

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

January 2022

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FREE

**New Year,
New You,
New Brain**

**How to Sell
Your Home Fast**
And for the Most Money

**How to Improve
Your Heart Health
in the New Year**

5 Tips to Destress

This Year

Make a Commitment
to Your Skin's Health

**What Most People
Don't Know About
Health Imaging
Exams**



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Neighbor's daughter's name.

GREY MATTER | Fig. 17

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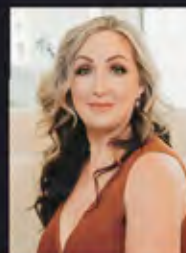


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CONTENTS JANUARY

6 What Most People Don't Know About Health Imaging Exams

8 It's Possible to Live a Quality Life - Even with Cancer

9 Issues with Incontinence? You Have Options

10 How to Sell Your Home Fast and for the Most Money

11 The Problem with Bonds

12 Social Distancing, Quarantine & Isolation: How to Cope

13 How to Improve Your Heart Health in the New Year

14 New Year, New You, New Brain

16 What is an Ingrown Toenail?

17 Do You Have Kidney Stones?

18 This Year, Make a Commitment to Your Skin's Health

19 Big Sound, Now in the Smallest of Packages

20 Pacifica Senior Living: 5 Tips to Destress

21 Hand and Wrist Injuries Are Common in Pickleball

22 Why You Should Be In Total Control of Your Estate Planning

23 Make Your Healthcare Decisions a Priority in the New Year

24 COVID-19 Update & The QCARD

25 Laser Genesis: A Noninvasive Way to Rejuvenate Your Skin

26 How Much Omega-3 Do You Need for Results?

27 Spiritual Wellness: Your Secret Weapon for the New Year

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WHAT MOST PEOPLE DON'T KNOW ABOUT HEALTH IMAGING EXAMS

Millions of radiology exams are performed in the US every year, each telling a unique and important story. From simple x-rays to complex nuclear medicine studies, radiology plays a critical role in diagnosing diseases and disorders, planning effective therapy, and even replacing open surgery with safer, less invasive treatment.

The right care begins with an accurate and timely diagnosis, so choosing the right radiology practice can make all the difference in treatment, safety, recovery and comfort. One of the biggest misconceptions about imaging tests is that you, the patient, have no choice of radiology providers to perform your exam. We are pleased to report that you have far more input regarding this essential step in your treatment than you may realize.

You Can Pick a Preferred Radiology Provider

Whether you need a routine screening, such as a mammogram, or a clinician-referred diagnostic exam, such as an x-ray, ultrasound, MRI or other test, you don't have to go to the hospital or radiology practice associated with your preferred provider organization (PPO) or the one named on your doctor's exam order. Just like a prescription for eyeglasses, you can use your exam order at the radiology practice of your choice. If you're someone who is likely to avoid scheduling an exam for yourself, you may find it suitable to accept the radiology provider you're assigned. However, choosing an independent radiology practice can increase the likelihood that you are seen sooner, and that you will benefit from the latest technologies, as well as an experienced radiologist who subspecializes in the imaging technology and/or medical issue specific to your case. Choosing a radiology provider based on your own personal or family medical history and individual priorities gives you greater control over the quality of your care. After all, waiting a long time to have a medical exam can be pretty unnerving, and not knowing if the radiologist interpreting your results specializes in the areas related to your case can make you feel downright vulnerable.

No step in your care is more important than discovering exactly what the problem is – or isn't. Getting the right answers as quickly as possible promotes the best possible experience and outcome.

Go With a Team That Cares About You

Your history, your hopes – your story – are as individual as you are, and deserve to be heard and understood as part of your comprehensive, high-quality healthcare. At RAO, we make it our mission to get to know you personally so we can customize your care

based on more than just figures on a chart. Your family tree, experiences, lifestyle and other factors can play a significant role in everything from effective preventive care to solving medical mysteries to designing the safest, most effective treatment for disease and dysfunction.



Compare RAO to other centers in the region and you'll find we excel in a number of important areas, including:

Experience – Locally owned and operated, RAO has been providing exceptional medical imaging services to Marion County for nearly 50 years. Our expansive team of board-certified radiologists, many of whom are fellowship-trained in subspecialties such as diagnostic radiology, musculoskeletal imaging, breast imaging, neuroradiology, vascular and interventional radiology, and other leading-edge diagnostic and therapeutic modalities, is proud to be the exclusive provider to many local medical centers, including AdventHealth Ocala, Ocala Regional Medical Center, West Marion Community Hospital and Bayfront Health Seven Rivers in Citrus County.

Technology – We remain ahead of the curve by continually researching and adopting the latest and most sophisticated imaging technologies, including the region's most advanced PET/CT, a range of MRI options, ultrasound, fluoroscopy, minimally-invasive interventional treatments, and 3D mammography and other breast health services so revolutionary they have earned our centers "Breast Imaging Center of Excellence" designations from the American College of Radiology.

Ease – RAO's team of dedicated, highly-trained professionals is at your service. Your scheduler will work to provide the quickest, easiest appointment for you. They will carefully explain what to expect during your visit and how to prepare, and provide attentive and courteous assistance. No need to transfer to other departments or speak to multiple people, even if you need more than one service – your scheduler will handle it all.

Service – RAO is committed to providing you with incomparable consideration from start to finish. A friendly, experienced service professional will call you to confirm your appointment, answer any questions you may have, explain your insurance coverage and out-of-pocket costs (if any). Every location offers plenty of free on-site parking for a stress-free experience. When you arrive for

your appointment, our receptionist will check you in and direct you to our comfortable and spacious waiting area.

When it's time for your exam, you will be greeted by your friendly radiology technologist, who will perform your scan. RAO's experienced technologists are highly-trained in their respective imaging procedures, as well as in imaging accuracy, patient comfort and utmost safety. Your technologist will explain your test in depth, address any questions, and ensure that you're comfortable. They will take extreme care to make sure that your experience is as easy, pleasant and quick as possible.

Your imaging studies are then directed to the appropriate radiologist. When applicable, your radiologist will subspecialize in the service or technology you received, such as diagnostic radiology, breast imaging, neuroradiology or musculoskeletal MRI, just to name a few, for fast, accurate answers. Our radiologists live and work locally, so there are never any time-zone conflicts to delay getting your results to your referring clinician. Our doctors read all images personally for ultimate quality and rapid turnaround, and provide expert consultation with your healthcare team whenever needed.

Efficiency – Most people are surprised to discover they can receive faster scheduling, next-generation imaging technologies, caring, personal service, and quicker reporting to their physicians, with less out-of-pocket expense and reduced costs to insurance by choosing to go to a freestanding outpatient imaging facility. Now, that's a win for everyone.


If you're due for a routine screening, or you and your doctor want quick, accurate answers for a medical problem, RAO is ready to apply our decades of experience and compassion to the task, right here in your neighborhood.

Behind every scan is a story, and RAO is here to help you create the best possible conclusion to this pivotal chapter.



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DIAGNOSTIC IMAGING SERVICES

It's Possible to Live a Quality Life - Even with Cancer

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before. Advanced treatments, such as targeted therapies and immunotherapies, along with breakthrough research and state-of-the-art technologies that allow pathologists and physicians to identify genetic mutations in different types of cancer, have brought faster and more effective techniques and methods of personalizing treatments for patients.

How effective is cancer treatment today?

According to the American Cancer Society, there are more than 17 million Americans with a history of cancer who are alive today, and most oncologists feel that many types of cancer are becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found for every type of cancer, often the disease is something that can be managed, and people can live with cancer for many years.

Through research, we have learned that each person's cancer is actually a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly effective treatments that are based on a patient's unique genetic profile. Genetic sequencing of a patient's tumor can help identify which drugs or treatments will be most effective for that individual.

Early detection and diagnosis, as well as advances, such as immunotherapies and targeted treatments, most of which are available in pill form, are also making it possible to live with cancer and continue to have a good quality of life. Further, the development of secondary medications to manage side effects, such as nausea or fatigue, has helped improve the sense of well-being in patients.

Impact of COVID-19 on people living with cancer

As difficult as it has been for all of us for almost two years, cancer patients have been particularly affected by the coronavirus pandemic. Cancer patients are especially vulnerable when it comes to contracting COVID-19 because cancer itself and the treatments for the disease can weaken the immune system. In addition, the pandemic has brought about numerous consequences, including reduced access in getting care for other illnesses, according to the Centers for Disease Control (CDC).



At the beginning of the pandemic, certain non-urgent health care was suspended and many people either delayed or skipped getting their recommended cancer screenings, fearing exposure to COVID-19. Postponing cancer screenings led to delays in diagnosing cancer at an early stage when it is more treatable. That is one reason physicians are now encouraging patients not to skip their recommended cancer screenings. Early detection can often mean a much better outcome for patients.

Clinical trials for cancer have also been affected by the pandemic. Up to 60% of research programs halted screenings or enrollment for clinical trials in the first few months of COVID-19, according to the National Institutes of Health (NIH). This interruption in clinical research may delay some of the newer promising treatments from being studied and potentially approved.

Now that three COVID-19 vaccines have been approved for use in the U.S., the risk of contracting serious illness or being hospitalized with coronavirus is much reduced for those who are vaccinated. The American Cancer Society also reports that medical experts are recommending that most people with cancer or a history of cancer should get the vaccine. The vaccine is safe for people with cancer, although it might be less effective because some cancer treatments can affect the immune system and render the vaccine less effective.

People who are still in active treatment for cancer should talk with their physician for more information.

World-Class Cancer Treatment Close to Home

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

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



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For more information, visit FLCancer.com

ISSUES WITH INCONTINENCE?

YOU HAVE OPTIONS

What are the causes of urinary incontinence?

Urinary incontinence is caused by problems with the nerves and muscles that help the bladder to pass or hold urine. The pelvic floor muscles that support your urethra, bladder, uterus, and bowels may become damaged or weak after pregnancy, childbirth, or menopause. With weakened muscles, your bladder and urethra are forced to work harder to hold urine.

Unfortunately, the extra pressure or stress on the bladder and urethra can cause urinary leakage or incontinence. Urinary incontinence may also have other causes. You may experience incontinence due to aging of the bladder muscles, being overweight, nerve damage, or surgery in the reproductive organs, such as a hysterectomy.

Certain medications, caffeine, or infection may cause temporary incontinence as well. Furthermore, the condition may also be a result of urinary tract infection, multiple sclerosis, stroke, a brain tumor, Parkinson's disease, spinal injury, or urinary stones.

While urinary incontinence can happen for both men and women, it is twice as common for women. Women can have urinary incontinence at any age—though it is more frequent in older women due to hormonal changes during menopause. Plus, since the female urethra is shorter, any damage or weakness to it will likely cause urinary incontinence.

The 2 Major types of urinary incontinence

• Stress incontinence

As the name suggests, stress incontinence occurs when there is stress or pressure put on your bladder. Because your pelvic floor muscles are weakened, any stress or pressure easily triggers the release of urine.

When you have stress incontinence, everyday actions that use the pelvic floor muscles, such as sneezing, laughing, jumping, lifting heavy objects, or coughing, tend to cause urine leakage. This also includes sudden physical activity and movements.



Stress incontinence is the most common type of incontinence and the most frequent in younger women. The risk of this condition is increased when you are smoking, overweight, or have gone through childbirth.

• Urge incontinence

Also called overactive bladder, urge incontinence occurs when your brain and spinal cord do not work properly with the bladder to allow you to hold urine and release it at the right time. The bladder may suddenly empty itself without warning, or you may feel like you need to pass urine more frequently.

As a rule, urge incontinence is identified by having to pass urine more than eight times a day—and usually passing only a little urine once you get to the bathroom.

It is a common condition in older women and tends to affect those with nervous system disorders, such as stroke or multiple sclerosis.

Treatment Options

The treatment offered for urinary incontinence varies from case to case. For a less severe condition, your female pelvic medicine and reconstructive surgery (FPMRS) physician may advise small changes to your lifestyle.

You may be encouraged to quit smoking, avoid caffeine and alcohol, lose weight, practice urge suppression, retrain your bladder, and perform pelvic floor exercises.

Your urogynecologist may also prescribe medical devices, like urethral insert and vaginal pessary, to help you control stress incontinence.

Additionally, fillers such as carbon beads and collagen may be applied for plumping up the tissues where urine is released from the bladder to help hold it.

In some cases, your FPMRS physician may recommend bladder-relaxing Botox, estrogen replacement therapy, or drugs like pseudoephedrine to help tone up the urethra. Likewise, electrical nerve stimulation procedures, such as sacral nerve stimulation and tibial nerve stimulation, are options that may be considered.

If these do not work, your urogynecologist may recommend surgery, such as the sling procedure or retro-pubic colpo-suspension to correct the underlying problem and relieve symptoms.

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

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How to Sell Your Home Fast and For the Most Money

TASHA OSBOURNE, BA - PREMIER SOTHEBYS INTERNATIONAL REALTY

It's a seller's market, but the key to selling your home fast and for the most money is in the details. Staging is a critical aspect of selling a home, that often goes overlooked by the seller. If a potential buyer is looking at a home similar to yours that is staged well, the likelihood they will pass on yours is high. Staging helps the buyer to visualize a better version of the property, and they may overlook some of the other issues that need upgrades.

According to the 2019 Profile of Home Staging, a report from the National Association of Realtors (NAR), 25% of buyers' agents and 22% of sellers' agents said that staging a home increases the offer price by between 1% and 5%, compared to other similar homes on the market that aren't staged.¹

Staging 101

Clean Homes are Critical

Clean the home or have a professional clean it from the floor to the ceiling. Make the appliances and the bathroom sparkle. Make sure the floors are clean and the countertops need to be well taken care of with either polish or cleaning solutions depending on the type of counters you have.

Be sure to pressure wash the outside and consider having the roof professionally cleaned. Remove any cobwebs or spiderwebs inside and out. Blow leaves off of the deck and driveway. A clean home lets the buyer know it's been well taken care of over the years.

Declutter Everything

No one wants to see your mail strewn across the kitchen counter, or your messy workspace. Put everything away. Either use drawers to conceal items, or purchase storage containers to organize in the garage or in the closets.

Reference:
National Association of Realtors. "2019 Profile of Home Staging."
Accessed Nov. 18, 2020.

Don't leave toiletries out, put those away each time a potential buyer visits your home. A cluttered home looks unkempt and disorganized.

Furnishings

Even though, they are not buying your furnishings (most likely), these should be presented well. Beds should be decorated and up to date. Fresh new throw pillows and blankets can add an interior design feel, as do subdued paintings and artwork.

If you have outdated furniture or worn and torn furniture, replace them or get neutral toned covers for them. If your living area or bedrooms are overloaded with large furniture, consider removing a few pieces.

Replace or have dirty area rugs or carpets professionally cleaned.

Bringing in a few potted plants to add greenery and life to the home are also wonderful ways to make it feel clean, updated, and healthy.

Make it Neutral and Depersonalized

Depersonalizing your home may seem counterintuitive, but removing any personal pictures, family photos, etc., will allow the buyer to forget it's your home and visualize themselves as the owners.

Most people like neutral paint colors as it helps them better visualize their own items in the home. Getting a fresh coat of paint on the walls and the trim can do wonders to brighten a home. If you have bright colors and don't want to invest in painting, try to keep your furnishing simple and modern looking.

Hiring staggers is helpful, but so is browsing a few home magazines or looking online for ideas. Places like Home Goods, Target and TJ Maxx are great places to purchase home furnishings that are professional looking, but don't break the bank.



Exterior

The outside of the home should have well-trimmed trees, hedges, and a freshly mowed lawn.

If your home needs painting, consider having it touched up. Also, adding potted plants and updating light fixtures is critical. The outside is the first thing buyers see when they pull up to your home and first impressions are lasting.

Tasha Osbourne, often advises and recommends staging techniques for her clients.

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.

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TASHA OSBOURNE, BA

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The Problem with Bonds

By Adam Bruno, Author of *They Lied: The Real Cost of Your Retirement*



As an Author, Business Owner, and Certified Financial Fiduciary®, it has been a very busy 2021 for me. As we approach the end of 2021, I believe it is fair to say that this year has been challenging if you are in retirement. The families we serve at Evolution Wealth Management and Evolution Retirement Services will tell you differently, because they are a bit spoiled! I love spoiling the families we serve.

The Private Wealth Management world allows us to do some pretty unique things for our families. Their entire retirement picture is addressed and taken care of. Whether it is Investment Planning, Income Planning, Estate Planning, Advanced Tax Planning, Medicare Planning, it is all taken care of for them with our team of highly vetted professionals.

Because of this, we have been able to identify an enormous problem retirees are facing today. The problem is BONDS!

If you are reading this, and like so many others in retirement, bonds are usually the first place you look to achieve safety. You have heard the old saying many times in your life. You buy bonds for safety; you buy stocks when you are willing to take risks. The balance between these two investments is usually adjusted to reflect how much risk you are willing to take as an investor.

For example, a more conservative investor potentially has a 30/70 split. Thirty percent (30%) of their investments are in stocks and seventy percent (70%) are in bonds. I don't need to give you a lesson in Finance 101. If you are reading this, the chances are high that you know the difference between a stock and a bond. Because of this, I would like to spend more time in this article addressing the problem with bonds today.

There is a very good chance that your bonds are either not performing or potentially costing you money. In a year where inflation as I am writing this is hovering at 6.8%, it is very dangerous for you to not realize the problems with the current bond market. No performance from your bonds means that you could have just had that money sitting in your bank account rather than pay the commissions and fees of the bond world. Either way, the result is the same. You are losing 6.8% of your purchasing power on your money.

Treasury Yield 10 Years (*TNX) ☆
ICE Futures - ICE Futures Real Time Price. Currency in USD



iShares 7-10 Year Treasury Bond ETF (IEF) ☆
NasdaqGM - NasdaqGM Real Time Price. Currency in USD



As you can see in the illustration below, interest rates on the 10-year treasury have increased significantly over the last year. It truly is a historical time in the investment world. Because of these increasing rates, take a look at the second illustration below. You will notice that the performance of bonds has dramatically decreased. This is a normal response in a rising interest rate environment, an environment that we haven't seen many times in history. This response can be devastating to your portfolio, especially when investments that are normally considered "safe" begin drawing negative performance.

You should understand that right now there are options and alternatives to bonds that can still provide you with safety and growth. We help families just like you create their own Bond Alternatives. You probably won't hear about these alternatives from the traditional big retail brokers and advisors. I want you to take a good hard look at your portfolio. You could say that your portfolio has been up, so you aren't worried about your bonds. Your portfolio has likely been up because the market has been up.

Do yourself and your loved ones a favor. Separate your bond investments from your stock investments. See what kind of performance you have gotten from your bonds alone. You might be very surprised. If you are, and you want to learn other strategies that successful families just like you are using right now, give us a call.

There is nothing more frustrating than money that is supposed to be safe, not performing or losing money. You have options, and you don't have to settle for poor bond performance anymore.

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 or to download a complimentary copy of my book.

Wishing you and your family a Happy New Year! Hug the ones you love and hang on for as long as you can, because we are never guaranteed tomorrow.

Treasury Yield 10 Years <https://yhoo.it/321QaYa>

iShares 7-10 Year Treasury Bond ETF (IEF) <https://yhoo.it/3oYTA73>

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Social Distancing, Quarantine & Isolation: How to Cope

Since the beginning of the COVID-19 outbreak, the nation and the world has seen significant changes to daily living. While social distancing, quarantine and isolation help prevent the spread of infectious disease, these same practices may impact your mental health in a negative way.

Common reactions

Everybody reacts differently to stressful situations. In response to the COVID-19 pandemic, you may experience anxiety, worry or fear for your own health, job security or obtaining things you need like groceries. You may also experience frustration with the uncertainty about the future. Symptoms of depression may arise, such as feeling hopeless, lack of appetite and trouble sleeping. If you haven't been able to see your loved ones, go to work or have the daily interactions you once had, a feeling of loneliness may set in.

Taking care of yourself and others

First, talk about your feelings with people you trust. Being open about your anxiety is the first step to relieving it. You'll probably find that they're having similar feelings and supporting one another is good for everyone's emotional health. Next, find a routine that makes you feel good. Plan meals, eat at the regular times, maintain your sleep schedule, get fresh air and exercise, and practice good hygiene and self-care. During times of chaos or uncertainty, maintaining routines goes a long way toward helping you feel more in control of your life.

While it's important to stay informed, set boundaries around how much news and social media you consume each day. If you begin to feel overwhelmed, take a break. No matter what you're feeling, the most important thing to remember is that you are not alone. Whether it's a close friend, a family member or a caring professional, lean on others who can support you.

Help is always available, and healing is always possible.

If you feel you need emotional support for yourself or for your family, call the New Directions Emotional Support hotline at 833-848-1764. This is a free



and confidential 24/7 mental health helpline staffed by trained and caring professionals ready to guide you to the care you need.

Reduce stigma & save lives

Talking about your mental health struggles with others will not only help you get the care you need, but it can also begin to break down the stigma around mental health. Every year we see devastating rates of suicide in the U.S. that continue to climb. But with open and honest conversations about our struggles, we can make a real difference and save lives.

To learn more about the warning signs and how to get help if you're experiencing depression or suicidal thoughts, visit ndbh.com/suicide or talk to your doctor. #StopSuicide

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Source:
<https://www.floridablue.com/blog/how-to-cope-social-distancing>



HOW TO IMPROVE YOUR HEART HEALTH IN THE NEW YEAR

T.E. Vallabhan, MD, FACC

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

Too Much Sugar

High blood sugar and cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's critical that you see a cardiologist because it's not a matter of, "will I have heart issues," but rather "when."

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing 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 a hardening of the arteries.

Too Much Salt

When we ingest excessive salt, inflammation takes effect in our entire bodies and water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.

Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy. Eating whole foods is imperative to keeping your sodium

levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

Improve Your Diet

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt in the center isles. There are exceptions of course, like frozen no salt added vegetables and fruit and dried spices to take the place of your saltshaker. For the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs and some dairy.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

When you shop, check the labels on your food and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces of condiments on the side and use sparingly. Also, order steamed vegetables, lean meat and in general make wise choices.

Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrient and oxygen rich blood flow and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO2) is three times greater in water than on land. Working large muscle groups

leads to this uptake of oxygen or VO2, but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.



T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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NEW YEAR, NEW YOU, NEW BRAIN

While none of us can change our genetic makeup, we can change our lifestyle. Lowering inflammation levels in your body can also help lower inflammation in the brain. Eating a healthy diet full of fruits and vegetables and exercising regularly can not only stave off neurological disorders and cognitive decline, but it can also reverse some of the damage.

Diet

We know that eating highly processed foods that are full of chemicals we can't pronounce is not healthy. No matter which diet selected for brain health, they all have one thing in common; they are plant-rich and devoid of toxins and excess sugar. Whether you prefer to eat Vegan, Mediterranean or Paleo, all of these diets include plants as the major source of nutrients and cut excess sugars. Limiting refined sugar is better for a healthy brain. Sugary diets can lead to obesity, which increases insulin resistance and produces inflammation within the brain and body.

Eating a diet high in sugar can reduce the production of a chemical called "brain-derived neurotrophic factor" (BDNF). This chemical is active in areas of the brain that are used for learning, memory and higher thinking. Low BDNF levels are associated with poor memory function and have been linked with Alzheimer's Disease and dementia. Ways to increase BDNF include regular exercise, especially higher intensity training.

Exercise

Many studies are purporting the benefits of exercise to alleviate the onset or slow the progression of cognitive decline. Many researchers agree that just 30 minutes of aerobic exercise 4 to 5 times per week is known to improve cognition and can even increase blood flow in the brain.

While we still have a lot to learn about Alzheimer's Disease, anyone can lower their risk factors by taking charge of their lifestyle. Eating right, staying active, and challenging your brain are all viable tools in the fight against Alzheimer's. Preserving your cognitive health starts with the choices you make every day.

Sufficient Oxygen Intake

Everything in your body depends on the brain. It's the command center of your body, and it craves oxygen. While it makes up only 2% of the body's mass, the brain uses over 20% of the oxygen we breathe in. Hyperbaric Oxygen Therapy involves breathing 100% pure oxygen in a special room known as a HBOT suite.



The air in the suite is pressurized to above atmospheric levels, which increases oxygen levels in the body to 10-15 times higher than normal.

HBOT Benefits

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

Aviv HBOT is Unique

There are two key processes that make Aviv Distinctive:

- First, Aviv increases the oxygen level you breathe through a mask in the HBOT suite. As you breathe it in, your bloodstream sends this surplus of oxygen to tissue throughout your body, with a focus on the brain. While you breathe the higher levels of oxygen, your brain is being challenged with cognitive training. Oxygen-saturated blood gives the brain the energy it needs to turbocharge its own healing process.

- Second, Aviv fluctuates 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 and brain with the abundant energy they need 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® has focused 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.

Aviv's unique, intensive program combines HBOT, physiology, nutrition, cognition and medical assessments. 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 in your brain and body.

Aviv Clinics at The Villages®

Aviv Clinics at The Villages® launched in collaboration with The Villages Health. Together, the shared vision is to help you enhance and nurture brain and body performance to ensure a continuously happy, vital and healthy life.

In Aviv's 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

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

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

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WHAT IS AN INGROWN TOENAIL?

When a toenail is ingrown, it is curved and grows into the skin, usually at the nail borders (the sides of the nail). This “digging in” of the nail irritates the skin, often creating pain, redness, swelling, and warmth in the toe.

If an ingrown nail causes a break in the skin, bacteria may enter and cause an infection in the area, which is often marked by drainage and a foul odor. However, even if the toe isn’t painful, red, swollen, or warm, a nail that curves downward into the skin can progress to an infection.

Causes of ingrown toenails include:

- **Heredity.** In many people, the tendency for ingrown toenails is inherited.
- **Trauma.** Sometimes an ingrown toenail is the result of trauma, such as stubbing your toe, having an object fall on your toe, or engaging in activities that involve repeated pressure on the toes, such as kicking or running.
- **Improper trimming.** The most common cause of ingrown toenails is cutting your nails too short. This encourages the skin next to the nail to fold over the nail.
- **Improperly sized footwear.** Ingrown toenails can result from wearing socks and shoes that are tight or short.
- **Nail Conditions.** Ingrown toenails can be caused by nail problems, such as fungal infections or losing a nail due to trauma.

Treatment

Sometimes initial treatment for ingrown toenails can be safely performed at home. However, home treatment is strongly discouraged if an infection is suspected, or for those who have medical conditions that put feet at high risk, such as diabetes, nerve damage in the foot, or poor circulation.

Home care:

If you don’t have an infection or any of the above medical conditions, you can soak your foot in room-temperature water (adding Epsom’s salt may be recommended by your doctor), and gently massage the side of the nail fold to help reduce the inflammation.



Avoid attempting “bathroom surgery.” Repeated cutting of the nail can cause the condition to worsen over time. If your symptoms fail to improve, it’s time to see a foot and ankle surgeon.

Physician care:

After examining the toe, the foot and ankle surgeon will select the treatment best suited for you. If an infection is present, an oral antibiotic may be prescribed.

Sometimes a minor surgical procedure, often performed in the office, will ease the pain and remove the offending nail. After applying a local anesthetic, the doctor removes part of the nail’s side border. Some nails may become ingrown again, requiring removal of the nail root.

Following the nail procedure, a light bandage will be applied. Most people experience very little pain after surgery and may resume normal activity the next day. If your surgeon has prescribed an oral antibiotic, be sure to take all the medication, even if your symptoms have improved.

Preventing Ingrown Toenails

Many cases of ingrown toenails can be prevented with proper trimming and wearing well-fitted socks and shoes. Cut toenails in a fairly straight line, and don’t cut them too short. You should be able to get your fingernail under the sides and end of the nail. Don’t wear shoes that are short or tight in the toe area. Avoid shoes that are loose, because they too cause pressure on the toes, especially when running or walking briskly.

What You Should Know About Home Treatment

- **Don’t cut a notch in the nail.** Contrary to what some people believe, this does not reduce the tendency for the nail to curve downward.
- **Don’t repeatedly trim nail borders.** Repeated trimming does not change the way the nail grows, and can make the condition worse.
- **Don’t place cotton under the nail.** Not only does this not relieve the pain, it provides a place for harmful bacteria to grow, resulting in infection.
- **Over-the-counter medications are ineffective.** Topical medications may mask the pain, but they don’t correct the underlying problem.

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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Do You Have Kidney Stones?

By Ingrid Calliste, MD

The kidneys are a major part of our detoxifying system. These two small bean-shaped organs clean the blood and filter waste and toxins to make urine. If there is an imbalance or insufficient fluids, the waste can build up in the kidneys and cause kidney stones.

Many people are unaware that they've ever had kidney stones because they can easily move through the urinary tract and are passed out with little to no discomfort if they are small enough. However, larger kidney stones do cause irritation, and in severe cases, can be extremely painful. Other symptoms of kidney stones are bloody urine, back pain, nausea, vomiting, fever, pain while urinating, cloudy urine, and a strong odor.

The National Kidney Foundation information clearly explains the following statement on the types of stones and their causes:

There are four main types of stones:¹

1. Calcium oxalate: The most common type of kidney stone which is created when calcium combines with oxalate in the urine. Inadequate calcium and fluid intake, as well other conditions, may contribute to their formation.

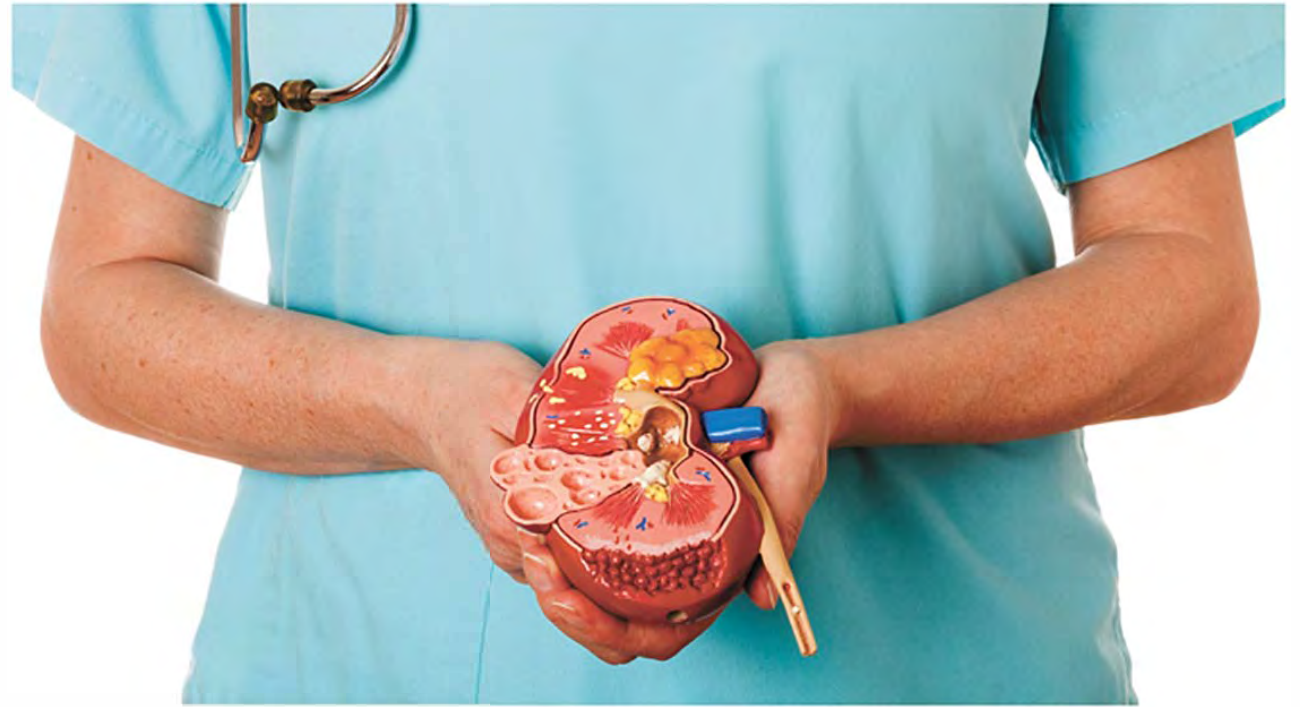
2. Uric acid: This is another common type of kidney stone. Foods such as organ meats and shellfish have high concentrations of a natural chemical compound known as purines. High purine intake leads to a higher production of monosodium urate, which, under the right conditions, may form stones in the kidneys. The formation of these types of stones tends to run in families.

3. Struvite: These stones are less common and are caused by infections in the upper urinary tract.

4. Cystine: These stones are rare and tend to run in families

Kidney Stone Treatment

If the stone is small enough, the physician will want you to try and pass it naturally through urinating. Drinking adequate amounts of water is essential. You may also need IV fluids to help your body pass the stone more quickly and efficiently, and pain medications can be given to ease the discomfort. If the stone is large, has blocked the ureter, and caused urine retention, or if there are signs of infection, surgery may be required.



Noninvasive Treatment to Break up the Stone(s)

Shock-wave lithotripsy is a noninvasive procedure that uses high-energy sound waves to blast the stones into fragments that are then more easily passed out in the urine. In ureteroscopy, an endoscope is inserted through the ureter to retrieve or obliterate the stone. Rarely, for very large or complicated stones, doctors will use percutaneous nephrolithotomy.¹

If you have symptoms such as the following, they are often common warning indicators of kidney disorders:

- Discomfort when urinating
- Foul odor in urine
- Fluid retention in the lower extremities and feet
- Shortness of breath
- Fatigue
- Decreased urine output
- Nausea
- Irregular heartbeat
- Muscle weakness
- Chest pain

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.

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.



Sunshine Kidney Care
Nephrology Associates

352.388.5800

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

Reference:

1. National Kidney Foundation, Kidney Stones, <https://www.kidney.org/atoz/content/kidneystones>

THIS YEAR, MAKE A COMMITMENT TO YOUR SKIN'S HEALTH

The health of our skin should not be overlooked. This can range from preventing and detecting skin cancer to treating acne, or antiaging treatments, such as laser treatments, facials, body contouring, and everywhere in between. As we age, our skin takes on different needs, goes through various phases and requires regular dermatological evaluation.

Annual Skin Exams

Every hour a person dies of melanoma, and this year alone, over 76,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about 10 minutes, which could potentially save your life.

Melanoma and other skin cancers can grow rapidly, and they are often undetected by the patient. Using an advanced dermatoscope, we can see intricate details of moles and lesions.

The symptoms to look for in moles or lesions are outlined in this simple acronym, ABCDE:

- A—Asymmetry**
- B—Border Irregularity**
- C—Color-Variiegated or a Halo Effect**
- D—Diameter (>6 mm)**
- E—Evolving**

In Addition to the symptoms above, there are supplementary signs to look for, which include:

- A—Amelanotic (Pink or Red Lesion)**
- B—Bleeding/Bump (Raised Lesion)**
- C—Color Uniformity**
- D—De Novo Development (A New Development <6mm)**

Wearing SPF Every Day

A commitment to wearing SPF is incredibly important. The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4:00 pm, is due in large part to the sun's harmful UV rays during the time when the sun is the highest in the sky. But just because it's darker, cloudier, and cooler, doesn't mean it's any safer. Reapplying sunscreen every two hours is recommended, and even though you might be inside or driving in your car, UV rays can penetrate glass windows, so be sure you are well protected.



Antiaging—Cosmetic Injectables

Research shows that when we look better, we feel better and have more confidence. Along with making you look years younger, if you're feeling a little weighed down by the laxity of your facial muscles, wrinkles, or sagging skin, injectable fillers (JUVÉDERM®) or neuromodulators (Botox®) might help improve your outlook on life. It seems that this catch 22 is positively influencing confidence levels on the inside and out. So, to refute the saying that, 'Beauty is only skin deep,' we now have a reason to make it a priority to smile more, and if it's right for you, to make a few tweaks to your aesthetic appearance.

If you're in need of a little rejuvenation, the simplicity of dermal fillers can plump the skin, give you a more youthful pout, or lift specific areas of the face and neck. Many times, this is referred to as a liquid facelift. Fillers help restore your youthful fullness, shape, and stimulate collagen production lost during the aging process. Botox and other injectable treatments soften stubborn lines and wrinkles, like crow's feet and the furrows between the brows.

Along with injectables, medical grade skincare and other treatment options such as IPL (Intense Pulse Light) and radiofrequency can help reduce the appearance of wrinkles and improve skin's texture and tone.

Aesthetic Results with Regular Visits

With many services to choose from for medical and cosmetic dermatology, regular visits are recommended to stay on top of your skin's health. Regular skin screenings are imperative.

MidState Skin Institute is a state-of-the-art dermatology practice offering medical, surgical and cosmetic dermatology services. It was opened in January 2013 by Dr. Ashley Cauthen and her husband Thomas. They are both from Ocala and returned home to pursue her dream of making an impact on patients' lives in our local community. Our highly trained staff is compassionate and caring and we listen carefully to every patient to identify their individual needs and create customized treatment plans.

We believe high-quality medical care is achieved only through a trusting, doctor-patient relationship so we put great emphasis on empowering patients – with knowledge, tools and support – to become important factors in the success of their own health care solutions.

As a medical practice, our mission is simple:

To provide highly professional, patient-focused care that consistently exceeds the expectations of our patients and their referring physicians. We invite you to become a part of our practice and meet our staff so you can experience first-hand what sets us apart.

MidState Skin Institute Services:



MidState Skin Institute
Comprehensive Dermatology Care
www.midstateskin.com

Medical Dermatology

The science of treating the skin, hair, and nails to relieve or cure skin disorders.

Surgical Dermatology

The practice of dermatology that specializes in surgical procedures & minimally invasive techniques to treat skin cancer.

Cosmetic Dermatology

The practice of improving the look and health of one's skin through medical or surgical procedures, to help patients look and feel their best.

Aesthetics

Treatment for the skin, hair or body that is meant to enhance the appearance of patients through minimally invasive techniques & personalized topical skin care recommendations.


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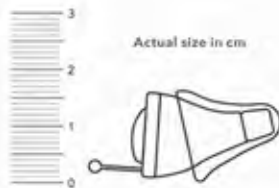
Finally, a hearing device so small, it's nearly invisible in the ear.



For decades, one of the primary reasons people wouldn't consider a hearing aid was size. Outdated technology resulted in devices that were too big, too clunky, and they made the wearer look 'too old.' So, unfortunately, people would forsake better hearing in favor of feeling better about their overall appearance. It wasn't vanity, it was simply human nature.

Hearing is believing.

The new Signia Silk X has changed the way people look at hearing aids (and the way people look at those wearing them). Advanced technology allows the Silk X to pack our most superior sound into the smallest of packages - almost completely invisible when it nestles comfortably in the ear. Now you can hear better and look your best.



A hearing aid that fits you. And your lifestyle.



The Signia Silk X takes advantage of design technology, too. With super soft silicone click sleeves, it's easy to instantly find the fit that's best for you. In fact, with Silk X you can walk out with an in-ear device the same day you purchase, without the two-week or more wait time of other devices. The sleeves are comfortable, so people won't notice your Silk X devices. In fact, you'll hardly even notice you're wearing them.

Why your hearing is so very important.

Better hearing allows us to better experience the world around us. To hear the soft giggles of a grandchild as you read a bedtime story. To marvel in the calls of all manner of birds as you walk through the park. Or the simple, joyful relaxation of watching TV with the sound down low.

For those with hearing loss, however, those simple joys aren't so simple anymore. Constantly nodding your head to avoid the embarrassment of having to ask someone to repeat themselves. Missing out on the little things that make life special. Yes, people with hearing loss know all too well that they're missing out on some of the best life has to offer.

Get back to hearing. And get back to life.

There's a new, better, smaller, and more technologically advanced way for you to once again enjoy the symphony of life. And it's so small, it's almost invisible once placed in your ear. But what they can't see belies what you can hear, once you wear your Signia Silk X device.

With a custom fit and technology that picks up sound inside your ear, Silk X is ideal for both everyday wear and for use with phone calls - even headphones.



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Pacifica Senior Living: 5 Tips to DESTRESS

Life has been a little more stressful for many people over the past year. Along with the “pandemic” which we’re all growing tired of, many people have added stress-related issues and disappointments.

Here are a few tips to help you cope, relax and find inner peace:

#1 Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself off in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time. You will most likely notice that these personal care methods will help you to become calmer throughout the day. It’s important to take breaks from social media and news outlets, because these often add to our stress response and can intensify negative feelings.

#2 Get Moving

With closure and limitations in going to the gym or our favorite yoga studio, most people can benefit from taking a brisk 30-minute walk, bike ride, or doing any type of exercise in doors via YouTube. The good news is those options are all free with the exception of internet service. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength. If you can work out harder, it’s extremely beneficial to get your heart rate up daily with cardiovascular exercise.

#3 Meditation & Prayer

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation and prayer also reduce stress and anxiety, and promotes emotional wellbeing, which can help fight addictions, generate health and improve immune function, and it can stave off memory disorders and increase neuronal plasticity.

#4 Sleep

The body produces cytokines, which are protective proteins that block infection and inflammation. When a person gets the recommended, uninterrupted seven to nine hours of sleep, cytokines are produced. Without quality sleep, they are significantly less. Blue light is a significant cause of circadian rhythm interruptions. Blue light emits wavelengths that contribute to sleep disturbances.



Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it’s still daytime, which makes it difficult to fall and stay asleep. Blue light disrupts the circadian rhythm and natural sleep cycles, specifically, the delta and beta wavelengths, leading to increased activity in the brain, less relaxation and exacerbates stress and anxiety.

#5 Combining Methods is Best

In order to overcome stress, we need a well-rounded treatment protocol that incorporates, medication (if necessary), stress management, nutrition, high-quality sleep, exercise, meditation, hormone balancing and other therapies that can help to stabilize our systems.

When to Seek Help

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

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

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

BRAND NEW STATE OF THE ART MEMORY CARE FACILITY COMING SOON

Pacifica Senior Living is proud to announce the newly anticipated memory care facility within our Ocala community. To keep your loved ones safe and to provide them with all of the training, health-care, daily activities assistance and warm care necessary, Pacifica Senior Living has a state-of-the-art facility dedicated to those with neurodegenerative disorders and cognitive decline.

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



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OCALA

(352) 414-2507

www.PacificaOcala.com

Hand and Wrist Injuries are Common in Pickleball

Pickleball is a popular activity that seems to have taken Florida by storm. Everyone seems to be playing pickleball and loving it. According to the USAPA (USA Pickleball Association), 70% of the participants playing pickleball are over the age of 60. That's a lot of seniors out there enjoying this exciting sport, but that also means that there are more injuries needing medical attention.

Pickleball can lead to many injuries throughout the body, but due to the constant torquing of the arm and wrist in Pickleball, wrist and hand injuries are very common. Proper stretching and warming up are always recommended before encountering any activity. Not overdoing it is also critical, but accidents and injuries are sometimes inevitable.

Hand Injuries

Hand injuries can be from exacerbating a preexisting carpal tunnel disorders or injuring the fingers. Fractures are not uncommon and usually are the result of falling with an outstretched hand. This in turn can also cause wrist, arm and shoulder injuries as well.

Wrist Injuries

Concerning the wrist, often these are related to tendonitis issues, which is when the tendons become inflamed and swell. A wrist sprain happens when stretching or tearing of the ligament occurs. The wrist ligaments are strong bands of connective tissue that connect the end of the hand and wrist bones. Your wrist ligaments stabilize and support the joints. When injured in sports such as Pickleball, the sport should be halted and avoided until you are healed. Stabilization, rest and anti-inflammatory medications often help patients recover within a few weeks.

Occupational Therapy (OT)

For these types of injury, occupational therapy is a recommend way to speed healing, recover optimally, and to train you to avoid reinjury. If you require surgery, PT is also highly recommended to increase the healing process.

Innovative Therapies Group has multiple Certified Hand Therapist onsite.

Exercises and Stretching Examples Provided by the American Academy of Orthopedic Surgeons:



Medial Nerve Glides

- Hold each position below for 3 to 7 seconds.
- Make a fist with your thumb outside your fingers (1)
- Extend your fingers while keeping your thumb close to the side of your hand (2)
- Keep your fingers straight and extend your wrist (bend your hand backward toward your forearm) (3)
- Keep your fingers and wrist in position and extend your thumb (4)
- Keep your fingers, wrist, and thumb extended and turn your forearm palm up (5)
- Keep your fingers, wrist, and thumb extended and use your other hand to gently stretch the thumb (6)
- Repeat 10 to 15 repetitions a day

Wrist Extension Stretch

- Straighten your arm and bend your wrist back as if signaling someone to "stop."
- Use your opposite hand to apply gentle pressure across the palm and pull it toward you until you feel a stretch on the inside of your forearm.
- Hold the stretch for 15 seconds.
- Repeat 5 times, then perform this stretch on the other arm.



Innovative Therapies

Group understands that patient education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, mobility and communication is critical.

Occupational Therapy/Hand Therapy and Physical Therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through therapy.

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

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• Occupational Therapy (Hand Therapy)

• Physical Therapy

• Speech Therapy

• Massage Therapy

(MM30672)

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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.

Make Your Healthcare Decisions a Priority in the New Year

Submitted by Hospice of Marion County

At the beginning of each year, many people make New Year's resolutions, some include making healthier decisions about their diet, while others are about exercising or improving family relationships and more. Some are kept and some not so much. There's one resolution that's easy to keep – deciding to have a talk with your loved ones about your healthcare decisions and wishes at end of life.

Making your healthcare decisions and relationships a priority is wise any time of the year. It's never too early to have those conversations with your loved ones – better to have the discussion sooner than later when it may be too late.

However, many find procrastination is all too easy, especially when it comes to talking about something unpleasant as the end of life. It's one of those topics most people would rather not discuss, but there's no guarantee on how long we'll live. Just as preparing a will is optimal when we are of sound mind and body, so is preparing for future healthcare needs. Having to make decisions for others is complicated, especially when that person – someone beloved – can no longer speak for themselves.

Advance directives are legal documents that include a living will or a durable power of attorney for healthcare, also known as a healthcare proxy. Either document allows you to give directions about your future medical care. It's your right to accept or refuse medical care. Advance directives can protect this right if you ever become mentally or physically



unable to choose or communicate your wishes due to an injury or illness. By law, the decision belongs to the patient, so make your wishes known to your family, providers and caregivers.

An advance directive can be as simple as a two-page Living Will or as lengthy as the Five Wishes, a detailed-yet-user-friendly booklet. In Florida, an advance directive requires neither an attorney nor a notary—just the writer's signature and that of two witnesses. Despite the simplicity of these documents, only about a third of all Americans have completed one.

Advance Directives can:

- Protect your rights to make medical choices that can affect your life
- Let families avoid the responsibility and stress of making difficult decisions
- Assist physicians by providing guidelines for your care
- Protect people who may be unable to communicate
- Limit life-prolonging measures when there's little or no chance of recovery

- Enable patients to make their wishes known about:
 - Cardiopulmonary resuscitation (CPR)
 - Intravenous (IV) therapy
 - Feeding tubes
 - Ventilators (respirators)
 - Dialysis

Regardless of age or health status, we owe it to those we love to discuss our wishes and follow through with a written advance directive, which is revocable at any time. Free advance directives are available on www.hospiceofmarion.com website all year long, or contact our Monarch Center for Hope & Healing for assistance filling out your forms. Visit our website to learn more or call (352) 873-7456 if you need assistance.



Make Having the Talk a Priority

This is your chance to give your family the best gift.

Make your end-of-life decisions known.
It's not as hard as you think!

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COVID-19 Update & the QCARD

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

Quick Care's Answer for Those without Medical Insurance

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

Who can benefit from the QCARD program?

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

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

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

The QCARD works in 3 easy steps!

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



Where can you use the QCARD?

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

Why get the QCARD now?

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

QCARD is a great healthcare plan for the following:

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

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

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

Quick Care Med Urgent Care

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

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

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

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

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

www.quickcaredmed.com

4 Locations in Ocala

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

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

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

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

Laser Genesis: A Noninvasive Way to Rejuvenate Your Skin

Skin conditions are a common occurrence, and although most are relatively benign, they can have a profound effect on the individual. Some common benign skin conditions include pigmentation issues such as freckles and age spots, as well as vascular issues, like facial veins, leg veins, spider angiomas, and rosacea. Many of these conditions occur due to sun damage, aging, environmental, genetic factors, and photoaging.¹

The innovative medical company, Cutera, created a signature Laser Genesis™ procedure, which delivers a non-ablative, no-downtime treatment to address skin revitalization concerns, textural impurities, and scarring. Laser Genesis is safe for all skin types and serves as an excellent, noninvasive, skin rejuvenation procedure.¹

Laser Genesis gently delivers heat to the problem area to address:

- Diffuse redness
- Fine lines
- Skin quality
- Scars
- Acne scars

Benefits of Laser Genesis

Minimal to no downtime skin revitalization. Perfect for busy, on-the-go individuals who are interested in combating the early signs of aging to reveal a new, radiant complexion.

How does it work?

This treatment improves the signs of aging by using skin resurfacing solutions that dramatically improve years of accumulated sun damage, wrinkles, and dark spots.

JANUARY SPECIAL:

Buy 5 Laser Genesis Treatments and get your 6th one FREE!

At Total Nutrition and Therapeutics, we provide numerous aesthetic treatment options as well as functional medicine wellness practices to treat multiple conditions and disorders.

MedSpa Aesthetic Services and Treatments

We offer a wide variety of services and treatments at TNT to ensure that you'll get the best results possible. Whether you're looking to rejuvenate your skin, reduce cellulite, promote hair growth, or strengthen your immune system, our aesthetic services are worth exploring.

Total Nutrition & Therapeutics' medspa services start with a free consultation. You'll work with our experts to create an individualized plan based on your lifestyle habits, including diet, sleep, and exercise. Some of the medspa services we offer include:

- Microneedling for Skin Rejuvenation
- Radio Frequency Sculpting Therapy
- Low-Level Light Therapy for Hair Loss
- truSculpt ID for Body Contouring and Sculpting
- Laser Genesis Treatment
- Infrared Sauna Therapy to Strengthen Immune System
- IV Therapy Treatments

Not sure which of these treatments and services are right for you? Schedule a consultation or appointment with one of our experts at TNT. We'll help create the right plan for you!

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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How Much Omega-3 Do You Need for Results?

By Anne-Marie Chalmers, MD

If you pop a daily fish oil capsule, it can be tempting to think you're all set in the omega-3 department.

But research tells a different story: 4 out of 5 supplement users have low omega-3 levels.

Consuming enough omega-3s is associated with a myriad of benefits, from improved heart health to reduced inflammation. But to fully cover your omega-3 needs, it often takes a higher dose than many anticipate to experience benefits.

Exactly how much fish oil are we talking about? Let's take a closer look at the research, and how to calculate the correct serving size based on your product.

Why Omega-3s Are Beneficial

Omega-3 fatty acids play many roles in our bodies. They're critical for fighting inflammation, supporting the microbiome, keeping the cell membranes flexible, and promoting healthy cell signaling (to name a few key functions).

Because of these effects, scientists have extensively researched omega-3s for a variety of health issues, including cardiovascular disease, mood disorders, joint problems, dry eyes, and much more.

What Kinds of Omega-3s Are Best?

The two most important members of the omega-3 family are called eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are mainly found in oily fish and fish oil.

EPA and DHA aren't the only types of omega-3s that exist, but they are considered the most potent ones. That's why almost all omega-3 research in the last 50 years has focused on these fatty acids.

There's less research about the effects of the plant-based omega-3 – ALA – that's found in walnuts, flaxseed, and chia seeds. While our bodies have enzymes that convert ALA into EPA (and to some extent DHA), this conversion rate is negligible. For that reason, the strength of an omega-3 supplement is typically measured by how much EPA and DHA it contains.

Most Americans Do Not Get Enough Omega-3s

In spite of the many benefits of omega-3s, an estimated 95% of Americans do not have optimal levels.

Even regular omega-3 supplement users often fall short, as a study from Grassroots Health demonstrated. Of 494 supplement users, only 19% achieved adequate omega-3 index scores.

While the reasons for the low levels can vary from genetic differences to poor compliance, one big culprit is the surprisingly small servings of omega-3s found in most products. Indeed, fish oil capsules typically only contain 10 – 15% the amount of EPA and DHA used in successful clinical trials!

These low EPA/DHA doses are problematic since the effectiveness of omega-3s depends on the amount consumed.

Research has consistently shown that at least 2000 mg of EPA/DHA daily may be necessary for anti-inflammatory effects. Similarly, scientists have estimated that the average American adult needs 2000 mg of EPA/DHA daily to reach a healthy omega-3 level.

For certain conditions—like rheumatoid arthritis and hyperlipidemia – studies typically find that 3000 mg of EPA/DHA daily and up are required for positive results.

How Much EPA and DHA Is in Regular Fish Oil Supplements?

Fish oil capsules often advertise that they provide 1000 mg of fish oil, which sounds like a big dose. That is until you realize that fish oil is only partially made up of omega-3s.

Natural (ie. non-concentrated) fish oils contain a maximum of 30% EPA and DHA combined. With a regular 1000 mg fish oil capsule, that means you're only getting 300 mg of EPA/DHA.

Concentrated omega-3 products contain higher levels of EPA and DHA per serving. But even with concentrated capsules, you typically have to swallow a small handful of pills to get a meaningful amount of EPA/DHA per day.

How to Calculate Your Dosage

To make sure you get an effective dose, check the amount of EPA and DHA per serving listed in your product's supplement facts.

While the exact levels of EPA and DHA will vary by brand and source, the below table shows the normal ranges:

How Many Pills Do You Need to Get 2000 - 3000 mg EPA/DHA?		
Product Type	~ Omega-3 Dose Per Unit	Servings Needed
Regular fish oil capsule	300 mg EPA/DHA	7 -10 capsules
Concentrated fish oil capsule	600 mg EPA/DHA	3 -5 capsules
Krill oil capsule	75 mg EPA/DHA	27 -40 capsules
Teaspoon of cod liver oil	1000 mg EPA/DHA	2 -3 teaspoons
Serving of wild salmon	2000 -3000 mg EPA/DHA	4.6 oz
Omega Cure Extra Strength	3000 mg EPA/DHA	1 vial (13.4 ml)

Alternatives to capsules are better choices for many people. For instance, liquid cod liver oil makes it easy to get more omega-3s in a few teaspoons (and may be better absorbed by the body too).

Eating fatty fish – like sardines, salmon and herring – multiple times a week is another great way to get more EPA/DHA. If you go that route, pay attention to how you prepare your fish (so you don't lose the majority of omega-3s during cooking).

This article originally appeared on omega3innovations.com. For the full text and references, visit: <https://omega3innovations.com/blog/how-much-omega-3-fish-oil-daily-will-produce-results/>

About Anne-Marie Chalmers, MD

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



Call us at 941.485.4400
www.omega3innovations.com

Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



My Daily Agreement with God's Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20__ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,
Alex E. Anderson
Senior Associate Pastor at
Bayside Community Church

P.S. HAPPY NEW!! If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you. Just go to alexanderson.org



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