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

November 2021

Marion Edition - Monthly

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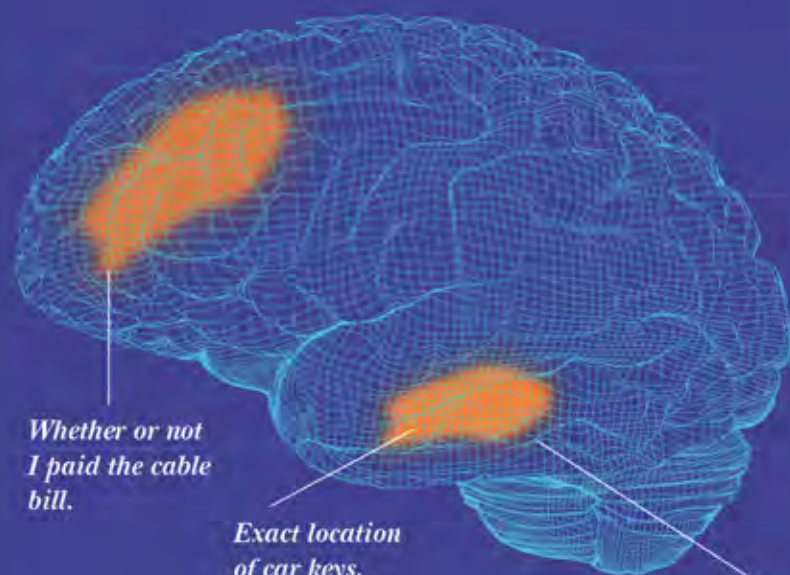
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## KEEP YOUR BRAIN TOP OF MIND.



GREY MATTER | Fig. 17

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# MORE PEOPLE ELIGIBLE FOR LIFE-SAVING LUNG CANCER SCREENING

**B**ack in 2013, in an effort to reduce the high mortality rate of lung cancer, the U.S. Preventive Services Task Force (USPSTF) released guidance for low-dose computed tomography (LDCT) screening for current and former heavy smokers. The effort successfully reduced lung cancer deaths among participants 55-80 years of age who had reached 30 pack years, which is the number of years spent smoking times the number of packs smoked per day.

Now, the USPSTF has updated its recommendations to include more people and bridge the gap in care among high-risk groups omitted from the previous criteria. The new recommendations are:

-Adults aged 50-80

-20 pack-year smoking history

This screening recommendation applies to people who currently smoke or have quit within the past 15 years. People who have not smoked for 15 years or have certain life-limiting health conditions should avoid or stop annual LDCT screening.

## The Reason for the Revisions

As the nation's number one cause of cancer death, lung cancer comprises nearly 25% of all cancer mortalities and takes roughly 140,000 lives each year. The main cause of lung cancer is heavy tobacco smoking. Screening among high-risk groups is important because, when caught while it is still small and localized, lung cancer cure rates can be as high as 80-90%.

After reviewing 223 publications and 7 randomized trials involving more than 86,000 participants, the USPSTF determined that LDCT screening produced a significant reduction in lung cancer mortality compared to no screening and standard chest x-ray. The task force also concluded that the previous guidelines created possible disparities in lung cancer

discovery between genders and among different races and ethnicities. By reducing the age limit and the number of pack years needed for LDCT screening eligibility, the USPSTF hopes to nearly double the population getting annual lung cancer screenings, saving and extending more people's lives. These new recommendations open up LDCT eligibility to an estimated 15 million more people.

"Though it was a good start, previous guidance left out a substantial number of patients at high risk of lung cancer," says Diagnostic Radiology subspecialist Dr. John M. Cain. "Women in particular were underrepresented because they tend to smoke less than men, yet they account for nearly as many cases of lung cancer annually. The new guidance will make annual screening available to more individuals, which should continue the reduction in lung cancer deaths that began with the implementation of LDCT."

Getting screened before symptoms such as chronic cough, wheezing, shortness of breath and bloody phlegm appear is crucial, because symptoms nearly always indicate that cancer has spread outside the lung, where it is usually impossible to treat. Because people with early-stage lung cancer typically feel fine, many who are eligible for screening don't bother to get it. It is a mistake that costs too many people their well-being and, ultimately, their lives.

Screening under the new USPSTF recommendations may be covered by insurance\*, so if you are 50 or older and are or were a heavy smoker, talk to your clinician about LDCT screening.



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\*100% coverage eligibility may vary by insurance. Radiology Associates of Ocala will check with your insurance provider to make sure you are covered at 100%.



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# 5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

**W**e understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-254-2757 in Sarasota and 813-296-2614 in Tampa. For Gold Coast Orthopedics in Aventura, FL, please call 786-855-4800.

Knee replacements are occurring far too often today and the simple truth is that many are entirely unnecessary. In some cases, the knee pain may actually be stemming from another part of the body. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers.

When knee pain is legitimately caused by a knee condition, many knee replacement candidates seek out effective alternatives to surgery. For those who are still considering a replacement, here are five reasons that may make you want to think twice.

## 1. Chronic Knee Pain

Relief from chronic knee pain is the main reason that most people decide to have a knee replacement. Although many people can get good relief from a knee replacement, unfortunately, for some people, surgery may come with continued or additional pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Most people decrease their sporting and athletic activities within 5 years of their surgery.

Although there are many reasons why someone may continue to have pain, one explanation of chronic knee pain could be that the source of the pain was not actually a knee condition, to begin with. If the knee pain is actually caused by spinal nerves from the back, for example, then your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the focus of treatment.

## 2. Pseudotumors & Tissue Damage

Wear particles are microscopic pieces of metal, ceramic, or plastic that come from the joint replacement part, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many class-action



lawsuits and can cause harmful metal toxicity as well as create pseudotumors, tissue damage, and even DNA injury. According to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes, psychological status changes, kidney function impairment, and thyroid dysfunction.

## 3. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

*1. Those with any type of allergy. Even patients with allergies to pollen or dander should think twice about knee replacement surgery. These people have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful.*

*2. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.*

## 4. Increased Risk of Heart Attack & Stroke

Knee replacement patients aged 60 and up are about 30 times more likely to experience a heart attack or stroke in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. The stress of undergoing joint removal alone may be enough to trigger a stroke or a heart attack. Additionally, there is a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain.

## 5. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A national Dutch study showed a 54% increased risk of hip fracture after a knee replacement among adults aged <71 years old. We are also seeing bone density loss in hips.

## Alternatives to Surgery

Although many patients have tried steroid injections to decrease pain in their knee joints, this is not the

best approach. Steroid shots kill off stem cells, cartilage cells, and increase cartilage breakdown. Even commonly used local anesthetics can be toxic to stem and cartilage cells.

Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage and prevent the natural breakdown over time.

The Regenexx protocols allow for the ability to produce higher quality and more individualized platelet products than the typical PRP centrifuge. Precise guided injections of your own bone marrow derived stem cells may also be a better choice to provide relief especially in those with moderate to advanced arthritis.

When considering knee replacement surgery, make sure that you research alternative options. Our website is a great place to start understanding if regenerative orthopedic medicine is right for you.

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# Reduce Your Risk of Lung Cancer

**W**hile the number of cases and the number of deaths from lung cancer have declined dramatically over the past decade, lung cancer is still the leading cause of cancer deaths in the United States in both men and women. According to the American Cancer Society, more people die of lung cancer in a year than from breast, prostate and colon cancer combined; however, there are several ways to reduce your risk of lung cancer.

## AN OUNCE OF PREVENTION . . .

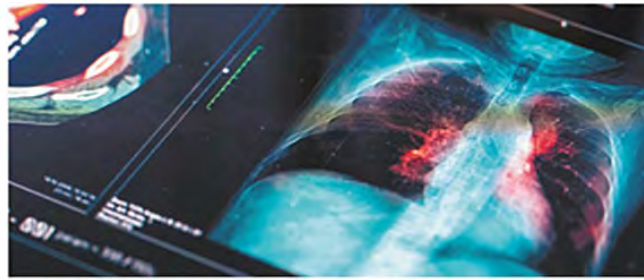
Approximately 85% of all lung cancer occurs in people who smoke. So it stands to reason that one of the best ways to reduce your risk of getting lung cancer is to never begin smoking, or to stop smoking as soon as possible. Tobacco in all forms increases your risk of various types of cancer; chief among them is lung cancer. There are many programs to assist with smoking cessation. Discuss these options with your doctor to determine which method is best for you.

## EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 18.6%, unless it is detected early, according to the American Lung Association. However, if the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 56%. So your chances of surviving lung cancer are three times greater when it is detected early.

Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important - especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

Through the use of low-dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest X-rays. Screening is recommended for people with a history of heavy smoking, defined as 30 pack years or more.



*Lung cancer patients are NOT more susceptible to COVID-19, but if they get it, they are more likely to have complications because of their underlying disease. Due to this increased risk, lung cancer patients should be extremely vigilant about preventing the disease.*

A pack year means smoking an average of one pack of cigarettes per day for one year (for example: one pack per day for 30 years or two packs per day for 15 years). Check with your physician to see if you could benefit from a CT lung scan.

## IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

## LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. These are especially important for older patients who may have other health problems, and doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

## World-Class Cancer Treatment Close to Home

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

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



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# Men's Health:

## Why You Need to Stay on Top of Your Medical Exams

**T**he month of November is also referred to as NOVEMBER for Men's Health. We often hear jokes that men prefer to stay away from the doctor, but more and more men have become proactive about their healthcare than ever before, which allows for healthier lifestyle choices and earlier diagnosis. Men taking the lead on their health is always better for long term outcomes and living well.

When it comes to men's health, Advanced Urology Institute (AUI) offers numerous treatments and diagnostics for erectile dysfunction, vasectomies, urinary, kidney, and bladder health, and prostate disorders.

### Getting Your Prostate Checked is Not Optional

Prostate cancer is often referred to as a silent killer. As men age, it can become enlarged, infected, and cancerous. Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 31,620 men's lives. But it doesn't have to be this way! With just a standard examination and regular checkups, prostate cancer can be diagnosed and treated effectively, alleviating these grim statistics. Early diagnosis is critical and achievable with the right steps. Due to prompt diagnosis, 3 million men in the US are prostate cancer survivors!

### Some of the Most Common Symptoms of the Disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

### Diagnostics

There are several distinctive tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells—the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells;



this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

The normal PSA level is 4.0, which is four nanograms per milliliter of blood (ng/ml), but in younger men, an average of 2.5 ng/ml is normal, while in older men a reading above four may not necessarily be alarming.

### Additional Testing

Certain medications, herbal supplementation, or being overweight can also have a counter effect on your PSA levels. For example, a person taking a daily aspirin may have a lower PSA level due to the effect of the medicine on the blood protein count.

Before you are tested, it's imperative to tell your physician everything that you are taking, or any other health conditions or symptoms that you are experiencing. Additional more detailed testing includes transrectal MRI or transrectal ultrasound, as well as biopsies.

If diagnosed with cancer, a Gleason Score biopsy will be taken to determine the aggressiveness of prostate cancer. This grading system allows urologists to choose the appropriate and optimal treatment option.



### Treatment

All treatment options are not going to be suitable for every prostate cancer case. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor, and personal circumstances, the treatment may vary significantly. For some patient's hormone therapy is appropriate, and for others, a "watch and wait" approach is suitable. In some instances a single surgical removal may be fitting, while for others radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.

### Advanced Urology Institute

AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients. We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

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- Vasectomy & Vasectomy Reversal
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- Pediatric Urology
- Women's Urological Health

**We Value Patient-Centered, Evidence-Based Care**  
As a patient, you can be certain that you are a critical member of our treatment team. We will answer your questions and strive to provide the best services and the best care, based on your individual needs, preferences, and choices. AUI Physicians emphasize the use of proven treatment guidelines within our specialty, to optimize clinical decision making. Through our internal measures, our involvement in research studies, and our passion for continuous learning, you can be confident that our treatment team is providing you with the best treatment options.





# Large Numbers of Oncology Offices are Being Bought Out by Hospital Systems—One Community Oncology Practice is Dedicated to Staying Private and in Control of Treatment Options for Their Patients

By Rama Balaraman, M.D., Board Certified Oncologist and Hematologist

There is a dramatic shift in healthcare that many patients are unaware of. Most of the community and privately owned practices are being bought out by large corporations and hospital systems. Why this shift matters—With our oncology practice, we are one of the only community practices left standing. Along with not being able to provide the patient care that made us choose to go to medical school in the first place, most find it challenging to stay afloat due to mandated policies, absurdly costly drug prices (hospitals are charged a much lower fee), and limited access to critical clinical trials. For example, in the state of Wisconsin, there is only ONE community oncology practice left out of 200 that were bought out.

The practices that get bought are no longer in control—The physicians are merely employees, and the MBAs are making medical decisions. With cancer patients, this should raise a red flag. Many physicians are lured into these hospital system oncology practices by attractive, high salaries, only to find out later that their hands are tied when it comes to choosing what's best for their patients.

At Florida Cancer Affiliates – Ocala Oncology, we are taking great caution and care to improve public policy and perception to keep our practice thriving for our patients. Our dedication to provide excellent care that is unique to each patient's needs and offer world-class clinical trials that are often unavailable with hospital owned facilities should not be overlooked or unnoticed. We are going to continue to do everything we can through the years to come to provide the optimal, innovative care are patients deserve.

## Clinical Trials Close to Home: Why It Matters *Research in Community Oncology*

When you're in the midst of cancer and not knowing where your future will lead you or what your outcome will be, being able to be enrolled and benefit from drug therapies and treatments that are not on the market yet is critical for survival. Challenging cases often need treatments that are a better match than what might be available currently. New research is ongoing, and researchers are continuously finding new therapies to treat specific cancers; having clinical trials close to home is essential.



Florida Cancer Affiliates – Ocala Oncology provides clinical trials locally for their patients. The convenience of not having to travel far from home combined with an entire team of elite researchers and medical professionals who understand the importance of offering clinical trials and providing expert care is an immense advantage.

When your oncologist decides that you would benefit from the clinical trials division, they will meet with the research team and discuss which trials are available and best suited for your needs.

The advancement in research is increasingly progressive due to the innovative treatment options provided through immunotherapy. Every week US Oncology sends a list of new immunotherapies that are available or expected to be available soon. These are often paired with challenging cancer cases. The Florida Cancer Affiliates – Ocala Oncology team has the privilege of seeing patients cured and provided significant longevity and healthspan due to these remarkable innovative treatments.

Helping patients stay alive and live fuller lives is how clinical trial research in community oncology supports patients and their loved ones.

**Florida Cancer Affiliates – Ocala Oncology is not only local but offers world-class care and innovative options.**

## World-Class Cancer Research

The US Oncology Network is a worldwide leader in cancer research, and many cancer treatment centers in The Network offer their patients a chance to participate in some of the most advanced clinical trials available today. Oncology clinical trials provide patients the opportunity for a better outcome and quality of life, while playing a vital role in the fight against cancer. These novel clinical studies are usually only available in major academic medical centers or hospital systems located in large cities, but cancer treatment centers in The US Oncology Network make them accessible to patient's right in their local communities where they have the support of family and friends.

## Ocala Oncology

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

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

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

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

To find out more, please visit [floridacancer.com](http://floridacancer.com) or call (352) 732-4032.





# Chronic Obstructive Pulmonary Disease (COPD) & Your Heart Health

**N**early 24 Million Americans have COPD, and large number of them are over the age of 40 and have a history of smoking or being subjected to respiratory irritants such as chemicals and pollutants. COPD is a disease that is encompassed by chronic bronchitis, emphysema, and asthma, causing shortness of breath, productive coughing and inflammation of the airways. It is a progressive lung disease with no cure. Most patients are put on steroids (oral and inhaled), bronchodilators and antibiotics.

Individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breath. They frequently feel as if they are drowning and call 911 often due to this terrifying sensation. This is why it's important to speak to your physician about your COPD treatment and the best at home care techniques to keep you safe and comfortable.

Having a disorder like COPD is challenging with continual progressive changes and side effects. Talking to your physician about any fluctuations in your health or symptoms is critical.

## COPD Symptoms

- Coughing
- Producing phlegm
- Wheezing
- Shortness of breath with normal activity
- Blue tinge to fingernails
- Fatigue

## The COPD and Cardiac Connection

Both disease states are linked systemically to chronic inflammation in the body. Most individuals are unaware of the fact that they have chronic inflammation, because it's not typically something they can see and what they feel, they often ignore as general aging complaints like stiffness, brain fog, high blood pressure or high lipid levels, diabetes, etc. These issues are what lead to the vast amount of people that have comorbidities.

Patients with COPD have fluid retention, which is also attributed to cardiac issues, and can exacerbate cardiovascular conditions. For both sets of conditions diet is a critical component. Making sure that low sodium, low sugar and carbohydrates are minimal in the diet is helpful to lessen the effects of the inflammatory response. Exercise is also important but should be monitored and discussed with your physician.



The health of the heart and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of heart disorders are being overweight, poor dietary habits, having high blood sugar levels and living a sedentary lifestyle.

Depending on the stage of the COPD, some patients might need to consider home health care or private duty nursing. When under home health care, their team of nurses and medical director can prevent these readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes. Your physician is still in charge of your medical care, and all reports from the home health team are reported to your primary care doctor.

Talking to you primary care physician or cardiologist about diagnostic testing, lab work, medication management, and lifestyle changes is critical for your quality of life when dealing with COPD, heart issues or any other health changes or conditions that you might be experiencing.

## Dr. Vallabhan

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# Aviv Golf Performance Program: Improve Your Game, Improve Your Life

## Dreaming about playing your best golf game?

Beyond physical demands, golf takes mental stamina to stay composed, confident, and controlled before and after every swing. But as we age, our brains and bodies can lose the laser focus that guides us along the green. Designed to keep your mind and swing strong today and for years to come, the Aviv Golf Performance Program can help you stay in the game!

## Designed to boost overall brain and body health and improve your golf capabilities.

The Aviv Golf Performance Program is based on the Aviv Medical Program. With hyperbaric oxygen therapy (HBOT) at its core, this ground-breaking treatment enhances cognitive and physical function and triggers the body's self-regeneration capabilities.

During the 12-week program, clients receive hyperbaric oxygen therapy, individualized cognitive and fitness training, a nutrition plan and golf coaching.

The program includes access to play on 50 world-class courses at The Villages, to practice on par brain and body performance.

## The Benefits of the Aviv Golf Performance Program

### Cognitive Improvements

- Improved hand-eye coordination, swing quality, and ball contact
- Sharpened attention and focus for reading greens and ball placement
- Faster processing and decision making for shot organization and planning
- Improved mental clarity and patience to stabilize mood and provide clear shot visualization

### Physical Improvements

- Improved swing quality and efficiency
- Faster physical recovery and less fatigue after a round of golf
- Enhanced stamina, endurance, strength, mobility
- Improved gait, balance, and stability

### Analysis & Golf Instructors

Aviv healthcare professionals and PGA/LPGA golf instructors conduct extensive assessments to create a personalized plan for each client.

The Aviv Golf Performance program offers in depth medical and golf analysis, instructions and post treatment assessments to monitor your improvements.



## Elevate your performance and health to a new level.

- **Aviv Medical Program Assessments:**  
a full panel of the industry's most comprehensive health evaluations and analysis to provide you with a complete picture of your physical and mental
- **Swing Analysis:**  
radar technology is used to gain objective metrics of your swing using irons, drivers, and wedges to analyze contact, spin, speed, body position, and angles.
- **Putting Analysis:**  
intensive assessment of your putting form and areas for improvement, all conducted in the putting lab using state-of-the-art technology and cameras.

## Golf Instruction

- Club fitting and equipment evaluation
- Private 30-minute lessons
- Private playing sessions on-course
- Green reading class to visualize your putt
- Sports psychology session
- Individualized strength and mobility training

## The Aviv Team

Aviv Golf Performance Program includes personalized attention from Aviv's board-certified medical team, professional golf coaching, and concierge services to create seamless experience and transformative health journey.

Aviv concierge services let you focus on your golf game and health improvements, and less on logistics like housing and transportation. Our staff connects with the local community to facilitate every level of your stay and enjoyment of the Florida lifestyle.

## Your Best Golf Game and Health Begins at Aviv Clinics

Aviv Clinics is committed to keeping your quality of life and your game performance at its optimal potential.

Learn more about Aviv Golf Performance Program, available in the United States only at Aviv Clinics, The Villages, Florida.

## AVIV:

Hyperbaric Oxygen Therapy | Personalized Cognitive & Physical Training | Nutritional Counseling  
We have three specialty wings to give you full 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

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. Our multi-disciplinary 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 at The Villages®

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 Clinics today at  
(352) 488-2848 or visit our website at  
Aviv-clinics.com for more information.

**AVIV** Aviv Clinics  
Brain Performance for Life



# Do You Need a Flu Shot AND the COVID Vaccine?

**F**lu and COVID-19 are similar enough to cause confusion about vaccines. They're both contagious respiratory illnesses, but they're caused by different viruses. And the vaccines used to prevent these viruses use different technologies.

If you're thinking flu isn't all that bad, think again. Flu can be severe and even lead to death, especially in people 65 years and older. It usually comes on suddenly. Signs include fever, chills, a cough, sore throat, muscle aches, headaches and fatigue. Like COVID-19 and its variants, flu spreads by droplets from coughs, sneezing and even talking. You may infect others before you even know you're sick. By now, the importance of safe behaviors is well known.

Here are tips to avoid getting or spreading flu:

- **Keep it clean:** Wash your hands often with soap or an alcohol-based sanitizer. Disinfect high-traffic areas.
- **Keep hands away:** Avoid touching your face. Germs like to hitchhike on fingers that travel from a germ area to your eyes or mouth.
- **Keep your distance:** Flu viruses can spread up to 6 feet.
- **Keep covered:** Cover your cough or sneeze with a tissue. No tissue? Cough or sneeze into your upper sleeve or elbow.
- **Keep your immune system strong:** Get enough sleep, manage stress, eat healthful foods, and stay active.

And get your flu shot. Every year. Viruses change, so you need to fight the latest strain with the latest vaccine. Flu vaccines are overwhelmingly safe.

You can get your flu shot at no extra cost as part of your Florida Blue Medicare plan when you use a network provider. Florida Blue Medicare members can log in to My Health Link at [floridablue.com/-/medicare](https://floridablue.com/-/medicare) to find a doctor in their plan's network or check their HealthyBlue Rewards dashboard to see if they're eligible for a reward.

Resources: CDC.gov

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



And don't forget your COVID vaccine if you're not already fully vaccinated. The CDC recommends a third COVID-19 shot for those 65 years and older who have completed their initial series of the Pfizer-BioNTech vaccine at least six months ago. You can learn more about this booster shot recommendation at [CDC.gov](https://www.cdc.gov).

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Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there's a navigation bar with links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large article titled "Skincancer" with a photo of a woman wearing a sun hat. To the right, there's a sidebar with "In This Issue" and a list of topics like "Living with Diabetes?", "Why Wellness Works", and "Is it My MEMORY... or is it My HEARING?". Below the main article, there's a section for "Read Our Flip Book Version" showing three magazine covers. At the bottom, there's a "Featured Article" titled "The Other Side of Parkinson's Disease" and a newsletter sign-up form on the right side.





# How Inflation Risk Can Affect You

By Adam Bruno, Certified Financial Fiduciary®

Inflation is a steady rise in the price of goods and services over time and actually signals both good and bad economic conditions. On one hand, as prices rise, someone living on a fixed income cannot purchase the same amount of goods, so they tend to reduce spending or buy cheaper alternatives. On the other hand, when inflation rises, the Federal Reserve tends to reduce interest rates, making it cheaper to borrow money — so spending picks up.<sup>1</sup>

This cycle of inflation tends to go round and round. Many factors can cause inflation — including a growing economy — but there are monetary policies that help drop the inflation rate in time. Likewise, each of us needs to be able to manage how inflation affects our household finances throughout these cycles, and those management strategies differ based on your situation.

For example, someone working full time may be able to adjust spending based on fluctuating prices. However, many retirees live on a fixed income and have fixed expenses, so when prices increase that can squeeze the household budget. If you'd like to learn about ways to position assets so that you can increase income when needed without threatening your financial security, please give us a call.

Inflation can actually be positive for stock investments, as a company's revenues and earnings tend to move in tandem with higher prices. Interestingly, the stock market has held remarkably well even in the low inflationary environment the U.S. has experienced throughout the past two decades. The fact that inflation is rising now isn't necessarily a negative for investors; the traditional theory is that stock prices should increase alongside prices of consumer goods.<sup>2</sup>

At present, the Fed expects the economy to continue growing despite the ongoing coronavirus. In fact, the agency projects inflation-adjusted GDP growth of 7% for this year and 3.3% in 2022. If this projection holds, interest rates are likely to stay in their current low range until at least 2023.<sup>3</sup>

Investors worried about rising prices impacting their portfolio may want to consider one or more inflation-mitigation strategies. For example, allocate more assets to sectors that tend to increase along



with inflation, such as the energy, materials, technology and financial sectors.<sup>4</sup> Other asset classes that tend to move with accelerating inflation include commodities, real estate, and industrial and precious metals.<sup>5</sup> Fixed income investors may want to take a look at Treasury Inflation-Protected Securities (TIPS), a type of U.S. Treasury security whose principal amount is adjusted to reflect the inflation rate.<sup>6</sup>

If you are unsure of what to do with large amounts of cash, please understand that you could potentially be down 5-7 percent this year on that cash from inflation alone. If you are like me, you understand the turbulent and volatile times that we are living in. Now, more than ever, you need to be made aware of your options, and you need to educate yourself to protect your retirement and your legacy. You have worked your entire life for it. You can get the answers, and you can be a part of the solution. You have the same questions and concerns that families we sit with every day have. You will have a one-on-one consolation with the team here at Evolution and get the answers to questions that you might not have known to ask! You will feel so much better knowing that your legacy is protected. All you have to do is register for one of our dinner events, webinars, or just reach out to us. You can find success that few families find in retirement, and we can help you!!!



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Content prepared by Kara Stefan Communications.

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# Tis' the Season for Giving

Naples Soap Company

It's that time of year again. Like most of us, you probably don't start your holiday shopping until around Black Friday or maybe even the middle of December. But heed this warning... 2021 is not the year to procrastinate. If you decide to wait to shop this year, you may be out of luck. Supply chain issues and shipping delays are predicted to be the bah humbug of the holidays. Don't worry though, with just a bit of planning, you can make your list, check it twice, and find something just perfect for your friends and family.

## 2021 Gifting Trends

After nearly two years of stress and anxiety, everyone is in the mood for wellness gifts this season. Think self-care, aromatherapy, meditation, journaling and even fitness.

The great thing about wellness gifts is that they are perfect for people of all ages. Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a handwritten friendship note on the first page of a gorgeous leather-bound journal. Your co-workers may like an aromatic collection of soaps or essential oils. And, your spouse will love a set of new workout clothes for the gym.

## Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around when people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us put on some 'lbs.' during the pandemic, so do everyone a favor and skip the sweets this year and choose health & wellness options.



## Give Experiences

Another gift idea that is on trend for 2021 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

## Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally owned stores in your community. Many small businesses and restaurants have struggled for nearly two years. This holiday season could be a make-it or break-it time these business owners. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.

## Naples Soap Company

Why not give the gift of beautiful healthy skin with the Naples Soap Company's innovative and all natural products? Who doesn't love to pamper themselves with invigorating beautiful skincare? Naples Soap Company has carefully curated an assortment of gift sets to make your gift giving a breeze this holiday season. From our coastal-inspired "Holiday Under the Sea Box" and our "Beach Box" to our "Soap Stacks," we have something for every budget and for everyone on your list.



To find out more, or to give the gift of beautiful skin, please visit [naplessoap.com](http://naplessoap.com), or stop by one of their stores.



DEANNA WALLIN  
Naples Soap Company  
Founder & CEO

## The Importance of Self-Care

If the idea of self-care is foreign to you, here are a few pointers.

First, forget the guilt. Self-care is not indulgent – it's imperative. It gives people the chance to rest and recharge so that they can be more productive and present.

Second, know that self-care is different for everyone. Whether it's a walk on the beach, a tough workout, or a 20-minute face mask, self-care can be experienced in many ways.

Third, self-care is something you need to schedule. Block out "me time" on your calendar. If you wait until a spare moment rolls around, it will never happen.

Fourth, put away the Facebook feed, turn off the television, and remove the distractions. Remember, self-care is about focusing on you and nothing else.

If there was ever a time to refocus your energy towards self-care, this is it! "Me time" will nourish your body and mind and the health benefits can be profound.

[www.naplessoap.com](http://www.naplessoap.com)





# What You Need to Know About Diabetes and Hearing Loss

People with diabetes are at a higher risk of developing hearing loss. Let's explore the link between these two conditions, and how people with diabetes can take care of their hearing.



**A**round 30 million people in the United States alone have diabetes. Among these people, a high percentage of them will develop hearing loss. That begs the question: what's the connection between diabetes and hearing loss, and how can people with diabetes take care of their hearing? What kind of research has been done about the hearing loss/diabetes link, and what are the symptoms of hearing loss?

Before we can understand the relationship between diabetes and hearing loss, it's important that we understand each on their own. Hearing loss is a thoroughly explained topic on Signia hearing, but what is diabetes, and how does it affect people who have it?

## What is diabetes?

Put simply, diabetes is a condition where your blood glucose levels are too high. In Type 1 diabetes, the body fails to produce any insulin. Some pregnant women develop gestational diabetes, though this usually goes away after birth.

Diabetes can be managed with exercise, meal plans, medication, and insulin injections. There are many helpful diabetes treatment strategies nowadays that can favorably influence medical outcomes and prevent the worst effects of untreated diabetes, such as damage to the blood vessels, eyes, kidneys, and nerves.

Because, over time, diabetes can cause problems with the blood vessels and nerves inside the ears, there is a risk of hearing loss and tinnitus. The link between diabetes and hearing loss is not fully understood. More research is needed to fully understand why so many diabetics experience hearing loss, but there are some explanations for this connection.

## The link between diabetes and hearing loss

According to a study by the NIH, diabetics are more than twice as likely to develop mild to moderate hearing loss compared to people without diabetes. This is an extremely high number, one that warrants further research. The existing evidence points towards blood circulation as the problem: diabetes causes damage to the blood vessels, and good circulation helps the hair cells inside the cochlea pick up sound. When these hair cells begin to deteriorate, sensorineural hearing loss occurs.

The issue is that once these hair cells are damaged, they cannot heal or regenerate. Sensorineural hearing loss is permanent and can only be treated or alleviated with hearing aids or cochlear implants. Sensorineural hearing loss also occurs slowly over time, making it hard to



detect. Many people do not realize they have hearing loss until they are seriously impacted by what they lost, and then it's too late to preserve it. This makes hearing loss prevention the top priority. With Type 1 diabetes, the correct insulin management is critical in terms of how many complications develop and how early.

As mentioned above, the link between these two conditions has not been intensely researched. As we learn more, it will be easier to combat hearing loss in diabetics, but for now, prevention and treatment are limited. Diabetics must take special care to monitor their hearing, prevent noise exposure, and compensate hearing loss if it occurs.

In order to prevent hearing loss, you must understand why and how it happens. While there are different types of hearing loss, sensorineural hearing loss is the most common, and it can happen to anyone. This is also the most common form of hearing loss among diabetics. When we are exposed to loud noises, it can wear down the cells inside our cochlea. After too much damage, our ears begin having trouble detecting certain volumes and tones. In diabetics, this effect is exacerbated by poor circulation and nerve damage.

Prevention and detection are the two most important aspects of addressing hearing loss. Knowing the signs of sensorineural hearing loss can help you treat the problem before it begins harming your life and relationships.

## Signs of hearing loss

The signs of sensorineural hearing loss are subtle, so it's important to recognize them when you can. Many of these might be brushed off or attributed to other conditions, so it's important for diabetics to remain vigilant and remember that mild hearing loss is not always obvious. Symptoms and signs of hearing loss include:

- Asking people to repeat themselves often
- Needing to turn up the radio, music, or television more than others
- Struggling to hear other people's voices
- Trouble understanding speech in noisy conditions, like parties, restaurants, or rooms full of people

- Feeling unusually exhausted after social gatherings or parties
- Having to focus intensely hard to understand people talking
- Tinnitus, a ringing/buzzing/humming in the ears

If you notice any of these symptoms in yourself, consider going in for a hearing screening. While you need to visit an audiologist to get a full panel audiogram, you can test your hearing quickly using the Signia Hearing Test. You should go in for an audiogram every few years, but this online test can give you an idea of what your hearing is like. If it seems like there's something wrong, you can go in for a full evaluation.

## Diabetes and tinnitus

Tinnitus, in particular, is common among diabetics with hearing loss. Tinnitus can come in many different forms, but most often it's a persistent sound. These sounds can include:

- Buzzing • Humming • Ringing • Roaring • Hissing

These phantom noises can vary in pitch and volume, and they might fluctuate. For instance, sometimes your tinnitus might just be background noise to whatever you're doing. Other times, it might drown out your ability to hear anything else. There are two types of tinnitus: objective and subjective. Objective tinnitus is rare and can be heard by your doctor when they check your ears. It is most often caused by a damaged blood vessel. Subjective tinnitus is only heard by you.

Tinnitus can be treated in tandem with hearing loss or alleviated using tinnitus-specific treatments. If you're suffering from tinnitus, it can be a sign that something more serious, like actual hearing loss, is the actual root of the problem.

## Protecting your hearing while diabetic

It's important to remember that sensorineural hearing loss can occur in anyone, regardless of age. In fact, many people under the age of 50 have mild hearing loss, and this number is higher among diabetics. Diabetics are more likely than any other group to experience hearing loss at a young age.

Source: <https://assets.signia-hearing.com/blog/what-to-know-about-diabetes-and-hearing-loss/>

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By Dr. J. Mandume Kerina

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

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

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

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

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

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

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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.



# COVID-19 Update & the QCARD

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

## Quick Care's Answer for Those without Medical Insurance

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

## Who can benefit from the QCARD program?

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

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

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

## The QCARD works in 3 easy steps!

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



## Where can you use the QCARD?

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

## Why get the QCARD now?

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

QCARD is a great healthcare plan for the following:

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

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

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

## Quick Care Med Urgent Care

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

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

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

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

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

**www.quickcaremed.com**

## 4 Locations in Ocala

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

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

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

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



# Hospice of Marion County Recognizes National Hospice Month

Submitted by Hospice of Marion County

## Mark your calendar for these HMC events:

**November 12 -- 5:30 p.m.** Take in a Friday night movie at the historic Marion Theatre in downtown Ocala. *"Terms of Endearment"* won five Academy Awards in 1983 for its riveting exploration of loss and the difficult process of resolving grief. It's the saga of a conflicted mother-daughter relationship from coming-of-age, marriage, grandchildren, betrayal, disease and ultimately, death. Hospice of Marion County (HMC) staff will be on hand both before and after the movie with helpful resources and an open discussion.

Visit [www.reillyartscenter.com](http://www.reillyartscenter.com) and follow the prompts. Enter your email address to receive tickets at no charge.

**November 18 -- 9:30 a.m.** Join the Master the Possibilities book club discussion on *"A Grief Observed"* by C.S. Lewis. The famed author probes the "mad midnight moments" of mourning following the death of his wife, who died only four years after their marriage when he was 60 years old. During these mad moments, he questioned everything he'd previously believed about life, death, marriage, and even God.

Lewis describes his experience: "Grief is your love, turned inside-out. That is why it is so deep. That is why it is so consuming. We have all kinds of ridiculous judgments and rules about loss and healing, but the truth is that grief shows us just how deep our love goes."

The HMC staff looks forward to discussing this probing book on grief and the chance to share the different tools we use in our journey to healing. Join us at On Top of the World's classroom #3.

Register for this free class online at [www.masterthepossibilities.org](http://www.masterthepossibilities.org).

**November 19 -- 6:30 p.m.** Vets Helping Vets Gala This is a ticketed event and the highlight of the year celebrating the theme, *"America's Greatness,"* held at the Hilton Ocala. The Vets Helping Vets group is the realization of Hank Whittier for a one-stop Veterans Resource Center located across from the



Marion County Veterans Park. Since 2002, the national organization has helped veterans with financial assistance and counseling, making it possible for them to maintain independence and dignity. The gala is a formal affair including an evening of dining, live entertainment and raffles to benefit the organization. Tickets are \$70 per person and on sale online at <https://7thannualmagicalamericasgreatness.eventbrite.com>. For sponsorships or information, call Jinky Diaz at (352) 286-9491. As a proud Level 5 member of the National We Honor Veterans program, HMC is one of several sponsors of this year's gala.

Hospice of Marion County offers grief support throughout the year at its Monarch Center for Hope & Healing. Throughout the coronavirus social distancing of the past 19 months, the Monarch Center staff has developed creative ways to guide the bereaved, both adults and children, through Zoom support groups and counseling by phone. They are open to the community at no charge, Monday-Friday, (352) 873-7456.

Go to the movies on us to celebrate Hospice Month, no charge! See you at the Marion Theatre

Sponsored by

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**TERMS OF ENDEARMENT**

& MARION THEATRE

Friday | Nov 12  
5:30 p.m.

Visit [www.reillyartscenter.com](http://www.reillyartscenter.com)  
Follow the prompts and submit email for free tickets



# Nutrition: Fueling The Body With High-Quality Nutrients is Key

We all know that getting enough sleep, exercise, and socializing are critical elements to aging well, but when it comes to nutrition, some information can be confusing. At Pacifica Senior Living, they understand that a combination of healthy foods that are delicious, comforting, pleasing to the eye, and beneficial for the body is important to their residents and provides the nourishment they need to thrive.

Increasing your intake of fresh or frozen vegetables and fruits is a great way to increase fiber, flavonoids, carotenoids, phytonutrients, and numerous vitamins in your diet. This will feed your cells and can even help to reduce some of the damage that may have taken place over the years. It's also wise to add in lean, good-quality proteins. These can be plant-based or animal products, or a combination of both. Nourishing your body with high-quality ingredients is essential for overall health.

After years of cooking and cleaning, residents at Pacifica Senior Living love that they can eat restaurant-quality meals each and every day without the hassle of shopping, cooking, and cleaning up. It's like a vacation from the mundane in a luxurious senior community that is full of friendly staff and other residents who become like family.

The chef-inspired meals at Pacifica Senior Living are bar none for their residents. A few of the favorites include the following:

- Hawaiian-inspired grilled chicken and pineapple
- Country-fried chicken, mashed potatoes, gravy, and steamed vegetables
- Filet mignon with a demi-glaze, caramelized onions and peppers with couscous
- Roasted chicken with roasted potatoes and carrots and a side of broccolini
- Grilled salmon, asparagus, and rice pilaf
- Raspberry and roasted marshmallow-topped lemon curd

*Meals can be custom-tailored to your specifications and dietary needs. They can also be delivered to your room if needed.*



## Pacifica Senior Living is Like a Never-Ending Vacation

On the job or at home, you've worked hard all your life. Now, it's your time to enjoy retirement living to the fullest. No grass to mow or home repairs to tend to – simply relax and focus on the things you love to do. It all starts with selecting a luxurious and carefree independent living apartment home.

### PACIFICA SENIOR LIVING OCALA

At Pacifica Senior Living Ocala, you will find an award-winning community that is designed to give seniors in both Independent Living and Assisted Living a retirement lifestyle that makes the most of these golden years. In our community, retirement isn't the end, but the next step in a grand adventure that is still filled with excitement and fun, while recognizing the need our residents have to relax and be cared for. We want to be more than the place that our residents live, we want to be the place they call home, and we work every day to make sure that happens.

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

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



If you would like to learn more about life at Pacifica Senior Living Ocala, please give us a call today, or schedule your own private, personalized tour and see what makes us great for yourself! We look forward to meeting our new neighbor.

### Pacifica Senior Living in Ocala, FL

At Pacifica Senior Living Ocala, our residents enjoy customized care, gourmet dining, life-enrichment programming, and much more. Our senior living community is staffed 24 hours a day, helping residents live with peace of mind while enjoying our luxury amenities and housing. We are happy to help families learn more about our community and how Pacifica Senior Living Ocala compares to assisted living facilities in the area.

Pacifica Senior Living also follows strict hygiene and disinfection protocols to keep our residents and staff safe!

*It's easier than ever to take an initial tour—  
We have a link on our website to give you  
and your loved one a virtual tour at  
[PacificaSeniorLiving.com](https://PacificaSeniorLiving.com). We're always  
here to answer your questions or to set up  
a tour of our charming community.  
Please call us at 352-414-4743.*



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Lic#AL9315

**(352) 414-2507**  
[www.PacificaOcala.com](https://www.PacificaOcala.com)



# Diabetic Neuropathy: How Physical Therapy Can Help

**R**oughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

### Peripheral Neuropathy Symptoms

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



Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of peripheral diabetic neuropathy. Physical medicine provides alternative therapeutic and rehabilitating procedures that can offer significant pain relief and limit drug dependency. Physical therapy helps with balance and can reduce the risk of falls.

**When you have diabetic neuropathy, your feet and legs can feel so numb that you may trip, fall and injure yourself just by trying to get through normal daily activities. This can be dangerous for obvious reasons. Along with dietary changes, orthopedic shoes and compression stockings, physical therapy can help.**



### Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Massage therapy
- Electrical nerve stimulation
- Help with daily tasks & Living
- Cold laser treatment

Patient & Occupational Education 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.

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.

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

**Innovative Therapies Group, Inc.**  
352-433-0091 | [innovativetherapiesgroup.com](http://innovativetherapiesgroup.com)



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|---|--|---|---|



# Hormones and Diabetes

## Hormones Can Affect Diabetes in Multiple Ways



### Diabetes Mellitus

Diabetes mellitus is a condition characterized by hyperglycemia resulting from the body's inability to use blood sugar for energy. In Type 1 diabetes, the pancreas no longer makes insulin and therefore blood sugar cannot enter the cells to be used for energy. In Type 2 diabetes, either the pancreas does not make enough insulin, or the body is unable to use insulin correctly.

### Diabetes and Menopause

For women just beginning the stages of menopause or those that have already gone through it, the hormonal imbalance plays a significant role in blood sugar modulation.

*According to the Mayo Clinic:* Diabetes and menopause may team up for varied effects on your body, including the following:<sup>2</sup>

- **Changes in blood sugar level.** The hormones estrogen and progesterone affect how your cells respond to insulin. After menopause, changes in your hormone levels can trigger fluctuations in your blood sugar level. You may notice that your blood sugar level changes more than before and goes up and down. If your blood sugar gets out of control, you have a higher risk of diabetes complications.

- **Weight gain.** You might gain weight during the menopausal transition and after menopause. Weight gain may require an adjustment in your diabetes medication.

- **Infections.** Even before menopause, high blood sugar levels can contribute to urinary tract and vaginal infections. After menopause — when a drop in estrogen makes it easier for bacteria and yeast to thrive in the urinary tract and vagina — the risk is even higher.

- **Sleep problems.** After menopause, hot flashes and night sweats may keep you up at night. In turn, the sleep deprivation can make it tougher to manage your blood sugar level.

- **Sexual problems.** Diabetes can damage the nerves of the cells that line the vagina. This can interfere with arousal and orgasm. Vaginal dryness, a common symptom of menopause, may worsen the issue by causing pain during sex.

Managing your blood sugar levels and your hormones can be a challenge, but it's essential for your overall health and wellbeing. Hormones can be addressed with bioidentical hormone replacements that the body accepts as natural and contain no chemicals or foreign substances. These can help, as well as dietary and lifestyle changes.

### A different way to treat diabetes

For years, we've been told that diabetes is genetic, when in fact, environmental and lifestyle choices primarily cause the disease.

Source:

1. <https://www.diabetes.org>

2. <https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes/art-20044312>

Denise Pancryz 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 others 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.

If you are tired of living with diabetes and are worried about your future and your health, contact Denise for personalized coaching and accountability to live your best life in optimal health.

*To find out more please visit*

*ReverseMyDiabetes.net, call 888-848-1763*

*or email Denise at [Info@ReverseMyDiabetes.net](mailto:Info@ReverseMyDiabetes.net).*



# Diabetic Kidney Disease:

## What You Should Know

**D**o you have diabetes? If you are one of the millions of Americans with diabetes or those with prediabetes, you are at a greater risk of a comorbid disorder known as Diabetic Kidney Disease.

The National Kidney Foundation published 7 important Diabetic Kidney Disease factors, which are described below:

Diabetic Kidney Disease is a decrease in kidney function that occurs in some people who have diabetes. It means that your kidneys are not doing their job as well as they once did to remove waste products and excess fluid from your body. These wastes can build up in your body and cause damage to other organs.

### 1. What causes it?

The causes of diabetic kidney disease are complex and most likely related to many factors. Some experts feel that changes in the circulation of blood within the filtering units of the kidney (glomeruli) may play an important role.

### 2. Who is susceptible to diabetic kidney disease?

Yes. The following risk factors have been linked to increased risk of developing this disease: high blood pressure, poor glucose (sugar) control and diet.

### 3. I have diabetes. How do I know if my kidneys are affected?

In the early stages, there may not be any symptoms. As kidney function decreases further, toxic wastes build up, and patients often feel sick to their stomachs



and throw up, lose their appetites, have hiccups, and gain weight due to fluid retention. If left untreated, patients can also develop heart failure and fluid in their lungs.

### 4. How long does it take for kidneys to become affected?

Almost all patients with Type I diabetes develop some evidence of functional change in the kidneys within two to five years of the diagnosis. About 30 to 40 percent progress to more serious kidney disease, usually within about 10 to 30 years.

The course of Type II (adult-onset or non-insulin-dependent) diabetes is less well defined, but it is believed to follow a similar course, except that it occurs at an older age.

### 5. What can I do to prevent kidney disease?

Careful control of glucose (sugar) can help slow the progression, or perhaps prevent, kidney disease in people with diabetes. You should follow the advice of your doctor and other members of your healthcare team regarding diet and medicines to help control your glucose levels.

Source: <https://www.kidney.org/atoz/content/preventkiddisease>

### 6. If my kidneys are already affected, can I keep them from getting worse?

It may be possible to prevent or delay the progression of kidney disease. Since high blood pressure is one of the major factors that predict which diabetics will develop serious kidney disease, it is important to take your high blood pressure pills faithfully if you do have high blood pressure. Your doctor may also recommend that you follow a low-protein diet, which reduces the amount of work your kidneys have to do. You should also continue to follow your diabetic diet and to take all your prescribed medicines.

### 7. Are there any new treatments that can help me?

Yes. Some studies suggest that a group of high blood pressure medicines called ACE inhibitors may help to prevent or delay the progression of diabetic kidney disease. These drugs reduce blood pressure in your body, and they may lower the pressure within the kidney's filtering apparatus (the glomerulus). They also seem to have beneficial effects that are unrelated to changes in blood pressure. Patients who take these medicines may have less protein in their urine. SGLT2 inhibitors are a newer class of medicines, some of which can also help reduce the risk of heart or kidney disease in people with diabetic kidney disease. SGLT2 inhibitors can also reduce hospitalization risk from heart failure. Other medicines, such as GLP-1 agonists and MRAs, are also being studied for risk reduction of heart and kidney disease in people with diabetic kidney disease. You may want to speak to your doctor or another member of your healthcare team, to see if these medicines could help you.

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# CBD FOR GOLFERS

By Stacy Roberts, Founder of Hempra

## CBD for Chronic Pain

Hemp Derived CBD has significantly helped numerous individuals with chronic pain. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD. The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like pain-reception, mood, sleeping, immunity, pleasure, memory and much more.

The advantage of CBD in treating a wide array of conditions from multiple disorders is hard to dispute. Many patients who have suffered for years with chronic pain and have become dependent on narcotics have not only had improvement in their pain but have also been able to stop narcotic use altogether.

As CBD is on the rise, so is the use of CBD products for sports related injuries, and focus. Here is a list of the type of products that could keep you on the green:

### Topical CBD

Topical CBD is applied on the skin and are known as salves, balms, creams, oils and transdermal patches. These products are used to reduce muscle pains and target inflammation.

### Sublingual CBD

Sublingual CBD is intended to use by placing under your tongue. Sublinguals come in different forms. At Hempra we offer Tinctures, breath mist, and mints. These products are used widely to maintain focus, and calm.

### Edible CBD

Edibles offer a simple way to reach calm, focused mindset with the benefit of relief from aches & pains. Hempra offers popular CBD edible snacks including gummies, chocolates, and even peanut butter.



Just Some of The Amazing Brands You Can Expect in Your Box



## 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, Hempra 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 Hempra 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, Hempra offers you the best quality of CBD products on the market. Hempra 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 Hempra, please visit, [Hempira.com](https://hempra.com). In-person consultations are also available; please email [info@hempra.com](mailto:info@hempra.com).

**Hempira.com**

Golfers Can Use CBD to Help Rid themselves of Pain and Get Back in The Game



## What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfilment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfilment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything.



The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "... I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



# THIS IS NO TIME FOR PAIN

*NON-SURGICAL* ORTHOPEDICS



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