

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

December 2021

Marion Edition - Monthly

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FREE

Revolutionizing
PET/CT
Imaging

The Best Places
in Ocala to Visit

During the Holidays

The Season's
Most Perfect
Gift

The Joy of
the Holidays

Can Also Bring
Depression & Anxiety

All About RMDs

This Holiday Season

Give Yourself the Gift
of Mental Health

Tips to Stay Active

& Take the Appropriate
Precautions This Holiday Season

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GREY MATTER | Fig. 17

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CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



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5 Reasons to Avoid Knee Replacement Surgery

By Regenexx Tampa Bay, Regenerative Medicine

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

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

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

1. Chronic Knee Pain

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

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

2. Pseudotumors & Tissue Damage

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



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

3. Device Failure Caused By Allergies

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

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

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

4. Increased Risk of Heart Attack & Stroke

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

5. Increased Risk of Hip Fracture

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

Alternatives to Surgery

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

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

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

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

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

Regenexx Tampa Bay provides trusted solutions by orthopedic stem cell experts. We offer the nation's most advanced, researched, and evidence-based non-surgical stem cell and platelet treatments for injuries and arthritis.



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STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

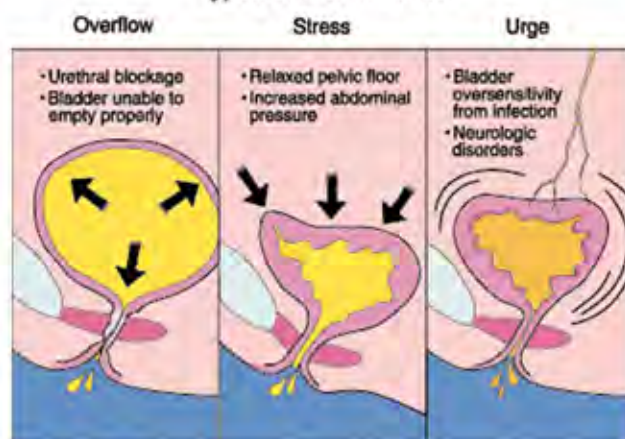
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

Types of Incontinence



There are two bladder abnormalities that are associated with UII: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



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Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



The Best Places in Ocala to Visit During the Holidays

TASHA OSBOURNE, BA - PREMIER SOTHEBYS INTERNATIONAL REALTY

It's that time of year! As schedules get a bit busier, we are thrilled to experience so much fun in December for the holidays. There is no better way to celebrate local, than to experience what Ocala has to offer this holiday season within our community. So, grab a hot cocoa and let's begin to fill your holiday schedule with a few hometown favorites.

World Equestrian Center – Ocala Presents Winter Wonderland Friday, November 26 – Saturday, December 25, 2021

With over one million twinkling lights, the World Equestrian Center – Ocala, Winter Wonderland promises to bring merriment and cheer to all. The halls of the World Equestrian Center Grand Plaza will be decked with all of the traditional regalia of the season, along with larger-than-life ornaments, a glittering, 40-foot Christmas tree and a giant polar bear, just to name a few.

This family-friendly event is an opportunity to meet Santa and enjoy the evening entertainment, including carolers, face painters, balloon artists, caricaturists and a special appearance by Santa's reindeer. Tickets available to purchase for exclusive, limited seating events such as the Atlantic City Boys, Grande Liberté Performance with Sylvia Zerbini, Breakfast with Santa and much more.

Ocala Christmas Parade: A Heroes' Christmas Saturday, December 11th Time: 5:30 PM

The Friends of the Christmas Parade, Inc., are proud to announce that the parade will go on. After a disappointing cancellation for safety in 2020, we are thrilled to announce that we will hold the 65th Ocala/Marion County Christmas Parade on December 11, 2021.



Source: www.ocalamarion.com

Florida Horse Park Event November 26th – December 30th

Beginning Friday, Nov. 26 and select days through Dec. 30, more than a million Christmas lights with dozens of holiday displays will light up more than a mile at the Florida Horse Park. The lights trail is drive through style, but there will also be food trucks and a photo station with Santa.

10th Annual Christmas Boat Parade Saturday, December 4th Location: Carney Island Recreation

ALL are invited! Decorate your boat and join the fun! Boats are judged on originality (more lights the better)!

5:30 pm
Location: Carney Island Recreation & Conservation Area: 13275 SE 115th Ave, Ocklawaha, Florida 32179
Cost: Free to watch
Boat Parade Participants:
Where: Carney Island Launch Ramp
Time: 4:30 - 5:30 Staging
5:30 - 7:30 Boat Parade
7:30 "Down The Hatch" party at Easton's Beach
Decorate your boat to enter parade
(\$30 entry fee per boat)

Ocala is Growing!

Real estate in Ocala is booming. If you're interested in buying or selling, make sure to go with an agent that is trusted for their quality and performance levels. Tasha Osbourne is one of the top Sotheby's Real Estate Agents in the area. Her clients speak highly of her hard work and dedication to buying and selling properties.

Testimonials:

Ms Osbourne delivers what she promises! She is the ultimate professional. Her market analysis was on the money. Great customer service. *Verified by RateMyAgent*

Amazing Selling Experience!! Tasha was amazing from beginning to end with this process. She is very knowledgeable, supportive, kind and handles the craziness of selling a home with immense grace. She was always available and helpful. We had a bit of an unusual situation where we only had 30 days to get a contract on our home due to another home contingency and she made it happen. I will continue to recommend her to anyone I know who is buying or selling a home! The best of the best! *Verified by RateMyAgent*

Exceptional, Knowledgeable, Savvy, and Sweet! Tasha's knowledge base, customer service, and expertise were beyond my expectations! She will always be my realtor and I would recommend her to anyone that wants the job done right, fast, precise, and with a smile! I couldn't be happier! Thank you so very much! You were a blessing. *Verified by RateMyAgent*

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Hyperbaric Oxygen Therapy: Can it Improve Mental Health?

Mental health conditions such as ADHD, ADD, panic attacks, suicidal tendencies, PTSD and bipolar conditions can be exacerbated by traumatic brain injury. Even mild brain injuries can cause damage. Many people are unaware that they have had head trauma that has affected their brains. These can be caused by an auto accident, physical alterations, contact sports, getting hit in the head accidentally with an object, and more.

Low Blood Flow

While not all mental health conditions are due to direct impact to the brain, many are due to low blood flow. If left untreated, low blood flow and brain injury will cause cognitive decline and brain issues later in life. Low blood flow is connected to mental health disorders such as depression, bipolar disorder, schizophrenia, addictions, and anxiety to name a few.

Many studies have shown significant improvement in mental health, decreased depression, decreased pain and other disorders associated with mental health conditions when patients underwent HBOT (Hyperbaric Oxygen Therapy).

Studies on the Effects of HBOT for PTSD, Depression, Pain, Anxiety and Distress

A study in 2011 looked at military soldiers that had PTSD and other mental health issues. Brain imaging was done before and after 40 sessions of HBOT. The results showed increased blood flow after HBOT as well as marked improvement in mood, anxiety, quality of life scores and impulse reactions.

Fibromyalgia

Fibromyalgia is thought to be connected to childhood trauma and sexual abuse. Some of the symptoms are pain, fatigue, PTSD, and brain fog. An Israeli study on fibromyalgia due to sexual abuse studied 40 female survivors of childhood sexual abuse suffering from fibromyalgia. The two-year long study showed that the women treated with HBOT along with psychotherapy had significant improvement in all measures of quality of life, including symptoms of fibromyalgia, and showed improvement in brain functionality, PTSD symptoms and psychological distress.

HBOT

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



Aviv Clinics Are Unique

There are two key processes that make Aviv Distinctive:

- First, we increase the oxygen level you breathe through a mask in the HBOT suite. As you breathe it in, your bloodstream sends this oxygen to tissue in your body that has been deprived of it. Oxygen-saturated blood can bypass blood vessels which have become clogged or narrowed with age. This gives the brain the energy it needs to turbocharge the healing process.
- Second, we fluctuate the level of oxygen you breathe when inside the HBOT suite. This variation in oxygen supply triggers your body's own regenerative mechanisms.

What does this do to my body?

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

About Aviv

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

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

HBOT | Personalized Cognitive & Physical Training | Nutritional Counseling

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

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

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

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

Aviv Clinics at The Villages®

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

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

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

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

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

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Aviv-clinics.com for more information.

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Brain Performance for Life



All About RMDs

By Adam Bruno, Certified Financial Fiduciary®

There really is a purpose behind required minimum distributions (RMD) of tax-advantaged retirement accounts. IRAs and employer-sponsored retirement plans feature tax-deferred income contributions and earnings growth throughout the lifetime of the account. There's just one catch — when you take money out of that account, it then gets taxed at ordinary income tax rates. Some retirees use that money to pay for their expenses, but others may not need it and would rather let it continue growing, untaxed, and then leave it to heirs.

That means that retirees who need the money are taxed and those who don't could avoid the tax. Those tax revenues are used to fund government programs, but we are fortunate to have decades of a tax reprieve so gains can accumulate faster.

Retirement investing, and RMDs in particular, can be rather confusing. But just because something is difficult — and ever changing — doesn't mean we shouldn't take advantage of the options available. Quite the opposite — tax-deferred investing is a way to optimize the accumulation of wealth, so it's worth the time and effort to understand how these accounts work.

You can tap the advice of a financial professional to help you manage your retirement accounts, even those that fall under an employer plan. After all, your employer isn't going to help you manage the rest of your portfolio, so feel free to call us if you have questions about your tax-advantaged accounts and their distribution options.

In 2019, Congress passed the Setting Every Community Up for Retirement Enhancement (SECURE) Act, with several changes regarding RMDs. Prior to the legislation, retirement account owners had to start RMDs at age 70½; the law increased that age to 72 for anyone born after June 30, 1949. Those with a traditional IRA must take their first RMD by April 1 of the year after which they turn age 72, even if they haven't retired yet. Each year thereafter, they must take an RMD by Dec. 31. Investors with multiple IRAs must calculate the appropriate RMD for each one, but they can take that total amount from just one of the accounts they own. That's easier to do with traditional IRAs than with multiple prior employer retirement accounts, which require contacting former employers to calculate and send the distributions.¹

There is a penalty for not taking the appropriate RMD: The account owner must pay a 50% excise tax on the amount not distributed each year. Also note that you cannot withdraw a couple's total RMD from just one spouse's account or a different type of qualified account.²

The rules for an inherited IRA can be confusing, and they also changed with the recent SECURE Act. Specifically, it is now prohibited for a non-spouse IRA beneficiary to "stretch" out taxable distributions throughout his life expectancy. Starting in January 2020, the named beneficiary is required to withdraw all funds within 10 years of inheriting the account. However, unlike before, the heir can wait the full 10 years before taking distributions, meaning there are no RMDs each year.³

The inherited IRA rules didn't change for a spouse who inherits a wife's or husband's IRA upon death. She also has more options for withdrawals, such as the ability to designate herself as the new account owner, roll it over to her existing IRA or take distributions as a beneficiary.

Be aware that these distribution rules do not apply to a Roth IRA, either directly owned or inherited. Since the Roth is funded with already-taxed income, withdrawals are tax-free in retirement — even the gains accrued over time. The only caveat is that the owner (or original owner, if inherited) must have owned the account for at least five years (the clock starts on Jan. 1 of the year of the first contribution). Contributions withdrawn before that five-year holding period may be taken tax free, but any withdrawn interest is taxable.⁴

Annuities also benefit from tax-deferred growth, but the account owner takes RMDs only if it is classified as a qualified annuity, meaning that it was funded with pre-tax money. Non-qualified annuity contracts are

funded with after-tax income and feature tax-deferred earnings, so they do not mandate RMDs and are taxed upon distribution.⁵

If you have questions, please call my office at (239) 771-8696 and schedule your confidential visit with me.

For more information go to taxfreefortmyers.com to see my upcoming webinar schedule.

Content prepared by Kara Stefan Communications.

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This Holiday Season, Give Yourself the Gift of Mental Health

Staying healthy doesn't stop with your annual checkup. And prioritizing your mental well-being is just as important as supporting your physical health.

Mental well-being is an overall positive and hopeful emotion, fueled by a sense of purpose and satisfaction in life. Mental well-being also means being able to adapt to stressors.

There are ways to support and protect your mental health this holiday season:

- **Stay active:** Getting outside for a brisk walk, a bike ride or a round of golf can do wonders to lift the spirits.

- **Eat healthy foods:** It's no secret that eating well helps you feel better. But it can be challenging during the holidays. If you do indulge at a holiday meal, recommit to healthier eating the next day.

- **Connect with family and friends:** Not everyone can come together for the holidays. Digital apps like Skype, Zoom, What's App and FaceTime can help you connect and talk with your loved ones. If you're not familiar with these apps, ask a young person to tutor you. You'll make their day!

- **Meditate:** When you're present in the moment, you focus on one thing at a time. It's restorative and can help you re-charge.

- **Get involved in your community:** Studies show that volunteering can improve your health, and fight loneliness and depression. It's an opportunity to meet new people and grow your circle of friends. It's also a great way to help your community and support people in need this holiday season.

- **Engage your brain:** Doing daily number and cross-word puzzles helps keep our brains young. If you don't feel challenged enough, try timing yourself.



- **Talk about how you feel:** It's OK to open up to a trusted friend or loved one and share how you're feeling. It can help you feel supported and less alone.

Get help managing your mental and physical health with Florida Blue Medicare. You'll find personalized support and resources for living a healthier, happier life. In addition to whole health coverage, including mental health benefits, you'll get access to meQuilibrium stress management and resilience tools at no extra cost.

Members can also call or visit a Florida Blue Center to talk with a Florida Blue nurse. Our nurses help you understand your doctor's advice and work with you to improve your health. Or have a community health specialist help you find local resources for help. Find your neighborhood Florida Blue Center at floridablue.com or call 1-877-352-5830.

Don't wait until the new year. Now's the time to prioritize your mental and physical health. Remember, you're worth it.

Florida Blue Medicare is an Independent Licensee of the Blue Cross and Blue Shield Association. Florida Blue contracts with New Directions Behavioral Health to provide behavioral health services. The programs offered by Florida Blue are subject to change.

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HOW SLEEP DISRUPTIONS DESTROY A HEALTHY BRAIN AND BODY

How Natural HGH Improves Sleep Patterns & Wellness

During sleep, our body and brain goes through an intense and critical "house-cleaning" process. This includes memory restoration, muscle repair, and immune system modulation, to name a few.

During the night, we go in and out of sleep stages. Deep sleep, known as REM (rapid eye movement), is the final stage. If we do not get into REM, we are susceptible to cellular degeneration, because during deep sleep, our brain and body repairs itself, blood circulation increases, and our energy levels are replenished.

DISRUPTIONS IN SLEEP CAN CAUSE SERIOUS CHRONIC DISEASES AND CONDITIONS TO TAKE PLACE SUCH AS STROKE, DEMENTIA, HEART DISEASE, INSULIN RESISTANCE, AND BEHAVIORAL CHANGES, TO NAME A FEW.

Once you develop bad sleep habits, your cortisol levels rise, which along with adverse reactions in the body, causes an interruption in melatonin, which creates a cyclical poor sleeping pattern that is challenging to overcome.

MORE ON CORTISOL

The increase in cortisol also drives weight gain. If you are constantly unable to get into REM sleep or properly go through the numerous sleep stages, you're probably noticing a few extra pounds despite your healthy diet and exercise routine.

IMPROVING SLEEP WITH GROWTH FACTORS

During the first few hours of sleep, we secrete growth hormone (GH).¹ Sleep-related secretion of GH appears to be primarily dependent on the release of growth hormone. Studies have shown that growth hormone supplementation decreases wakefulness and increase sleep.

Growth factors are diffusible signaling proteins that are responsible for numerous functions such as tissue and muscle repair, cellular renewal, regulating metabolism, sleep patterns, and inflammatory responses.

BIOPRO+ CORTISLEEP PM

BioPro+ CortiSleep PM is a powerful, anti-catabolic sleep support formula designed to promote deep and restorative sleep. BioPro+ CortiSleep PM was created to combat poor sleep quality, and its associated issues, to provide an all-natural, safe, non-habit-forming formula that delivers quality sleep from the first night you use it and each night after. BioPro+ CortiSleep PM contains highly effective, natural ingredients that promote a deep and restful night of sleep, leaving you feeling refreshed, clear, and ready for the day!



With BioPro+ CortiSleep, it's like getting 8 hours of refreshing sleep in 6. So, if you are busy like most of us, you don't have to sleep for 8-9 hours to benefit from the anti-aging, fat burning, and the numerous health benefits our product offers.

A BETTER ALTERNATIVE TO HGH-A NATURAL, SAFE FORMULA

Made from 13 different bioidentical growth factors, BioPro+ offers superior outcomes in balancing hormones, decreasing insulin sensitivity, increasing mitochondria and nucleic acids to modulate and regenerate at the cellular level.

BIOPRO+ BENEFITS:

- Hormonal balance
- Weight
- Libido
- Sleep
- No side effects
- No synthetic materials

BIOPRO+ IS EASY TO TAKE AND ABSORBS QUICKLY.



BioPro+ GOES MULTIPLE STEPS BEYOND TRADITIONAL GROWTH HORMONE THERAPY

BioPro+ is an easy-to-take sublingual that is an effective alternative to painful, invasive, and expensive hormone treatments. These are physician-approved medications that reverse the effects of aging. BioPro+ was established over a decade ago, and the effective results speak for themselves. It's trusted by thousands of the nation's leading practitioners.

ALL OF THIS IS SAFELY ACCOMPLISHED WITH NO SIDE EFFECTS, NO CHEMICALS, NO TOXINS, AND IN THE PRIVACY OF YOUR OWN HOME.

BioPro+ IS EXCLUSIVE

BioPro+ is only available through our website or in the offices of our certified physicians. You won't find them at local health stores or any of those big retail sites. Check out on our website is easy, you can select your physician of choice, or one will be provided for you.

TECHNOLOGY HELPS KEEP YOU ON TRACK

If you don't take the product, you can't reap the benefits. That's why BioPro+ comes with the first of its kind interactive mobile patient system that's integrated right to your smart phone. Best of all the system is 100% free and maximizes results through personalized profiles, progress tracking, automated reminders, and much more.

BioPro+ gives you the energy to make lasting memories and improve you daily life. What would it be like to mitigate and reverse some of the major damaging effects of aging? As with any valuable journey, you have to decide if you are ready to take the steps necessary to live a healthier more satisfying life.

How the comprehensive mobile system works:

- Order your product
- 28 individual daily dose vials
- Daily automated reminders directly to your smartphone or device
- Interactive tracking calendar
- Easy-to-take sublingual
- Genetically activated formulations



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Skip the doctor's visit and order online with instant physician approval.

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To learn more or to get started today visit BioProteintech.com, call 1-800-280-2456, or email info@bioproteintech.com.



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If you would like to become a BioPro+ Approved Physician, please contact us at BioProteintech.com, Info@bioproteintech.com or call 1.800.280.2456.

*BioPro+ is only available through approved physicians.
Don't have a BioPro+ physician? No problem!*

We provide instant physician approval right online at Bioproteintech.com

No office visits, no pharmacy lines, no waiting

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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.

UNOVA HIP & KNEE CENTER

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

UNOVA Health at:

(352) 973-4070 | unovahealth.com



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.

The Joy of the Holidays Can Also Bring Depression And Anxiety:

What You Can Do

The holidays are one of the most joyous times of the year, but they can also be one of the most stressful. We look forward to spending time with our families, celebrating and reflecting on the end of another year, but all of the extra activity and social interactions can lead to an increase in stress. Stress is a natural consequence of having too much to do but finding ways to manage holiday stress will bring greater enjoyment of the season to you and your loved ones.

If your stress or anxiety are lingering, you should take steps to get treatment. Stress can show itself both physically and mentally. If you feel persistently sad, anxious, or on edge; you start having unexplained physical problems; you're unable to sleep; feel irritable all the time; or just feel overwhelmed, it may be time to seek help.

If you are simply undergoing typical holiday stress or depression, here are a few tips to help you relax and enjoy the next few weeks of FA-LA-LA:

Don't Over Commit—Sure there are numerous places to go and be during the season, but you don't have to do everything. Saying yes to every request can lead to burnout. Sometimes, you might benefit more from staying home, taking a walk, chatting with neighbors or just relaxing at with a good book. It's important to stay involved to not feel lonely, but sometimes, during the holidays our schedules are packed with too many plans.

Try to Pre-Plan—Making a plan to do certain activities will help you stay on track and not feel too overwhelmed. If you promised you'd bake gingerbread cookies, help the church string lights, buy and deliver gifts for children in need or volunteer time, those are all important and worthy activities, but adding them to your calendar and sticking to a certain amount of time for each is important so that you don't overextend yourself.

Stick to Healthier Foods—It can be really tempting to overindulge on sweets, eggnog, fried appetizers, and rich foods during the holidays. It's okay to reward yourself once in a while, but don't



go overboard. These food and drinks can leave you feeling guilty, physically ill and depressed. Sugar, sodium, trans fats and processed foods can actually make your brain and body inflamed and angry and cause chronic illness or intensify existing conditions.

What we put into our bodies is very important. Make sure to stick with vegetables, lean proteins and healthy grains for the majority of your diet, and drink plenty of water.

Take Time for You—Whether you need to take a long walk, read a book, watch your favorite Christmas or comedy movie, do what makes you happy. You deserve to feel joy too.

PACIFICA SENIOR LIVING OCALA

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

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

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

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

Pacifica Senior Living in Ocala, FL

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

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

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



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COVID-19 Update & the QCARD

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

Quick Care's Answer for Those without Medical Insurance

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

Who can benefit from the QCARD program?

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

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

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

The QCARD works in 3 easy steps!

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



Where can you use the QCARD?

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

Why get the QCARD now?

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

QCARD is a great healthcare plan for the following:

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

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

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

Quick Care Med Urgent Care

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

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

Quick Care Med Walk-In Clinic & Urgent Care is

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

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

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

www.quickcaredmed.com

4 Locations in Ocala

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

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

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

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

How Microneedling Can Help Restore Collagen

Natural Anti-Aging Methods

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

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

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

How it Works

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

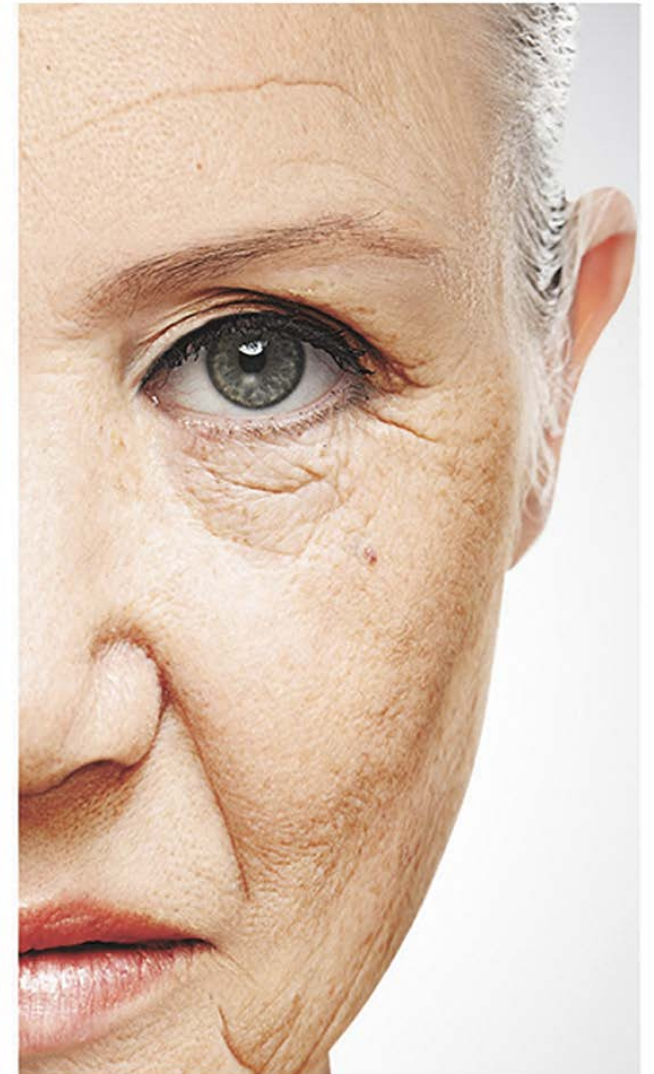
PRP

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

If you want drug-free alternative options for your health needs, TNT treats both male and female patients who desire alternative therapies to get to the root cause of their conditions.

What is Functional Medicine?

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



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

Total Nutrition & Therapeutics

At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!

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

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The Link Between Hearing Loss and Depression

signia
Life sounds brilliant.

Several studies have been conducted on the link between depression and hearing loss. Recent findings indicate that of the groups studied, women of all ages and adults age 18 to 69 with hearing loss are more likely to experience "significant depression" than hearing loss sufferers over 70.¹

"We found a significant association between hearing impairment and moderate to severe depression."²

There are several likely reasons that loss of hearing leads to depression in so many. Communication, which is vital to social interactions, becomes a source of stress when someone has to strain to hear others speak, and frequent misunderstandings result in embarrassment. After a while, people with untreated hearing loss begin to avoid social situations, particularly if they involve loud surroundings like parties or crowded restaurants where understanding speech is even more difficult. Withdrawal tends to progress until the person gradually quits on life, choosing to remain in silent isolation rather than struggle to hear and communicate publicly. Hearing loss sufferers may think they simply cannot be helped because hearing loss is a "terminal" condition for which there is no cure. Older patients may feel their hearing loss is a signal that they are simply too old to participate in social activities. Cutting oneself off from society and activities is a red flag for depression.

"Loss of hearing represents more than just difficulty hearing sounds. It can lead to social isolation and depression."³

The following are ten facts medical professionals need to know about the risk of patients with hearing loss developing depression:

1. In a study conducted on Generation X and Baby Boomer patients with untreated hearing loss, participants were found more likely to develop depression and other psychological issues than their hearing peers.⁴
2. Another large study of adults 50 and older with untreated hearing loss found they were more likely to experience depression and other emotional and



mental instabilities and were significantly less socially active than their peers who wore hearing aids.⁵

3. This same study found depression and similar disorders were found to worsen as hearing ability declined.

4. Patients with untreated hearing loss find it more difficult to communicate with others, leading to the avoidance of social interaction with friends and family. Isolation is a known contributor to depression.⁶

5. The onset of depression in older adults has been associated with the development of dementia or Alzheimer's disease – which is also a co-morbidity of hearing loss.⁷

6. Along with depression, patients with untreated hearing loss are known to experience anxiety, paranoia, relationship problems, stress, and other negative emotions.⁸

7. Using hearing aids can significantly improve emotional and cognitive conditions in patients over the age of 65.⁹

8. 36% of patients who begin wearing hearing aids experienced improved overall mental health, while 34% increased their social engagement.¹⁰

9. Despite the fact that hearing aids can help improve patients' lives, the average span of time from patient realization of hearing loss to purchase of hearing aids is eight years.¹¹

10. An initiative called Healthy People 2020 calls for an increase in hearing tests for adults between the ages of 20-70.¹²

"...but studies also show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life."¹³

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Tips to Stay Active & Take the Appropriate Precautions This Holiday Season

When we think of the holiday season, we typically visualize family dinners, lasting memories, and some relaxation, and we look forward to a peaceful experience. After all, holidays are a time to get away from our stress-filled lives and visit family and friends. In reality, these things hold true, but there is one blinding caveat that we all seem to gloss over—our sedentary lifestyle during the holidays because we don't take the time to exercise or keep our physical therapy appointments. Exercising through the holidays is critical!

Instead of taking the traditional family car drive to enjoy the festive lights in your neighborhood, take a walk. Walking after your evening dinner can be a peaceful experience for the entire family, but also it will facilitate the extra steps and activity that your body craves. In light of walking, when you're out shopping, park further away from the mall or stores to ramp up your cardio.

Hauling luggage, parking the car at the airport, waiting in the security line, worrying about catching our connecting flights, or traveling in the car or bus for long-distance in heavy traffic are all unpleasant experiences that we encounter while trying to get to our favorite destination.

Slips and falls are more common this time of year. If you're up north visiting loved ones, be careful and use extra caution if it's snowing or if there is ice on the ground, steps, and pavement. When you enter a building or home, make sure you get the majority of wet snow off of your shoes to avoid slipping as well.

One of the most common travel concerns in people with known heart disease, as well as healthy individuals, are DVT's, or deep vein thrombosis. DVT's can occur in travelers in the air, railways, or by road. Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep within the legs. Vascular malformations, pelvic tumors, or sitting for extended periods of time are some of the risk factors that go along with DVTs. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death.

To alleviate your chances of DVT, it's imperative to try and move your toes, ankles, and do calf raises in your seat. If you can get up and walk around, that's a valuable method to keep your blood flowing correctly back to your heart. If your trip is over 3 hours, or if you have venous insufficiency, wearing compression stockings is critical to keeping your vascular structures healthy.

You can also do the same little exercises or movements while you're watching Rudolph or Elf with the kids. During the movie, wiggle your toes, stand up and sit down repeatedly for a few minutes, or do leg lifts. All of these flexion and extension movements will keep your circulation pumping and create oxygen-rich blood, and warm muscles.

Take the time to move this holiday season. Be thankful for your range-of-motion, and take advantage of dancing with your grandchildren, or taking a walk with your friends.

If you often experience pain, stiffness, immobility or balance issues, being proactive about physical therapy treatments and techniques can help to alleviate or lessen these circumstances.

For patients suffering from pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Innovative Therapies Group offers massage, physical, occupational and speech therapy. They embrace alternative and eastern medicine philosophies and will help you explore new inventive ways to combat your pain or disorders.

Types of Treatment Available with Physical Therapy

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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.

Keeping the Holidays Light

Submitted by Hospice of Marion County

The holidays can bring emotional feelings, both positive and negative, making it a challenging time for many. This time of year can be especially hard for those who have lost a loved one. However, if we focus on the positive memories, remembering the light of their life shared with friends and family, it can help us cope.

Death can happen to anyone at any age; it can be a sudden accident or anticipated over a long period of time due to a critical illness. Yet, we are never really ready to accept the loss. Grief is a healing process that takes time and is different for each person. It's normal for a person to go through a wide range of feelings – anger, guilt, sadness, depression, anxiety, acceptance, and eventually hope. Sharing these feelings with others is beneficial on your journey to healing.

Hospice of Marion County is hosting a **Keeping the Holidays Light** event at no charge to the public on **Thursday, December 6 at 1:00 p.m.** at its **Elliott Center, located at 3231 SW 34th Avenue, in Ocala.** This event is offered as a way to remember those who filled our lives with love and light. This is an interactive grief workshop that includes creating a permanent memento in honor of your loved one with photos you bring. **RSVP: (352) 873-7456 to reserve your space; social distancing and masks are required.**



The Monarch Center for Hope and Healing, a program of Hospice of Marion County, provides grief counseling at no charge for Marion County residents. We all will eventually experience the loss of a friend or loved one and the Monarch Center is there to help guide you through your emotional journey to healing. This service is provided by trained professionals and offers grief counseling sessions to individuals or groups, which are available for children, teens and adults either in-person or via telehealth. Services include:

- Adult Grief Support groups (Friends in Grief) offer comfort and encouragement
- Memorial Services of Remembrance are special times to remember and celebrate the lives of loved ones who have died

- Grief Care (introductory class) seminars provide education about the journey of grief
- Grief in the Workplace to help organizations that have lost an employee
- Monthly Workshops for the general public
- Seminars with the school system
- Teen Tuesdays and Club Soul are programs tailored just for teens experiencing grief
- Camp Mariposa, held twice a year for children ages 5-12, is a day-long interactive session
- Assessment services and community resource coordination (short-term)
- Private consultations about Advance Directives (Living Wills)

Visit <http://www.monarchcenter-marion.com/index.html> to learn more or call (352) 873-7456.

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CAN ANYONE PLEASE HELP MY PAINFUL FEET?

Every year more than a million patients visit their doctor due to heel pain! The most common foot and heel discomfort is caused by an excruciating disorder known as plantar fasciitis.

What is plantar fasciitis?

The foot is comprised of many different bones, joints, tendons, and ligaments; these include the plantar fascia. The plantar fascia is a band of ligament tissue. It stretches from the heel of your foot to the middle, and it is responsible for reinforcing and supporting your arch. When this area becomes inflamed due to extreme tension on the ligament, pain erupts every time you take a step, and if left untreated, many people will even experience discomfort while at rest. Because plantar fasciitis is one of the most common foot issues; one in ten people will experience it at some time in their life. Usually, the pain is concentrated in the heel area, and it is generally caused by small injuries that occur over an extended period of time. It's quite common for heel spurs, which are bony protrusions under the heel bone to coincide with plantar fasciitis.

There are many treatment options that you can do at home with the guidance of your podiatrist to try and alleviate the painful symptoms of plantar fasciitis. But, because of weight bearing, this area of the foot, in particular, is challenging to heal on its own. The key to getting your foot health back to normal, and you free from pain is to have medically based procedures provided by your podiatrist.

WHAT ARE MY OPTIONS?

Stretching and Anti-Inflammatory Medications

This treatment targets the contractures and inflammation of the plantar fascia and Achilles tendons that contribute to the painful symptoms associated with plantar fasciitis.

Stabilization/Immobilization

The 2nd of the two mentioned treatment options is stabilization/immobilization. This option is achieved through a variety of devices, including braces or foot



orthoses which control the function and position of the foot throughout the gait cycle. Alternatively, immobilization in a Cam boot or cast can be employed in more severe or resilient cases.

Corticosteroid Injections

This treatment allows the administration of anti-inflammatory medication at the precise area of concern and can be an intricate component of decreasing pain and inflammation.

Surgery

There is, of course, a more permanent stabilization option, which includes surgery of the foot and ankle, but not all patients need this. If your symptoms and pain are unbearable and not responded to traditional therapies within the specified amount of time, surgery is the most logical choice to get you back on your feet again.

The procedure is minimally invasive and requires cutting of the ligament to release the tension in the plantar fasciitis. It can be performed endoscopically with two small incisions on either side of the heel bone.

At Home Care

There are many medical ancillary options that your podiatrists can prescribe, such as ankle braces, high top orthotic shoes, lace up supports and shoes made with a medial-lateral supportive base. It's important to be examined by an experienced podiatric professional if you're experiencing any foot pain.

Along with these treatment options, Lakeside Foot & Ankle Center will provide you with personalized instructions on the necessary amount of rest, stretching exercises and home care to get you back to doing what you love.

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 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.

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www.lakesidefootandankle.com

Diabetes Puts Individuals at Greater Risk for Developing Kidney Disease

Kidney disease and diabetes are interrelated comorbidities. With Type II diabetes, 10 to 40 percent of patients may develop kidney failure and 10-30 percent of those with Type I diabetes might also develop the disorder, and the disease may progress.

How Diabetes Affects the Kidneys

High blood sugar damages the blood vessels throughout the body. When blood vessels in the kidneys are damaged, the kidneys cannot properly clean the blood of toxins. Kidney damage and kidney failure cause water retention and sodium storage. This may cause infection. With the accumulation of toxins and waste, the body will suffer adversely, and the disease will progress.

Urinary Bladder Health

Diabetes cause issues with urination due to damaged nerves in the bladder. If you cannot urinate and void completely, the urine can become backed up into the kidneys and results in infection. The rapid growth of bacteria in the urine often has a high sugar level and causes urinary tract infections.

Signs of Kidney Disease in Patients with Diabetes

- Albumin/protein in the urine
- High blood pressure
- Ankle and leg swelling
- Leg cramps
- Going to the bathroom more often at night
- High levels of BUN and creatinine in blood
- Reduced need for insulin or antidiabetic medications (diseased kidneys cause less breakdown of insulin)
- Morning sickness, nausea and vomiting
- Weakness, paleness and anemia
- Itching



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.

Treatment is Critical

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.

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

What you can do

Controlling blood sugar levels, blood pressure and urinary bladder issues is best to limit the progression of the disease. Avoid over-the-counter pain medications and other medications that damage the kidneys.

Medical Treatment Standards

Once the kidneys fail, three types of treatment can be used. These include kidney transplantation, hemodialysis, and peritoneal dialysis.

An Alternative Treatment Option

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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By Stacy Roberts, Founder of Hempra

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Subscription boxes are all the rage, and CBD boxes are a great choice due to the many advantages. We all want to live healthier, lives, so this is a great gift for almost anyone on your list—including yourself!

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Keep receiving the products you love and swap out any item to try something new. Hemptenders are always there to help you with your selections.

What is in the Box?

We have many boxes to choose from.

Here is an example: Seasonal Favorites Box

The Seasonal Quarterly CBD Box provides you with the experience of six (6) full-sized CBD products delivered directly to your door every three months. This is our personal favorite box as each seasonal box is unique for that season and contains the products, we use ourselves. This box not only offers the most products, it also offers the most bang for your buck with the highest level of discount when compared to the individual pricing of the products. Scroll down to see the exact product offering for this season's box:



- Spring, Summer, Fall, Winter
- Hemptender's choice! (Our faves of the season)
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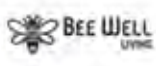
A CBD subscription box is a retail service that charges you a monthly fee to receive a variety of CBD products of your choice to your liking delivered to your door. As you may have noticed, CBD boxes are the latest trend in self-pampering.

Our CBD subscription boxes are ideal for those looking for the highest-quality CBD products customized to their needs delivered to their doorstep monthly. There's a wide selection of boxes to fit your needs, some come monthly with 3 full-sized products, and some come seasonally with 6 full-sized products curated to bring relevant and useful products every time. Plus, at any time you can pause or cancel your subscription so there's no need to worry about the lengthy agreements.

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

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

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HOPE FOR THE HOLIDAYS

By Karen Pashley

We don't need a calendar to tell us the holiday season is officially here. In the blink of an eye, merchants swapped the pumpkins and scarecrows for snowmen and glittering baubles. Announcements of sales we simply *cannot* miss are flooding our inboxes, and the race is on to create Christmas memories worthy of a Norman Rockwell painting.

The hustle and bustle is fun and festive for many. But for others, the holidays stir up more than a cup of hot cocoa can soothe. Painful memories, grief, financial worries and relational strains can take a toll on the mind, body and spirit. But there is good news!

2000 years ago in Bethlehem, an angel split the night sky with a proclamation that would change the world forever: "Fear not, I bring you tidings of great joy, which shall be to *all* people".

Great joy?, you mutter. Apparently that angel didn't get the memo that my life would turn out to be such a mess.

I understand.

There have been seasons in my life when I wondered that, too. There've been times when I've felt so downcast during the holidays I stumbled along on auto-pilot just make it to New Years Day.

The holidays can be hard. But it is possible to experience joy and hope amidst the turmoil, the pressures and the hardships we face—because with God, *all things are possible*—because hope resides in the unchanging love of our savior Jesus Christ. His ways are higher than our ways, and at times, we don't understand the whys and hows of our circumstances. But rest assured—*He* understands. And He cares.

God promises He will never leave us or forsake us, and that nothing can separate us from His love. Accepting this wonderful truth and getting to know the person of Jesus Christ is the key to shifting our focus from our problems to the *peace that passes all understanding*.



You may not have control over your circumstances, but you can control your responses to them!

Here are three ways you can pursue the hope and the abundant life God has for you this Christmas season:

1. Practice gratitude. *Rejoice in the Lord always. I will say it again: Rejoice!* You have so much more to be thankful for than to complain about. Instead of focusing on the endless list of things to do before December 25th, why not focus on a list of blessings? Thank God for life, for freedom, for fresh air and clean water and a million other things we take for granted.

2. Set your mind. Romans 12:2 tells us we can transform and renew our minds by making a conscious effort to meditate on the positive. Philippians 4:8 shows us a wonderful recipe for right thinking and a renewed mind: *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is*

lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

3. Cast all your cares. God knows you better than anyone. And He knows the struggles you endure. Proverbs 3:5-6 encourages us to *Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways, acknowledge Him and He will make your paths straight.* We don't know the future. But we can trust the One who knows our past, present and future! We must not hang all our hopes and dreams on getting the answers, or the solutions we desire—rather, we can relieve ourselves of that heavy burden and hold tight to God's promises to meet our needs, comfort us when we are hurting, and make a way where there seems to be no way out of our dilemmas. What a loving Father we have!

So, be encouraged, dear one! Lift your face to the night sky, and receive Christ's wondrous gifts—tidings of great joy, hope and peace. They are yours, this Christmas and always.

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