

CENTRAL FLORIDA'S

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

March 2022

Lake/Sumter Edition - Monthly

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

**FREE**

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

**Stress Less for a  
Healthier Heart**

**Diabetes**

Puts Individuals at  
Greater Risk for  
Developing Kidney  
Disease

**Make March Matter**

**Attention  
Females:**

May Thurner  
Syndrome is a  
Vascular Condition  
Prevalent in Women

**Good Skin Isn't  
About Luck**

**Blepharoplasty**

Address Chronically  
Tired Eyes



# TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

## TIRED & ACHING LEGS?

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

## WHAT ARE VARICOSE VEINS?

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

## WHAT CAUSES VARICOSE VEINS?

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

## WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

## TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

## WHAT RESULTS CAN YOU EXPECT?

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



## OUR SERVICES

- |  |  |
|--|--|
| • CARDIOLOGY CONSULTATION                          | • EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH |
| • EXERCISE STRESS TESTING                          | • EVALUATION OF CARDIAC ARRHYTHMIAS                |
| • NUCLEAR STRESS TESTING                           | • EVALUATION OF FAINTING (SYNCOPE)                 |
| • ECHOCARDIOGRAPHY                                 | • EVALUATION OF FATIGUE                            |
| • EVALUATION OF HEART VALVE DISORDERS              | • CHOLESTEROL DISORDERS (DYSLIPIDEMIA)             |
| • EVALUATION OF CORONARY ARTERY DISEASE            | • PREOPERATIVE SCREENING                           |
| • EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE) | • WEIGHT LOSS AND NUTRITIONAL CONSULTING           |



**Bryan Carter, MPA-C**

8575 NE 138th Lane, Lady Lake, FL 32159

**(352) 674-2080**

Toll Free: 1-855-432-7848 (Heart 4 U)

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

Premier Sotheby's  
INTERNATIONAL REALTY

Global presence.  
Unrivalled service.



## EXTRAORDINARY FLEXIBILITY | BE IN CONTROL OF THE SALE OF YOUR HOME

Share the details of your home with Tasha Osbourne, Global Real Estate Advisor with Premier Sotheby's International Realty, while you search for your next home in peace. Once you're ready, a highly qualified buyer may already be found for you!

Ranked among the top brokerages in the U.S.  
No. 25 Power Broker Report  
No. 28 REAL Trends brokerage by volume

*Luxury Homes*  
&  
EQUESTRIAN GROUP

**Tasha Osbourne**

352.613.6613

[Tasha.Osbourne@PremierSIR.com](mailto:Tasha.Osbourne@PremierSIR.com)

[TashaOsbourne.PremierSothebysRealty.com](http://TashaOsbourne.PremierSothebysRealty.com)



Sotheby's International Realty® and the Sotheby's International Realty logo are registered service marks used with permission. Each office is independently owned and operated. Equal Housing Opportunity.

# Finally, a good night's sleep!

*Laurel Manor Dental  
is now accepting  
new patients!*



*Village Sleep  
Dentistry*

It's a great time to schedule a visit and get to know us before urgent dental needs arise.

Our compassionate, professional staff has been serving residents of The Villages® community for over 12 years and we offer a wide variety of dental services in a warm, caring environment. We treat you as family, letting you decide the direction of your dental care.



**352.430.1710**

1950 Laurel Manor Drive  
Suite 180B

The Villages, Florida 32162  
[villagesleepdentistry.com](http://villagesleepdentistry.com)



**Serving The Villages & Central Florida**  
**Reverse Mortgage Specialist**

**Bruce Hancock**  
 NMLS# 90211

### Common Examples of What a HECM Can Help You Do

- Purchase a new home to fit your lifestyle needs
- Protect your retirement portfolio
- Reduce monthly expenses by paying off existing mortgage
- Reduce monthly expenses by paying debt
- Enhance your cash flow Incorporate housing wealth into your retirement plan
- Create an emergency fund
- Increase cash to help ensure monthly bills are paid
- Fund for home repairs or upgrades
- Reduce the burden of out-of-pocket healthcare costs
- Fund the expense for caregivers, live-in nurses, or other in-home care
- Have the cash for a large expense, such as a vacation or vehicle



To find out more details, contact Bruce Hancock today.  
 Office: 352-633-3204 | Mobile: 609-617-5723



Having great skin can happen at any age!  
**AT TNT WE MAKE SURE OF IT!**

The NEW MicroPen EVO™ is here at TNT.  
 With FDA Class II device clearance, the MicroPen EVO is  
 the evolution of microneedling.

**\$50.00<sup>OFF</sup>**

A Package of 3  
 TNT Microneedling Treatments

Ready for great skin? **Call today: 352-259-5190**  
 TO LEARN MORE ABOUT MICRONEEDLING VISIT OUR WEBSITE:  
**TNT4ME.COM**

TOTAL NUTRITION **& Therapeutics**

and call us today to schedule your **FREE**  
 consultation to see if you are a candidate  
 for this amazing procedure.



**TAKE  
 CONTROL  
 OF YOUR  
 HEALTH  
 TODAY!**

## TOP UROLOGISTS IN FLORIDA DEDICATED TO YOUR HEALTH

Advanced Urology Institute is the largest urology practice in Florida. We are dedicated to improving the lives of our patients by providing excellent Patient-Centered Care.

For those in need of compassionate and best-in-class Urology care and treatment, visit [advancedurologyinstitute.com](http://advancedurologyinstitute.com)

**THE VILLAGES**  
**(352) 259-4400**

**OCALA**  
**(352) 351-1313**

**The Villages**  
 12109 CR 103  
 Oxford, FL 34484

**Timber Ridge**  
 9401 Southwest St. Rd. 200  
 Suite 3001  
 Ocala, FL 34481

**Leesburg**  
 210 S Lake St, Suite 9  
 Leesburg, FL 34748

**Windsor Oaks**  
 1901 SE 18th Ave, Bldg. 300  
 Ocala, FL 34471

**[www.advancedurologyinstitute.com](http://www.advancedurologyinstitute.com)**

**EXCELLENCE IN PATIENT-CENTERED CARE**

# Adina M. Ion, M.D.

Board Certified Internal Medicine

**Florida Primary  
Care Group**

*In Affiliation With Cardiovascular Associates Of Lake County, PA*

**ACCEPTING NEW PATIENTS**

**Services Include:**

- Routine Exams
- Health Consultations
- High Blood Pressure
- High Cholesterol
- Urgent Care Services
- and More...

**CALL TODAY TO SCHEDULE  
AN APPOINTMENT**

**352-742-1171**

LRMC Medical Plaza, 705 Doctors Court, Leesburg, FL 32748

[WWW.CVALAKECOUNTY.COM](http://WWW.CVALAKECOUNTY.COM)



Florida Blue 

MEDICARE

# Medicare

plans that fit your life  
**Learn more today!**



**Call your local agent today.**

**1-352-353-3399**  
**Dell Richards**

Florida Blue  MEDICARE



**UNOVA  
HIP & KNEE  
CENTER**

## Hip or knee pain?

We keep you moving.

Home 90 minutes after hip or knee replacement surgery.  
Our one-of-a-kind, patient-tailored surgical approach makes it possible.  
**Learn more: Schedule your consult today.**



**Dr. J. Mandume  
Kerina, M.D.**  
Orthopedic  
Surgeon



**Dr. Thomas H.  
McCoy, M.D.**  
Orthopedic  
Surgeon

World-class orthopedic surgeons bring a combined 63+ years of hip and knee replacement specialization, having completed more than 30,000 hip and knee replacement surgeries.

[UNOVAHipAndKnee.com](http://UNOVAHipAndKnee.com) | 888-847-4895

## CONTENTS

### MARCH

**6** Blepharoplasty to Address Chronically Tired Eyes

**7** Are Your Symptoms Related to Atrial Fibrillation (AFIB)?

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

**10** Reforming Patient Care Through Choice

**11** Attention Females: May Thurner Syndrome is a Vascular Condition Prevalent in Women

**12** Discover More Options and Details Regarding a Reverse Mortgage

**13** Stress Less for a Healthier Heart

**14** Make March Matter

**15** Diabetes Puts Individuals at Greater Risk for Developing Kidney Disease

**16** Kidney Awareness Month

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

**19** What is Microneedling, and How Can it Help Your Skin?

**20** Good Skin Isn't About Luck

**21** Make Your Home Stand Out: Home Gyms and Meditation Rooms

**22** Inflammation: A Common Pathway for Deadly Disease

**23** Why You Should Be In Total Control of Your Estate Planning

**24** Healthy Aging: What Does It Really Require?

**25** Achilles Tendon Rupture and Getting You Back in the Game

**26** Omega-3 & Melatonin: Not Just for Better Sleep

**27** Innovative Therapies Group Offers SaeboGlove for Neurological and Hand Injuries

**28** Chiropractic: A Safe and Natural Alternative to Medication and Surgery

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

**31** Spiritual Wellness: Maintaining Healthy Friendships

# It's your heart. It should be personal.

**And that's how I treat it.**

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



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

- Interventional Cardiology-Stents
- Pacemakers and Defibrillators
- Vascular Medicine
- Clinical Cardiology
- Echocardiography
- Nuclear Cardiology

Rolling Oaks Professional Park  
929 N US HWY 441, Suite 201  
Lady Lake, FL 32159



Call Office for Consultation  
**352.750.2040**

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

### CONTACT US

Owner  
**Cristan Gensing**  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

CREATIVE DIRECTOR  
**Sonny Gensing**  
[sonny@gwhizmarketing.com](mailto:sonny@gwhizmarketing.com)



**Central Florida's Health & Wellness Magazine** can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2022. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

# BLEPHAROPLASTY TO ADDRESS CHRONICALLY TIRED EYES

**W**e can feel happy, energetic and full of enthusiasm and have our eyes convey a message of haggardness, exhaustion and severity. Time and gravity can pull upper eyelids downward or create pouchy lower lids, creating a look of tiredness, confusion or even anger. Certainly that's not how we want to face the world.

When vision becomes affected, many people seek treatment for eyelid dysfunction, but what if it's merely a cosmetic issue? You don't need to be vain to get blepharoplasty to correct disorders of the eyelids. When performed with experience and skill, blepharoplasty doesn't produce effects that declare, "I had cosmetic surgery." Refined blepharoplasty simply restores your natural look by removing any excess skin and fatty bulges, and gently lifting drooping upper lids or hanging lower lids. Blepharoplasty treats discomfort too, correcting conditions like inward- or outward-turning eyelids (which can cause irritation and invite eye infection) as well as festoons, which are skin folds in the lower eyelids and swelling of the upper cheeks. In a single outpatient procedure, blepharoplasty can address single or multiple issues, creating a refreshed, restored and more alert appearance.

Lake Eye's Board-certified Comprehensive Ophthalmologist Dr. Shelby Terpstra has performed countless successful eyelid surgeries to restore a more relaxed and refreshed appearance as well as a wider, rejuvenated field of vision. "My patients are looking to have their natural facial expressions restored to match their overall energy, confidence and mood," says Dr. Terpstra. "By relieving the effects of time and gravity, blepharoplasty opens eyes and provides



an invigorated look that invites others to ask if you have returned from a vacation, not a plastic surgeon's office." The results are dramatic enough to make a real difference in one's appearance while remaining pleasingly subtle and natural-looking.

Blepharoplasty is a safe, quick, minimally-invasive procedure with quick recovery and little to no downtime. The results can create many years of enhanced attractiveness and confidence. In cases where eyelid drooping or bagginess seriously impacts vision, blepharoplasty may be covered by Medicare.

If your upper and/or lower lids are impeding your vision and conveying a mood that doesn't fit your personality, contact or visit your neighborhood Lake Eye. We're here to help you greet every day from a magnificent perspective.

**LAKE EYE**

Tavares • Leesburg • Lady Lake • The Villages • Wildwood

**352-775-1533**  
**LakeEye.com**



T.E. Vallabhan, MD, FACC

# ARE YOUR SYMPTOMS RELATED TO ATRIAL FIBRILLATION (AFIB)?



**A** Fib is an irregular heart rate that is often rapid with palpitations and causes insufficient blood flow. More than 6 million individuals in the United States have AFib. Hereditary heart disease usually causes the disorder, but other factors contributing to heart arrhythmias are high cholesterol, high blood pressure, obesity, heavy alcohol use, and more. A disruption to the top chamber of the heart, prompting the heart's rhythm and rate to fluctuate, causes an arrhythmia.

The two sides of the heart work in opposition to each other. The right side of the heart takes in deoxygenated blood from the body and feeds them to the veins and lungs; the left side carries the oxygen and nutrient-rich blood from the lungs and feeds it back to the body. Four chambers make up the heart. The top chambers are called the atria, and the lower are the ventricles. Without proper functioning, the heart will begin to cause damage to major organs, and without maintenance, your heart can cause adverse effects very quickly.

Most of us are very familiar with symptoms of coronary heart disease, but AFib symptoms often go overlooked and are not taken as seriously as they should be. Atrial Fibrillation takes over 130,000 lives each year.

## The symptoms of an atrial heart arrhythmia are:

- Dizziness
- Shortness of breath
- Racing heart
- Fluttering heart
- Palpitation
- Uneven heartbeat
- Chest pain

If left untreated, AFib can cause blood clots to form in the heart. These clots are produced due to the restricted pumping of the chambers, which causes the blood to pool in the atria and form clots. If the blood clots break off, they can reach the brain and cause a stroke. Patients with AFIB are seven times more likely to have a stroke than those with normal heart rhythm.

## Treatment for AFib

- Medications to regulate the heart's rhythm (antiarrhythmic drugs)
- Blood-thinners to reduce the risk of stroke
- Surgery (i.e. Catheter ablation, MAZE procedure)

It's critical to seek medical attention from a respected cardiologist if you are experiencing any of the symptoms related to atrial fibrillation. Do not wait, the heart muscle, rhythm, rate, and ability to pump correctly, is what is keeping you alive.

# Dr. V

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

**It's your heart.  
It should be  
personal.**

*And that's how I treat it.*

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

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

## Dr. Vallabhan

**Call Office for Consultation  
352.750.2040**

**Rolling Oaks Professional Park  
929 N US HWY 441, Suite 201  
Lady Lake, FL 32159**

# 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.

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

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

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

- Pacemaker implantation
- Balloon Stenting
- Angioplasty
- Vein Ablation
- Coronary Catheterization
- Angiography

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

Put your heart in good hands at  
Cardiovascular Associates of  
Lake County.

[WWW.CVALAKECOUNTY.COM](http://WWW.CVALAKECOUNTY.COM)

**Florida Primary  
Care Group**

*Adina M. Ion M.D.*

*Board Certified  
Internal Medicine*



In Affiliation With Cardiovascular Associates Of Lake County, PA

**Adina M. Ion M.D.**

**352-742-1171**

LRMC Medical Plaza  
705 Doctors Court  
Leesburg, FL 32748





SUNSHINE  
KidneyCare  
Nephrology Associates



**Ingrid Calliste, MD**  
Board Certified  
Nephrology & Internal Medicine



**John Hayes, MD**  
Board Certified  
Nephrology & Internal Medicine



- Consultative Nephrology
- Acute & Chronic Renal Insufficiency
- End-Stage Renal Disease
- Hypertension
- Dialysis Management

Accepting New Patients

Phone - 352 388 5800

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

QUALITY • COMPASSIONATE • COMPREHENSIVE • KIDNEY CARE



**SUMTER SENIOR LIVING**  
A GRACE MGMT COMMUNITY

### Spring Into New Adventures

With access to The Villages® Amenities, enriching activities, exceptional care, and plenty of friends, you'll blossom at Sumter Senior Living.

**Call to schedule a personalized visit!**

*It's not like home. It is home.™*

1490 Killingsworth Way • The Villages, FL 32162  
(352) 707-9959 • [www.SumterSeniorLiving.com](http://www.SumterSeniorLiving.com)

**INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE**

Assisted Living License Number: 12227



# Central Florida's Health & Wellness Magazine



On the Web

[HealthAndWellnessFL.com](http://HealthAndWellnessFL.com)



On Facebook

[facebook.com](https://facebook.com)



On Twitter

[twitter.com](https://twitter.com)



In Your Inbox

Receive our monthly newsletter. Sign up online

## Providing information that will promote living a healthy, well-balanced lifestyle.

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



The screenshot shows the homepage of the Health & Wellness Magazine website. The header includes the magazine's name, a search bar, and navigation links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large image of a woman wearing a white hat, with the headline "Skincancer" and a sub-headline "By April Stevens, MD, Board Certified Dermatologist...". Below this, there's a section for "Read Our Flip Book Version" with three thumbnails for different editions. A "Featured Article" section highlights "The Other Side of Parkinson's Disease" by Ramon A. Gil, MD. On the right side, there's a "Sign Up For Our Newsletter" form with fields for Name and Email, and a "Subscribe" button. Below the form, there's a list of "In This Issue" topics including "Living with Diabetes?", "Vital Wellness Works", "Is It My MEMORY... or is it My HEARING?", "Activities: Are They Right for You?", "How to Find the Right Specialist:", "ADDICTION", "Tips for Looking Young", "Fix Your Gut, Fix Your Problems", and "Study Reveals Diabetes and Age".

# Reforming Patient Care Through Choice



**A**s the aging population of Americans grows, adjustments must be made to the way healthcare services are managed and provided.

One of those major changes rolled out last year when Medicare allowed total knee replacement surgery to be eligible for payment in the Ambulatory Surgery Center (ASC) setting as of January 1, 2020.

On January 1, 2021, Medicare added total hip replacements to its approved outpatient ASC list.



**Dr. Thomas McCoy** and  
**Dr. Jeffrey Mandume Kerina**,  
orthopedic surgeons

**99% of patients are able to walk out of the surgery center and go home 90 minutes after hip or knee replacement surgery.**

Thomas McCoy, M.D. and Jeffrey Mandume Kerina, M.D., orthopedic surgeons leading the UNOVA Hip & Knee Center in Lady Lake, Florida, are optimistic about these changes and what they mean for total joint replacement candidates. Drs. Kerina and McCoy have been performing outpatient joint replacement surgery since 2008, longer than most orthopedic surgeons in the country.

The majority of patients who require joint replacement surgery are covered by Medicare, however until recently they were not permitted to have their surgeries performed in outpatient centers. Drs. Kerina and McCoy's extensive experience allowed them to immediately begin

offering this service to their Medicare patients when this changed for total knee in 2000 and total hip in 2001. Now, 90% of UNOVA Hip & Knee Center's Medicare total joint replacement candidates are done in a freestanding outpatient surgery center. Call to find out more.



**UNOVAHipandKnee.com**  
**888-847-4895**

# Attention Females: May Thurner Syndrome is a Vascular Condition Prevalent in Women

By Bryan Carter, MPA-C, Phlebology-Surgery

**M**ay Thurner Syndrome affects mostly females, and it can lead to dangerous outcomes like impinged blood flow and DVTs (deep vein thrombosis).

## What is May Thurner Syndrome?

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

## Symptoms

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

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

## Risks

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

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

DVTs are life-threatening, as they can lead to a pulmonary embolism. Thankfully, surgical solutions save lives. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and



so readily available to patients. It's unfortunate that there still seems to be more of a reactive process, than a proactive plan. Speaking to your physician is vital if you or a loved one have any of the venous symptoms or risk factors discussed above.

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

## Treatment

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

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  
**Heart**  
& VEIN CENTER

**Bryan Carter, MPA-C**

8575 NE 138th Lane  
Lady Lake, FL 32159

**(352)-674-2080**

**Toll Free: 1-855-432-7848 (Heart 4 U)**

**[www.villageheartandvein.com](http://www.villageheartandvein.com)**



# Discover More Options and Details Regarding a Reverse Mortgage

By Bruce Hancock

**M**any people decide to move forward with a reverse mortgage for various reasons; loss of a spouse's income, running out of money as costs rise, fix up the home, have money sitting there should you need it someday, or just want to enjoy life a little better. Having access to the equity in your home could be the answer. As our population is living longer, people are searching for viable options to help them live out their best life. So, while the retirement age used to only last a decade, it is now lasting for two or more decades. Also, with this longer life, we can experience and make many more memories, but along with this merriment, longevity of life often comes with significant health issues.

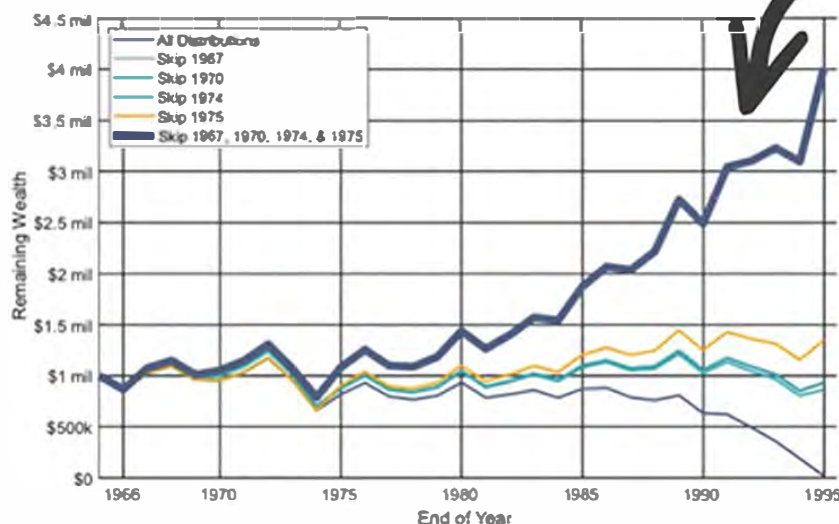
It's a common misconception to view a reverse mortgage as looming financial woe. Reverse mortgages are not to be looked at as a last resort to economic difficulty, but rather as an opportunity to build proceeds and profit for your retirement and perhaps your mounting healthcare bills.

In addition to costly matters such as emergency funds, home maintenance, travel and leisure, the healthcare industry is expensive. If you are diagnosed with cancer, your office visits, surgery, and treatment will be ongoing, and your cost associated with your care will be continuously escalating. The same holds true for many other age-related diseases and disorders.

Total projected lifetime health care premiums (Medicare Parts B and D, supplemental insurance, and dental insurance) for a healthy 65-year-old couple can be around \$400,000. Adding deductibles, copays, hearing, vision, and dental cost sharing, that number grows exponentially.

In cases where medical care is a major issue, reverse mortgages are helping countless individuals maintain their lifestyle of choice while receiving quality restorative treatment. With today's modern reverse mortgages, you remain in control, and the terms are more flexible than those of the past. As an example, you always own your home, you have a guarantee that you can never owe more than its' value.

You will remain the owner of your home's title throughout the entire reverse mortgage process. You are able to leave your home to family members, and your loved ones can even remain in the home if you were to pass away.



\*Sequence Risk and the Portfolio Impact of Skipping a Year of Distributions Using S&P 500 Data, 1966-1995, S&P 500

**NO DISTRIBUTIONS WERE TAKEN FROM THE PORTFOLIO FOLLOWING BEAR MARKET YEARS**

**4x**

**FROM WHERE IT STARTED**



## FHA Insured Reverse Mortgages

The Home Equity Conversion Mortgage (HECM) is an FHA insured reverse mortgage and is the safest and most popular type of reverse mortgage on the market. HECM's are the only reverse mortgage insured by the federal government through the Federal Housing Administration (FHA), a division of the Department of Housing and Urban Development (HUD).

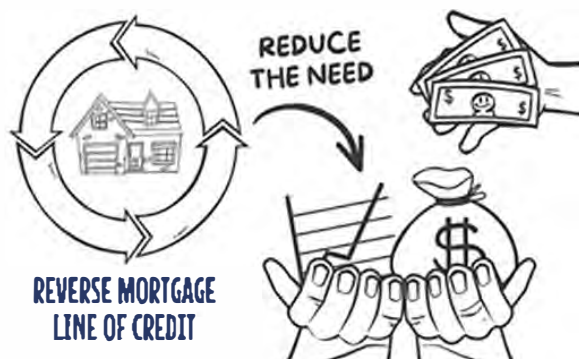
The HECM allows homeowners, ages 62 and better, to convert part of their home equity into tax-free proceeds. \*There is never a required monthly mortgage payment on a HECM, and there is no pre-payment penalty if the consumer ever chooses to pay the loan back in part or in full. Repayment of the loan can never exceed the home's value and the

heir's will never inherit a debt. The homeowner must maintain the property and pay property taxes, homeowner's insurance, and any HOA fees. The home must be the borrower's primary residence.

## Bruce Hancock, Reverse Mortgage Expert

Bruce Hancock is a reverse mortgage specialist working for Mutual of Omaha. He has been in the mortgage industry since 1984 and along with his highly sought-after mortgage expertise, Bruce takes great pride in helping seniors retire comfortably with better options. He has always been conscientious and dedicated to being the best, which is why he always listed as a top producer throughout his career.

*To find out more details, contact Bruce Hancock today.*



**Serving The Villages & Central Florida Reverse Mortgage Specialist**

NMLS# 90211

Office: 352-633-3204

Mobile: 609-617-5723

# Stress Less for a Healthier Heart

*know being physically active and eating healthy is good for my heart, but how does stress affect my heart?*

We've all heard eating healthy and getting enough exercise is good for our heart, but did you know mental health can impact your heart, too? Research shows that conditions like chronic stress, depression and anxiety can increase the risk of heart attack or stroke. The good news is there are ways we can improve our mental well-being and help our heart\*.

## How stress affects our heart health

Too often, stress is considered a cost of having an active and productive life. But over time, stress can lead to serious health problems such as:

- High blood pressure
- Increased risk of heart disease
- Obesity
- Mental and emotional problems



## Are you overly stressed?

### Ask yourself these questions:

#### 1. Am I feeling stressed?

What is stressful for one person may not be for another. Sometimes, your stress can be managed by how you look at the situation. One driver stuck in traffic might get angry, while another might use the opportunity to listen to music.

#### 2. Do I have control over the situation?

Sometimes you do. If you cannot control the situation, can you control your reaction or response to it?

#### 3. How do I choose to respond?

Ask yourself, "does it really matter"? Is it something that's going to affect you in the long run? If it isn't, why worry about it?



**Here a few other ways to help you keep the stress out of everyday life.**

## Just breathe and keep moving

There are many simple things you can do anywhere, anytime you're feeling tense. When you're able to relax, you reduce anxious feelings and regain calm and balance — which in turn helps your heart. Try these:

- Deep breathing
- Guided meditation
- Simple boxing moves

Remember to check with your doctor before starting a new exercise program.

## Learn how to cope

Most Florida Blue Medicare members have access to our digital mental well-being program called **meQuilibrium\*\***. This self-guided program improves coping skills and helps with mental well-being — something we can all use right now. If you're Florida

\*All decisions that require or pertain to independent professional medical/clinical judgement or training, or the need for medical services, are solely the member's responsibility and the responsibility of their physicians and other health care providers.

\*\*meQuilibrium is an independent company contracted by Florida Blue to provide health and wellness services and resources to members. This benefit is available to Florida Blue Medicare members in 2022 Medicare Advantage plans.

Blue Medicare member, you'll find the meQuilibrium in My Health Link™, your member account, under *Find & Get Care* section in the *Mental Well-Being* tab. Log in to [floridablue.com/medicare](https://floridablue.com/medicare) to get started.

## Additional resources

- New Directions Behavioral Health offers a resource center with information and self-help tools for stress and mental well-being.
- This American Heart Association article provides good information about how stress can affect our mental health and steps we can take to manage it.

We'll never eliminate stress, but we can prevent long-term health problems by training our body and mind to react positively to whatever life throws at us.

**Florida Blue**   
Your local Blue Cross Blue Shield

**MEDICARE**

**Call your local agent today.**

**352-353-3399**  
**Dell Richards**

© 2022 Blue Cross and Blue Shield of Florida, Inc.,  
DBA Florida Blue. All rights reserved.

Y0011\_109035R1 2022\_C

Y0011\_109035R2 EGWP 2022\_C

# Make March Matter

**F**ood brings us together—whether sharing an intimate meal with a friend or celebrating a special occasion with family. And what better time to satisfy your appetite for connection with others, and for the most delicious food, than National Nutrition Month?

Living well means seizing opportunities to connect with others, explore interests, and nurture a healthy lifestyle. It's being part of a community where you feel valued. And it's eating nutritious food that doesn't compromise on flavor. At Sumter Senior Living, we provide all the ingredients necessary to live up to your potential—from fitness lessons to therapeutic programs and daily activities that define our vibrant way of life.

Conveniently located in The Villages® community of the Sunshine State, Sumter Senior Living provides you with all the amenities of home—and much more—so you can live life to the fullest.

## Dine Gracefully

Every March, the Academy of Nutrition and Dietetics sponsors National Nutrition Month®: a campaign to help people establish healthier eating habits. Especially for seniors, maintaining a healthy diet can help meet varying nutritional needs and counter the higher risks of cardiovascular disease.

But cooking a balanced dinner or making weekly grocery trips can be exhausting. Wouldn't it be nice to have meals prepared in the perfect proportions brought right to you? Dining at Sumter Senior Living is about serving foods that meet the dietary needs of seniors while also featuring the choices you expect; it's the all-inclusive, restaurant-style dining you've been waiting for.

Do you prefer a traditional sit-down venue? Or maybe a less formal bistro experience? Choose your ideal dining setting—or switch it up each meal! For ultimate flexibility, our grab-and-go allows residents to pick up a quick snack or lunch before heading to their next activity. Celebrating an event with guests? Reserve our private dining room and have the culinary team put together a special menu.

According to The World Health Organization, a healthy diet helps protect against malnutrition, as well as diseases like diabetes and cancer. Which is why however you choose to dine at Sumter Senior



Living, you can rest assured knowing our chef-prepared meals are made with you in mind. Our Executive Chef partners with The Villages Grown to provide residents with hyper-fresh, nutrient-dense food to support healthy, active lifestyles that will satisfy the taste buds.

Our menus also feature foods that promote brain health like fish, berries, coffee, and tea. And to support heart health, we include items like lean meats, whole grains, fruits, and vegetables. Looking for non-meat or gluten-free options? Community chefs will create delicious dishes to meet your nutritional needs.

To learn more about our food philosophy—as well as pick up dinner suggestions and cooking tips—attend our monthly cooking demos. Watch the culinary arts in action, and take away a tasty treat for later!

## Nourish Your Body

More than just your physical health, wellness is a philosophy that encourages habits to enhance the body, mind, and spirit. Research on healthy aging from The National Institute of Wellness states that 70% of physical—and 50% of mental—aging is determined by lifestyle choices. Long-term health benefits are attributed to seniors who embrace wellness in their approach to exercise, diet, and social connections.

Continued research suggests the key to a longer life could be in harnessing the dimensions of wellness. Physically active seniors have lower mortality rates and higher levels of functional and cognitive health. What's more, an active social life is linked to better cardiovascular outcomes, greater infectious disease immunity, and lower risk of depression.

Fortunately, Sumter Senior Living's lively community is a recipe for social engagement and life enrichment. Choose from our full calendar of programs—from exercise and wellness to adventures in the larger community; we provide great sources of joy, excitement, and relaxation.

If you prefer a less structured day, head to our Grande Clubhouse where resort-style amenities such as a heated pool, full bar, and fitness center are available to enjoy at your leisure. We encourage residents and team members alike to lead healthier, more active lifestyles, helping build a culture that celebrates every moment in our journey together.

## Taste the Difference

Offering a continuum of living options to suit all needs and preferences, Sumter Senior Living's beautifully landscaped campus includes Independent Living, Assisted Living, and Memory Care.

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

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



## SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

1490 Killingsworth Way,  
The Villages, Florida 32162

352.707.9959

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

Assisted Living License Number: 12227





# Diabetes Puts Individuals at Greater Risk for Developing Kidney Disease

By Ingrid Calliste, MD

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

## How Diabetes Affects the Kidneys

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

## Urinary Bladder Health

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

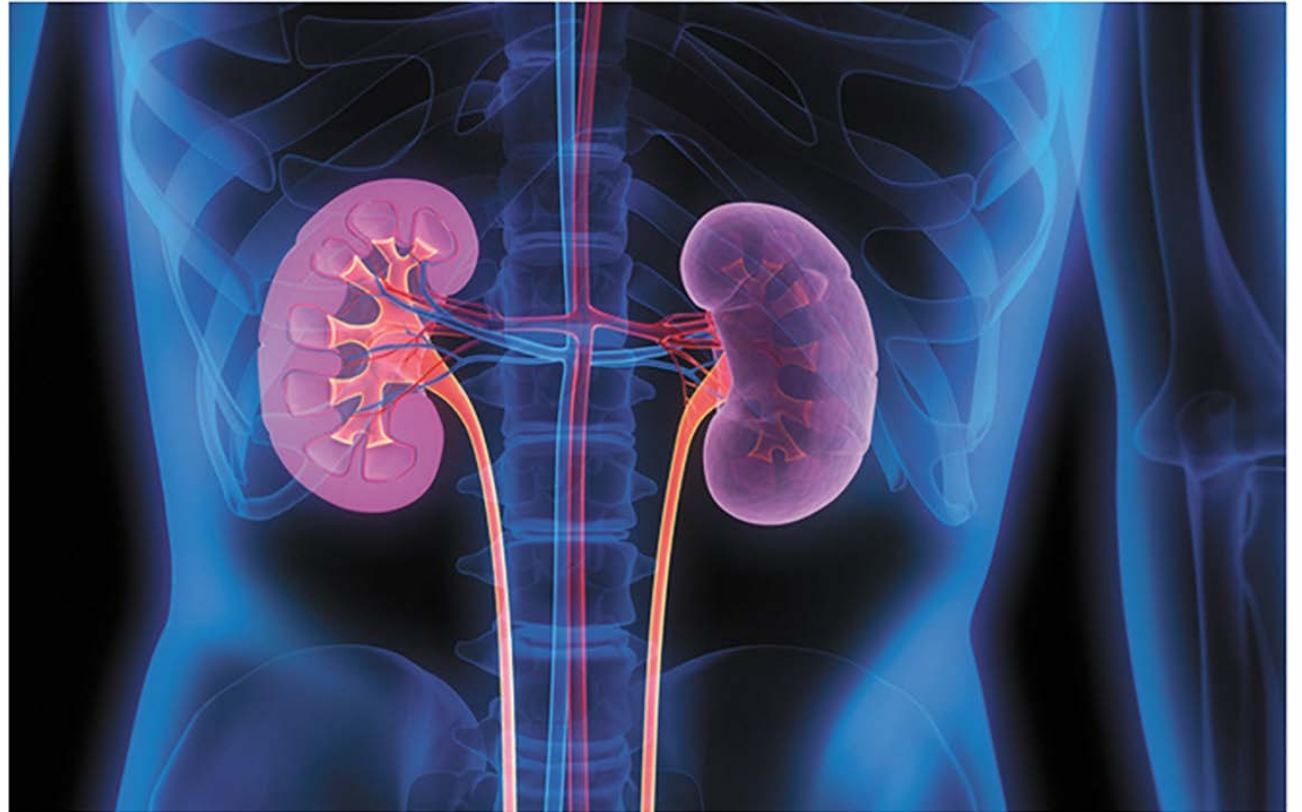
## Signs of Kidney Disease in Patients with Diabetes

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

The causes of diabetic kidney disease are complex and most likely related to many factors. Some experts feel that changes in the circulation of blood within the filtering units of the kidney (glomeruli) may play an important role.

## Treatment is Critical

In the early stages, there may not be any symptoms. As kidney function decreases further, toxic wastes build up, and patients often feel sick to their stomachs



and throw up, lose their appetites, have hiccups, and gain weight due to fluid retention. If left untreated, patients can also develop heart failure and fluid in their lungs.

## What you can do

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

## Medical Treatment Standards

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

## An Alternative Treatment Option

Some studies suggest that a group of high blood pressure medicines called ACE inhibitors may help to prevent or delay the progression of diabetic kidney disease. These drugs reduce blood pressure in your body, and they may lower the pressure

within the kidney's filtering apparatus (the glomerulus). They also seem to have beneficial effects that are unrelated to changes in blood pressure. Patients who take these medicines may have less protein in their urine. SGLT2 inhibitors are a newer class of medicines, some of which can also help reduce the risk of heart or kidney disease in people with diabetic kidney disease. SGLT2 inhibitors can also reduce hospitalization risk from heart failure. Other medicines, such as GLP-1 agonists and MRAs, are also being studied for risk reduction of heart and kidney disease in people with diabetic kidney disease. You may want to speak to your doctor or another member of your healthcare team, to see if these medicines could help you.



352.388.5800

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

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

# KIDNEY AWARENESS MONTH

**D**id you know that 37 million adults have kidney disease and the majority of people do not know they have it? One out of 3 three people are at risk for kidney disease. The kidneys are our primary source of detoxification. These two small organs clean the blood and filter waste products and toxins from the body through the urine.

## The National Kidney Foundation Explains How The Kidneys Work Below:

- Blood enters the kidneys through an artery from the heart
- Blood is cleaned by passing through millions of tiny blood filters
- Waste material passes through the ureter and is stored in the bladder as urine
- Newly cleaned blood returns to the bloodstream by way of veins
- Bladder becomes full and urine passes out of the body through the urethra.<sup>1</sup>

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts are eliminated from the body in the form of urine, while the remainder, about 198 quarts, is retained in the body. The urine we excrete has been stored in the bladder for approximately one to eight hours.<sup>1</sup>

There are several key warning indicators of kidney disease. While many of these get confused with other conditions or get ignored completely, if you have any of the following symptoms, it's imperative to see your healthcare provider and to get additional testing done.

## According the National Kidney Foundation, these are the 10 most common signs of kidney disease:<sup>1</sup>

**1. Fatigue**—You're more tired, have less energy or are having trouble concentrating. A severe decrease in kidney function can lead to a buildup of toxins and impurities in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anemia, which can cause weakness and fatigue.

**2. Trouble Sleeping**—When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep. There is also a link between obesity and chronic kidney disease, and sleep apnea is more common in those with chronic kidney disease, compared with the general population.

**3. Dry, Itchy Skin**—Healthy kidneys do many important jobs. They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease, when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

**4. Frequent Urination**—If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection or enlarged prostate in men.

**5. Blood in Urine**—Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signaling kidney disease, blood in the urine can be indicative of tumors, kidney stones or an infection.

**6. Foamy Urine**—Excessive bubbles in the urine—especially those that require you to flush several times before they go away—indicate protein in the urine. This foam may look like the foam you see when scrambling eggs, as the common protein found in urine, albumin, is the same protein that is found in eggs.

**7. Puffy Eyes**—Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be due to the fact that your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

**8. Swollen Feet and Ankles**—Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of heart disease, liver disease and chronic leg vein problems.

**9. Poor Appetite**—This is a very general symptom, but a buildup of toxins resulting from reduced kidney function can be one of the causes.

**10. Muscles Cramps**—Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramping.

## Advanced Urology Institute

A partnership of highly qualified, board-certified urologists practicing in the state of Florida 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.

## Services Offered & Conditions We Treat

- Erectile Dysfunction
- Benign Prostatic Hyperplasia (BPH)
- Kidney Stones
- Da Vinci Robotic Assisted Surgery
- Prostate Cancer Treatment
- Vasectomy & Vasectomy Reversal
- Urinary Tract Infection
- Pediatric Urology
- Women's Urological Health

## We Value Patient-Centered, Evidence-Based Care

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



THE VILLAGES  
(352) 259-4400

OCALA  
(352) 351-1313

Advancedurologyinstitute.com

www.HealthandWellnessFL.com

### Reference:

1. The National Kidney Foundation, Kidneys and Your Health, <https://www.kidney.org/phi/form?version=health>

# IMAGELIFT FACIAL BEAUTY SEMINARS



**Surgical or Non-Surgical**

## **DR. RICH CASTELLANO FACIAL SPECIALIST**

Facelifts (Surgical and Non Surgical)

Facial Sculpting (Fillers, Wrinkle Relaxers)

Facial Polishing (CO2, IPL, SkinPen Microneedling)

ImageLift is following CDC Guidelines  
for the highest level of safety.  
**MASKS ARE REQUIRED FOR GUESTS AND STAFF**

Very limited seating.  
Guests must have a  
confirmed reservation.



IMAGELIFT®

ImageLift.com

*Rich Castellano, M.D.*

## **UPCOMING FACIAL BEAUTY SEMINARS**

**EXCLUSIVE SEMINAR PRICING**

**BROWNWOOD HOTEL**

3003 Brownwood Blvd

**Thursday, March 10th @ 2pm**

**WATERFRONT INN HOTEL**

1105 Lake Shore Drive

**Thursday, April 7th @ 2pm**

**Free  
Book!**

**+3,500  
Facelifts**

**Double  
Board Certified  
Facial Plastic  
Surgeon**



**352-227-1501**

Follow on [youtube.com/ImageLift](https://www.youtube.com/ImageLift) or [FB.com/ImageLift](https://www.facebook.com/ImageLift)

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.



# 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!

# What is Microneedling, and How Can it Help Your Skin?

**B**oth men and women are growing more aware of their skin health and wellness. Much of this is due to increased knowledge and scientific advances. Among numerous elements of any skincare regimen, here at Total Nutrition & Therapeutics, we're particularly interested in the enormous benefits of microneedling.

Advances in aesthetic services have transformed public perception. What was formerly viewed as a vanity project reserved for the rich and famous is now an accessible matter of personal freedom to take control of one's confidence. Modern skincare involves various options, but at Total Nutrition, we believe microneedling to be at the top of its class.

How do you know if microneedling is the right option for you? In an earlier blog, we touched on the benefits of microneedling. Today, we'll talk about the who, what, when, where, and why.

## What Is Microneedling?

Microneedling involves tiny needle pricks that draw collagen up to the epidermal layer, which draws collagen to your skin's upper (visible) layers. The results speak for themselves. Clients find their skin bright, clear, and glowing after their appointments.

Led by Anita Lockhart, Medical Esthetician, Total Nutrition's medspa also offers microneedling armed with platelet-rich plasma. Referred to as "liquid gold," PRP therapy is known as a natural botox. PRP tightens, lifts, and shines your skin, lending substantial additional benefits to your microneedling session. The process is the same. We simply add PRP to the needle. The procedure gets to the root of your problem areas, quite literally drawing up youthful elements from your dermis to the top layers of your skin.

## Who Needs Microneedling?

Microneedling works wonders on those with scars, wrinkles, hyperpigmentation, and many other skin issues. But microneedling requires no résumé of past efforts to improve your skin—though it does help if you possess a strong commitment to ongoing skincare. If you want to see better, faster, and more noticeable results from your skincare regimen, microneedling is for you.



Total Nutrition & Therapeutics' head aesthetician, Anita Lockhart, is passionate about aesthetics. Constantly in high demand, she reserves her microneedling services for those who are dedicated to keeping up with their skincare. Without a full and proper regimen, you're unlikely to realize the full benefits of microneedling.

## Why Schedule A Microneedling Appointment?

Those with experience receiving microabrasion therapy may find better results with microneedling. Whereas microabrasion therapy polishes and burnishes the skin, microneedling lifts brightens and fills your skin with natural compounds.

Again, here at Total Nutrition, we don't require that our microneedling clients bring proof of prior experience. The best answer, perhaps, is also the simplest: you truly want to improve your skincare.

## Schedule Your Microneedling Appointment With Anita Today

Total Nutrition & Therapeutics exists to provide you with a comprehensive health and wellness experience. We bring a holistic approach to all elements of health and nutrition through the use of functional medicine. When you schedule your

microneedling appointment with Anita, you'll also gain some insight as to how Total Nutrition incorporates nutrition, movement, and mental health into your skincare regimen.

We believe the whole is always more than the sum of its parts. More precisely, we know this is the case because our services are based on the latest in science-based health and nutrition studies. Perhaps you're an existing member of the Total Nutrition family looking to add to your wellness regimen. Or maybe you're seeking out skincare services to resolve a specific issue. Regardless of your experience or goals, microneedling provides immense benefits for everyone. Give us a call or visit us online today to schedule an appointment or find out more about how we can help you on your skincare journey.

Millions of Americans are waking up to the radical advances in modern skincare treatment. Here at Total Nutrition & Therapeutics, we remain at the vanguard of skincare, including microneedling services. Led by Anita Lockhart, our microneedling service has brought countless members the bright, youthful, and vibrant skin they desire. Best of all, we offer microneedling as just one aspect of a complete skincare regimen.

**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.**

## 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.**

TOTAL NUTRITION & Therapeutics

**TOTAL NUTRITION AND THERAPEUTICS**

809 HWY 466 UNIT 202-C  
LADY LAKE, FL 32159

**352.259.5190**

**WWW.TNT4ME.COM**



# GOOD SKIN ISN'T ABOUT LUCK.

By Allison Weber, APRN-C

**O**ften, we find ourselves saying "we're lucky we caught this in time", but luck has nothing to do with treating skin cancer. Scheduling 6 or 12-month annual skin exams is an important part to early detection.

Precancerous lesions known as Actinic Keratosis are mostly found on the head, neck and extremities of men and women. They usually appear as a white/yellow flat or thickened scale on these regions. Sometimes people have 1 to 2 that can come and go, while others can have many in one specific area. This usually results from a lot of sun damage to this location. The importance of treating these lesions, stems from their potential to turn into a squamous cell carcinoma. It's very important to let your provider know if you are experiencing any lesions on the skin like this, because fast treatment of them may prevent surgery down the road.

Melanoma is a very serious type of skin cancer, that is important to catch early, due to its ability to spread to the lymphatic system. This type of skin cancer usually appears as an irregular shaped, flat, dark mole, >7 mm in size. I think the biggest misconception is that a bad skin cancer, like melanoma, would have to be raised. A majority of melanomas that we find are usually flat (though a melanoma can still be raised). That being said, a majority of us have multiple brown, flat, moles which are completely normal! This is why it is so important for even younger adults in their 20-30's to start having annual skin exams at a Dermatology office. Keeping a close eye on moles, and identifying any changes in a mole early, can make a huge difference in the patient's treatment outcome. It is also important to ask immediate family members if they have had any history of melanoma. This is because there have been two genes found that are primarily linked to familial melanoma.

#### Things to watch for:

- A- asymmetry of shape or color**
- B- border irregularity**
- C- color change**
- D- different diameter**
- E- evolving/changing**

At MidState we like to go by the saying self-care is health care, and treating yourself to some top tier treatments can not only improve your physical health, but mental health too. Here are some top recommendations.



#### To treat acne scars:

- **Microneedling:** Increases collagen production, which helps with tissue growth and healing. It is important to know you will most likely need 3-4 sessions of microneedling to see optimal results!
- **Dermal Filler:** While not everyone may be a candidate for this, it's helpful to know it is an option for deep acne scars! They can be used to raise the scar tissue and give the scars a smoother appearance. And guess what?! For some, the filler can last up to 1 year!

#### Men need to treat themselves too!!

Neurotoxins like Botox and Dysport are for everyone! All our offices are trained to help achieve the look you are going for. For those only wanting a subtle enhancement, smaller dosing of neurotoxin works surprisingly well. While we do recommend follow ups every 3-4 months, everyone metabolizes the neurotoxin differently, and some may need it sooner, or later than others. Another great option is to come in 1-2 months prior to events. Especially, if this is something you are only able to do for special occasions, it's still worth it. Neurotoxins are great to help with fine lines and wrinkles, and some may even notice improvement in the texture of their skin.

Our office also offers the Emsculpt Neo. This machine helps to tone muscle, and eliminate fat. It's like doing 20,000 crunches in 1 session (recommending around 5 sessions). This is a great option for those who are already relatively fit looking for more definition, those looking to kick start their weight loss journey with a stubborn area, and even those recovering from sports injuries to strengthen specific muscle groups. My favorite advice with Emsculpt Neo is to use it as a great wedding prep, to get that little extra definition.

Good skin isn't about luck. Yes, it is true, some people are just blessed! But that "luck" definitely does not last forever. Many people come into the office saying, "my skin never used to look like this", "I've never had dark spots or freckles all over my face", and it's important to know a good amount of these things can be avoided!

Starting early is key. While everyone's skin routine may be specific to their own skin type and daily activities, **EVERYONE** should be wearing sunscreen daily. I always recommend a mineral based sunscreen. My absolute favorite is our ISDIN Eryfotona Ageless tinted sunscreen. Bringing the sunscreen down to the neck, chest, and hands is a must.

Don't leave your skin to luck.



#### 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.



# Make Your Home Stand Out: Home Gyms and Meditation Rooms

TASHA OSBOURNE, BA - PREMIER SOTHEBYS INTERNATIONAL REALTY

**E**ven though it is still a seller's market, making your home stand out among the rest is vital for grabbing the attention of potential buyer's attention and making a valuable sale. Sure, you can spruce up your home with fresh paint and furnishings (which is always a great idea), but many buyers are looking for something extra. They want that new vibe of an all-encompassing resort-style life.

Why not? We are all more comfortable in our own homes than ever before. Now, many people realize that going to the gym is overrated, and meditation has never before been more popular with all ages and backgrounds of individuals to relieve stress and live a healthier life. You know the saying "Health is Wealth," well, for the majority of individuals, nothing rings clearer. They want a healthy lifestyle that begins in the comfort of their own home.

If you have an extra bedroom, bonus room, or clean garage, these can be ideal spots to transform into meditation rooms, gyms, or a combination of each. The idea is to make the room feel "zen-like" and professionally done. Think lots of subtle colors, pictures or mirrors on the walls, a basket of yoga mats, potted plants that naturally clean the air (bamboo palm or mother-in-law's tongue), and clean lines.

It can be basic, but it has to look high-end, and it must be well-organized. Messy spaces and cheap-looking décor are not what we're going for here. You don't have to break the bank, but it should look like you did.

## Ocala is Growing!

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



## TESTIMONIALS:

*Tasha was always friendly, professional, and comforting as we navigated a few challenges. She was always on top of all communications astonishing us at how she always responded so quickly no matter the time or the day. I would highly recommend her to anyone looking for a realtor and we will use her again!* —KENNETH S.

*Tasha is an amazing professional with expertise in the current real estate market! I purchased several homes with her guidance and couldn't be happier with our choices. She is an advocate for her customers and won't stop working for you until your goals are met! Thank you, Tasha! You're the best!* —JOHN E.

*Tasha is the most hardworking, kind, informed agent you could work with. She assisted me over a year long search online before I ever met her in person. I would never go to anyone else when looking in the Ocala area. Professional, always available and patient beyond words! You couldn't find a better representative.* —KIM N.

## TASHA OSBOURNE, BA

MANAGING | LUXURY HOMES & EQUESTRIAN GROUP

Premier Sotheby's International Realty  
Serving Ocala & the Surrounding Area

603 E Fort King Street Ocala FL 34471  
c (352) 613.6613

Top Selling Lifestyle Producer:  
Luxury, Golf, Equestrian, Ranch & Farm  
Luxury is not a price point but a level of service.

Premier | Sotheby's  
INTERNATIONAL REALTY

# INFLAMMATION: A COMMON PATHWAY FOR DEADLY DISEASE

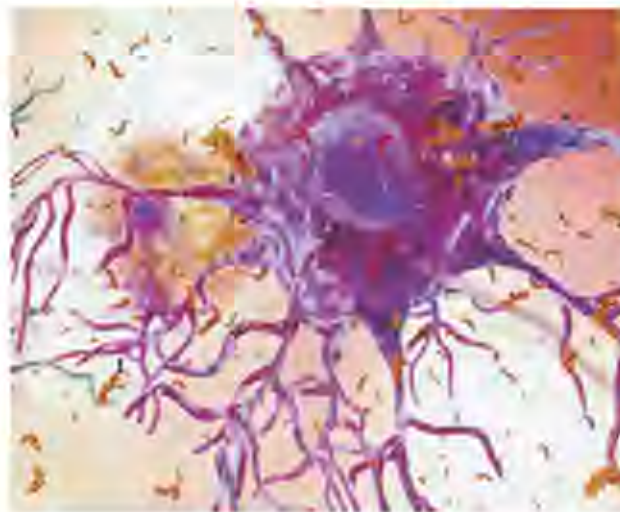
By Nasser Razack, MD, JD

**W**e've all heard of inflammation but what exactly is it? Inflammation is the response of our immune system to injury or infection. When it's short-lived and targeted for specific purposes such as recovering from a cold, it's a wonderful thing. However, long-term chronic inflammation can be deadly. That's because long-term, chronic inflammation results in horrible diseases such as cancer, heart attack, stroke, Alzheimer's disease, etc. Worst of all, chronic inflammation is not painful. Thus, the victims of chronic inflammation develop these deadly disease processes silently without any signs or symptoms.

For example, heart disease which includes stroke is associated with multiple risk factors, some of which include high blood pressure, high cholesterol levels, smoking, and being overweight. We previously thought these risk factors led to the narrowing of blood vessels that supply oxygen to the heart and brain and that progressive constriction of these vessels resulted in heart attacks and stroke. However, more than half of all heart attacks occur in people with normal cholesterol levels. In addition to that, autopsy specimens from deceased heart attack victims demonstrate their vessels were not narrow enough to result in death. We now know that inflammation causes even minor plaques in vessels to erupt like miniature volcanoes, leading to the complete blockage of these blood vessels.

The problem is that inflammation in one part of the body results in inflammation everywhere. For example, inflammation that causes the narrowing of blood vessels doesn't just occur in one organ such as the heart but rather throughout the entire body. When inflammation of blood vessels occurs in the heart, we call this a heart attack. When it occurs in the brain, we call this a stroke and when it occurs in the legs, we call this peripheral vascular disease. When it occurs in very small arteries of the brain, it can result in vascular dementia.

Whether it's a heart attack, stroke, peripheral vascular disease or vascular dementia, it's really the same disease process, namely inflammation. In addition to affecting blood vessels, inflammation also wreaks havoc on the brain. Dementia such as Alzheimer's disease is also caused by brain inflammation. But in this case, inflammation not only affects the blood vessels of the brain but also the spaces between brain cells and the brain cells



themselves. In fact, the parts of the brain more affected by Alzheimer's disease have higher levels of inflammation. This is important because inflammation results in brain cell death. Brain cell death causes brain volume loss which eventually leads to loss of brain function.

Periodontitis, an inflammatory disease of the teeth and gums, is another example of how we can better understand inflammation. This inflammatory disease of the mouth also increases the risk of other inflammatory diseases such as heart attacks, stroke and Alzheimer's disease. Twin studies demonstrate younger patients with severe periodontitis resulted in a fivefold increased risk of developing Alzheimer's disease. How can inflammation of the mouth be related to heart attack, stroke and Alzheimer's disease? Well, inflammation exerts its effects on the body through cells called inflammatory cells. Once these cells are activated, they act like little tiny soldiers programmed to destroy anything that crosses their path. These inflammatory cells are localized in the mouth in periodontitis. However, activated inflammatory cells can travel throughout the entire body via the blood vessels. They can reach the brain and cause stroke or Alzheimer's disease. They can also travel to the heart and cause a heart attack.

I'm sure all of this sounds quite depressing. But the good news is that if we fight inflammation in one part of the body, we fight inflammation everywhere! That's because inflammation is the same central disease process no matter where it's occurring. And the even better news is that we now have real hope in fighting inflammation.

There are incredible health-healing substances in nature called polyphenols. No doubt you've likely heard of some of these marvelous nutrients which are both strong anti-inflammatory agents and antioxidants. Among them is curcumin, which has a unique property that blocks the central regulator of inflammatory reactions within humans called nuclear transcription factor kappa beta. I know that's a mouthful but all you need to know is that it pretty much blocks inflammation in its tracks. Curcumin has also been demonstrated to reduce the formation of beta-amyloid plaque in the brain which is associated with Alzheimer's disease. In addition to curcumin, many other polyphenols have been proven to reduce the incidence of both stroke and heart disease. These polyphenols can also delay the onset of Alzheimer's disease and thus reduce its incidence.

**Dr. Nasser Razack, MD, JD**, is a Neurointerventional Surgeon who specializes in the endovascular treatment of stroke. He sees the devastating effects of stroke on a daily basis. That's precisely why he formulated Neurcumin® to reduce the effects of inflammation and prevent inflammatory related diseases like stroke, heart attacks and Alzheimer's disease. Neurcumin® is an all-natural nutrient which in addition to curcumin, contains many other polyphenols and other natural agents uniquely formulated to fight inflammation.

**Neurcumin®**

To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit **Neurcumin.com**.

You may also call **727-289-7139** or email us at **info@neurcumin.com** for more information.

*Available on Amazon!*



## About Nasser Razack, MD, JD

Dr. Razack currently practices in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia. In addition to his medical practice, he currently serves as President of Raztec Health, LLC.

# 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 **352-204-0305** or visit: **[www.attorneypatricksmith.com](http://www.attorneypatricksmith.com)**.

## Neurcumin

**ORDER NOW!**

### BENEFITS OF NEURCUMIN®

Physician formulated Neurcumin® is a unique blend of Eastern and Western health concepts in a single dietary supplement.

- Brain and cognitive function
- Immune system response
- Heart, blood pressure and cardiovascular function
- Nervous system function
- Bone strength, and healthy teeth and gums
- Energy levels
- Weight levels

available at **amazon**

**727-289-7139**

**[www.Neurcumin.com](http://www.Neurcumin.com)**



**PATRICK SMITH**  
ATTORNEY AT LAW

**GET A FREE**  
ESTATE PLANNING CONSULTATION  
**CALL 352-204-0305**

**Wills • Trusts • Probate • Estate Planning**

**[www.attorneypatricksmith.com](http://www.attorneypatricksmith.com)**

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.

# 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.



Summit Medical Park, 733 CR 466, Lady Lake, FL 32159  
Cline Office Suites, 4076 E SR 44, Wildwood, FL 34785  
855-276-5989 | [www.PhysiciansRehab.com](http://www.PhysiciansRehab.com)

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

#### PRP (Platelet-Rich Plasma)

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

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

#### Physicians Rehabilitation

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

# ACHILLES TENDON RUPTURES AND GETTING YOU BACK IN THE GAME

**A**chilles Ruptures are more common in men than women and the typical age group that is affected is between the ages of 30-50. Some other risk factors include race, genetics, medical conditions, musculoskeletal disease, ankle and foot alignment (pronation/hyper-pronation), obesity, sports, exercise, medication and smoking.

The Achilles tendon is the largest tendon in the body. It is connected to both the calf muscle and the heel bone and is a fibrous tissue that somewhat resembles twine. It is used when you walk, run, stand, jump and is especially stressed when you move quickly from side to side.

Although the Achilles tendon can withstand great stresses from running, twisting and jumping, it is extremely vulnerable to injury. A rupture of the tendon is a tearing and separation of the tendon fibers, so that the tendon can no longer perform its normal function.

People that are athletic and play sports or do extreme workouts are often times more frequently affected by Achilles tendon injuries. This is because they have jarring, ballistic movements. Sports like tennis, basketball and football all create these airborne movements. Also, exercises or workouts like jumping rope, or other high intensity movements can rupture the Achilles tendon. Corticosteroids and some other pain deterring injectables have been studied for their negative effect on the tendons, due to the medications actually breaking down the tissues and weakening the Achilles tendon.

When the tendon is ruptured, most notably, people remark of the popping sound they hear at the onset. It causes a tremendous amount of pain and unfortunately takes a very long time to heal.



There are several types of treatment options, both surgical and nonsurgical. The nonsurgical approach is to cast the foot in a pointed toe position and then gradually recasting to stretch the tendon back into place very slowly. The nonoperative repair has a much greater re-rupture rate than with surgery.

The surgical repair of the Achilles rupture involves several different options. All of the options will reconnect the two ends of the tear back together by suturing them back into place. Sometimes this is done with a flap drawn down from the gastrocnemius (calf muscle), while other times its achieved with a donated graft, or simply sewn back together with a specific suturing method that ties both sides down and reconnects the sutures in the midline of the tear.

Whichever of the treatment options that your physician may choose, expect the rehabilitation to be quite long. There is no weight bearing activity allowed for several weeks, and then from there their will be many weeks of therapy. The length of healing for the average person is usually around 4 to 6 months.

At week 8 after your treatment, your Achilles tendon will be primarily healed, but not strong enough to put undue stress on it. It must be over-protected for several months to insure that it is not reinjured. For competitive and exercise, or sports enthusiast, they can expect a good 6-9 months before being back to their normal extreme routines.

## 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.

Contact us to day to schedule your appointment.

The Villages  
352.259.0854

Leesburg  
352.728.1252

**No Drugs. No Surgery.**  
**Simply Relief from Knee Pain.**

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



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

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

We are Medicare providers and accept most insurance plans.

Stem Cell Therapy | Orthopedics | Osteoarthritis Treatments | Physical Therapy | Platelet Rich Plasma | Spinal Decompression

6 LOCATIONS SERVING FLORIDA  
**(855) 276-5989**

The Villages 733 CR 466, Lady Lake, FL 32159  
The Villages 4076 E SR 44, Wildwood, FL 34785  
6150 Diamond Centre Court, Bldg. 100, Fort Myers, FL 33912  
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990  
3417 Tamiami Trail, Unit A, Port Charlotte, FL 33952  
5668 Strand Court, Naples, FL 34110

**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.

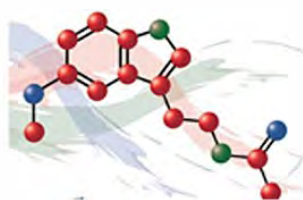
Contact us today to schedule your appointment.

910 Old Camp Road  
Bldg 110, Suite 112  
The Villages, FL 32162  
**352.259.0854**

1330 Citizens Blvd.  
Suite 301  
Leesburg, FL 34748  
**352.728.1252**

# Omega-3 & Melatonin: Not Just for Better Sleep

By Anne-Marie Chalmers, MD



"I don't need melatonin – I sleep like a log."

That's the knee-jerk reaction many people have when they hear the word "melatonin."

It's true that melatonin influences our sleep and helps regulate our circadian rhythm. But melatonin's effects extend far beyond getting a good night's rest.

Today, melatonin is getting attention in cancer medicine, as well as for many brain and eye issues. In addition, at Omega3 Innovations, we're excited about how this natural hormone potentiates omega-3 fish oil benefits.

Let's take a closer look at the advantages of melatonin, and why it makes an excellent partner to any omega-3 regimen.

## Melatonin's Antioxidant Benefits

Melatonin's primordial function had nothing to do with sleep. Around 3 billion years ago, bacteria started synthesizing this ancient molecule as an antioxidant to protect against free radicals.

This antioxidant property continues to benefit human health, too. After all, antioxidants are how the body protects itself against free radicals. Chronically high levels of free radicals – whether coming from fried foods, alcohol, smoking, UV-radiation, pollution, or other nefarious sources – can damage cells. If unchecked, free radicals overwhelm the body and create oxidative stress. Oxidative stress, in turn, fuels many common diseases.

Melatonin's antioxidant properties make it a promising antidote for many conditions exacerbated by oxidative stress, and the applications don't stop there!

## May Protect Omega-3s

Long-chained omega-3 fatty acids are characterized by multiple double bonds, which give them their unique flexibility. However, these double bonds also make omega-3s susceptible to free radicals.

When the omega-3 molecule encounters free radicals, the fatty acid is destabilized, causing it to oxidize. As it oxidizes, the omega-3 molecule loses potency and releases new byproducts that smell and taste bad.

One of the primary ways to protect an omega-3 oil from oxidizing is to add antioxidants – and that's exactly where melatonin comes in!

Melatonin has been shown to be more powerful than popular antioxidants like vitamin C and E. Plus, one study found that adding certain concentrations of melatonin almost completely halted the lipid peroxidation of omega-3 molecules.

## May Increase Omega-3 Levels

Melatonin may also promote the absorption of certain types of beneficial omega-3s. In one rat study, researchers found that melatonin increased EPA levels by 43-60%, thereby restoring the ratio of EPA to arachidonic acid (AA).

This is vital because the EPA:AA ratio indicates the level of inflammation in the body. It's also a strong predictor of heart disease, cancer, and other health issues.

## Omega-3s Affect Melatonin

Numerous studies suggest that melatonin also benefits from its interaction with omega-3s.

The pineal gland is the part of the brain responsible for secreting melatonin at night. Intriguingly, the omega-3 fatty acid DHA makes up a big portion of the fats in this gland. For that reason, some scientists believe the pineal gland may be synergistically regulated by omega-3s.

One study found omega-3-deficient hamsters had a 52% lower level of melatonin at night compared to the control group.

Furthermore, a 2021 meta-analysis determined that children with higher omega-3 levels had fewer sleep disturbances. And a study of healthy adults aged 25 – 49 showed fish oil supplementation improved sleep efficiency.

While more research is needed, these studies support the theory that omega-3s may influence our melatonin synthesis.

## Omega-3 and Melatonin's Synergistic Benefits

Melatonin and omega-3s also complement each other on multiple health fronts:

Take inflammation, for instance. Both omega-3s and melatonin inhibit the production of certain pro-inflammatory cytokines, like IL-6.

These nutrients also have independent ways of fighting inflammation. Omega-3s, for example, give rise to specialized pro-resolving mediators, which are deeply involved in healing the body from inflammation and disease. Meanwhile, melatonin inhibits a host of inflammation-driving signals and reduces inflammation through its antioxidant properties.

## Improve Cell Signaling

Omega-3s and melatonin also work together to improve cell signaling.

If our cells aren't signaling properly, we don't function well. For instance, a lack of omega-3s is linked with decreased learning ability and focus – most likely due to poor cell signaling in the brain.

Omega-3s facilitate signals between cells and different organelles within the cell. Melatonin allows omega-3s to have greater mobility in the cell membrane, which further improves the transmission of cell signals. Think of it as behaving similarly to when you move around your home to get better reception for your cell phone signal.

## Why Combine Fish Oil and Melatonin

As you can see, infusing melatonin into high-quality fish oil is about more than sleep. The dynamic interaction of these amazing compounds is a game-changer for all of us concerned about inflammation and oxidative stress.

Whether or not you nap like a log, melatonin plus omega-3s may be the night cap of your wellness dreams.

This article was abbreviated from a longer version published on [omega3innovations.com](https://omega3innovations.com). For the full text and references, visit:

<https://staging.omega3innovations.com/blog/melatonin-with-omega-3-not-just-for-getting-better-sleep/>

## 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.



**OMEGA3**  
INNOVATIONS

Call us at 941.485.4400  
[www.omega3innovations.com](https://www.omega3innovations.com)

# Innovative Therapies Group Offers SaeboGlove for Neurological and Hand Injuries

**F**or patients with orthopedic injuries or conditions such as stroke-related hand immobility, there is an advanced technological glove that helps to retrain the hand muscles and brain communication as well as offers immediate extension, flexion, and grip control.

If you are suffering from the adverse effect of hand function due to TBI, Stroke, spinal cord injury, radial nerve palsy or other hand injuries, SaeboGlove might work to get you back to adequate hand and wrist functioning, improved range of motion, and stability. Some conditions may not be suitable for the saeboglove, including severe arthritis, spasticity and wrist drop.

## Advanced Characteristics of the SaeboGlove

- The cutting edge SaeboGlove helps clients suffering from neurological and orthopedic injuries incorporate their hand functionally in therapy and at home.
- The proprietary tension system extends the client's fingers and thumb following grasping.
- The lightweight, low-profile functional design is just one of the many innovative features that are offered with the SaeboGlove.

*The unique features of the SaeboGlove are as follows:*

## Expandable

Lycra finger panels are made of an elastic material to promote a breathable and intimate fit.



## Open

Tensioners assist the finger and thumb joints with extension. Five various sized tensioners allow for maximum adjustability and fit based on finger length and weakness.

## Non-slip

Silicon liner minimizes migration and maintains proper alignment. Anti-slip fingertips improve traction during grasping.

## Secure

Unique spiral forearm design supports the wrist in a functional position.

**Always on the leading edge of technology and advanced techniques, Innovative Therapies Group provides SaeboGlove training in their facility.**

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.

Source: <https://www.saebo.com>

**Innovative Therapies Group also offers occupational therapy to help patients learn to use their new glove for daily living activities. Our Occupational Therapist, CHT (Certified Hand Therapist) is Certified in Saebo fittings and training.**

## Innovative Therapies Group

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

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

Innovative Therapies Group offers Hand Therapy Specialists, Occupational Therapy, Physical Therapy, Speech Therapy and Massage Therapy. They embrace alternative methods and will help you explore new inventive ways to combat your pain or disorders.

## Types of Treatment Available with Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

## 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.

Omega3 Innovations | [omega3innovations.com](http://omega3innovations.com) | 941.485.4400



Changing lives...  
One patient at a time!

352-433-0091  
[www.innovativetherapiesgroup.com](http://www.innovativetherapiesgroup.com)



- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

Ocala	Summerfield	Lady Lake	Wildwood
2801 SW College Rd Ocala, FL 34474	14031 Del Webb Blvd Summerfield, FL 34491	929 US-27 #301 Lady Lake, FL 32159	805 S. Main St Wildwood, FL 34785

# Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

**C**hiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective

## Sciatic Nerve



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

**What about sciatica?** Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or

*Help us fulfill the promise of caring.*

Your end-of-year tax deductible donation may be designated to honor or memorialize a loved one who has gone before. It's easy to help us fulfill our promise by donating securely online at [CornerstoneHospice.org](http://CornerstoneHospice.org).

**Cornerstone**  
— HOSPICE — *Serving Since 1984*  
866-742-6655 [cshospice.org](http://cshospice.org)

**COMPTON CHIROPRACTIC CARE**  
**352-391-9467**



**Dr. Brett Compton**  
Chiropractic Physician  
Palmer Graduate  
U.F. Graduate - B.S. Nutrition  
Military Veteran



**Dr. Brent Compton**  
Chiropractic Physician  
Palmer Graduate  
U.C.F. Graduate  
B.S. Biology Sciences



**Dr. Daniel Taylor**  
Chiropractic Physician  
Palmer Graduate  
U.C.F. Graduate  
B.S. Molecular & Microbiology Sciences

**FREE**  
CONSULTATION  
Call Today  
to Schedule  
352-391-9467

11974 County Rd  
101 Ste. 101  
The Villages, FL 32162



opiates are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

# FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 3/31/2022

We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.

## TESTIMONIALS

See what some of our patient's had to say about our practice:

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

*"I thought I would live with this pain for the rest of my life, but thankfully I was wrong and Doc was right."* - M.M.

*"Dr. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!"* - J.J

*"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc"* - C.C.

*"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning"* - B. D.

*"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone"* - M.C.

## COMPTON CHIROPRACTIC CARE

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

### Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

### Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

### Accepting

- Medicare
- Blue Cross Blue Shield
- Cigna, Aetna
- Humana
- United Health Care plans
- Personal Injury



**Compton Chiropractic Care**  
**352-391-9467**

# 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>.



# Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

*<sup>3</sup>Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup>not looking to your own interests but each of you to the interests of the others.* Phil. 2:3-4

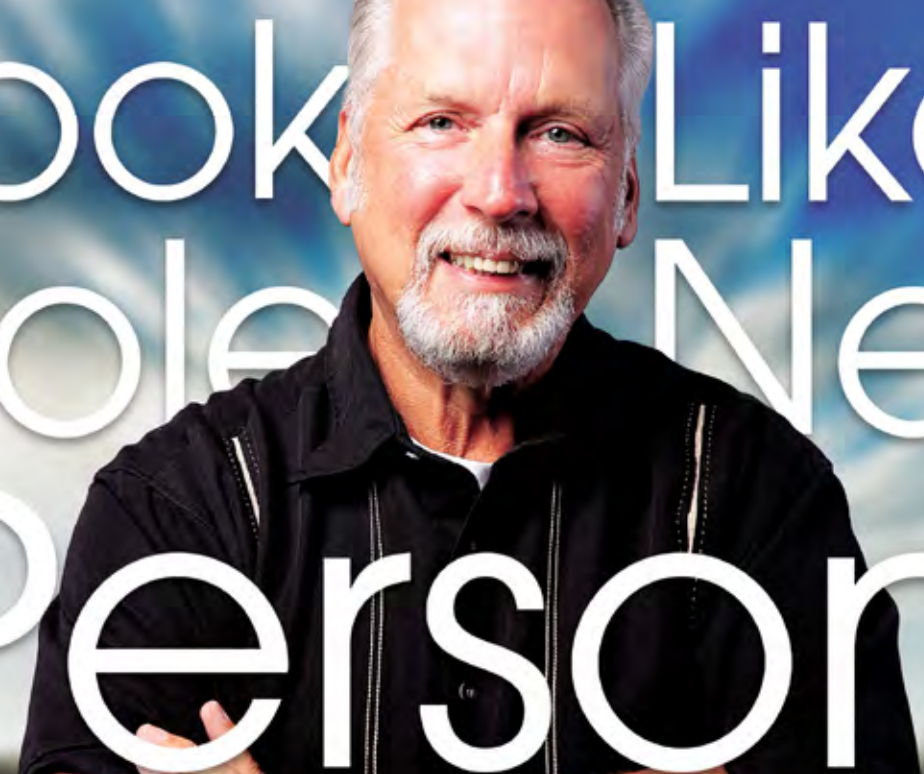
Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.



# "I Look Like a Whole New Person!"

"Dr. Terpstra and the entire staff treat you tremendously! They are the epitome of professionalism. Before, I looked like my father and after, I look like a whole new person. It helps me on the golf course too. I feel better about myself. I would recommend Dr. Terpstra to anyone!"



**Mike F.**  
*Eyelid Surgery Patient*

## LAKEeye

 A US EYE COMPANY

*Your Clear Choice*

**352-775-1533 • LakeEye.com •  **