medicine For ED

**T**he 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.<sup>1</sup> 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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By Dr. J. Mandume Kerina

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

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

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

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

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

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

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### 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.

# How Hearing Loss Affects Your Memory



Life sounds brilliant.

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](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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# HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

## Regenerative Medicine May Play a Larger Role in Healing Than Most People Realize

By Physicians Rehabilitation

**W**e hear so much about Blue Zone centenarians' lifestyles and thoughts on how they age so well without major disease or illness, but when it comes to healthy aging, it's not just about what we eat, exercise, and socialization, although these are definitely critical. However, it is important to mention that the medical treatment you receive is highly subjective to your outcomes, overall health and wellness.

What do we mean by that? Many doctors over prescribe medications to mask your symptoms but these usually fail to get to the root cause of your disorder. If you are injured or suffer from chronic pain, many surgeons will tell you surgical intervention is necessary, but is it? Often these treatment plans leave people sicker, with multiple other symptoms and surgery many times, doesn't relieve the problem long term.

Regenerative medicine is different because it helps the body heal from within on multiple levels. It is never a bandage approach, and it aims to treat the root cause of your condition.

If you want to age well, you might want to reconsider your thoughts on standard treatment. In the case of musculoskeletal conditions, it's always best to start with conservative approaches. Surgery is permanent; there is no going back once you have a knee or shoulder replacement. While those might be necessary in severe cases, they can be treated with regenerative therapies that offer significant optimal restoration.

### Regenerative Medicine

The purpose of Regenerative medicine is it to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality. When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative Medicine should be the first recommendation, and in many cases, it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with sports injuries, physical therapy is also extremely beneficial as an add on treatment.



### AT PHYSICIANS REHABILITATION THE TWO PRIMARY REGENERATIVE MEDICAL THERAPEUTICS FOR MOST SPORTS INJURIES ARE VISCOSUPPLEMENTATION AND PLATELET RICH PLASMA (PRP) THERAPIES

#### Viscosupplementation

Viscosupplementation is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is a high concentration of Hyaluronic Acid (HA) and is used to help protect the joint, act as a cushion and protector against damage and most importantly acts as a lubricant to enable smooth function of the joint. As you age, your body supplements with less Hyaluronic Acid (synovial fluid) and an increasingly less viscous Hyaluronic Acid replaces your thick and very well lubricating HA. This lack of fluid creates dried out joints which leads to cartilage, tissue, muscle, and bone breakdown – leading to Osteoarthritis and making it easier to have tissue and muscle damage within and around the joint.



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The procedure can be done in our office and only takes a few minutes. After locally numbing the area of concern, the procedure is monitored under a fluoroscopic image, which is a live X-ray. This allows us to see the inside of your joint while it is in motion and during the injection process. Using the fluoroscope, the practitioner will have the ability to see exactly where the Hyaluronic Acid is being placed to make sure it is in the joint space – because if it is not, it will do NO GOOD! You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

#### PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing by spiking your body's natural ability to heal by using your own growth factors and proteins in your blood!

Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

#### 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.



# Omega-3 & Pain Relief:

## Finding the Best Strategy

By Bo Martinsen, MD

**A**ccording to the CDC, an estimated one in five Americans live with chronic pain.

What's worse is that many of these sufferers don't believe medical treatment will help, or worry that the treatment will create more undesirable side effects than the pain itself.

In fact, many pain medications can cause serious side effects like gastrointestinal problems and addiction. But there is a natural anti-inflammatory agent that can also help manage pain – if we get the right dose.

### Omega-3 Oil and Pain Relief

Scientists have been investigating the relationship between omega-3 fatty acids and pain relief since the 1980s. Over the decades, numerous studies have found that omega-3 supplements may help patients lower pain scores and reduce their need for pain-relieving medications.

With that said, the benefits of omega-3s are dose-dependent. To understand the kinds of doses needed to achieve results, let's delve into the research:

### Rheumatoid Arthritis Research

- A double blind, placebo-controlled study from 2008 investigated the effect of consuming 10 fish oil capsules every day. When taking 2200 mg of EPA/DHA, 65% of the patients significantly reduced their use of Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) by more than 30%. The authors noted, however, that many participants withdrew early from the study because they did not like swallowing 10 capsules daily – and often experienced fishy burps and gastrointestinal problems (a common occurrence with fish oil capsules).
- A 2012 meta-analysis concluded that giving rheumatoid arthritis patients at least 2700 mg of EPA/DHA daily for more than three months reduced patients' need for NSAIDs.
- A 2017 meta-analysis determined that omega-3 supplements could potentially reduce rheumatoid arthritis pain, with doses from 3000 to 6000 mg daily having the greatest effect. If using regular fish oil pills, this dosage would be the same as swallowing between 10 to 20 capsules every day.

### Osteoarthritis Research

While there's substantial evidence surrounding the benefits of omega-3s for rheumatoid arthritis, the research is more mixed when it comes to osteoarthritis. For instance, another 2017 meta-analysis reported that while there is generally a positive connection between omega-3 fish oils and reduced arthritis pain, the results did not reach statistical significance for osteoarthritis patients specifically.

It is possible, however, that some of the mixed results from osteoarthritis trials could be explained by bio-availability issues – or a lack of compliance.

For instance, a 2018 study found that having a lower omega-6 to omega-3 ratio was associated with less pain in adults with osteoarthritis. By measuring the patients' omega-3 levels (the amount of EPA and DHA fatty acids within the red blood cells), scientists in this study had more reliable data and were able to determine how much omega-3 was actually being absorbed.

### Why Omega-3s Impact Pain

Even if the research surrounding osteoarthritis isn't always clear, there are good scientific reasons why omega-3s target chronic pain. Most notably, these fatty acids have powerful anti-inflammatory effects and operate on similar biochemical pathways as over-the-counter painkillers.

Additionally, since full-spectrum omega-3s positively influence cell functioning and support our microbiome, they may be able to increase the benefits of certain medications and/or reduce their side effects. Indeed, some scientists are currently exploring using omega-3s to combat the harms of opioid addiction.

### An Effective Omega-3 Dose Is Crucial

In spite of the scientific evidence that omega-3 fish oil may relieve chronic pain, most people never experience it. Why?

While fish oil's pain relieving effects have been recognized for some time, few people understand that sufficient doses are required for results. Therefore, patients often miss an opportunity to improve their quality of life because they are taking ineffective doses.

In the studies above, the omega-3 dosages that achieved pain-relieving results ranged from 2200 - 6000 mg of EPA/DHA (used daily for at least 12 weeks). That would be the same as consuming between 8 to 20 regular fish oil capsules every day – or 1-2 vials of Omega Cure Extra Strength.

For the full article and references, please visit:  
<https://omega3innovations.com/blog/an-omega-3-strategy-for-pain-relief/>

### About Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several medical food products that combine effective doses of omega-3s with soluble fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for 20 years.



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How Many Pills Do You Need to Get 2000 - 3000 mg EPA/DHA?		
Product Type	~ Omega-3 Dose Per Unit	Servings Needed
Regular fish oil capsule	300 mg EPA/DHA	7 - 10 capsules
Concentrated fish oil capsule	600 mg EPA/DHA	3 - 5 capsules
Krill oil capsule	75 mg EPA/DHA	27 - 40 capsules
Teaspoon of cod liver oil	1000 mg EPA/DHA	2 - 3 teaspoons
Serving of wild salmon	2000 - 3000 mg EPA/DHA	4 - 6 oz

**A hard-to-swallow truth:** With many omega-3 supplements, you have to down a handful of capsules to get an effective dose. That's why taking liquid fish oil or eating enough fatty fish are better options.

# 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.

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# Rise in Housing Market

## It's a Great Time to Sell

By Amanda Fincher



**T**he housing market is at a major high. With home valuations rising exponentially here locally and across the country, 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 an excellent 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 to do so comfortably.

Houses are not staying on the market long once listed, and many are selling within a few hours or days, and it's not uncommon to have multiple bidders offering higher than what the home was listed for initially.



Having an experienced real estate professional help guide you through the legalities and paperwork is important. Amanda Fincher is here to help you make these decisions, understand the market and make the transition and process as smooth as possible.

### Amanda Fincher

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 pro-



ducts. 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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# MOVING TO THE VILLAGES?

# CALL TODAY!



# Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

**C**hiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

**What about sciatica?** Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or




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<p><b>Dr. Brett Compton</b> Chiropractic Physician Palmer Graduate U.F. Graduate - B.S. Nutrition Military Veteran</p>	<p><b>Dr. Brent Compton</b> Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Biology Sciences</p>	<p><b>Dr. Daniel Taylor</b> Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Molecular &amp; Microbiology Sciences</p>
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opiates are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

# FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 9/30/2021

We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.

## TESTIMONIALS

See what some of our patient's had to say about our practice:

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

*"I thought I would live with this pain for the rest of my life, but thankfully I was wrong and Doc was right."* - M.M.

*"Dr. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!"* - J.J.

*"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc"* - C.C.

*"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning"* - B. D.

*"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone"* - M.C.

## COMPTON CHIROPRACTIC CARE

Providing Quality Chiropractic Care to patients in and around The Villages, Florida.

### Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

### Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

### Accepting

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- Blue Cross Blue Shield
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- Humana
- United Health Care plans
- Personal Injury



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# How Can Adults Help Children Who Have Lost a Loved One?

By Kristen Nardolillo, LCSW, Cornerstone Hospice Children's Bereavement Counselor

**W**hen someone loses a loved one, the person can experience a variety of intense feelings. The emotions can be consuming and even overwhelming to the point it affects everyday life.

Through life experience, an adult may recognize that the range of feelings are due to grief. But for a child, the loss of a loved one may be confusing and overwhelming.

Children grieve differently from adults; they are much more sensitive to the energy that encompasses their environment. In fact, kids can be highly perceptive, often knowing a lot more about the death than adults think they do.

Parents and caregivers often ask me, "what's the best way to talk to my child about death?" The answer is that there is not just one right way to have the conversation.

National Grief Awareness Day (August 30) is intended to raise awareness to the numerous ways individuals cope with loss. Due to the recent pandemic, more children may have been touched by a greater sense of grief.

**These suggestions for helping children may be of comfort to adults, too:**

**1) Don't be afraid to express your own feelings.** Some parents/caregivers feel the need to protect their child by hiding or suppressing their own reaction to a loss, out of fear that it could cause a child even more pain. The problem with this approach is that the child may then begin to mirror the behavior, by hiding and filtering their own expression of grief. They may begin to think that expressions like crying are a bad thing, and refrain from showing others this form of pain. By parents and caregivers openly expressing their own feelings, it shows the child that it is okay to be sad and feel pain after a loss. This also normalizes what the child is experiencing and validates any need for self-expression.



*Kristen Nardolillo, LCSW is Cornerstone Hospice's Children's Bereavement Counselor.*

**2) Use realistic language.** Kids tend to take things very literally. Using phrases like "passed away" or "resting in heaven" might sound more nurturing than terms like "dead" and "dying," however this clear language is necessary for children to understand the nature of what just happened. A child may feel confused if such language is avoided, prolonging their ability to heal. Children cannot begin to heal until they fully understand the permanence of their loss.

**3) Reinforce that death is not their fault.** Young children can have "magical thinking" that leads them to believe they may have caused a death through something they did or said. Sometimes a gentle reminder that they are in no way to blame for a death, can resolve or prevent feelings of guilt.

**4) After a loss, it is common for kids to want to shut down and avoid interaction with others.** Plan a weekly family meeting that allows everyone to share about how their week is going. Allow this to

be a judgement free zone, giving everyone an opportunity to speak and feel heard. For little ones, using dice with topics on each face (family, friends, school...) can make this more of a game-like activity, which encourages participation.

**5) Laugh!** Don't be afraid to laugh a little while you grieve. Kids, and even adults, can think that experiencing joy and happiness after a death means that they are forgetting about, or no longer honoring their deceased loved one. Plan fun activities throughout the week, so that together you can learn that healing does not mean forgetting.

Remember, kids can only experience small doses of intense emotion, which means they may not react to grief the same way an adult would. Don't be overly concerned if a child's grief looks and sounds different from your own. Grief is something everyone experiences at some point, and all will express grief in our own unique way.

Providing a loving, non-judgmental environment for your child, will allow him/her to feel comfortable when they are ready to talk about their grief. Be patient and don't expect that you will have all the answers.

Cornerstone Hospice offers bereavement support for children and adults living in the communities it serves. Participation is free and the lost loved one did not have to be in Cornerstone's care. **To learn more about group and individual bereavement support, email [bereavement@cshospice.org](mailto:bereavement@cshospice.org) or call 866-742-6655.**

Additional resources to help with grief or stress and anxiety can be found at Cornerstone's Kids, which offers a series of activities including games, music, workshops, crafts and more. Participation in Cornerstone's Kids is also free and information is available at <http://cornerstoneskids.org>.



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

Innovative Therapies Group

**B**ecause 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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# WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

**E**state planning services include living wills, drafting of wills, trusts, and powers of attorney. Estate planning customizes the documents to match the needs of the clients, and to prepare provisions for their children, dependents and intended beneficiaries, and to also reduce the impact of estate taxes.

Many people are intimidated or afraid of hidden fees and high costs associated with estate planning, but Attorney Patrick L. Smith does things differently. 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.

**If you are putting off estate planning, here are few reasons you might want to take action now as opposed to later:**

## Health and Mental Capacity

In Florida, the state no longer recognizes Springing POAs (Power of Attorney). *Springing POAs* were able to “spring” into effect and make decisions after a loved one was incapacitated. These are no longer accepted. Instead, the State now requires a permanent POA that goes into effect at the moment of signing the document. If you or a loved one are being proactive about your estate planning or medical decisions, it’s critical to speak to an attorney to help guide you through the process and make the appropriate choices that are specific to your situation.

It’s essential to implement a power of attorney (POA) while someone is capable and competent of signing paperwork and evaluating needs.



If your loved one is unable to make sound judgments and decisions, it can be costly to navigate the court systems to try and retroactively gain control of assets and to make important financial and health-related decisions.

Unfortunately, neurodegenerative disorders are escalating in our country. It’s not uncommon that individuals need 24-hour care and nursing to help with daily tasks due to conditions such as Alzheimer’s and Parkinson’s disease, or other debilitating disorders like COVID, cancers, coma, and those on life-support, to name a few. When there is no power of attorney in place to make decisions, such as hiring a caregiver, transitioning into a memory care facility, or implementing a hospice plan, these important decisions can turn into a challenging legal process.

## Estate Planning Should be Under Your Control

Making decisions now is proactive. It should not be thought of as premature; it should rather be thought of as a wise decision for your family and those left behind that you wish to care for or donate to.



**You DO NOT have to disclose all details of your assets to your family, but it is very important that they know where to find the information when they need it. Preparing and organizing your estate planning is critical.**

## Law Offices of Patrick L. Smith, PLLC

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 352-314-2299 or visit: [www.attorneypatricksmith.com](http://www.attorneypatricksmith.com).

# Hope and Optimism

By Pastor Timothy L. Neptune

**H**ope 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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