

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

December 2021

Lake/Sumter Edition - Monthly

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FREE

**THE HOLIDAY
SEASON IS
STRESSFUL**
WHAT THIS MEANS FOR
YOUR HEART HEALTH

**AGING WELL
TAKES WORK,
BUT IT'S
ABSOLUTELY
WORTH IT**

**CAN ANYONE
PLEASE HELP
MY PAINFUL
FEET?**

**THIS HOLIDAY
SEASON**
GIVE YOURSELF THE
GIFT OF MENTAL HEALTH

**IT'S THE MOST
WONDERFUL TIME
FOR A RESPITE STAY**

**HOW DO YOU
KNOW YOU NEED
NEW GLASSES?**

It's your heart. It should be personal.

And that's how I treat it.

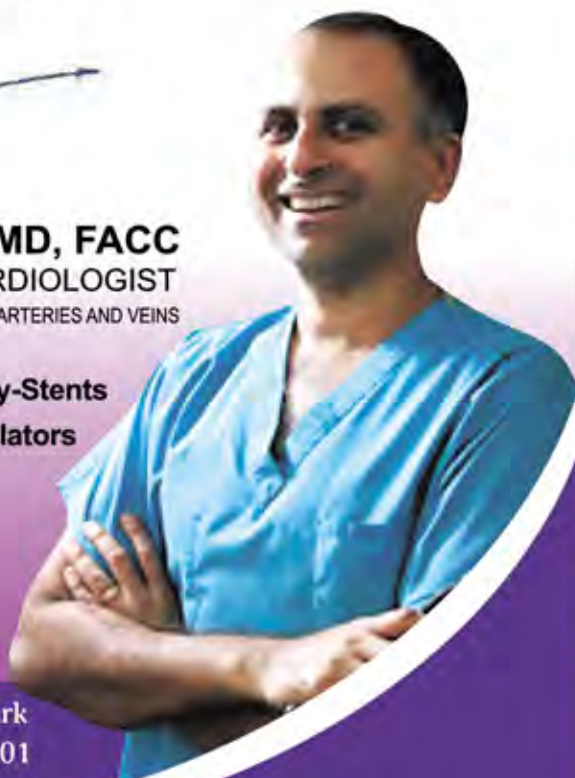
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



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TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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



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| • EVALUATION OF CORONARY ARTERY DISEASE | • PREOPERATIVE SCREENING |
| • EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE) | • WEIGHT LOSS AND NUTRITIONAL CONSULTING |



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KEEP YOUR BRAIN TOP OF MIND.



GREY MATTER | Fig. 17

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

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



Aviv Clinics
Brain Performance

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HOW DO YOU KNOW YOU NEED NEW GLASSES?

While the basic rule of thumb is that people should update their lens prescription every one to two years, it can be wise to get new glasses sooner. Vision can change in a relatively short period, especially as we get older. Even minor vision changes can affect how we see fine details, and may require a stronger prescription to prevent the negative side-effects of wearing outdated lenses. Here are some signs to look out for that suggest you might need new glasses:

1. Squinting. Even a subtle change in vision can cause squinting, which you may not even know you're doing, so pay close attention or ask someone in your circle to make you aware of it. Creases between your eyebrows can also be a sign of frequent squinting. If you wear the right prescription, you should not need to squint. Any sign of blurriness is a signal you need new lenses.

2. Strain. If you feel relieved after taking off your glasses, it's a sign that your eyes are working harder than they should. Glasses should make your eyes work effortlessly, without strain.

3. Headache. An outdated prescription can cause muscle tension in your eyes, which can result in headaches. If you notice you're having more headaches than normal, it might be a sign your glasses aren't performing as well as they used to.

4. Double Vision. If you see two images of a single thing, your prescription isn't properly merging your eyes' vision, and you definitely need new lenses.

5. Damaged or Worn glasses. If your lenses are scratched, etched or discolored, or your frames are damaged, it can create distortion, so it's time to get them replaced. As for sunglasses, replace them if they show signs of lens wear and tear, as this may mean the UV coating is damaged, potentially exposing your eyes to damaging UV rays.



6. Outdated Technology. Vision technologies get better at impressive speed, so if you need multiple vision corrections (bifocal, trifocal, progressive), blue-blocking (for computer use), or another type of advanced lens, it might be time to upgrade to the latest lens technologies for ultimate clarity, protection and ease of use.

7. Discomfort. If your glasses aren't completely comfortable, or if they leave dents in the sides of your nose, it's worth it to get frames that are light and fit your face perfectly. Glasses that fit right are barely noticeable...except you can see everything with crystal clarity!

8. Style. If you're someone interested in remaining at the forefront of fashion, frame styles change every season just like clothing. It can be exciting to shop for new trends or discover fresh updates to old favorites. Having multiple pairs lets you match

your glasses to your wardrobe, mood or the season, and keeps your face ultra-fashionable year-round. After all, glasses are something you wear every day – they should be a style priority.

Frames, Specialty Lenses & Expertise

Every Lake Eye location features an optical center with skilled optometrists ready to update your prescription for clear, crisp, bright vision. Our experts can recommend the right high-quality lens package for your lifestyle and vision goals, including single vision, bifocal, trifocal, progressive, high index, polarized, Transitions®, blue-blocking and more. Whatever your lens needs, we have you covered.

Our friendly vision professionals are happy to help you decide among our amazing selection of name-brand designer frames, or we can put new lenses in your current frames.

Lake Eye's optical centers feature regular discounts on nearly every fashion-forward frame in our massive inventory, including names like Hugo Boss, Jimmy Choo, Anne Klein, Fossil, Ray-Ban and so many others, so you can enjoy the latest styles and get big savings, too.

Call or drop into any Lake Eye location and see what's new and perfect for you.



The Holiday Season is Stressful: What This Means for Your Heart Health

The Holiday season is upon us, and with all of the festivities, we should consider that this time of year can actually put a great deal of stress on our hearts. Heart disease is still the leading cause of death in both men and women, and during the holidays, it's essential to better understand and implement heart health and risk prevention.

Did you Know that Heart Attack Risks Increase Around this Season?

The risk of heart attack increases substantially during and after the holidays. The term "post-holiday heart attack" is a condition that is well-known by medical professionals. We are busier than ever during and after the holiday season. With parties, gift shopping, community events, and family gatherings, our stress levels are quite often through the roof. Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, and the fact that most of us overindulge during this time of year. For example, we're overeating, eating the wrong foods, like excessively salty and fatty fare, or we're drinking too much alcohol.

When we overeat, it can raise our cholesterol levels, and when we drink too much alcohol, it can cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical stimulations in your heart, and you may experience a dangerously high heart rate. Taking the time to make wise decisions can be the straw that allows for a happy holiday or an unfortunate one.

Keeping Your Heart Healthy Through the Holidays

- Avoid excessive alcohol consumption
- Cut down on stress levels
- Eat a healthy diet
- Exercise multiple times per week
- Get physical examinations and regular checkups recommendations
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Stop smoking
- Learn to say no/too many activities can lead to undue anxiety



Diet

Eating a healthy diet is strongly recommended for many health benefits, but in terms of keeping our hearts ticking along, a diet low in saturated fat, high in vegetables and fruits, legumes, healthy oils like olive oil and avocado is critical. Also, consuming less unhealthy carbohydrates and more low-fat proteins like fish and poultry are crucial. If you have high blood pressure, minimizing salt is also highly significant. Instead of salt, try substituting with lemon or spices and herbs.

Stay Active

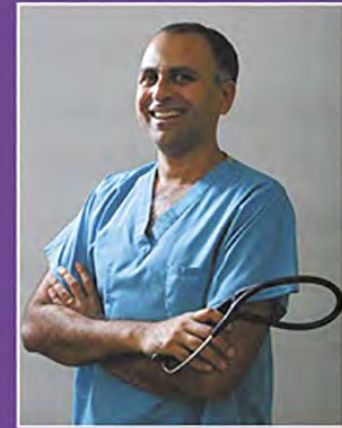
Carve out time to exercise. It's recommended that we get 2.5 hours of moderate exercise weekly or 1.5 hours of active cardiovascular training per week. It's okay to do a combination of the two, by walking one day for 20 minutes and sprinting the next for 30. No matter what you decide, you should always consult your physician before embarking on any workout plan. Along with cardiovascular uptake, exercise helps to increase the oxygen in our blood, and this is relevant to our overall heart health.

Stop the Cycle of Harmful Habits

If you smoke, stop now. Smoking causes an array of adverse health effects, including increasing plaque buildup in our arteries, raising bad cholesterol, decreasing good cholesterol, and damages the vessel walls, to name a few. If you smoke, your chances of a heart attack are incredibly high; smoking causes 6 million deaths per year. Talk to your physician about a specific smoking cessation plan for you. This holds true for any drug addictions that you may have. Do not wait; get help today and enjoy this holiday season with friends and family in a healthy state.

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Dr. V

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And that's how I treat it.

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

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

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 altercations, 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.

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

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

It all begins with you

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

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

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

Cardiovascular Health

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



Cardiovascular Associates of Lake County

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

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

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

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

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

- PET Scan
- Nuclear Stress Test
- Echocardiogram
- Carotid Ultrasound
- Vascular Ultrasound
- Electrocardiogram

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

- Pacemaker implantation
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- Vein Ablation
- Coronary Catheterization
- Angiography

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

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Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

It's all too common for many people to walk around daily unable to see their ankles, and yet, they don't realize the seriousness of the bigger problem happening on the inside. Other individuals may be so affected by the swelling of their ankles and calves that they cannot walk or even get their shoes on.

It is normal to experience a little ankle and leg edema, and it is even expected after a long holiday weekend when we've eaten more foods with a high sodium content, and have had a few extra alcoholic beverages than normal. But the Edema should be resolving overnight. If not then other considerations are to be presumed. One of the most common causes of leg swelling by far is bad veins circulation.

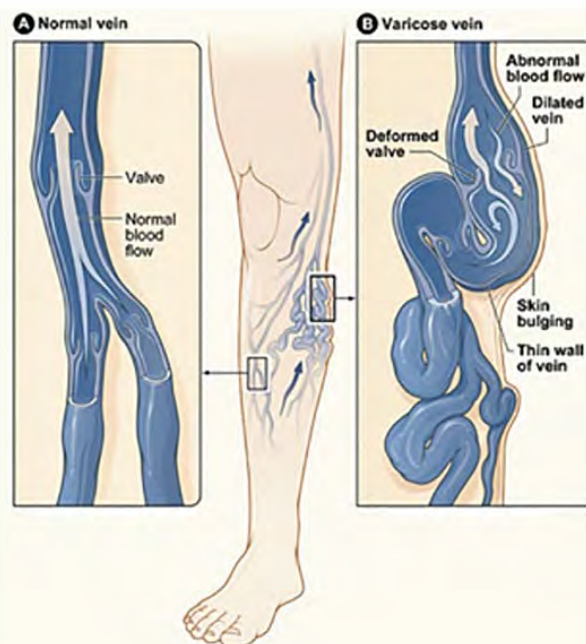
Other Common Causes:

1. Heart Failure—Heart is not pumping efficiently
2. Medication side effects—Especially blood pressure medicines
3. Kidney function decline
4. Liver function decline
5. Lymphatic functional decline
6. Infections
7. Most critical—blood clots in the legs

If someone does have leg swelling, many tests are available to find the cause. One of the most important causes is the possibility of a leg blood clot from the "damaged

veins" or the Venous Insufficiency. This is the most critical possibility, due to the likelihood of it being life-threatening.

First, see your primary care physician, they should evaluate you with checking your blood work, examining your legs, checking medications and simultaneously getting you referred to a cardiology /vascular office to evaluate you for heart function and a leg ultrasound to rule out the potential blood clot and to check for Venous insufficiency. This Venous insufficiency study is a specialized test that hospitals and your local imaging centers are not accustomed to. This test is a very detailed ultrasound, and it's utilized to determine the functional status of the veins as well as to find any blood clots in the veins.



Vein Disease:

Should your test come back positive for Venous Insufficiency, that means your veins have either been damaged to the point where the valves do not control the blood flow back up to the heart, or the Veins have been significantly stretched out. With both of these diagnoses, again the same situation hold true; your valves can not control the blood flow back to the heart.

Genetics are the number one cause of Venous Insufficiency along with secondary complications like, standing or sitting for extended periods of time, trauma to the legs, obesity, pregnancies, as well as other possibilities.

As you notice the swelling worsening, more and more irreversible damage is occurring under the skin plus you're increasing the risk of potential blood clot formation.

As seen below in the picture the swelling can progress to the varicose vein's and then leading to the stasis dermatitis skin discoloration and then Venous ulceration and skin breakdown which can lead to cellulitis.



Treatment Options:

If you do have a positive test confirming Venous Insufficiency, treatment options are much better than in the years past. No vein stripping is needed, and diuretics are NEVER a long-term treatment option. Daily use of medical grade and accurately measured support socks are the initial start to control the Venous insufficiency. Daily Pool exercising is highly beneficial, as well as intermittent leg elevation. All of these will aid in keeping the edema control.

The best outcomes for Venous insufficiency are with treatment options that include Venous thermal ablation and Venous chemical ablation. There are no sutures and no down time, and best of all, these procedures are performed in the office. You are able to resume normal routine activity right after your treatment.

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

8575 NE 138th Lane
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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.

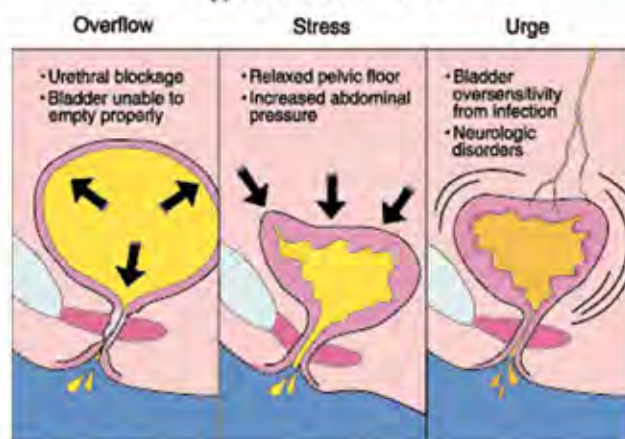
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine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

It's the Most Wonderful Time for a Respite Stay

With the holidays right around the corner, there's no better time to give yourself some well-deserved time off. Whether you're a senior or a caregiver, time away from routine responsibilities can be a game-changer in wellness.

Conveniently located in The Villages® community, Sumter Senior Living offers Assisted Living respite stays for you or your loved one. We're here to help you re-energize, explore your passions, make new friends, refresh and renew your sense of purpose.

Why Respite?

Respite stays offer you or your loved one the chance to relax without worry. According to a study conducted by AARP, only about 14% of caregivers take advantage of respite stays, while almost 33% stated that caregiving is a stressful job. With Sumter Senior Living's exceptional care team, you can take a break from worrying to relax and take care of yourself.

That goes for seniors, too. Our community of Good Neighbors and life-enriching activities allows you to receive quality support while your caregiver is away, with friends right by your side.

Relax, Renew, Respite

Respite stays at Sumter Senior Living are beneficial for the mind and body. Here, you'll have every need met and every expectation exceeded with a care team with decades of experience. Plus, taking some time for yourself has been proven to aid with mindfulness, sleep, stress management and heart health, according to Forbes.

With a respite stay, you or your loved one can:

- Do what makes you happy and with the variety of choices, you can make your day what you want it to be
- Relax with peace of mind knowing that our experienced team is here for you
- Experience a refreshing environment with the opportunity to meet others
- Find time to relax and heal in a caring environment



Benefits of a Respite Stay:

- Receive personalized care from a professional staff
- Enjoy all the same amenities as our full-time residents
- Caregivers get a short break from the 24/7 duties of caring for a loved one to recharge or tend to other life situations

What Can I Expect From a Respite Stay?

A respite stay is your chance to relax in every sense of the word. Enjoy the restaurant-quality dining our residents love. Explore your passions with great company in life-enriching activities –we have something fun for everyone, at all skill levels.

Short-Term/Respite Stay Features

- Furnished, private one bedroom apartments with private baths
- Support from caring staff available 24 hours a day
- Housekeeping and maintenance services provided, including linen service
- All-inclusive, restaurant-style dining with nutritious meals
- All utilities included
- Daily Activities and outings with our Life Enrichment team
- Beauty Salon/Barber Shop
- Conveniently located in The Villages® community, with access to The Villages® Amenities

There's respite, and then there's Graceful Stays at Sumter Senior Living.

Sumter Senior Living is proud to offer a continuum of living options to suit all needs and preferences, including Independent Living, Assisted Living, and Memory Care all on one beautifully landscaped campus.

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 book your respite stay, please call (352) 674-3600 or visit www.SumterSeniorLiving.com.



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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*

TASHA OSBOURNE, BA

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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 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.

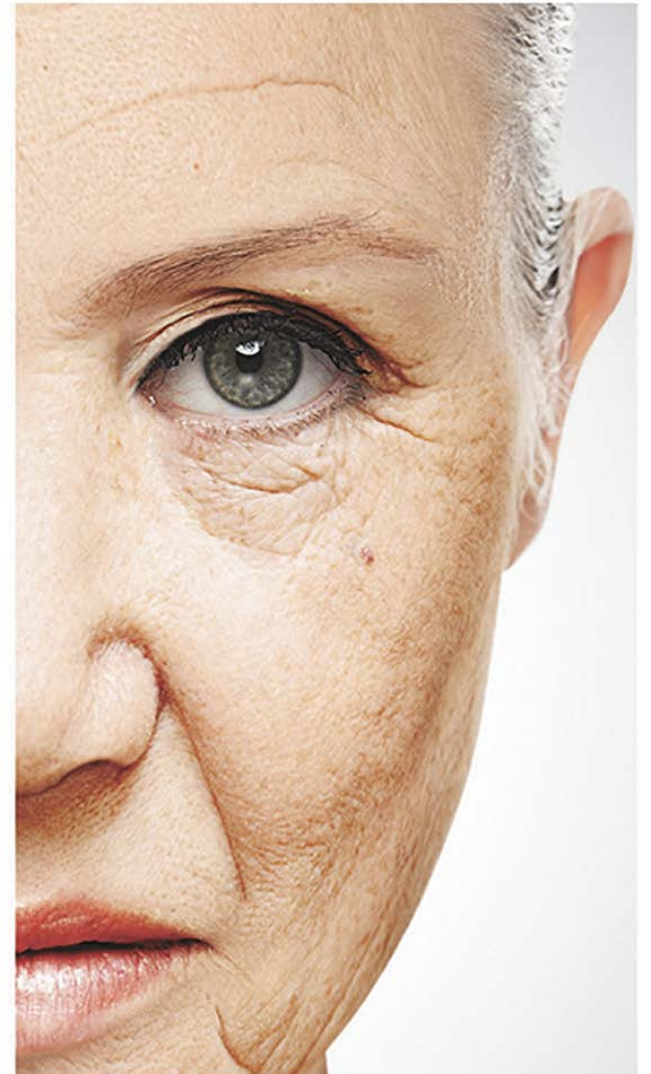
PRP

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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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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Evolution Disclosure:

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

The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there's a navigation bar with links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large article titled "Skincancer" with a photo of a woman wearing a sun hat. Below this, there's a section for "Read Our Flip Book Version" showing three magazine covers. To the right, there's a "Sign Up For Our Newsletter" form with fields for Name and Email. Further down, there's a "Featured Article" section titled "The Other Side of Parkinson's Disease" with a photo of an elderly couple. The bottom right corner has a sidebar with various links and social media icons.



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.

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The Villages, Florida 32162

This recommendation is being made based on the following information:

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

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

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

Meet Dr. Rozensky

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

Village Sleep Dentistry

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

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



By Dr. J. Mandume Kerina

OPIOID FREE ANESTHESIA for OUTPATIENT TOTAL HIP AND TOTAL KNEE REPLACEMENT

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

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

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

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

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

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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

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

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



Knee Replacement Surgery is Permanent

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

Physicians Rehabilitation's Knee Therapy Program Includes:

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Viscosupplementation

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

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

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/preventkiddisease>

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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Does CBD Oil Need Omega-3 to Work?

By Bo Martinsen, MD

Every day, there seems to be a new article about the growing popularity of CBD oil.

Some articles speculate on the enormous economic growth expected from CBD products. Others focus on CBD's potential for reducing chronic pain and alleviating anxiety. The third type of article comes from researchers who cite discrepancies between users' glowing accounts and clinical testing.

So is CBD a massive hype or a science-based gift from nature? And if it happens to be the latter, what's the best way to maximize its effects?

What Is CBD?

CBD (short for cannabidiol) is a substance extracted from the Cannabis plant. Discovered in the 1940s, CBD is one of over 100 identified cannabinoids derived from hemp. Unlike other extracts from Cannabis, CBD does not appear to create the psychoactive effects associated with marijuana.

To date, most research has focused on CBD's ability to affect cell metabolism through the endocannabinoid system. This system participates in a wide range of physiological functions, like regulating our mood, immune system, and metabolism.

Scientists are still determining exactly how CBD works. But most hypotheses come down to this: CBD mimics an important group of molecules called endocannabinoids.

What Are Endocannabinoids?

Found in every organ and tissue of the body, endocannabinoids are made from the cells' omega-3 and omega-6 fatty acid content.

Endocannabinoids stimulate specialized cell receptors. These receptors prompt the cell to perform specific tasks, like reducing pro-inflammatory cytokines and more. Notably, these are the same receptors that cannabinoids (like CBD) act on, too.

There are many types of endocannabinoids and endocannabinoid receptors, all of which have different impacts on the cells. Their broad functionality makes it hard to generalize about effects. But it also explains why endocannabinoids influence such diverse conditions.



What's the Link Between Omega-3s and Endocannabinoids?

As mentioned above, endocannabinoids are made from omega-3s and omega-6s. Once cells build up enough of these fatty acids, the body creates the endocannabinoids it needs in response to stimuli, like stress or exercise.

Omega-3s also react with existing endocannabinoids to create omega-3-derived endocannabinoid epoxides. These epoxides have powerful anti-inflammatory properties. Furthermore, researchers believe that omega-3s serve as anchors for endocannabinoid receptors in the cell membrane.

To put it simply, omega-3s and endocannabinoids depend on each other in a healthy body. Their profound connection can also explain why the anxiety and pain relieving effects people often report from taking CBD oil are similar to the results achieved from adequate omega-3 supplementation.

What Happens When You Don't Get Enough Omega-3s?

Omega-3 deficiency is widespread in today's world, impacting some 95% of people in the USA. This deficiency has serious consequences for our endocannabinoid system.

When people don't get enough omega-3s, it:

- Limits the creation of endocannabinoids and omega-3-derived endocannabinoid epoxides.

- Prevents the endocannabinoid receptors from working properly. Consequences of dysfunctional endocannabinoid receptors include increased anxiety, according to one study from France.
- Stimulates the development of obesity through the dysregulation of the endocannabinoid system.

Why Doesn't CBD Work for Some People?

Omega-3 deficiency may partly explain society's enormous craving for CBD products today.

What's more, it may also help explain the diverse experiences that CBD users have. After all, if one's endocannabinoid receptors aren't working well, then taking lots of cannabinoids won't necessarily help.

While more research is needed, the current science raises pressing questions on these topics.

To read the full article and references, please visit:

<https://omega3innovations.com/blog/does-cbd-oil-need-omega-3-to-work/>

Bo Martinsen, MD

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



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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.

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Types of Treatment Available with Physical Therapy

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- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

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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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Cornerstone Hospice's Advice During the Holiday Season

Submitted by Cornerstone Hospice and Palliative Care

Traditional Holiday Celebrations and get-togethers offer times with family and friends, decorations, religious services, and festive parties, but for those of you that are going through the devastation of saying goodbye to a loved one, this time of year can be painful and evoke feelings of extreme sadness.

The professionals at Cornerstone Hospice provide superior end-of-life care that can help the patient and their family through this challenging time. Death and dying is part of life, but it's never easy, especially if someone is suffering. Hospice can help to alleviate the pain and suffering and offers bereavement and spiritual counseling with a tender, genuine calling to help you and your family through this difficult season of life.

End-of-life-care involves providing pain medications and specialized care to alleviate suffering. The team of professionals tending to you and your family's needs are physicians, nurses, spiritual caregivers, social workers, aides, and volunteers who provide dignity and respect.

It's not about giving up, but instead providing expert medical care to keep patients comfortable and able to enjoy time with their loved ones. Cornerstone Hospice answers questions, offers spiritual and emotional support, and much more. It's personal and family-oriented care that brings compassion to many through the most challenging time.

Holiday Traditions During a Difficult Time

During the Holidays, if your loved one has a terminal illness, it may seem impossible to celebrate the season



with joy, but it is important to bring traditions into the process for all of those involved. This will help to bring everyone together and to create special moments in the midst of trying times.

Cornerstone Hospice is knowledgeable, Genuine and Caring

The focus of Cornerstone Hospice is to provide comfort by managing pain and giving much-needed support to members of the patient's family and/or caregivers. "Probably the number one comment we receive is from family members who say 'if we had known how good hospice would be for Mama, we would have asked for you earlier'" said Chuck Lee, CEO of Cornerstone Hospice and Palliative Care.

Close to 98-percent of hospice patients are cared for in their home, surrounded by friends and family, the way they want it to be. Stories are told, laughter is heard, and love is shared. But for some, home is now a nursing home or an assisted-living center. Cornerstone Hospice comes to the patient wherever they call home. And for some patients, the home-like amenities of one of Cornerstone's hospice houses in Tavares, The Villages, Clermont or Sumterville may be preferred.

For a majority of hospice patients, Cancer is the most common diagnosis, but increasingly we are seeing patients with Alzheimer's or dementia. COPD and Congestive Heart Failure are among other reasons for which hospice may be recommended.

While end-of-life care is what our nurses and doctors provide, Cornerstone also offers bereavement services to members of the patient's family following the death of their loved one. The grief process is an important element that can be eased through interaction with our bereavement professionals, in either individual or group sessions.

Cornerstone also offers Palliative care for people with serious illness. This is a more recent specialized track of medical care that focuses on providing relief from symptoms of pain and stress from a seriously chronic illness. "The palliative care goal is always to find a way to improve the patient's quality of life," said spokesman Garry Mac. "It is not unusual for a palliative patient to, somewhere down the road, transition to hospice, but that is not always the case."

In this month with increased focus on hospice care, Cornerstone leadership wants to stress the importance of what is called Advanced Care Planning. Meaning: making sure your family knows what you want and expect at the end of life. There are many resources available through 'The Conversation Project', the 'Five Wishes' website or any number of others. "It is important to share, with your loved ones, how you want to be cared for on that most precious part of your journey" said Mac. "And telling them now does everyone in the family a big favor."

Cornerstone began 38 years ago this month as a very local hospice in Lake County. Over the years, as their reputation for quality hospice care spread, they branched out and now serve seven counties across Central Florida (Lake, Polk, Sumpter, Orange, Osceola, Hardee and Highlands). If your physician recommends hospice care, you should ask for Cornerstone by name.

For you to learn much more about Cornerstone Hospice and Palliative Care their website is www.Cornerstonehospice.org.

866-742-6655

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By Compton Chiropractic Care

Currently there are millions of Americans who suffer from low back and leg pain. A recent survey showed, a large majority of these patients are over the age of 65. When you figure that the Villages has a population exceeding 100,000 and a majority are over the age of 65 then it becomes easier to understand why so many local residents experience this pain. In fact, seven out of ten patients who walk into Dr. Compton's office complain of low back or sciatic pain. It is common knowledge that Chiropractors treat low back pain among other muscular skeletal complaints. What is not well known is that there are over a dozen different techniques and treatment plans to treat the same condition. Different Doctor's feel one technique is better than another but the proof is in the pudding. What makes a Doctor truly unique and beneficial to their patients is being able to properly diagnose a condition the first time and realize when a particular protocol is not working and escalate care to the next level.

Sciatica is defined by The Mayo Clinic as: *Pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.*

Sciatica most commonly occurs when a herniated disk or a bone spur compresses part of a nerve. This causes inflammation, pain and often numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with conservative chiropractic care in a few weeks. Interestingly enough; due to the anatomical location of the sciatic nerve, sciatic type pain can also be caused by Piriformis syndrome or sacro-iliac joint dysfunction. These two conditions masquerade around with similar signs and symptoms and can lead to improper diagnosis and treatment. This means patients spend money and do not get better, never a good thing.



The Doctors at Compton Chiropractic are board certified and have degrees from Palmer College (The First Chiropractic Medical School). Among other common conditions they treat low back and sciatic pain on a daily basis with great success. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

These days it's hard to walk around the golf course and not hear someone talking about their "sciatica". Unfortunately, the great game of golf tends to wreak havoc on one's spine and muscular systems. This is one reason why many top pro golfers (Tiger Woods, Tommy Armour) among other athletes have a chiropractic physician on staff. Certainly if professional golfers with great swings utilize chiropractic care, then local residents who have trouble swinging could potentially benefit more.

Compton Chiropractic has been serving The Villages since 2006 with knowledgeable Doctors and friendly staff who treat sciatica pain on a daily basis. They primarily utilize "Cox Flexion Distraction Technique" which was developed by Dr. James M. Cox in the early 1960's as a non-surgical method of treating disc related injuries. Since that time Doctors of different specialties around the country have studied and utilized these methods with great success.

Many residents are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc and stenosis. Many are also aware that surgery has been the most common treatment for these injuries in the past. However, years of research and technology have pushed us into the 21st century and now there is hope for those who suffer from this debilitating pain. It is now commonplace in medicine to try the most conservative means of treatment first. This approach is a win: win for patients and doctors alike because it means less wasted time and money.



WHETHER OR NOT YOU'VE GOT A PRIMARY CARE PHYSICIAN (PCP), AT DR. COMPTON'S OFFICE, ALL PATIENTS ARE WELCOME.

WE WORK WITH YOUR CURRENT PHYSICIAN:

If you have a regular family practice relationship, your current PCP can treat you simultaneously, and all communications between Dr. Compton's office and theirs will be shared and interconnected.

WHAT IF I DON'T HAVE A PCP?

Many patients come directly to Dr. Compton's office, as referrals are not required.

WE CAN REFER YOU OUT IF NECESSARY:

All cases and patients are different. For example, if we feel it's in your best interest to see an orthopedic specialist, or if you need additional images, we refer you out and can also coordinate this with your PCP's preferences.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

Patient Testimonial

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

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm.



"Putting your families health in our families hands"

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

Our Philosophy

- Treat patients as individuals identifying their unique needs and set of problems
- Perform a thorough Orthopedic and Neurologic examination with all new patients
- Use the highly reliable and world-renown Palmer "hands on" technique of Chiropractic care
- Provide patients with non-surgical alternatives to pain
- Avoid long-term treatment plans or large out-of-pocket expenses

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser, ultrasound, electrical stimulation, Graston, Kinesio tape, and mechanical traction therapies, blood and urine testing
- Clinical Nutrition
- Quality care without the wait

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<p>Dr. Brett Compton Chiropractic Physician Palmer Graduate U.F. Graduate - B.S. Nutrition Military Veteran</p>	<p>Dr. Brent Compton Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Biology Sciences</p>	<p>Dr. Daniel Taylor Chiropractic Physician Palmer Graduate U.C.F. Graduate B.S. Molecular & Microbiology Sciences</p>
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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.



Managing and Reversing Diabetes

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

Diabetic medications work to lower blood sugar levels, but did you know that over time, they stop working, and the dose will continuously need to be increased. The worst part is these drugs are not making you better, and they are not curing diabetes. They are simply masking your problem. While these drugs may be essential in the beginning diagnoses for severe cases where A1C or fasting glucose levels are extremely high, these drugs are not a long-term answer. The root cause of your disorder is usually found in lifestyle choices such as diet or being sedentary.

The Problem with Sugar

Sugar has no benefit to the body. It causes inflammation and contributes to numerous disease states. However, many people are confused and think they are doing well because they avoid table sugar, but they don't know that carbohydrates such as bread, pasta, white potatoes crackers and cereal all turn to glucose (sugar), and too much of these foods will cause blood sugar spikes.

Cleaning up your diet is one of the best ways to lower your A1C and to improve your insulin resistance issues. A healthy diet can improve a great deal of dysfunction that has been increasing in the body for years. Not one specific diet is suitable for all people; a diet that is customized to your needs, and genetics is essential to healing your insulin sensitivity. Each individual will need a custom-

tailored tweak to the right way of eating. After all, we are all different. Nutrition is a powerful mechanism to healing the body of many disease states, and it is certainly the case with diabetes.

If Diabetes is left untreated or mistreated, it can contribute to life-threatening and serious morbidities such as heart disease, stroke, dementia, and loss of vision.

High blood glucose contributes to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes hardening of the arteries.

Many people feel there is no way out and that they are destined to live with diabetes forever. With Denise Pancryz's help, many people have reversed their diabetic condition and increased their health overall.

Denise Pancryz understands your diabetic challenges, frustrations, and life-threatening health risks. She was once in your shoes but discovered a breakthrough and reversed her disorder. She now coaches others to help them get their lives back.

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

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

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

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

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

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

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



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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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