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

January 2022

Lake/Sumter Edition - Monthly

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## Routine Eye Exams

The Key to Catching Glaucoma & Other Diseases

## This Year

Make a Commitment to Your Skin's Health

## Leg Swelling Causes and Concerns

Make the Resolution to Live Your Best Life

## New Year, New You, New Brain

## Aging Well Takes Work

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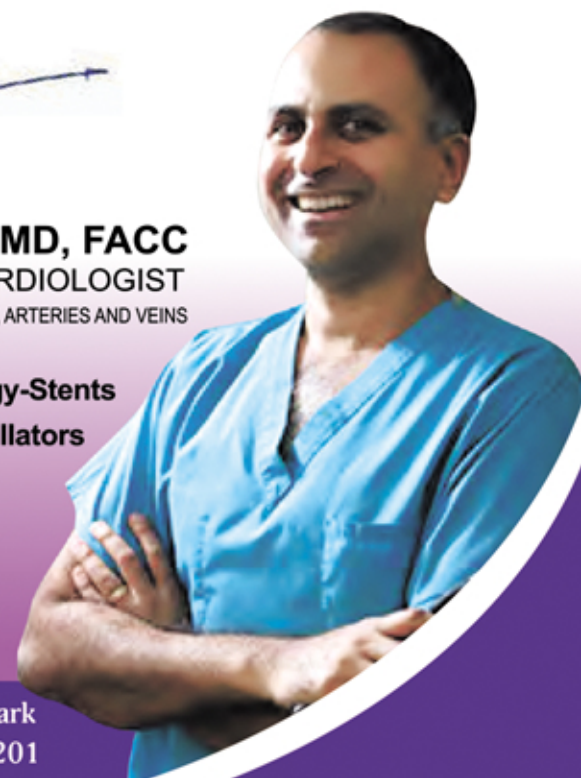
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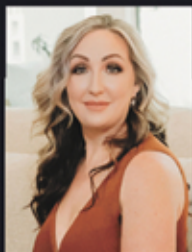
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## WHAT CAUSES VARICOSE VEINS?

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

## WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

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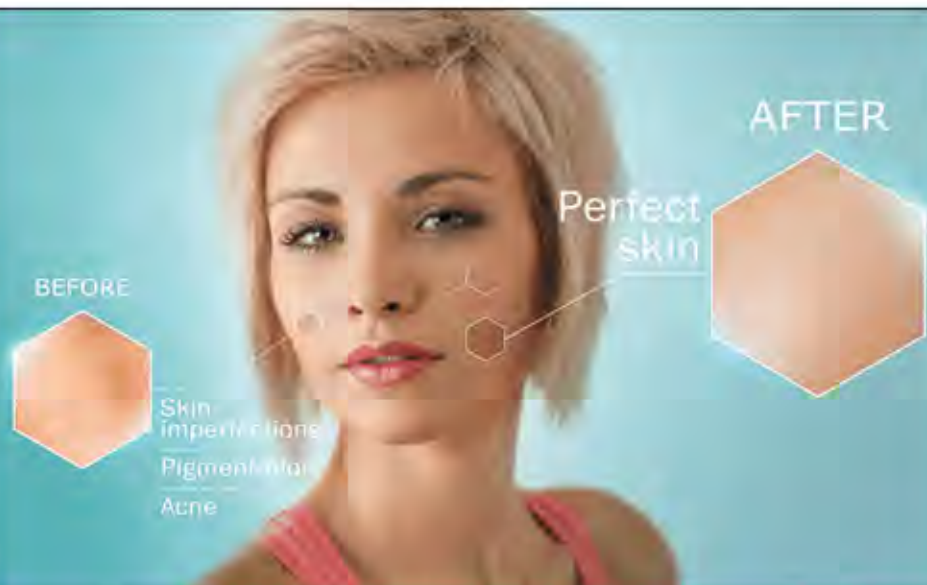
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# ROUTINE EYE EXAMS

## THE KEY TO CATCHING GLAUCOMA & OTHER DISEASES

**J**anuary is Glaucoma Awareness Month, focusing attention on a stealthy set of eye diseases that damage the optic nerve, a central part of clear vision. In most glaucoma cases, excessive pressure within the eye degrades crucial nerve fibers, distorting vision and leading to total blindness in serious cases.

"Glaucoma is particularly dangerous to vision because in the beginning, it is usually symptomless," says Board-certified Comprehensive Ophthalmologist and Fellow of the American Academy of Ophthalmology, Dr. Jose Alfredo Vazquez. "A person may not notice immediate changes to their vision even as glaucoma is causing irreparable damage. Discovering glaucoma before it can compromise eye health and function allows effective management to begin right away, which will work to slow or even stop permanent vision loss. That's why regular comprehensive vision tests should be part of everyone's overall healthcare plan."

Most cases of glaucoma involve poor drainage of corneal fluid from the eye. Primary open-angle glaucoma comprises about 80% of cases, and becomes more common as people get older. Less common is closed-angle glaucoma, in which the eye's drainage angle becomes blocked or closed entirely. This type can progress gradually or occur suddenly, requiring immediate emergency medical attention. Rarer types include secondary glaucoma and normal-tension glaucoma.

While glaucoma can affect nearly anyone, most cases occur after age 40. "That's why we like to see all people have a routine comprehensive eye exam by age 40 at the latest," says Dr. Vasquez. "Having an initial exam in one's twenties lets us establish a record of a person's physical and family history, and catch anything unusual that may be present. From there, your eye doctor will recommend a schedule for regular dilated pupil exams based on particulars such as your personal and family history, as well as background and lifestyle."



At age 40, everyone should have regular eye exams every 2-4 years. At 65 and older, it's important to schedule exams every 1-2 years to catch glaucoma, age-related macular degeneration, cataracts and other sneaky disorders before they have a chance to

damage vision. Happily, nearly all eye diseases can be treated with great success. Glaucoma, for example, is typically well-managed with eye drops and/or oral medication. The earlier eye problems are diagnosed, the easier they are to treat. With regular exams, not only can healthy vision be preserved, it may even be able to be restored.

If it's been a while since your last comprehensive eye exam, contact your local Lake Eye. We're here to keep your eyes healthy, comfortable and seeing clearly.

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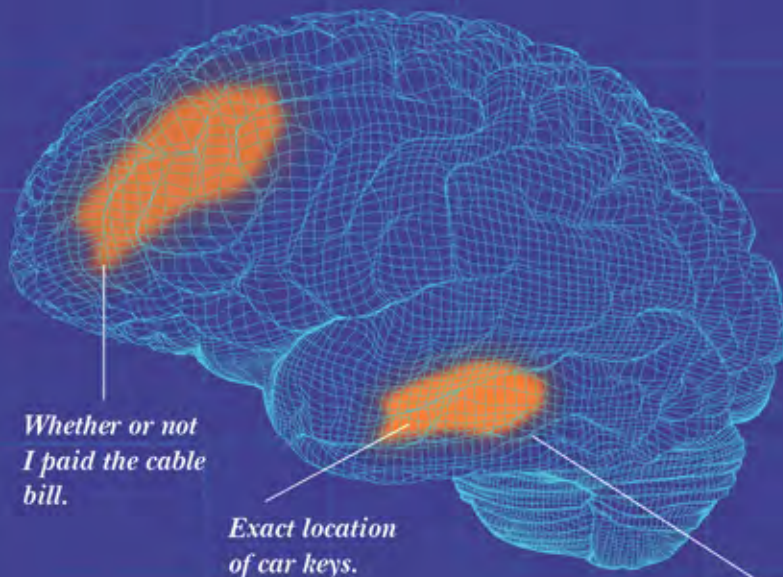


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*Whether or not  
 I paid the cable  
 bill.*


*Exact location  
 of car keys.*

*Neighbor's  
 daughter's  
 name.*

**GREY MATTER** | Fig. 17

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# NEW YEAR, NEW YOU, NEW BRAIN

**W**hile 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.

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# HOW TO IMPROVE YOUR HEART HEALTH IN THE NEW YEAR

T.E. Vallabhan, MD, FACC

**T**he 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.

# Dr. V

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# Leg Swelling Causes and Concerns

By Bryan Carter, MPA-C, Phlebology-Surgery

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

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

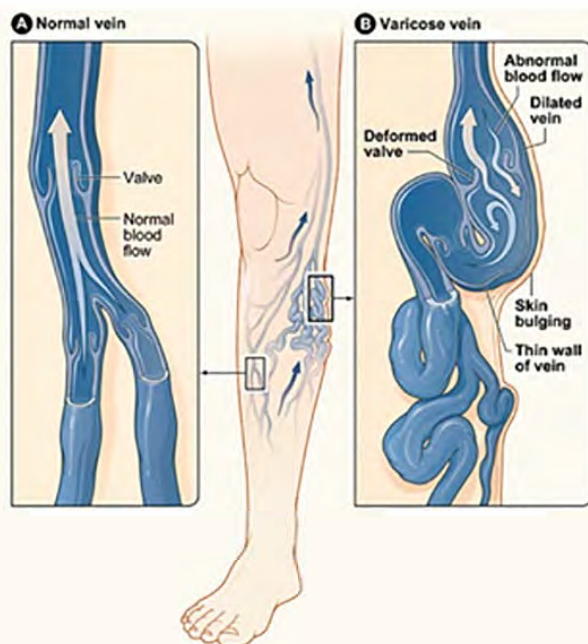
## Other Common Causes:

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

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

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

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



## Vein Disease:

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

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

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

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



## Treatment Options:

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

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

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

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



VILLAGE  
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# 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.

### Advanced Urology Institute

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

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

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# Make the Resolution to Live Your Best Life

**A**fter a season of giving to others, the new year is your time to shine. It's the perfect opportunity to think about what you can change to make your life happier, healthier and, most importantly, more fun.

Many seniors find that their quality of life improves when they move into a community. After all, having delicious food, housekeeping, fitness classes, and friends just outside your door takes away the hassle of transportation, chores, and worries.

Conveniently located in the The Villages® community in sunny Florida, Sumter Senior Living provides you with the freedom to live your best life, exactly as you want. At Sumter Senior Living, you can rest easy knowing that your lifestyle and interests will be catered to and your expectations exceeded. With a variety of living options as well as wellness, cultural, and educational programs offered daily, this is the place for you to live your best 2022.

## Friends All Around

Over 42.6 million seniors feel lonely, according to the American Senior Housing Association. But loneliness can be more than just feeling isolated. It could be that your surroundings aren't as engaging as they once were. Or maybe you're tired of having to drive in order to see friends and family. Sound familiar?

Although common, loneliness isn't something to ignore. It's been linked to chronic illnesses such as heart disease by the Centers for Disease Control and Prevention. Which is why it's necessary to surround yourself with people and experiences that bring you joy and adventure. Not to mention that studies have shown social engagement can improve cognitive health.

Fortunately, Sumter Senior Living's warm and inviting atmosphere makes it easy to be social—and on your own terms, too. If you're a free spirit, head down to our Grande Clubhouse where resort-style amenities such as our heated pool, full bar, and fitness center are yours to enjoy. If you like more structure, our activities calendar has plenty to offer. From team trivia to shopping trips, there's something here for everyone.

## Fitness Fit For You

Exercise is an essential part of a healthy lifestyle. The World Health Organization recommends that seniors should aim for at least 150 minutes per week. With benefits such as alleviating stress and improving balance, it's definitely worth your time and effort.



But sometimes it's hard to get up and at it on your own. Driving to the gym takes time and sometimes the classes aren't senior-friendly. And it can be hard to stay motivated when you're the only one exercising.

At Sumter Senior Living, our fitness classes and wellness programs offer you fun ways to be healthy. Feel strong in our water weights class, dance the morning away with chair Zumba, or exercise at your own pace in our fitness center. Here, we accommodate your personal interests and goals so you can stay active in a way that works for you.

## Food for Thought

Exercise and diet go hand-in-hand in terms of a healthy lifestyle. Yet, sometimes cooking a nutritious dinner or taking weekly trips to the grocery store can be exhausting. Wouldn't it be nice to have it all prepared in the perfect proportions and brought right to you?

Sumter Senior Living's all-inclusive, restaurant-style dining is available anytime. Enjoy incredible menu items and multi-venue options on your own schedule. Our program provides the flexibility to meet your unique lifestyle. You'll always have a seat at the table and plenty of friends to enjoy meals with.

## A Place Where You Belong

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

Managed by Grace Management, Inc. (GMI), a leader in providing the best senior living experiences, Sumter Senior Living has been able to elevate industry standards by delivering exceptional living experiences while providing the resources and information seniors and their loved ones need to make important life decisions. Grace Management, Inc. is a subsidiary of CPF Living Communities and is ranked in ASHA's 50 largest seniors housing owners.

For more information or to schedule a personalized visit, please call (352) 674-3600 or visit [www.SumterSeniorLiving.com](http://www.SumterSeniorLiving.com).



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# Do You Have Kidney Stones?

By Ingrid Calliste, MD

**T**he 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:<sup>1</sup>

**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.<sup>1</sup>

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

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1400 US Hwy 441N, The Villages FL 32159

## Reference:

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





# The Problem with Bonds

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



**A**s 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](https://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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# Laser Genesis: A Noninvasive Way to Rejuvenate Your Skin

**S**kin 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.<sup>1</sup>

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.<sup>1</sup>

**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.**

Source:

1. <https://www.cutera.com/excel-v-the-next-generation-laser-platform-for-the-treatment-of-vascular-and-pigmentary-concerns/>

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

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

## It all begins with you

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

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

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

## Cardiovascular Health

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



## Cardiovascular Associates of Lake County

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

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

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

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

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- Carotid Ultrasound
- Vascular Ultrasound
- Electrocardiogram

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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](https://ndbh.com/suicide) or talk to your doctor. #StopSuicide

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





By Dr. J. Mandume Kerina

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

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

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

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

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

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

Our patients are now able to be discharged home as Outpatient Surgical patients at a much higher functional level than before.

**UNOVA**  
**HIP & KNEE**  
**CENTER**

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

UNOVA Health at:

(352) 973-4070 | [unovahealth.com](http://unovahealth.com)



## ATTENTION MEDICARE RECIPIENTS

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





# Obstructive Sleep Apnea & Oral Appliances: A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

**S**leep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People that suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities.

## What Causes Sleep Apnea?

The Short answer to sleep apnea's cause is that the airway collapses during sleep due to one or more of the following conditions, obesity, drinking alcohol, smoking, stress, lung disease like COPD, emphysema or asthma, drugs, and various ailments. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications.

## What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders
- Chronic disease
- Diabetes
- Depression
- Behavioral issues
- Stroke
- Brain health impairment

If not treated, over time, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

## What are the symptoms of Sleep Apnea?

- Snoring
- Gasping
- Dry mouth
- Choking
- Cognitive decline or brain fog
- Restless sleeping
- Depression and irritability

## Obstructive Sleep Apnea & Oral Appliances:

### Have you tried CPAP therapy and failed?

The customary first line of treatment for sleep apnea is a PAP device. However, many patients are unable to tolerate the use of a PAP, and therefore are not achieving optimum treatment results. Those patients are candidates for Oral Appliance Therapy, or OAT. Research shows that a custom-fit oral appliance is an effective therapeutic treatment option for Obstructive Sleep Apnea and can also help to eliminate snoring. A custom oral appliance is similar to a nightguard or retainer and is designed to assist in opening the airway. By opening the airway, you increase your oxygen intake, as well as improve your sleep, and your over-all health. The American Medical Association, The American Academy of Sleep Medicine and the American Board of Dental Sleep Medicine, all recommend OAT to be prescribed by a Sleep Physician and fabricated by an ABDSM qualified dentist.

The negative effects of poor sleep are numerous. We all know the short term results of not sleeping well and feeling terrible but what about the more serious health concerns? If left untreated, people may experience poor memory, decreased cognitive function leading to dementia and Alzheimer's disease, cardiovascular disease including high blood pressure, insulin resistance, obesity and worsening symptoms of asthma and COPD due to lack of oxygen to the brain during sleeping hours. The good news is that if properly diagnosed and treated early, the effects of Sleep Apnea can be reversed over time.

### COVID-19 and Sleep Apnea

It is the position of the American Academy of Dental Sleep Medicine (AADSMD) that oral appliance therapy (OAT) should be prescribed as a first-line therapy for the treatment of obstructive sleep apnea (OSA) during the COVID-19 pandemic.

*Village Sleep Dentistry*  
**352.430.1710**  
**villagesleepdentistry.com**

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

*This recommendation is being made based on the following information:*

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

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

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

### Meet Dr. Rozensky

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

### Village Sleep Dentistry

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

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



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

**T**he 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](http://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.



# 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](https://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](https://www.omega3innovations.com)



# Hand and Wrist Injuries are Common in Pickleball

**P**ickleball 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.

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



## Make your cerebral cortex go ‘ahhhh.’

Some 95% of us don't get enough of two vital brain nutrients – omega-3 fatty acids and melatonin – as we age. It's no wonder memory troubles, sleep issues, stress and perpetual brain fog follow!

Fortunately, the answer is easy: Satisfy your need for more omega-3s and melatonin with Omega Restore™. Your brain (and a few other parts) will thank you.

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## Changing lives... One patient at a time!

**352-433-0091**  
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- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

<b>Ocala</b> 2801 SW College Rd Ocala, FL 34474	<b>Summerfield</b> 14031 Del Webb Blvd Summerfield, FL 34491	<b>Lady Lake</b> 929 US-27 #301 Lady Lake, FL 32159	<b>Wildwood</b> 805 S. Main St Wildwood, FL 34785
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# WHAT IS AN INGROWN TOENAIL?

**W**hen 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.

**LAKE SIDE**  
FOOT & ANKLE CENTER

Contact us to day to schedule your appointment.

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



# WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

**E**state 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](http://www.attorneypatricksmith.com)**.

## LAKE SIDE FOOT & ANKLE CENTER



Karsten S. Weber, DPM, MS  
Alexander A. Stirling, DPM, FACFAS  
Nicole Hancock, DPM, FACFAS, FAPWCA

## Foot Care for Every Walk of Life

**Is foot or ankle pain holding you back from the activities you love?**

Our practice is dedicated to providing superior foot and ankle care for every walk of life using state of the art and time proven diagnostic and therapeutic techniques.

**Contact us today to schedule your appointment.**

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The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.



# The Right Food May Be Wrong For You

By Compton Chiropractic Care

**Y**ou've seen your doctor, but nothing seems to explain the cause of these symptoms. Well get ready to change everything you ever thought you knew about your diet, nutrition and how to be healthy! Compton Chiropractic is now offering a new test that pinpoints exactly what foods are toxic to your body so you can stop feeling lousy, tired moody, or bloated.

Years ago scientists discovered your body has an internal chemical balance that is as unique to you as your fingerprint. Likewise, every food you eat has its own "chemical imbalance"; a unique set of natural or man-made chemicals. As your body reacts differently to each and every food, the food you eat each day will enhance proper body chemistry, or disrupt the correct balance. In fact, 95% of the patients that are tested show that one or more foods they regularly eat cause a toxic reaction in the body. You might not even notice these inflammatory reactions. Most of them work at a cellular level, and may cause symptoms that you will not notice right away. Nutritious foods you eat (like corn, soy, egg whites, green pepper or chicken for example) may actually act like an invader to your body. When you eat foods that form inflammation in your system, those foods can cause harmful, chronic problems with your health.

## What can I do?

Compton Chiropractic is now partnering with Immunolabs in order to determine how your body reacts to the foods you eat is through a test called a Bloodprint. This simple blood test pinpoints the foods that support healthy body chemistry and those that are toxic to you.

This is not a standard blood test nor is it a regular food allergy test that most doctors order. While most doctors test life-threatening types of allergic reaction, this bloodprint tests for foods that are slowly causing inflammatory responses in your body. This could explain why you are experiencing chronic pain or flare ups of autoimmune reactions (such as rheumatoid arthritis psoriatic arthritis, multiple sclerosis etc).

## What makes immunolabs different to other diet problems?

It is simple, we help you find foods that your body does not want you to ingest. Then, Immunolabs offers a customized meal plan for your exact body chemistry including special reporting available on 154+ foods. Your custom meal plan will include "good" foods and eliminate any toxic foods. This nutritional plan will also work to remove cravings, eliminate binge eating and line up your food intake with your unique body chemistry in order to achieve and maintain your ideal weight as well as decreasing inflammation in your body.



Immunolabs will continue to work with you in order to improve your diet by offering personalized coaching phone sessions with trained health advisers and a free online forum.

With foods that support healthy digestion and proper functions you can unleash your physical, emotional, and mental energy. Set up a consultation today so you can start a pathway to experiencing better health and a positive outlook to a new glow in health!

## Ask yourself if you experience any of the following:

- **Musculoskeletal:** osteoarthritis, rheumatoid arthritis, multiple sclerosis, gout, neuropathy, thyroid dysfunction, Addison's Disease, diabetes, lupus erythematosus?
- **Digestive Tract issues:** belching, bloated feeling, constipation, diarrhea, nausea, passing gas, stomach pains, vomiting, Irritable Bowel Syndrome, Diverticulitis, Celiac's Disease?
- **Ears:** Drainage from ear, ear aches, ear infections, hearing loss, itchy ears, ringing in ears?
- **Emotions:** Aggressiveness, anxiety/fear, depression, irritability/anger, mood swings nervousness?
- **Energy and activity:** Apathy, fatigue, hyperactivity, lethargy, restlessness, sluggishness?
- **Eyes:** Blurred vision, dark circles, itchy eyes, sticky or swollen eyelids, watery eyes?
- **Dizziness:** Faintness, headaches, insomnia, light-headedness?
- **Joint and Muscles:** aches in muscles, arthritis, feeling of weakness, limited movement, pain in joints, stiffness?
- **Lungs:** Asthma, bronchitis, chest congestion, difficulty breathing, shortness of breath, wheezing?

- **Mind:** Confusion, learning disabilities, poor concentration, poor memory?
- **Mouth and Throat:** Canker sores, chronic coughing, gagging, sore throat, swollen tongue, lips, or gums?
- **Nose:** excessive mucous, hay fever, sinus problems, sneezing attacks, stuffy nose?
- **Skin:** acne, dermatitis, eczema, excessive sweating, flushing/hot flashes, hair loss, hives, rashes itching?
- **Weight:** binge eating, compulsive eating, cravings excessive weight, underweight, water retention?
- **Other:** anaphylactic reactions, chest pains, frequent illness, genital itch, irregular or rapid heartbeat, urgent urination?



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- Medicaid • Workers Compensation • Freedom Health





# 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.<sup>1</sup>

## Staging 101

### Clean Homes are Critical

Clean the home of 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.

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

### 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.

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 you 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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# HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

### Regenerative Medicine

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



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

#### Viscosupplementation

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



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

#### PRP (Platelet-Rich Plasma)

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

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

#### Physicians Rehabilitation

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



# CBD: WHY YOU SHOULD MAKE IT PART OF YOUR NEW YEAR'S RESOLUTIONS FOR HEALTH, WELLNESS & BEAUTY

By Stacy Roberts, Founder of Hempra

**B**rain and nerve cells throughout our bodies have cannabinoid receptors that respond to and produce various reactions. Our CB1 and CB2 receptors naturally react to cannabinoid derived from hemp extract. Our innate endocannabinoid system works synergistically with CBD derived from hemp, providing numerous beneficial responses within the body. This natural system in our bodies has healing capabilities, regulates pain levels, reduces inflammation, and regulates brain, endocrine and immune function.

## How CBD Can Help with Your New Year's Resolutions

### Post Workout

There both anecdotal and scientific information that suggests CBD as a post-workout supplement is beneficial to relieve tiny muscle tears and inflammation. When we exercise, we often feel the effects the next day or two. Although painful, this is usually a good sign that we are rebuilding muscles and becoming stronger. CBD is a natural way to relieve pain and inflammation.

### Skincare

With CBD, the receptors within our bodies responsible for tamping down inflammation, also work at the epidermal layers of the skin's tissues. The CB1 and CB2 receptors can absorb and respond to topical CBD



skincare and help with acne, eczema, psoriasis, dry skin, and the list goes on and on. When paired and blended with other skin ingredients like shea butter, retinols, and peptides, CBD synergistically works with the other ingredients to offer some unique skincare options for antiaging.

### Immunity

Staying healthy has been at the forefront of people's minds for the past two years. Research shows that CBD acts as an immunosuppressant and an immunomodulator. Along with the anti-inflammatory responses from CBD, these can be helpful when coupled with a healthy lifestyle and routine to stave off viruses and illness.

### Hempira Subscription Boxes Details

A CBD subscription box is a retail service that charges you a monthly fee to receive a variety of CBD products of your choice to your liking delivered to your door. As you may have noticed, CBD boxes are the latest trend in self-pampering.

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

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

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

To find out more about Color Up Therapeutics or to Learn about our Subscription boxes, please visit, **Hempira.com**. In-person consultations are also available; please call or email at **239-778-8738** or email **Info@Hempira.com**.

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# How Can Adults Help Children Who Have Lost a Loved One?

By Kristen Nardolillo, LCSW, Cornerstone Hospice Children's Bereavement Counselor

**W**hen someone loses a loved one, the person can experience a variety of intense feelings. The emotions can be consuming and even overwhelming to the point it affects everyday life.

Through life experience, an adult may recognize that the range of feelings are due to grief. But for a child, the loss of a loved one may be confusing and overwhelming.

Children grieve differently from adults; they are much more sensitive to the energy that encompasses their environment. In fact, kids can be highly perceptive, often knowing a lot more about the death than adults think they do.

Parents and caregivers often ask me, "what's the best way to talk to my child about death?" The answer is that there is not just one right way to have the conversation.

National Grief Awareness Day (August 30) is intended to raise awareness to the numerous ways individuals cope with loss. Due to the recent pandemic, more children may have been touched by a greater sense of grief.

**These suggestions for helping children may be of comfort to adults, too:**

**1) Don't be afraid to express your own feelings.** Some parents/caregivers feel the need to protect their child by hiding or suppressing their own reaction to a loss, out of fear that it could cause a child even more pain. The problem with this approach is that the child may then begin to mirror the behavior, by hiding and filtering their own expression of grief. They may begin to think that expressions like crying are a bad thing, and refrain from showing others this form of pain. By parents and caregivers openly expressing their own feelings, it shows the child that it is okay to be sad and feel pain after a loss. This also normalizes what the child is experiencing and validates any need for self-expression.



*Kristen Nardolillo, LCSW is Cornerstone Hospice's Children's Bereavement Counselor.*

**2) Use realistic language.** Kids tend to take things very literally. Using phrases like "passed away" or "resting in heaven" might sound more nurturing than terms like "dead" and "dying," however this clear language is necessary for children to understand the nature of what just happened. A child may feel confused if such language is avoided, prolonging their ability to heal. Children cannot begin to heal until they fully understand the permanence of their loss.

**3) Reinforce that death is not their fault.** Young children can have "magical thinking" that leads them to believe they may have caused a death through something they did or said. Sometimes a gentle reminder that they are in no way to blame for a death, can resolve or prevent feelings of guilt.

**4) After a loss, it is common for kids to want to shut down and avoid interaction with others.** Plan a weekly family meeting that allows everyone to share about how their week is going. Allow this to

be a judgement free zone, giving everyone an opportunity to speak and feel heard. For little ones, using dice with topics on each face (family, friends, school...) can make this more of a game-like activity, which encourages participation.

**5) Laugh!** Don't be afraid to laugh a little while you grieve. Kids, and even adults, can think that experiencing joy and happiness after a death means that they are forgetting about, or no longer honoring their deceased loved one. Plan fun activities throughout the week, so that together you can learn that healing does not mean forgetting.

Remember, kids can only experience small doses of intense emotion, which means they may not react to grief the same way an adult would. Don't be overly concerned if a child's grief looks and sounds different from your own. Grief is something everyone experiences at some point, and all will express grief in our own unique way.

Providing a loving, non-judgmental environment for your child, will allow him/her to feel comfortable when they are ready to talk about their grief. Be patient and don't expect that you will have all the answers.

Cornerstone Hospice offers bereavement support for children and adults living in the communities it serves. Participation is free and the lost loved one did not have to be in Cornerstone's care. **To learn more about group and individual bereavement support, email [bereavement@cshospice.org](mailto:bereavement@cshospice.org) or call 866-742-6655.**

Additional resources to help with grief or stress and anxiety can be found at Cornerstone's Kids, which offers a series of activities including games, music, workshops, crafts and more. Participation in Cornerstone's Kids is also free and information is available at <http://cornerstoneskids.org>.





# 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

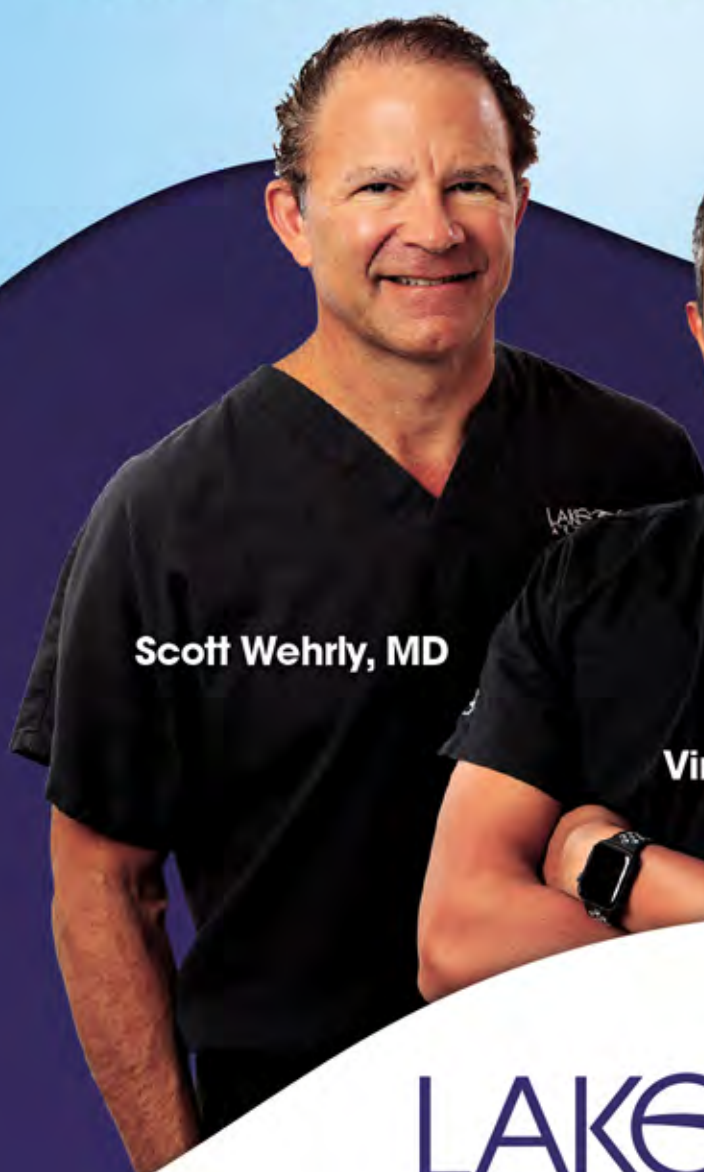
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