

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2021

Lake/Sumter Edition - Monthly

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FREE

**OCTOBER
BRINGS
AWARENESS
TO EYE INJURY
PREVENTION**

**SKIN
DISCOLORATION
COULD BE A SERIOUS
WARNING INDICATOR**

**YOU REALLY
DO NEED THAT
MAMMOGRAM**

**PHYSICAL THERAPY
FOR HEALTHY AGING**

**AUDIOLOGY
AWARENESS
MONTH**

**WHAT IS AN
AUDIOLOGIST &
WHAT CAN
THEY TREAT?**

**WANT TO
ENHANCE YOUR
BRAIN AND BODY'S
PERFORMANCE?**

**IS YOUR SWING
HURTING YOUR
BACK OR IS YOUR
BACK HURTING
YOUR SWING?**



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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

TREATMENT METHODS

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

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



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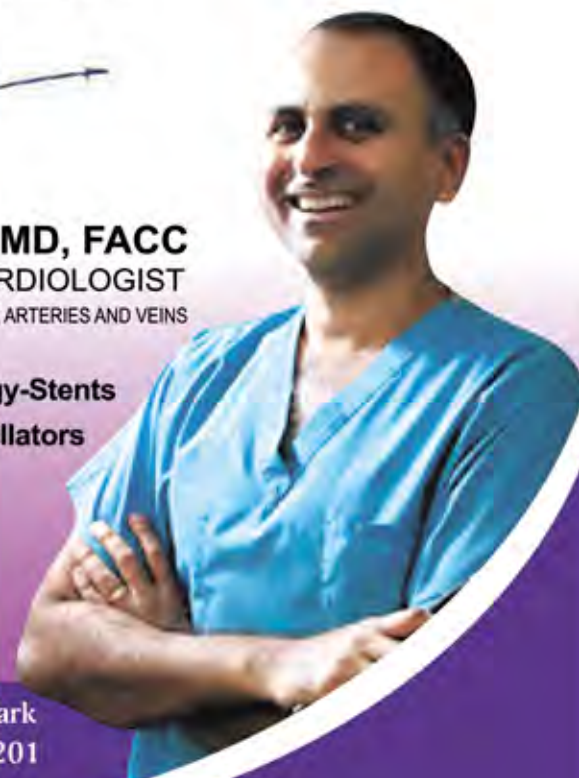
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office.

I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't.

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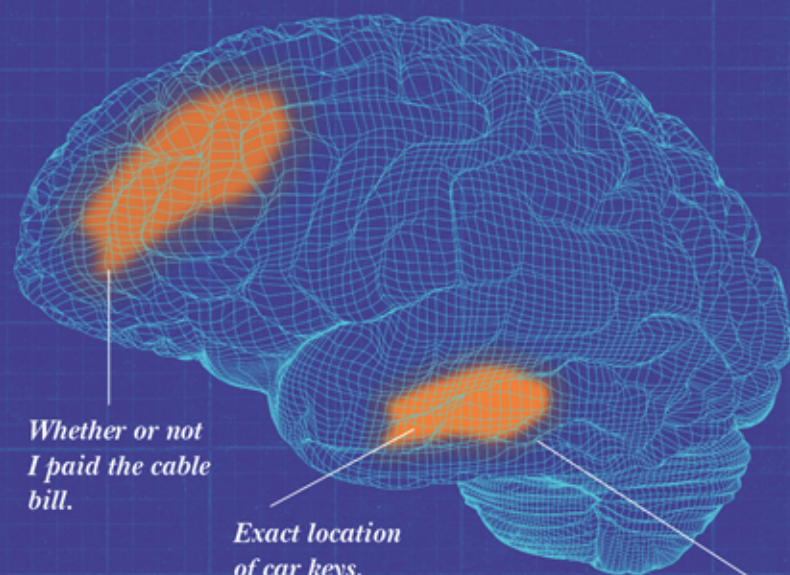
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KEEP YOUR BRAIN TOP OF MIND.



Neighbor's daughter's name.

GREY MATTER | Fig. 17

Brain health. It's a heavy topic. But it's the key to maintaining your independence for years to come and it shouldn't be ignored. That's why Aviv Clinics focuses on improving brain function throughout the aging process. From enhanced memory and sharper attention, to increased energy and stamina, our multi-faceted approach combines innovative oxygen therapy with a personalized regimen to improve how you age.

Let's talk about what matters: 352-492-6621 ~ aviv-clinics.com



Aviv Clinics
Brain Performance

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OCTOBER BRINGS AWARENESS TO EYE INJURY PREVENTION

October is Eye Injury Prevention month, focusing attention on commonsense ways to protect your eyes and vision from injury. Each year in the US, more than two million people experience a preventable eye injury, many of which cause some vision loss, even blindness.

Here are easy ways to help prevent these injuries and protect your vision:

Wear Quality Sunglasses – UVA and UVB rays from sunlight can damage eyes and impact vision. When outside, driving or even sitting inside next to windows that expose you to significant glare, wear sunglasses specifically marked to block 100% of UVA and UVB rays. Wraparound styles provide the best protection. Wearing a wide-brimmed hat is also helpful.

Wear Safety Goggles – Did you know that nearly half of all eye injuries occur at home? Everyday chores like cooking, cleaning, unclogging drains, spraying pesticides, trimming back trees or bushes, and performing repairs account for a surprising number of eye injuries. When using powerful cleansers or solvents, deep-frying food, and certainly while using power tools that may spray debris or projectiles, it is always a good idea to wear safety goggles. You may feel a bit silly deep-frying in goggles, but avoiding hot oil in your eyes is worth it.

Wear Appropriate Sports Gear – Sports and physical activities account for more than 40% of eye injuries, so wear the appropriate protection for your activity, whether goggles, a helmet or a face guard.

Use Contact Lenses as Directed – Old or dirty contact lenses account for a large number of infections, and some can be serious. Always clean



and replace contacts as directed, and routinely clean and replace storage cases. Never wear contacts to bed unless you have the type designed to be worn while sleeping. People prone to eye infections should avoid this type of lens altogether.

Ditch Old Makeup – Eye makeup can collect bacteria over time, so throw away mascara, liquid eyeliner and eyeshadow every 3-6 months, especially if you notice a change in scent or color. Never share eye makeup with anyone.

Should you suffer from an eye injury, do not touch or rub your eye, as this could invite infection. In the case of a burn or chemical entering the eye, flush outward with cold, clean water or, better yet, a sterile eye solution. All serious injuries warrant immediate emergency attention.

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Want to Enhance Your Brain and Body's Performance?

Living longer should not be the end goal – Having a healthy mind and body for as long as possible should be what we all strive for.

As we age our bodies are less efficient at delivering and processing oxygen the way it did when we were younger. Insufficient oxygen (hypoxia) is one of the primary reasons for onset of cognitive decline and the breakdown of the body. Oxygen is an essential element for optimal health; however, the air we breathe daily contains about 21 percent oxygen, which may not be enough for those with chronic conditions, age-related disorders or other ailments that can benefit from higher oxygen intake levels.

Sufficient Oxygen Intake

Everything in your body depends on the brain. It's the command center of your body, and it craves oxygen. While it makes up only 2% of the body's mass, the brain uses over 20% of the oxygen we breathe in. Hyperbaric Oxygen Therapy involves breathing 100% pure oxygen in a special room known as a HBOT suite. The air in the suite is pressurized to above atmospheric levels, which increases oxygen levels in the body to 10-15 times higher than normal.

HBOT Benefits

Numerous studies show that HBOT has neuroprotective and neurological regenerative effects on the brain, as well as numerous health benefits and reversal of many disorders. One new study out of Israel shows how HBOT assists the body with optimal aging by halting the cellular aging process.

A New Study Calls Hyperbaric Oxygen Therapy 'The Holy Grail' of Healthy Aging

A study from Tel Aviv University (TAU) and the Shamir Medical Center in Israel found that hyperbaric oxygen treatments (HBOT) in healthy aging adults can stop cellular aging and reverse the aging process. The study found that two major causes of aging can be halted by implementing specific hyperbaric oxygen therapy. These aging components are cellular death or diseased cells and shortened telomeres.¹

Telomeres are protective of our DNA and are attached to both ends of our chromosomes. As we age, they begin to shorten. Hyperbaric oxygen therapy (HBOT) reversed the shortening and increased the length of the telomeres significantly over time.¹

The other issue is the accumulation of degenerating and diseased cells in the body, known as senescent cells. With HBOT, these were shown to clear and allow

room for replenishment of new cellular growth.¹ By examining and measuring the patient's blood, HBOT was shown to stop the shortening and, instead, increase telomeres by up to 38%. HBOT also decreased senescent cells by up to 38%.¹



Aviv HBOT is Unique

There are two key processes that make Aviv Distinctive:

- First, we increase the oxygen level you breathe through a mask in the HBOT suite. As you breathe it in, your blood stream sends this oxygen to tissue in your body that has been deprived of it. Oxygen-saturated blood can bypass blood vessels which have become clogged or narrowed with age. This gives the brain the energy it needs to turbocharge the healing process.

- Second, we fluctuate the level of oxygen you breathe when inside the HBOT suite. This variation in oxygen supply triggers your body's own regenerative mechanisms.

What does this do to my body?

Your body is capable of powerful natural rejuvenation. By combining these two steps, we're essentially switching your rejuvenation processes on, while supplying the body with the abundant energy it needs to complete them. By the end of your treatment program, you should see a significant improvement in your mental and physical performance and feel better inside and out.

Reference:

1. Hyperbaric oxygen treatment: Clinical trial reverses two biological processes associated with aging in human cells, American Friends of Tel Aviv University, November 20, 2020, <https://www.sciencedaily.com/releases/2020/11/201120150728.htm>



Aviv Clinics
Brain Performance

About Aviv

Since 2017, Aviv's primary focus has been on healthspan—helping patients feel healthy, stay active, and enjoy the vitality of both mind and body. Aviv Clinics delivers a highly effective personalized protocol to enhance performance in the aging brain and body via the Aviv Medical Program.

Our unique, intensive Program aims to improve the aging process by increasing cognitive and physical performance in healthy aging adults. Based on over a decade of research and development the Aviv Medical Program is individually tailored to you, helping you achieve new standards of performance by your brain and body.

HBOT | Personalized Cognitive & Physical Training | Nutritional Counseling

The Aviv Medical Program provides you with a unique opportunity to invest in your health while you age, helping you maximize your cognition, vitality, and quality of life. We have created a state-of-the-art Program which combines Hyperbaric Oxygen Therapy (HBOT), personalized program of cognitive and physical training and nutritional coaching.

The aging process affects us all differently. This is why our multidisciplinary team of healthcare specialists uses in-depth assessments and analytics to create a plan fully personalized for you.

The result is a comprehensive treatment designed to help you enhance your cognitive and physical performance, and feel at your best, at any age.

AVIV Clinics was originally founded in Israel, and operates a highly regarded research center there, as well as a world-class treatment center in The Villages, Florida.

Aviv Clinics at The Villages®

We're excited to launch Aviv Clinics at The Villages® in collaboration with The Villages Health. Together, our shared vision is to help you enhance and nurture brain and body to ensure a continuously happy, vital and healthy life.

Here, across our three specialty wings you'll have access to the latest advancements in treating and improving cognitive and physical performance:

1. The Hyperbaric Wing with our state-of-the-art hyperbaric oxygen treatment suites
2. The Neurocognitive Wing for cognitive evaluation and training
3. The Physiological Wing for physiological assessment and therapy

We have combined the world's most innovative treatment program for improving cognitive and physical performance improvement, with the opportunity to experience the amazing lifestyle available to you in central Florida.

Focus on your health and let us take care of the rest!

Contact Aviv Clinic today at (352) 488-2848
or visit our website at [Aviv-clinics.com](https://www.aviv-clinics.com)
for more information.

Skin Discoloration Could be a Serious Warning Indicator

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

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

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

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

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



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



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

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

Urinary Incontinence

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

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

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

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



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

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

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

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

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

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Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

There are Several Different Types of Strokes:

- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B – Balance loss

E – Eyesight changes

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call 911



Staying Healthy and Avoiding Stroke Complications

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

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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

You Really Do Need That Mammogram

Maybe you've skipped your mammogram once or twice. There are good reasons not to. Regular mammograms have reduced breast cancer deaths by 40% since screening began in the mid-1980s, according to the American College of Radiology.

Mammograms arm you against breast cancer

A mammogram is a safe, low-dose X-ray of the breast tissue. If you have a tumor, it will likely show up as a bright dense blotch on the X-ray. You can get your regular mammogram screening at no extra cost as part of your Florida Blue Medicare plan when you use a network provider.

Even if you're doing a monthly self-exam or your doctor does regular clinical breast exams, you should still get your mammogram. That's because a mammogram can find tumors before you can feel them.

When do I need a mammogram?

Women typically get their first mammogram when they are between the ages of 40 and 50, and then every 1-2 years after that. And just because you're older, doesn't mean you wouldn't benefit from the screening. Guidelines from the U.S. Preventative Services Task Force recommend mammograms continue through the age of 74. Remember, your doctor can help you decide when and how often to schedule your mammograms, based on your health history.

What happens if your mammogram shows something abnormal?

First of all, don't panic! It doesn't necessarily mean you have cancer. Out of every 100 women who get screening mammograms, 10 will be called back for additional tests to rule out cancer. In most cases, follow-up tests show there are no signs of cancer. Or, they may show a benign (non-cancerous) condition exists.



Getting your regularly scheduled mammogram could save your life, and technology advances are making mammograms more effective than ever. Someone you love is counting on you to stay healthy. Make sure you get your next mammogram on time.

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How Microneedling Can Help Restore Collagen

Natural Anti-Aging Methods

Collagen is a protein in the body and is necessary for keeping the skin elastic, supple and smooth, along with other health benefits. To combat the effects of aging such as sagging skin, fine lines and wrinkles, collagen plays a major role in helping to halt these aging issues. The problem with many products that contain collagen is that collagen molecules are too large to actually penetrate the skin's dermal layers.

As we age, collagen diminishes and wrinkles, sagging skin and other issues like cellulite will progress, and since topical creams or serums are unable to penetrate the deep layers of the dermis on their own. The treatment that so many individuals are drawn to is microneedling with PRP.

To further enhance the body's ability to utilize collagen and decrease the signs of aging. Microneedling with PRP or collagen infused products is extremely beneficial, offering remarkable outcomes.

How it Works

Microneedling uses a handheld device covered with very small needles to trigger your body's natural healing response and increase collagen in the skin. The device is gently rolled over your skin, making tiny punctures. A topical anesthetic is applied first and there is little to no pain or downtime. Stimulating collagen can improve the skin's texture, lines and wrinkles, sun damage, acne, scars, stretch marks, and other signs of aging.

PRP

PRP (platelet-rich plasma) are cells in your blood that are responsible for regeneration and healing. A small sample of your blood is spun in a centrifuge to help concentrate the platelets, which are then applied to the skin before microneedling. This allows the PRP to absorb rapidly and deeply into the dermal layers. Microneedling coupled with PRP can help improve skin tone, texture, pore size and age-related skin conditions.

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.

What is Functional Medicine?

At Total Nutrition and Therapeutics, we have made it our mission to help our clients look at their health as



their most valuable asset and protecting it requires a proactive mindset. Why wait until you feel bad to seek out help. Recognizing that our bodies can be in a state of dysfunction years before a disease starts, this approach to your "health care" can help you reduce unnecessary medical expenses and more importantly, down time from the enjoyment of life that you desire. Functional medicine, also known as integrative or lifestyle medicine, focuses on identifying the "root cause" of your dysfunction, listening to your story, completing predictive lab testing and other diagnostic testing looking at markers that identify this dysfunction and then, what sets TNT apart is what comes next. Our team of passionate, experienced, educated and creative providing you the tools to take control of the direction of your health. This approach has the power to help you live a life full of energy and joy!

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!

Call them to day to schedule your appointment at (352) 259-5190.

TOTAL NUTRITION & Therapeutics

TOTAL NUTRITION AND THERAPEUTICS

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Cholesterol Levels and Cardiovascular Risks

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the bloodstream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body overproduces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol our bodies crave. Without HDL, our brains would not function properly, and we would suffer from other bodily disorders, like heart attacks and strokes. HDL helps to remove the bad cholesterol (LDL) from the body. High levels of LDL may also adversely affect overall health by causing atherosclerosis (plaque in the arteries), cardiovascular disease and other disorders.

Cholesterol Numbers:

Your total cholesterol is made up of both LDL and HDL numbers. Your doctor may order tests in order to check your numbers. The healthiest combination of both types of cholesterol measures HDL, good cholesterol,) around 40, and LDL, bad cholesterol,) around 100.

Risk Factors:

Cholesterol, along with triglycerides in the blood, can form atherosclerosis, which is the plaque that builds up in the arteries. Excessive plaque can increase the chances of a coronary heart attack, heart disease, stroke and other related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides combine with the high LDL level and create harmful plaque buildup.

Diet & Exercise:

Because high levels of LDL and triglycerides are both associated with food intake and the body's inability to burn fat, adopting healthier habits can help lower cholesterol naturally.

- Eat a healthy diet
- Quit smoking (contributes to atherosclerosis)
- Start a regular exercise program
- Cut back on alcohol
- Reduce or eliminate processed foods

Schedule an annual exam with your physician to check your cholesterol levels on a regular basis. If you have high cholesterol, your doctor may prescribe medication to help lower the overall cholesterol levels. In addition to medication, a change in diet can help to decrease LDL and Triglycerides, as well as raise your HDL to optimum levels.

Incorporate Healthy Foods and Nutrients in Your Diet

A significant contributor to successfully lowering LDL is the addition of soluble fiber, omega-3 fatty acids, mono-saturated fatty acids (MUFAs), powerful antioxidants and lutein, to your diet. However, in order to see the benefit of ultimately lowering bad cholesterol, an overall healthy diet must be maintained. This includes decreasing, and in some cases, completely eliminating processed foods from your diet. Cholesterol lowering foods can drop your bad cholesterol levels by 5-10% within a few weeks; your cardiologist can speak with you about a personalized dietary plan.

Medications:

The most common cholesterol lowering drugs are statins. In recent years there have been other medication developments that may help to lower your total cholesterol levels. Cholesterol lowering drugs are often needed to help reduce and balance cholesterol levels, when lifestyle changes like diet and exercise are not enough.

It's best to speak with your physician before changing your diet or exercise program. Your doctor will develop a strategy to suit your specific needs, along with a coordinated medication and lifestyle strategy.

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
- Nuclear Stress Test
- 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

Our team of experienced cardiologists provide top-of-the line, compassionate care to patients who are in need of cardiac surgery. You deserve the best, and we are the best.

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Physical Therapy for Healthy Aging

At Sumter Senior Living, we take your health and wellness personally. We want our residents to thrive, engage in physical activities, and live their best life.

Any exercise that you can fit into your daily routine is beneficial. Regular exercise improves immune function and is thought to reduce respiratory disorders as well. For the immune system and many other vital functions of the body, it's beneficial to take a brisk walk, exercise in a chair, get physical therapy, enjoy pool exercises, or generally do whatever your level of fitness will safely allow you to do.

Staying physically active increases circulation, improves blood flow, lowers blood pressure, lowers anxiety and stress levels, and it helps increase balance for all ages. But did you know exercise can do even more for seniors? Many seniors need physical therapy to help increase their range of motion, muscle strength, agility, and balance.

Physical therapy can help prevent falls, alleviate dizziness due to vestibular disorders, and increase a person's overall wellbeing. If you can move more freely, and limit pain, you are more likely to continue living a healthy active lifestyle.

ON-SITE PHYSICAL THERAPY

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 and tailored 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 life to the fullest.

Sumter Senior Living offers exceptional amenities, state-of-the-art facilities, luxury spaces, and restaurant-quality dining for our residents. Our team is highly trained and ensures each resident feels 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—and we do this because we genuinely care.



Sumter Senior Living: It's not like home. It is home.™

Senior living encompasses many lifestyles and living options. From Independent Living to Assisted Living and 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 to help you and your loved ones find what best works for your family.

Independent Living Features –

- Choice of studio and one- or two-bedroom floor plans
- Balcony or patio and washer and dryer connections in select apartment styles
- Grande Clubhouse with resort-style amenities including full bar, heated pool, and fitness center
- Golf Cart Accessible with golf cart charging stations
- Beauty Salon/Barber Shop and Massage Services
- Housekeeping and Maintenance, including linen service
- Many utilities included
- Emergency Response and Monitoring System
- Pet-friendly Community with fenced-in dog park

Assisted Living and Memory Care Features –

- Engaging Life Enrichment Activities and Health and Wellness Programs
- Medication Reminders and Management
- Personalized Care Services including assistance with Activities of Daily Living
- Landmarks and Sensory Cues support choice and independence
- It's Never 2 Late (iN2L) Technology
- Living and Dining Spaces represent environments in residential setting

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

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

For more information about Sumter Senior Living or to schedule a personalized visit please call us at: (352) 363-2120 or visit our website:

www.SumterSeniorLiving.com.

We look forward to hearing from you!



SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

1490 Killingsworth Way, The Villages, Florida 32162

352.707.9959

www.sumterseniorliving.com

Assisted Living License Number: 12227






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Enrich everyday experiences and receive care that stands out from the rest in Sumter Senior Living's assisted living and memory care lifestyles.

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It's not like home. It *is* home.™

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AUDIOLOGY AWARENESS MONTH

What is an Audiologist & What Can They Treat?

An audiologist is a specialist in hearing. They have studied for many years and are required to have a master's degree or doctorate in the field of hearing. While they do not perform ear surgery, they are experts in diagnosing and finding solutions for children and adults that are experiencing hearing loss.

Audiologists examine, diagnose, and treat hearing loss and balance disorder. Most audiologists earn a doctor of audiology (AuD) degree, while others may earn a PhD or ScD in hearing and balance sciences. All audiologists are required to be licensed or registered in Florida, as well as throughout all of the United States. Many audiologists receive American Boards of Audiology certifications, and all are required to maintain continued education classes and programs.

REASONS TO SEE AN AUDIOLOGIST

If you are experiencing hearing loss, it's important to seek a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific issue. If you've noticed that it's difficult to hear conversations in a noisy atmosphere, or you feel the need to adjust your television volume much higher than before, it's vital for you to have your hearing checked.

Perhaps you or your loved one keeps asking for people to repeat themselves, or you can't quite pick up where sounds are coming from; if this is the case, don't wait until your hearing loss gets any worse, schedule your appointment as soon as you possibly can.

ADVANCED HEARING SOLUTIONS SERVICES

- Audiologic Evaluation
- Brain Fitness Programs
- Caption Call
- Ear Wax Removal
- Hearing Aid fitting
- Hearing Aid Repair
- Live Speech Mapping
- Tinnitus Treatment



HEARING AIDS

A wide range of technology and a host of features are available in each hearing aid style. The cost of hearing aids generally depends on the technology and the number of features the instrument has and not necessarily on the style selected. Today's digital hearing aids are typically offered in various technology levels, such as basic, entry, advanced or premium level.

Basic digital hearing aids generally require the wearer to make some manual adjustments in certain listening environments, such as turning a volume control up or down, or pushing a button to change listening programs. In contrast, a premium or more advanced hearing aid responds automatically to changes in the listener's environment, making changes based on the signals being detected by the hearing aid. The hearing aid wearer is not required to make any manual changes. As the level of the technology increases in hearing aids, so does the availability of advanced features.

MID FLORIDA HEARING

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Your local Board certified Hearing aid specialist offers you the latest technology and state of the art excellence in hearing healthcare.

ABOUT OUR HEARING CENTER

Mid Florida Hearing offers hearing systems from over 30 different manufactures. Bart and Zack are excited to offer a free on-site repair lab. Free Video Otoscope exam and the most advanced hearing aid systems on the market. Mid Florida Hearing will beat any written contracted price by 10%. It's our guarantee to you. Stop by and say hello for a cup of coffee and good conversation! Veteran owned and operated.



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- Clarify the **facts** surrounding buy and hold versus timing the market.



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Purchase a package of 3 Micro-Needling with Peptides and receive **\$150.00 OFF** (now only \$600.00)

Micro-Needling treatments also available with growth factors and with PRP (platelet rich plasma). For more information on what treatment is right for you schedule a complimentary consult with TNT's Medical Esthetician. Call today to schedule your treatment. **352-259-5190**

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

By Richard W. Rozensky, DDS, D.ABDSM

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

What Causes Sleep Apnea?

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

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

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

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

What are the symptoms of Sleep Apnea?

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

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy and failed?

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

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

COVID-19 and Sleep Apnea

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

Village Sleep Dentistry
352.430.1710
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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!



By Dr. J. Mandume Kerina

OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

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

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

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

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

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

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

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

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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.

ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

Walking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?



Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

Physicians Rehabilitation's Knee Therapy Program Includes:

- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more



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Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, and is covered by Medicare and most insurances.

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.

Research studies and clinical practice have shown PRP therapy is 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

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your non-surgical treatment options – even if other doctors have told you that surgery is the only answer.

WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

Estate 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.

Interleukin-6:

The Inflammation Marker You Need to Know

By Bo Martinsen, MD

Besides getting the jab, keeping your immune system in top shape is critical for surviving COVID-19. But how do you know if your immune system is in good condition?

Research shows that interleukin levels may be one of the strongest predictors of future health outcomes, including for COVID-19 patients. This article aims to provide a simplified explanation of what interleukin-6 does – and what factors can reduce high levels of interleukin-6 in the body.

What Are Interleukins?

Interleukins are cell proteins that are heavily involved in controlling our immune system.

Having too many – or too few – of these interleukins is equally bad and puts us at risk. These immune system markers can be measured (typically through blood or saliva tests) in order to get a better indication of our bodies' readiness to fight disease.

While there are many different interleukins, let's focus on interleukin-6 (IL-6), which has been rigorously researched since its discovery over 30 years ago.

What Does Interleukin-6 Do?

IL-6 has been described as a "Dr. Jekyll and Mr. Hyde" molecule, with both pro-inflammatory and anti-inflammatory functions.

Because of its dual role, some conditions – like immunodeficiency – are characterized by too low levels of IL-6. In the majority of cases, however, people suffer from having too high levels.

High IL-6 levels are strongly associated with chronic inflammation and most pro-inflammatory diseases, including obesity, arthritis, and cancers. For this reason, IL-6 is used as an inflammation marker. While examining IL-6 levels will not give you a diagnosis of what's wrong, it's a revealing alarm bell.

A Predictor of Early Death

High IL-6 levels are a strong predictor of all-cause early mortality in older adults. Particularly, if a patient's IL-6 levels do not go down during treatment for cancer or severe infections, it is an ominous sign as to the patient's outcome.

This pattern holds true for COVID-19 patients as well. In studies, patients who were classified as "critically ill" with COVID-19 had higher IL-6 levels at the start of their illness – and their levels continued to rise (rather than decrease) despite treatment.

Ways to Decrease Interleukin-6 Levels

As mentioned above, almost all pro-inflammatory conditions are characterized by increased IL-6. So how can we reduce IL-6 levels?

As it turns out, many common wellness strategies can make a significant difference.

1. Get Good Quality Sleep

It's no surprise that getting a good night's rest is important. A meta-analysis of 72 studies found that sleep disturbances were associated with higher IL-6 levels.

For those who do not sleep well, a sizable body of research has also documented that taking the "sleep hormone" melatonin can also reduce IL-6. Indeed, some studies found that IL-6 levels dropped as much as 34% after high dose melatonin supplementation.

2. Eat a Nutrient-Dense Diet

Eating fast foods loaded with processed ingredients and sugar is associated with high IL-6. On the other hand, studies show that people who follow a Mediterranean diet – rich in fibers and polyphenols from nuts, legumes, fruits and vegetables – typically have lower IL-6 levels.

Consuming enough probiotics and seafood also has a significant beneficial effect.

3. Practice Good Oral Health

Oral hygiene usually doesn't make the list of lifestyle recommendations, but there's good reason to consider it: The mouth is one of the body's key entry points for bacteria, and plays a surprising role in the development of disease.

High IL-6 levels are typically documented in patients with oral issues like periodontitis, gingivitis and cavities. Thankfully, studies show that practicing good oral hygiene can help lower IL-6 levels again.

4. Take Enough Omega-3

As noted above, eating more seafood is associated with lower IL-6 levels. In addition, research consistently shows that taking omega-3 supplements may reduce IL-6 levels, too. For instance, one 2018 study found that taking 2500 mg of EPA/DHA daily reduced IL-6 levels by 22% over 8 weeks.

Omega-3 supplementation appears to be so effective for reducing IL-6 that three recent systematic reviews called it "one of the most promising treatments targeting inflammation in older adults."

Getting an effective omega-3 dose, however, is important. Studies have found that people typically need more than 2000 mg of EPA/DHA per day to reduce the production of proinflammatory interleukins. In addition, higher EPA/DHA doses may be needed to reduce proinflammatory interleukin levels in obese individuals.

For the full article and references, please visit:

<https://omega3innovations.com/blog/interleukin-6-the-inflammation-marker-you-need-to-know/>

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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Meet the Kidneys

They are a pair of bean shaped organs, each roughly the size of a fist on either side of your spine, below your ribs and behind your belly. Most people are born with two kidneys, but it is possible to be born with one kidney and have a normal life.

Our kidneys are master chemists that always balances the chemical composition of blood regardless of what we eat or drink. Did you know that they process 1800 liters of blood in 24 hours? Kidneys have two distinct layers - the cortex which is the outer layer and the medulla which is the inner layer. Both layers contain about a million specialized filters called nephrons that process and filter our blood. Each heartbeat sends 25% of our blood to the kidneys for processing which involves filtration of blood, reabsorption of important minerals and elimination of excess water, toxins and waste products - better known as urine.

The functions of the kidneys:

- 1. Blood pressure control** - the kidneys regulate our body's arterial blood pressure in various ways, including hormones, salt and water regulation.
- 2. Volume control** - the kidneys regulate salt and water balance to control our body's total fluid volume. Have you ever noticed that your urine is darker when you drink less water and clearer when you drink more?
- 3. Mineral balance and toxin elimination** - as mentioned in the introduction, when the kidneys process blood, they filter out unwanted toxins into the urine whilst retaining the minerals the body needs in a constant cycle to maintain balance.



4. Red blood cell production - A red blood cell has a lifespan of 120 days. The medulla senses and sends signals to the bone marrow telling it to make new red blood cells. If your hemoglobin or blood count is low, it can be a sign of poorly functioning kidneys.

5. Bone health - Strong healthy bones require dietary calcium, phosphorus and plant and animal sources of Vitamin D. Whether you take supplements or spend lots of time outdoors in the sun you need your kidneys to activate Vitamin D to help your intestines absorb these minerals from food and strengthen your bones.

Our kidneys are truly remarkable organs that perform life-saving functions for our bodies. No wonder it is the most transplanted organ!

Sunshine Kidney Care Nephrology Associates
352.388.5800

Ste 522 The Sharon Morse Medical Office Building
1400 US Hwy 441N, The Villages FL 32159

About Us

Sunshine Kidney Care Nephrology Associates is the newest Nephrology Practice in Central Florida led by our board-certified nephrologists - Dr. John Hayes and Dr. Ingrid Calliste who together offer a combined 24 years of expert care and experience. Our patients can expect quality, collaborative, comprehensive, holistic and compassionate medical care delivered by an excellent provider team. The practice offers a range of clinical services including hospital consultations, office consultations and dialysis care. We also offer education, planning and management of renal replacement therapies and pre and post kidney transplant care. We have partnered with Fresenius Medical Care and DaVita Kidney Care to treat dialysis patients at 8 area dialysis centers. We will help you to navigate your individual treatment plans with our personalized approach to healthcare.

Welcome to the Sunshine Kidney Care Nephrology Associates Family!

OUR CARE TEAM:

John Hayes, MD | Ingrid Calliste, MD
Donna Jackson Sharpe, ARNP

Conditions we treat:

- Acute kidney disease
- Chronic kidney disease
- Hypertension
- Anemia of chronic kidney disease
- Inflammatory diseases of the kidney
- Cystic diseases of the kidney
- Bone mineral disease of the kidney
- Kidney stones
- Electrolyte disorders
- Gout
- End Stage Kidney Disease
- Post-Transplant Kidney Care



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John Hayes, MD

Board Certified, Nephrology & Internal Medicine

Ingrid Calliste, MD

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Vertigo: How to Stop Spinning—Fast

Vertigo is a condition that makes individuals feel sensations of spinning, which causes nausea, vomiting and other unpleasant side effects. A physical therapist will be able to determine if BBPV may be the cause of your symptoms. *(Vertigo may also be caused by a central nervous system disorder, and that type of spinning cannot be corrected with these maneuvers. Doing the maneuvers will help us to determine if the crystals are loose and if it's treatable with therapy).*

Within the inner ear, are semicircular canals. Calcium crystals, known as canaliths help signal movement and positions to the brain. As we age, these crystals slough off of their stem (utricle) and the loose crystals can become displaced within the semicircular ear canals, causing BPPV.

Dr. Epley created a technique to reposition the crystals and get them out of the semicircular canals. The technique is known as the Epley maneuver. Physical therapists (PT) are trained to use the Epley maneuver in their practices and they can also teach patients how to safely perform this technique in the comfort of their home when necessary.

The Epley Maneuver

The Epley maneuver is performed when the patient is lying down, and a small pillow is placed behind their head. The Physical Therapist will position the head at various angles for holds of 30 seconds. If the holds are inadequate or too long, the maneuver will fail. That is why it's important to fully understand the technique before attempting it at home. Innovative Therapies Group PTs are highly trained in performing the Epley maneuver and instructing patients how to perform is safely at home.

Along with the Epley Maneuver, Benign Paroxysmal Positional Vertigo can be effectively treated with three other manual maneuvers that also move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These other techniques are known as the Semont maneuver, Foster maneuver, and the Brandt-Daroff exercises. These therapies can be performed in the convenience of Innovative Therapies Group's office.



If you are dizzy or off balance, don't put off treatment.

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Physical and Occupational Therapy is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.

In Florida, you do not need a referral to see a Physical Therapist

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase

range-of-motion and live a more mobile higher quality of life than through physical & Occupational therapy.

Types of Treatment Available with Physical Therapy

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

Along with PT, Innovative Therapies Group offers Occupational Therapy, Speech Therapy, and Massage.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today at **352-433-0091**.

Innovative Therapies Group, Inc.

352-433-0091

innovativetherapiesgroup.com

Oncology-Approved Skincare:

Why Everyone Should be Aware of What They Put on Their Skin

What you put on your skin is just as important as what you put in your body. A healthy diet, exercise, and quality sleep are essential to overall health and using products that do not have chemicals, toxins or environmentally unstable ingredients is equally as important. Anything you put on your skin is absorbed into your tissues, organs, and lymph nodes.

For patients that have undergone or are going through oncology treatments, using clean, high-quality natural products is critical, as the lymph nodes are often removed or affected by cancer treatment. Keeping products clean of parabens, phthalates, dyes, synthetic fragrance, and other undesirable ingredients is critical as these can adversely affect the immune system in numerous ways.

Hempira

Stacy Roberts is the founder and CEO of Hempira in Naples, and she is also a Licensed Esthetician in Florida and Colorado. She has made it her top priority to provide the highest-quality CBD and natural products for her clients. Stacy has been working with a remarkable brand for many years that focuses on all the holistic benefits Stacy wants for her clients. It is also oncology-approved, and professional grade called Color Up Therapeutics.

Color Up Skincare

Rooted in Science, Created with Intention. Made with Love.



Created to balance the mind, body, and spirit, Color Up's award-winning CBD products are formulated with the finest botanical extracts, plant oils, and clinically proven active ingredients. Color Up cultivates balance, harmony, and ease by evoking the power of self-healing. Due to their commitment to creating clean, natural, and pure products, the professional lines have been approved to be used on Oncology patients and those with compromised immune systems. These are available through licensed, professional distributors.

Hempira Subscription Boxes

Stacy Roberts, Founder & CEO

A CBD subscription box is a retail service that charges you a monthly fee to receive a variety of CBD products of your choice to your liking delivered to your door. As you may have noticed, CBD boxes are the latest trend in self-pampering.

Our CBD subscription boxes are ideal for those looking for the highest-quality CBD products customized to their needs delivered to their doorstep monthly. There's a wide selection of boxes to fit your needs, some come monthly with 3 full-sized

products, and some come seasonally with 6 full-sized products curated to bring relevant and useful products every time. Plus, at any time you can pause or cancel your subscription so there's no need to worry about the lengthy agreements.

CBD boxes are a radical change in your lifestyle since they are about trying products from brands you may not have previously heard of, allowing you to find quality products for a constant regimen so that you can really feel the benefits of CBD in the long term without the negatives of lower quality items. If you're worried about trying products you may not like and wasting them, Hempira even offers a monthly sample CBD subscription box with 6 sample-sized products to test new and unique products at a fraction of the cost!

Plus, if you're ever feeling overwhelmed with selecting products for your CBD subscription box or are unsure of anything to do with CBD Hempira has Hemptenders standing by to assist you with any questions you may have or suggestions you may need! From creams and rubs for pain, discomfort, and skin conditions to tinctures and edibles to relax and focus on your day to day, Hempira offers you the best quality of CBD products on the market Hempira subscription boxes offer customization, savings, quality, and access to CBD products, and a longer-term solution for your CBD needs.

To find out more about Color Up Therapeutics or to Learn about our Subscription boxes, please visit, Hempira.com.

In-person consultations are also available; please call or email at 239-778-8738 or email Info@Hempira.com.

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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

When 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 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>.





COVID's Effect on Those with Diabetes

Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

As with most infections and viruses, COVID-19 raises blood sugar levels and increases the inflammatory response within the body. Therefore, those with underlying health conditions like diabetes have a more challenging time fighting the virus and often end up in the hospital.

According to the American Diabetes Association, *In general, people with diabetes are more likely to have more severe symptoms and complications when infected with any virus.*

Your risk of getting very sick from COVID-19 is likely to be lower if your diabetes is well-managed. Having heart disease or other complications in addition to diabetes could worsen the chance of getting seriously ill from COVID-19, like other viral infections, because more than one condition makes it harder for your body to fight the infection.

Viral infections can also increase inflammation, or internal swelling, in people with diabetes. This can also be caused by above-target blood sugars, and that inflammation could contribute to more severe complications.

THE KEY IS MAKING SURE YOUR DIABETES IS WELL-MANAGED



Why medications are not a long-term answer

Diabetic medications work to lower blood sugar levels, but they stop working, and the dose will continuously need to be increased. The worst part is these drugs are not making you better, and they are not curing diabetes—There are simply masking your problem. It's like putting duct tape on a firehose to stop the flow of water. While these drugs may be essential in the beginning diagnoses for severe cases where A1C or fasting glucose levels are extremely high, these drugs are not a long-term answer. The root cause of your disorder is usually found in lifestyle choices such as diet or being sedentary.

Denise Pancyrz understands your diabetic challenges, frustrations, and life-threatening health risks. She was once in your shoes but discovered a breakthrough and reversed her disorder. She now coaches other people that struggle with diabetes to help them get their lives back.

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

I was a diabetic who was angered being burdened with diabetes. I was tired of taking medications and four insulin shots per day that did NOT make me feel better. The food I was taught to eat as a diabetic was not bringing me to a state of optimal health. It was keeping me medicated and constantly visiting Walgreen's, Diabetes Educators and the doctors.

I wanted my life to be different and the medical community told me it was highly unlikely. In fact, I was told the amount of medication and insulin would increase as I age. However, I learned that you could improve or eliminate disease with proper nutrition, not with unnecessary medication.

I feel better and stronger in my 50s, than I did in my 40s. I have more energy, reversed diabetes, eliminated inflammation that was leading me to heart disease, eliminated IBS and intestinal issues ~ no more stomach aches after meals, my seasonal allergies are gone and a slight skin issue on my elbow healed. I almost forgot, I lost weight in the process.

I know it sounds too good to be true that proper nutrition was able to heal me—I'm living proof. As a national coach, speaker and author, my mission is to help others to achieve optimal health through holistic lifestyle changes. Certified in holistic nutrition and homeopathy, I can bring awareness to diabetics to make lifestyle changes for a lifetime and reverse the effects of diabetes.

To find out more please visit
ReverseMyDiabetes.net, call 888-848-1763 or
email Denise at Info@ReverseMyDiabetes.net.

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Stacy Roberts
Founder & CEO,
Licensed Esthetician



Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

By Daniel Taylor DC

It's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive

motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted,

fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game? Ask one of golf's greatest about chiropractic. *"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing"*

- Tiger Woods.

Common golf related diagnosis include:

• **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.

• **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.

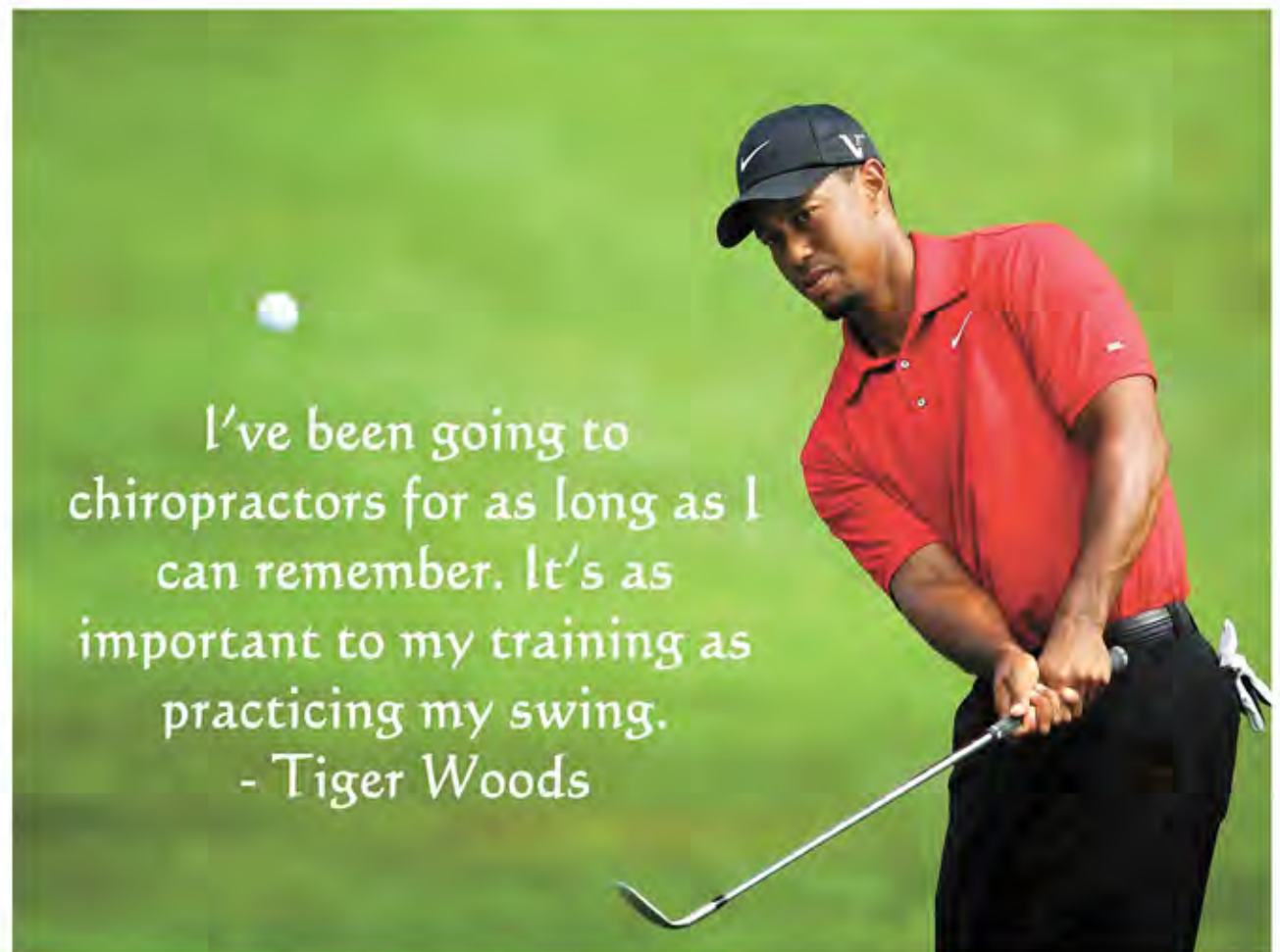
• **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended.

• **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

The next time you are on the golf course focus on these things:

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.



At Compton Chiropractic, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.

So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

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The Secure Act's 10-Year Rule for IRA Heirs

The Setting Every Community Up for Retirement Enhancement (Secure) Act fundamentally changed the rules governing distributions from inherited retirement accounts. Inheriting an IRA or 401(k) under the new administration could create several adverse tax consequences for the beneficiary—and it's never too early to take actions designed to ensure the best possible outcome from a tax perspective.

Under the Secure Act, *nearly* every beneficiary who inherits a retirement account (IRAs, 401(k)s, etc.) in 2020 and beyond will have to empty the account within ten years—and pay income tax on the distribution at ordinary income tax rates. (NOTE: Eligible designated beneficiaries (EDBs) include spouses, disabled and chronically ill beneficiaries, minor children of the account owner, and beneficiaries less than ten years younger than the owner). EDBs are exempt from the new rules and can continue to withdrawal from the inherited account and pay the taxes over their own life expectancy.

Consequences of the 10-Year Rule

1. The penalty for noncompliance. Although the beneficiary can use discretion in determining when to take distributions within the 10-year time frame, if the beneficiary fails to empty the account within ten years, the IRS imposes a 50% penalty on the amount remaining in the account.

2. The increased tax bracket. Every distribution will increase the beneficiary's taxable income for the year. This creates the possibility that the beneficiary could jump into a higher tax bracket.

3. Increased taxable income affects Medicare premiums. Income-based surcharges are added onto the base Medicare premium for taxpayers with higher incomes. Because an inherited account distribution increases taxable income, it can also cause the recipient to become subject to the surcharges.

Potential Solutions

1. Every beneficiary should examine their tax picture in determining the best course of action when it comes to distributions within the 10-year window.



2. Current account owners should take action to minimize the tax implications for their beneficiaries. Owners with multiple heirs may wish to leave the traditional retirement account to someone who qualifies as an EDB or who's in a lower income tax bracket.

3. For many account owners, executing a Roth conversion strategy can add flexibility and minimize the amounts in traditional retirement

accounts. Roth IRAs aren't subject to the new 10-year distribution rule and distributions aren't counted as taxable income when the beneficiary eventually withdraws the funds.

Planning is complex under the Secure Act but shouldn't get in the way of your retirement and investment planning. We're here to help, so call us today at 941-925-2121 and let's review your options.

Adapted from Think Advisor¹

<https://www.thinkadvisor.com/2021/06/28/how-secure-acts-10-year-rule-creates-tax-headaches-for-ira-heirs/>

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Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

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