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November 2021

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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

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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
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KEEP YOUR BRAIN TOP OF MIND.



Neighbor's daughter's name.

GREY MATTER | Fig. 17

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PROTECTING YOUR VISION FROM DIABETIC EYE DISEASE

November is Diabetic Eye Disease Awareness month, drawing focus on ways to help prevent diabetes-related vision loss. Anyone with type 1, type 2 or gestational diabetes (diabetes that occurs with pregnancy) may be at increased risk of vision loss, so early diagnosis is the key to preserving optimal vision.

One catalyst for pushing awareness comes from the American Academy of Ophthalmology's studies showing that Black, Hispanic and Native American populations are at increased risk due to receiving limited information about how diabetes can negatively affect eyesight. Diabetic people with inadequate information are twice as likely to develop diabetic retinopathy as those with sufficient data, making diabetes education especially important.

Knowing about these diseases and seeking regular comprehensive testing is paramount in protecting vision from the stealthy impact of diabetes. Just because you have diabetes, it doesn't mean you must expect related vision loss. Proactive steps you take today can help ensure your vision remains clear and healthy for years to come.

Eye Diseases Caused or Affected by Diabetes

Diabetic Retinopathy – Diabetes can damage blood vessels within the retina, which can result in severe vision loss. Non-proliferative diabetic retinopathy, or NPDR, is common among diabetics. With NPDR, retinal blood vessels swell within the macula, damaging central vision – which involves nearly everything we do – and distorting fine details, light and colors. NPDR usually produces no symptoms at first, which is why regular testing is crucial. Left unmanaged, NPDR can develop into proliferative diabetic retinopathy, or PDR, in which bleeding within the eye diminishes central and peripheral vision, sometimes leading to total blindness. Early diagnosis and treatment, especially before symptoms appear, can successfully manage diabetic retinopathy and prevent, reduce or delay further vision damage.

Macular Edema – Nearly half of all diabetic retinopathy patients also experience diabetic macular edema, or DME, in which the macula swells or buckles, impairing central vision.



Glaucoma – Diabetes greatly increases the risk of glaucoma, specifically neovascular glaucoma, which can injure the optic nerve and cause permanent vision loss. Early in its course, glaucoma often has no symptoms and is discovered only via a comprehensive eye exam. During this test, your eye doctor can also catch ocular hypertension (high blood pressure in the eye). Discovering glaucoma before it produces symptoms can lead to proper management to help prevent vision loss.

Cataracts – People with diabetes tend to develop cataracts earlier than average. Cataracts can be easily discovered with a comprehensive eye exam.

Preventing Diabetic Eye Diseases

The following recommendations fall in line with general diabetic protocols. Take note of what you could do better for your health and quality of life and strive to make improvements. It may not be reasonable to expect to do everything perfectly overnight. If you have a few bad habits, it may take some time and effort to break free of them. That's okay. Just try to do a little better each day until you reach your goals, and find healthy ways to reward yourself when you achieve them. That's okay. Just try to do a little better each day until you reach your goals, and find healthy ways to reward yourself when you achieve them.

Check Your Numbers: Foremost, take steps to manage your blood sugar. While it can be a task, there are new technologies available that can

make it easier, so ask your healthcare provider what's new for you to try. Monitoring your blood sugar is so important in your care, not only to protect your vision, but all areas of your health. Also, know your blood pressure and cholesterol levels and do what's needed to keep them within a healthy range.

Quit Sugar: Sugar is highly addictive, so don't be hard on yourself if you have trouble quitting at first. This feeling won't last forever, but it can take a few days to a couple of weeks to vanquish cravings. Some tips that may help include:

- Drink plenty of water, as dehydration can promote cravings.
- Eat plenty of protein to reduce hunger pangs and prevent low energy points.
- Avoid artificial sweeteners, which enhance the desire for sugar.
- Enjoy some low-sugar, fiber-rich fruit, such as green apples or raspberries.
- Get plenty of sleep so your body won't seek the false "energy" of a sugar fix.
- Quit with a buddy so you can give each other support.
- Avoid situations or environments that may trigger sugar cravings.

Quit Smoking: Easy to say, but can be very hard to do. Even if you have tried before without success, don't let that stop you. Many people have to try multiple times before they succeed. Ask your doctor for assistance, if needed. There are programs, guidance and medication designed to help reduce cravings. Once you quit, lung health can improve significantly in as little as a month! It's never too late to begin a new, healthier chapter.

Move More: Physical activity goes a long way toward managing diabetes and protecting your health and vision. If you haven't done anything physical in a while, start with reasonable goals. Walk, bike, hike, dance, swim – or, even better, mix it up – for 10-15 minutes a day, 4 times a week, then advance to 20-30 minutes over the next week or two. Work your way up to 30 minutes or more of activity a day, 5-7 times a week. With some commitment, exercise gets easier and more enjoyable. Gentle stretching before and after can help prevent injury.

Get an Annual Eye Exam: Eye diseases can be arrested or managed successfully when caught early, so commit to having a comprehensive dilated eye exam once a year, or more often if recommended by your eye doctor. If you have been diagnosed with Type 2 diabetes, schedule an eye exam immediately.

If you notice changes in your vision, don't wait – see your eye doctor as soon as possible.

Treatment/Management of Diabetic Eye Diseases

Diabetic retinopathy/DME: Treatment depends on your specific condition, but may include medication, corticosteroids and/or anti-VEGF (vascular endothelial growth factor) injections. More serious cases may respond to macular laser surgery or, less commonly, vitrectomy.

Glaucoma: Most cases are successfully managed with prescription eye drops and/or oral medications. In more severe cases of open-angle glaucoma, selective laser trabeculoplasty, or SLT, can lower eye pressure. Closed-angle glaucoma can be treated using laser iridotomy. Both are outpatient procedures.

Cataracts: Early cataracts often require nothing more than a change in lens prescription for vision to be optimal. Cataracts that affect vision can be surgically removed and crisp vision achieved with a corrective lens implant designed for your vision goals and lifestyle.

Make an Eye Appointment Today

Remember, with early treatment, nearly all cases of vision loss can be prevented. If you have diabetes and haven't had a complete eye exam in a year or more, call Lake Eye today. Our experienced doctors are here to protect your healthy vision for life.

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Chronic Obstructive Pulmonary Disease (COPD) & Your Heart Health

Nearly 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 your 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:**
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- **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.

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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.

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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.

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Men's Health:

Why You Need to Stay on Top of Your Medical Exams

The month of November is also referred to as MOVEMBER 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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- Kidney Stones
- Da Vinci Robotic Assisted Surgery
- Prostate Cancer Treatment
- Vasectomy & Vasectomy Reversal
- Urinary Tract Infection
- 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.

May-Thurner Syndrome:

A Vascular Disorder Affecting Mostly Women

By Bryan Carter, MPA-C, Phlebology-Surgery

Blood is carried toward the heart through our veins, and is called venous flow; blood is carried away from the heart through our arteries and is called arterial flow. Because proper blood circulation aids the body's movement of nutrients and oxygen to the extremities, heart, brain and other organs, it's imperative to maintain and improve our arterial and venous blood flow as we age. However, it's not uncommon for arteries and veins to fluctuate directional flow, but with May Thurner Syndrome, it can lead to dangerous outcomes like impinged blood flow and DVTs (deep vein thrombosis).

The right iliac artery and the left iliac vein intersect within the pelvis. With May Thurner Syndrome, the left iliac vein can become "kinked" from the pressure of the right iliac artery, pressing it against the lumbar spine, and in turn, may cause the blood flow to become partially or fully blocked. This is how dangerous DVT's can form. Females suffer from this disorder more commonly than men.

Symptoms

The bad news is May Thurner Syndrome rarely shows signs and symptoms. Small indicators may be swelling in your left leg and/or some discomfort or the following.

- Enlarged veins
- Leg feels heavy
- Skin color changes
- Swollen leg
- Warmth
- Pain

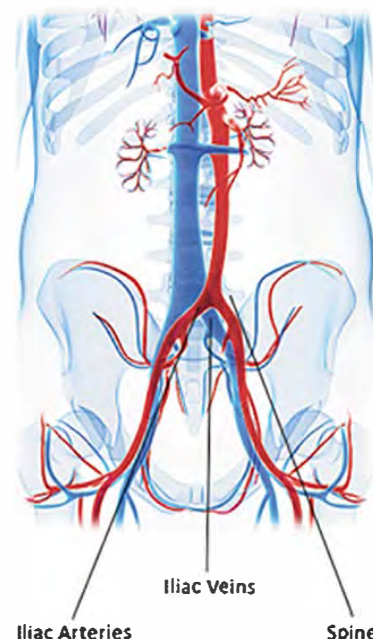
Risks

- Blood clotting factors (medications, health-related or genetics)
- Hormonal Medications (birth control, menopause)
- Child birth
- Dehydration
- Scoliosis
- Spinal compression
- Female

DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep in within the legs. Vascular malformations, pelvic tumors or sitting for long periods of time are some of the risk factors that go along with DVTs.



Iliac Veins & Iliac Arteries In The Pelvic Area



DVTs are life-threatening, as they can lead to a pulmonary embolism. Thankfully, surgical solutions save lives. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. It's unfortunate that there still seems to be more of a reactive process, than a proactive plan. Speaking to your physician is vital if you or a loved one have any of the venous symptoms or risk factors discussed above.

Diagnostic testing includes contrast venography, duplex ultrasonography, or other imaging of the iliac venous and arterial flow.

Treatment

With DVT's, and those caused by May Thurner Syndrome, the treatment is standard. A stent needs to be placed in the vein and/or artery to open the blood flow, as well as prescribing medication for anticoagulation, like warfarin or another blood thinner to prevent future clotting complications.

Making an appointment with a person that specializes in venous disease is your best place to start.

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

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



VILLAGE
Heart
& VEIN CENTER

Bryan Carter, MPA-C

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www.villageheartandvein.com

Do You Need a Flu Shot AND the COVID Vaccine?

Flu 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 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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NATURAL ANTI-AGING METHODS

During the upcoming holiday season, isn't it time to finally feel confident and happy with your skin? Anti-aging treatment methods don't have to be invasive or full of toxins and chemicals. TNT specializes in holistic functional medicine as well as anti-aging treatments that are natural and beneficial for your skin, body, and overall health.

As we age, we start to see the signs of stress, pollutants, gravity, and age-related changes in our skin's texture. There are numerous treatment methods available at TNT depending on your specific needs and goals.

PRP (Platelet Rich Plasma)

If you're struggling with hair loss, PRP treatments are very effective at regrowing hair and thickening the hair shaft. With just a few short treatments, you will see remarkable differences in the restoration of hair growth.

Low Level Light Therapy

Low level light therapy also restores hair growth. Often PRP and low-level light therapy are paired together for optimal results.

Radiofrequency

Radiofrequency treatments help to tighten and tone the skin. It can reduce the appearance of cellulite, firm skin deep within the dermal layers, and reduce wrinkles and fine lines. This procedure is long-lasting.

Infrared Sauna

Using an infrared sauna can help strengthen the body's immune system by stimulating increased production of white blood cells. Infrared rays improve blood circulation, stimulate endorphins, lower lactic acid, kill certain bacteria and parasites, and burn calories. Proponents of hyperthermia, also known as fever therapy, maintain that using far infrared energy to therapeutically induce higher body temperatures helps fight infections and even cancer. Their argument is supported by the human body itself, which radiates infrared energy for the benefits of warmth and tissue repair.

truSculpt iD

truSculpt iD uses innovative Monopolar RF technology to selectively target fat and therapeutically heat it – until fat cells are eliminated by passing through the body naturally. An average of 24% fat reduction is achieved in just one treatment.



Microneedling creates microscopic punctures in the skin.

Simply put, microneedling is the insertion of very fine short needles into the skin for rejuvenation. The most popular (and cost-effective) microneedling device, known as a dermaroller, comprises micro-fine needles that range in diameter from 0.5 and 2.5 millimeters. But, if the prospect of multiple needle wounds sounds slightly ominous to you, know that the punctures are more like pinpricks that enter only surface-level deep.

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 today to schedule your appointment at (352) 259-5190.

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An Innovative Approach to Memory Care

November is Alzheimer's Awareness Month, a time to support and raise awareness for the more than six million Americans currently living with Alzheimer's, according to the Alzheimer's Association. At Sumter Senior Living, we know the challenges presented by memory loss can be difficult to navigate, but we're here to help every step of the way.

We are proud to offer The Village Program®, an innovative approach to memory care for those with memory impairments, including Alzheimer's and dementia. The Village Program offers personalized programming that engages residents in activities that may reflect their former schedules, lifestyles and interests while helping them feel safe and appreciated. Through enriching experiences and caring, personal relationships, we find great sources of enjoyment and comfort—together.

For those living with Alzheimer's and other forms of dementia, it's important to provide structure, familiarity, and a sense of accomplishment. The Village Program:

- Recognizes behavior expression as a method of communication with interventions focusing on providing a safe and secure environment.
- Focuses on resident well-being, providing care and structure with dignity and respect.
- Provides one-on-one support using It's Never Too Late (iN2L) digital education technology to help make connections, engage in learning and involve digital technology.
- Has a unique neighborhood to support the individual requirements of those with Alzheimer's and other dementias.
- Designed a physical environment to avoid excess stimulation and offer sensory cues to support choice and independence.

Resident-Driven Days

Each day in The Village Program promotes joy, success and purpose. Our residents enjoy each day at their own pace with a relaxed yet consistent structure of one-on-one engaging activities that encourage structure, familiarity and a sense of accomplishment. The Life Skills portion of The Village Program turns the familiar routine of everyday life into enriching and engaging experiences.



How do we approach this?

- By using all the senses: evoking touch memories, stimulating discussions through pictures, and asking residents to share personal life experiences.
- By asking questions about their youth or their families. We can then reflect on memories and past accomplishments for positive interactions.
- By continuing the conversation forward to rejoice in the present moment of today and striving to renew residents' spirits with a focus on successful and joyful moments.

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

In addition to offering Independent and Assisted Living, Sumter Senior Living is proud to offer all these beneficial features to the residents living in our Memory Care neighborhood.

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, to schedule a personalized visit, or to learn more about the upcoming Alzheimer's events Sumter is hosting, please call (352) 674-3600 or visit www.SumterSeniorLiving.com.



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Assisted Living License Number: 12227



Alzheimer's Disease & Brain Health

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

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

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

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

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

What are the signs?

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

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



What are the treatment options?

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

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

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

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

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

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

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

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

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

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

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

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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, 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



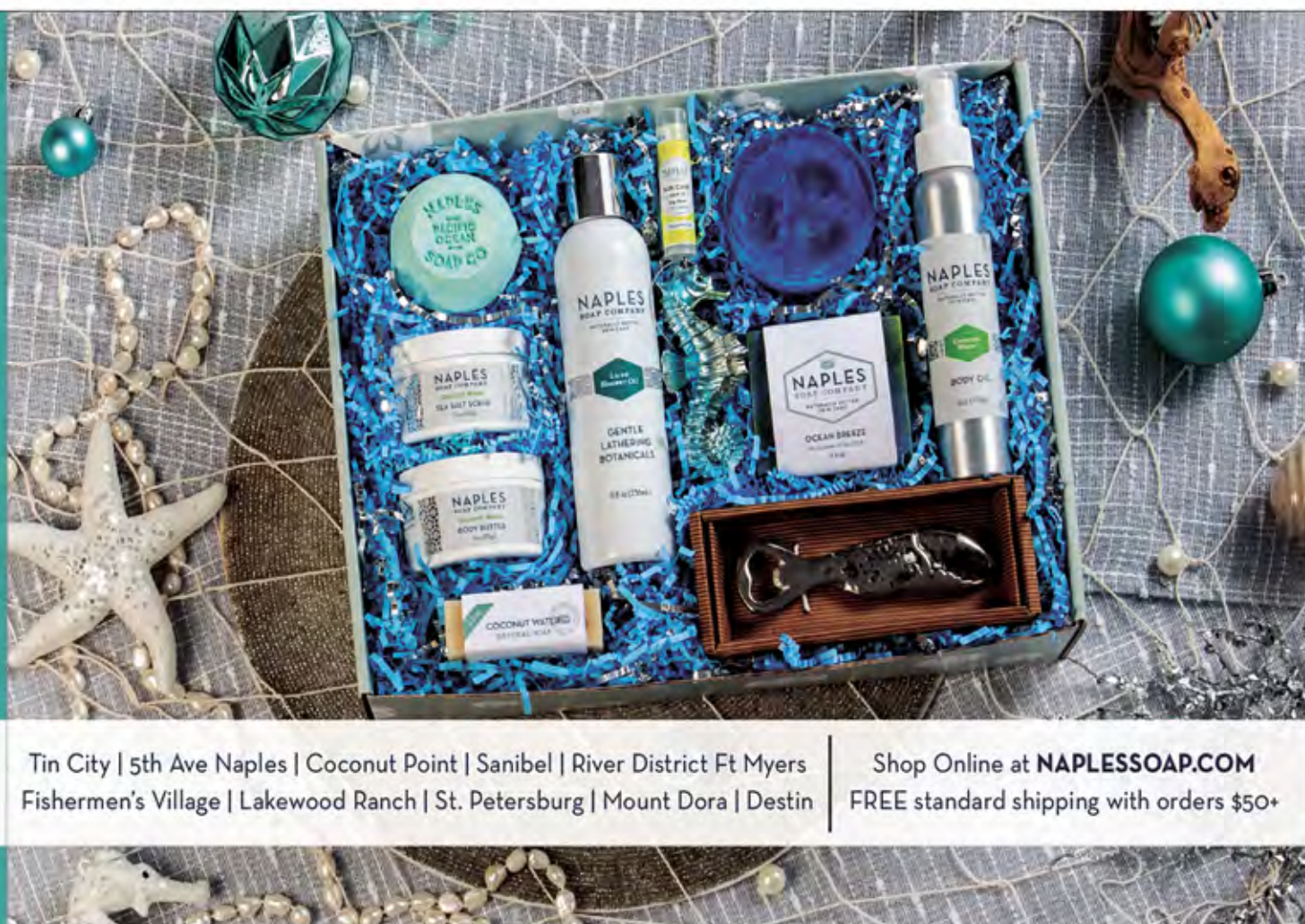
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Margaret Hixon
Founder & President



Stuart Dickson
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If you would like to learn how wealthy high-income investors avoid myths and misconceptions and shelter income and assets from higher tax rates and risk going forward join us at our complimentary educational dinner event. This is not a product or investment sales presentation and the content is best suited for those with \$500,000 and above in retirement assets.



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
villagesleepdentistry.com

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

This recommendation is being made based on the following information:

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

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

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

Meet Dr. Rozensky

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

Village Sleep Dentistry

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

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



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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CENTER

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

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ATTENTION MEDICARE RECIPIENTS

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

PROMPT DIABETIC WOUND CARE TREATMENT IS CRITICAL

With Diabetes, the leg, foot, and ankle are often affected by wounds that do not heal. Diabetes is a complicated condition and can be challenging to treat. Often these wounds become "non-healing" due to the adverse effects of the systemic disorder.

Millions of people with diabetes will suffer from diabetic foot ulcers more than once in their lifetimes. Diabetes is a progressive disease that must be well managed.

High blood sugar damages various organs within the body, but also has a severely damaging effect on nerves. This nerve damage happens when the blood supply is limited. The small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening. These small sores go undetected due to the lack of feeling and numbness. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

Diabetic Wounds & Vascularization

If you have ulcers and lacerations that never fully heal, you might have a chronic wound. These are most often caused by diabetes mellitus, which causes blood vessels in the feet and hands to grow smaller. The restriction of blood flow damages nerve areas and reduces sensation.

Chronic wounds can also be caused by venous stasis, a condition of the veins in the lower legs, which also deprives your feet of adequate blood flow. With both conditions, when you injure or cut your foot, the lack of blood flow makes it difficult for the wound to heal.

In the endothelial layer of the dermis, vascularization must take place in order to heal the wound. The neo-vascularization or also known as angiogenesis is when



new micro vessels, fibroblast, and collagen begin to proliferate and form along with an increase in oxygen uptake and micronutrients to help grow new tissue, and to build a strong vascular blood flow to supply the proper nutrients to the dermal layers.

Lakeside Foot & Ankle often works directly with vascular surgeons to find innovative ways to restore blood flow to the affected area so that the wound can heal optimally.

Lakeside Foot & Ankle Center

Podiatrists in Leesburg and The Villages, Florida

Our practice provides superior foot and ankle care for every walk of life using state of the art and time proven diagnostic and therapeutic techniques. We believe that prevention, prompt diagnosis, and early intervention are the key ingredients to minimize the impact of any problem on your life. We provide the full range of podiatric care, exhausting all conservative treatment options prior to graduating to surgical intervention when necessary. Our board-certified physicians are well versed in the arena of podiatric medicine and provide skilled and compassionate surgical care.

Our staff is committed to creating a warm and friendly environment to provide a relaxed and comfortable experience for you. We take pride in taking the time to thoroughly understand your concerns and make certain

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you comprehend all aspects of the treatment plan we formulate specifically for you. We work closely with primary care physicians and all other specialists to create a comprehensive care plan that takes all aspects of your health into consideration.

Lakeside Foot & Ankle Center offers a full array of podiatric services to help you maintain healthy feet.

Our practice offers the following services:

- In-office surgical procedures
- Heel Pain/Plantar Fasciitis Treatment
- In-office digital x-rays
- Senior citizen foot care
- Lower extremity vascular evaluations
- Diabetic foot care
- Routine foot care services
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- Flat Feet
- Fungus Nails
- Fractures and Dislocations
- Gout
- Hammertoes
- Heel Pain - Spurs and Fasciitis
- Ingrown Toenails
- Neuromas
- Orthotics
- Skin Conditions
- Sports Medicine Problems
- Tendonitis
- Trauma
- Ulcers - Chronic Wounds
- Walking Problems
- Warts

HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

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



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

Viscosupplementation

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



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Cline Office Suites, 4076 E SR 44, Wildwood, FL 34785
855-276-5989 | www.PhysiciansRehab.com

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient.

Can Omega-3 with Melatonin Reduce Overactive Bladder at Night?

By Anne-Marie Chalmers, MD

It was a subject she normally felt too embarrassed to talk about — even with her physician. Now Harriet was so thrilled she had to share the good news with me!

“Instead of getting up three to four times a night to tinkle, I now only wake up once,” she explained. “Sometimes, I even sleep until 6 am. I feel like a new person!”

What Is Nocturia?

Harriet struggled with nocturia, a condition that requires getting up to urinate at least once during the night.

Surprisingly common, nocturia impacts millions of Americans. Between 2-28% of people between the ages of 20 and 40 are impacted by “clinically relevant nocturia,” which is defined as having to void at least two times per night.

For people over age 70, those numbers increase to 28-62%.

Health Issues Related to Nocturia

While nocturia often gets dismissed as a ‘mere nuisance’, it can significantly impact a person’s quality of life when experienced regularly. For many, sleep deprivation caused by nocturia can lead to fatigue, reduced productivity, mood disorders and impaired cognitive performance.

What’s more, needing to void at night often puts people at risk of falling and injuring themselves. It’s estimated that the US healthcare system spends \$1.5 billion a year on nocturia-related hip fractures alone!

What Causes Nocturia?

While the prevalence and severity of nocturia correlate with age, frequent night-time urination shouldn’t be discounted as a normal part of aging.

This condition is typically described as a “multifactorial,” meaning several factors usually play a role. Common causes include everything from specific behaviors (like drinking too much liquid before bed) to underlying health issues like cardiovascular disease, diabetes, sleep disorders, urinary tract problems, and urinary infections.

Which Comes First: Poor Sleep or the Need to Urinate?

Nocturia is especially complex in that even when the apparent causes are addressed, many people still get up at night to urinate.



From a medical viewpoint, this begs the question: Is it the need to void at night that causes poor sleep? Or could it be that poor sleep contributes to having to get up to urinate?

If it’s the latter, focusing on sleep hygiene could have big payoffs for people struggling with nocturia.

Taking Control of Nocturia

Nocturia deserves more public attention and open conversation — especially because, in many cases, it can be helped by a variety of therapies.

One of those therapies might include the combination of omega-3s and melatonin. Indeed, one of the more interesting pieces of feedback that we’ve heard from users is that Omega Restore (a combination of omega-3s and melatonin) seems to reduce frequent urination at night.

Here is what we have learned about how melatonin and omega-3s may impact nocturia:

Melatonin Research

Often referred to as the “sleep hormone,” melatonin has a profound impact on our circadian rhythm. For people with certain sleep disorders, taking melatonin has been found to improve sleep quality. Since sleep disorders are strongly correlated with nocturia, it’s possible that melatonin could improve both.

Melatonin has also been found to reduce smooth muscle spontaneous activity in the bladder, which might reduce the urge to urinate.

Studies already show that older people with nocturia secrete less melatonin than normal. But the question of how melatonin supplementation impacts nocturia is still relatively new. To date, only a handful of small studies have tackled the topic. While the results look promising, more research is needed.

Omega-3 Research

Researchers also theorize that omega-3 fatty acids could make a difference for people with nocturia, for a variety of reasons:

- Reduce inflammation: Research shows that inflammation often plays a major role in overactive bladders. In clinical studies where anti-inflammatory drugs

(NSAIDs) were given to people with nocturia, the NSAIDs reduced nocturia episodes and increased urinary retention. Since omega-3s work on the same biochemical pathways as NSAIDs, researchers believe omega-3 supplements could have a similar positive effect when taken in effective doses.

- Improve cell signaling: Omega-3s are also involved in the communication between cells. Without enough omega-3s, the body’s signaling pathways don’t function optimally. Case in point, one study found that the omega-3 signaling pathways often don’t work normally in older men with nocturia.

- Improve melatonin secretion: Omega-3s additionally influence our body’s relationship with melatonin. Animal studies show that low omega-3 intake is associated with dysfunctional melatonin secretion. Research also demonstrates that omega-3s help regulate the pineal gland, which is responsible for the production of melatonin at night.

The interconnectedness between omega-3s and melatonin could explain why one 2016 study found that people who ate the most fish enjoyed better sleep quality than those who rarely ate fish. This same study also showed that increased omega-3 intake positively influenced the circadian rhythm.

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/can-omega-3-with-melatonin-reduce-excessive-urination-at-night/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



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Diabetic Kidney Disease:

What You Should Know

Do 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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WHY DO SO MANY PATIENTS TRUST COMPTON CHIROPRACTIC CARE? THEIR STORIES MIGHT HELP YOU!

By Compton Chiropractic Care

When you have suffered an injury, Compton Chiropractic Care LLC can help you on the road to recovery. Our golf cart accessible facility located in The Villages, FL offers a variety of services to people just like you who are suffering with many different ailments. No matter what condition you are suffering from, the experienced team of professional Chiropractors at Compton Chiropractic Care LLC will work with you to properly diagnose and develop a personalized treatment plan to meet your needs.

Chiropractic care can help solve a wide range of problems that just don't include back and neck pain, we can also help patients who suffer from headaches, migraines, shoulder pain, arthritis, hip pain and personal injuries like car accidents. Our experienced physicians are also highly skilled in decompression therapy.

All four of our doctors are graduates from the Palmer College of Chiropractic. No matter what type of care you need, if you live in The Villages, you can certainly come to Compton Chiropractic Care and expect your needs to be met!

But don't just take our word for it—Find out what our patients have to say:

Patient Testimonials

"Doc thanks! My back is better than it has been for years." - Male Patient

"I wish I would have found your clinic years ago. I am playing the best golf of my life and without that lousy pain. Thanks again Doc. See you soon." - Female Patient

"Dr. Compton, I cannot begin to thank you enough for helping my husband and myself. We can actually enjoy our retirement now pain free." - Female Patient

"Doctor, I must be sure to mention again how very grateful i am for the care i was given at Compton Chiropractic. I am back north for the summer and I am feeling excellent. I will be making an appointment as soon as I return to Florida." - Female Patient

"I have been going to Chiropractors my entire life and I have never experienced a more genuinely sincere Doctor than yourself. I was very impressed with your extensive examination and ability to correct my pain so swiftly." - Male Patient

"Dr. Compton and staff have impressed me from the first phone call all the way to check out. The entire staff is pleasant and made me feel welcome. They were able to explain each step of my care and asked AND WAITED for response if I wasn't clear about an explanation. Dr. Compton explained what he was doing and why throughout my entire examination. He didn't seem bothered by my questions or long explanations that required more than yes or no responses. The therapist was great as well and she follows the same practice of explaining the hows and whys. I am very comfortable with Dr. Compton and staff and will continue with them for my chiropractic care. Great job!!!" -Female Patient

"I am happy with the sophistication and good "bedside manners" of the doctors and pleasant, effective service offered by the office personnel. In my two years as patient, I also have been satisfied with their handling the payments with fairness and full disclosure. This is an important part of chiropractic care which reimbursement by insurance is usually very difficult." -Male Patient

If you have pain, or other immobility issues, call Compton Chiropractic Care Today and discover how so many others, just like you are finding long term relief without drugs and without surgery!

The Compton Chiropractic Center:

- Friendly, Knowledgeable Staff
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Diabetic Neuropathy:

How Physical Therapy Can Help

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

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.

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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.



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.

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

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.



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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>.





Hormones and Diabetes

Hormones Can Affect Diabetes in Multiple Ways

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

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:²

- **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.

Source:

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

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

- **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 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.

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 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.

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What's Your Diet?

By Pastor Roger P. Felipe

Weight-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.

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