

CENTRAL FLORIDA'S

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

May 2022

Marion Edition - Monthly

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**FREE**

## TIPS FOR WOMEN

How to Build a Foundation of Health

## FEELING BETTER BY FINDING JOY

## THE TOP WOMEN IN REAL ESTATE

Who Defied Stereotypes

## MAY IS BETTER HEARING MONTH

What You Should Know

## SKIN CANCER PREVENTION

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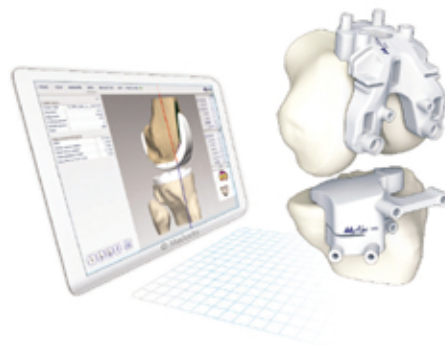
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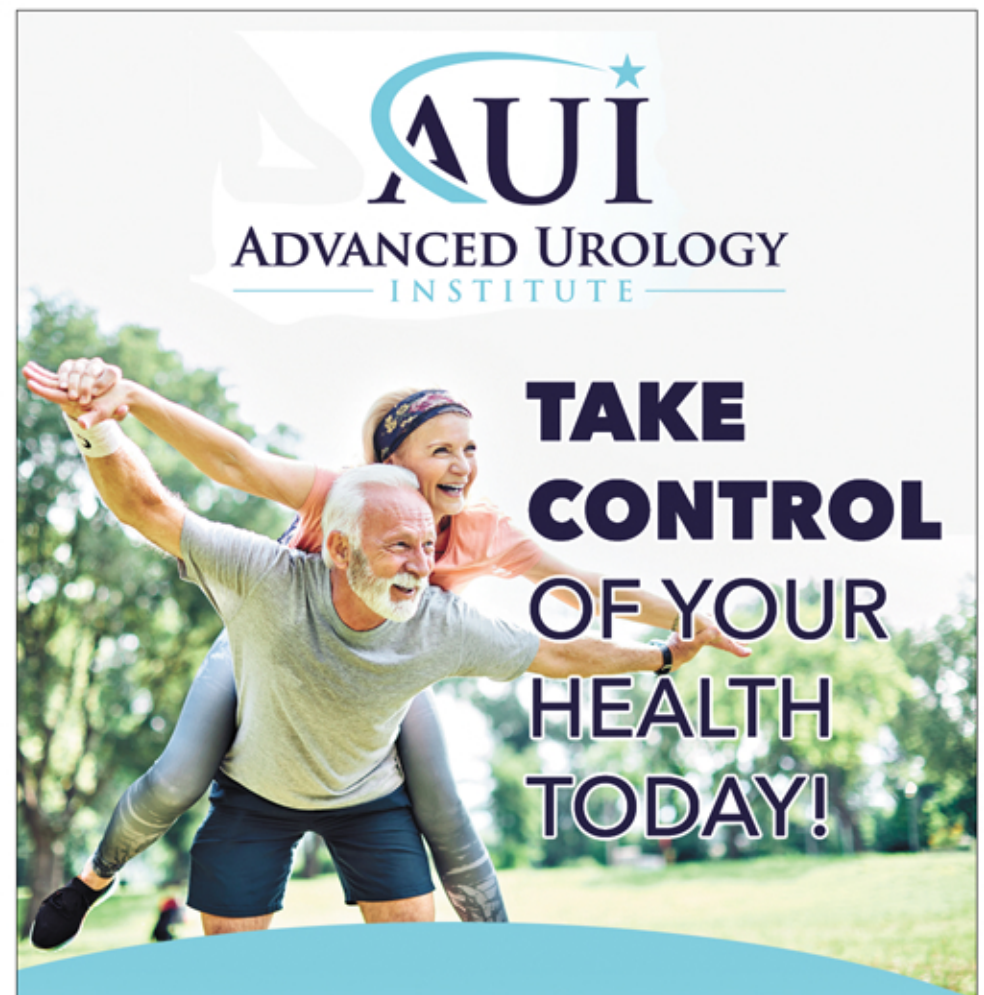
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# TIPS FOR WOMEN: HOW TO BUILD A FOUNDATION OF HEALTH

**M**ay 8–14 celebrates National Women's Health Week, highlighting the many ways that women can honor and take steps to protect their best health, vitality, energy and longevity. Most components of optimal health apply to people of all ages, but some impact women more often or more detrimentally than they do men. First, let's cover some basics.

## Commonsense Daily Health Practices for Women

- **Eat better.** Consume a diet rich in vegetables, fruits, nuts, beans, legumes and whole grains, obviously eliminating any to which you are allergic or sensitive. Limit processed foods, excess salt, and added sugars. Since what enters your home will likely enter your mouth, healthy eating starts at the grocery store. It is generally wise to shop the outer loop of the grocery store, which contains the fresh food sections, and avoid the middle aisles, which house the processed foods. Don't shop hungry, as your growling stomach will lure you toward sugary, salty, oily, processed fare. Many people find it easier to maintain healthy eating habits if they allow themselves a "cheat day" one day a week, where they can indulge in something they love, like pizza or ice cream. Just don't use this as an excuse to gorge on junk all day, as this can easily wipe out all the good things you did during the week. Enjoy a reasonable portion of something you love but don't go overboard, and you'll maintain good health without feeling denied.

- **Manage your weight.** Not everyone is built the same, and good health doesn't require that you try to attain some unrealistic goal. Thin does not equal healthy (or happy, for that matter). But excess weight, particularly around the midsection, places undue strain on the heart, pancreas, liver, vascular system, even the brain. Forget fad diets and extreme measures. By cleaning up your diet, you can find your own ideal weight and stay there, which is much better for health than yo-yo dieting. If you find yourself eating to calm emotions, find other ways to manage stress, like meditation, exercise or talking to a friend or a therapist.

- **Get 7-9 hours of sleep.** While this can be challenging for many people, it helps to go to bed and wake up at the same time every day, even on weekends. Investing in blackout curtains or using other ways to achieve a dark environment may help, as light and



dark effect the circadian rhythms that control sleep and wakefulness. Avoid screens such as your phone or tablet before bed, as light can block the hormone melatonin, which supports healthy sleep cycles. Some people find taking OTC melatonin helpful, but use with caution as it can affect people differently.

- **Move more.** Walking, running, cycling, dancing, swimming and other forms of movement do wonders for health, both physical and mental. Vigorous movement for at least 30 minutes a day helps to keep your heart strong, your joints fluid, your weight under control, your stress and anxiety levels down, and your sleep cycles working efficiently. If you're new to regular movement, start slow, say 15 minutes a day for the first week, 20 the next, and then up to 30 and beyond. Remember that it can take up to 8 weeks before you notice a change in how you feel and look, so stick with it. Exercise gets easier over time. If you suffer from problems like knee or hip

pain, consider cycling, swimming, yoga or Tai Chi. Joining a gym or investing in a stationary bike or elliptical are also good options. It's perfectly okay to tackle exercise 10 minutes at a time, three or more times a day, if that's more comfortable.

- **Quit smoking.** Lung cancer is the country's leading cause of cancer death among both men and women, and women now surpass men in new cases, including younger women ages 30-49, so don't assume lung cancer is strictly a disease that affects older people.

If you have tried to quit before and been unsuccessful, you're not alone. Research shows it can take an average of anywhere from 5-30 attempts before a smoker finally quits for good. Don't give up. No matter what your age or how long you've been smoking, quitting now promotes more years of life, easier breathing, better bodily function, greater vitality, reduced risk of heart attack, stroke, lung



disease and other maladies, improved appearance, and huge savings. Think about what you could do with the money you spend annually on cigarettes: take a trip, expand your wardrobe, donate to a cause you care about. Talk to your doctor about cessation medications and programs to help ease you through the process. If you are still smoking or have quit within the last 10 years, you may be a good candidate for a lung screening (LDCT). Discuss this painless, easy test with your doctor as well.

- **Don't drive distracted.** In the US, texting is involved in 1 out of every 4 car accidents. Don't text or engage in other activities that take your attention away from the road. Remember, even a momentary distraction places your life and body at risk, and endangers other drivers, cyclists and pedestrians. Many phones come with a setting that silences them automatically while you're driving – if yours has it, switch it on.

- **Limit alcohol.** Regardless of what you may have read or heard, no amount of alcohol is good for you. Whether it's wine, beer or spirits, alcohol is a toxin, particularly to women. Women metabolize alcohol differently from men, making a single drink for a woman equal to about two drinks for a man. Medical research shows that even moderate daily consumption of alcohol significantly increases the risk of breast cancer (as well as colorectal, liver and other types of cancer), so bear this in mind when making choices.

- **Address Depression.** Depression and anxiety are extremely common among all groups, regardless of gender, age, income, race, upbringing, etc. It's perfectly normal to encounter sadness when you, say, lose a loved one, or anxiety if you're dealing with a serious concern, but if symptoms of depression or anxiety are impacting your life for longer than two or three weeks, it might be time to see a professional who can help you identify and address these feelings. Practices such as regular exercise, meditation and therapy can help you get through difficult periods quicker and more productively.

- **Get a Check Up.** Covid has kept a lot of folks from seeing a doctor for a routine check-up. But diseases don't wait for Covid to go away or for schedules to clear – they just happen. Good health includes early discovery of disease so problems can be addressed before they have a chance to progress and worsen. Your provider can perform the necessary exams to assess how you're doing, including testing your blood pressure, cholesterol, blood sugar and other important metrics. Your doctor will recommend the right screening exams for you, such as a mammogram, a pap smear or a colorectal exam. Your doctor can also advise you about ways to quit smoking, drugs and/or alcohol, manage

mental health struggles, prevent/treat STDs, address difficulties related to menstruation, perimenopause or menopause, plus a whole lot more. If you haven't had a routine health exam in a while, make an appointment today. You're worth the investment.

#### When to Get a Mammogram

Women should get a baseline mammogram so a record of healthy breast tissue can be compared to subsequent screenings. That way, changes to individual breast tissue can be discovered quickly. For some women considered at elevated risk, such as those who have tested positive for the BRCA genetic mutation, have a strong family history of breast cancer, or have undergone radiation to the chest to treat cancer, there may be a benefit to getting a baseline screening as early as age 30. For women without elevated risk factors, the general recommendation is to get a baseline mammogram at age 40, with annual screenings beginning at age 45. Talk to your doctor or clinician about when a baseline mammogram might be right for you.

As a local leader in women's health, RAO provides 3D mammography screening, also called tomosynthesis, which is up to 40% more accurate than standard mammography at discovering invasive cancers and eliminating false positive results. 3D mammography is especially effective for women with dense breast tissue, which accounts for nearly half of all women ages 40 and older. Women seeking ultimate diagnostic accuracy and safety should know that they can choose where to have their screening mammogram performed and schedule an appointment without a doctor's referral. Medicare and most insurance providers completely cover this service.

Should any additional or follow-up testing be required, RAO also offers breast ultrasound, breast MRI, image-guided biopsy and other crucial services evaluated by fellowship-trained doctors who subspecialize in breast imaging, diagnosis and treatment staging.

RAO is one of the few practices in Florida to be designated a Breast Imaging Center of Excellence by the American College of Radiology for accuracy, safety, advanced technologies and dedication to patients, so you can feel secure in our care.

#### Other Women's Health Services

In addition, RAO provides other important diagnostic and therapeutic services designed to improve and protect life, comfort and function.

#### Nonsurgical Treatment of Uterine Fibroids

Women living with uterine fibroids can suffer from an array of troublesome symptoms, including very heavy periods, bleeding between periods, abdominal and/or

back pain, bladder urgency, painful intercourse, and iron deficiency anemia. Uterine fibroid embolization (UTE) is an image-guided, minimally invasive procedure that starves fibroids so they shrink in size, minimizing or completely eliminating symptoms for nearly 90% of patients, all without surgery. RAO offers UFE through our Center for Vascular Health.

#### Nonsurgical Treatment of Varicose Veins

Venous insufficiency is a condition caused by a dysfunction of tiny valves in a vein of the leg, causing blood to pool and the vein to swell and bulge outward. More than just unsightly, varicose veins can be very painful and make the affected leg feel heavy and weak. Once, varicose veins required surgery but now, minimally invasive interventional therapies like endovascular laser ablation, or ELA, can safely and effectively treat varicose veins without surgery, sedation or a long recovery. RAO's Center for Vascular Health has a team of subspecializing interventional radiologists who assess and treat varicose veins.

#### DEXA Bone Densitometry

Women ages 65 and older at moderate risk for fracture may want to consider getting a DEXA bone density scan, a quick, easy, noninvasive test to measure bone loss. Once discovered, bone loss (osteoporosis) can be treated to help prevent fracture. Women ages 50 and older may seek testing sooner if they have a major risk factor, such as breaking a bone in a minor accident, a history of smoking and/or heavy alcohol use, diabetes, an osteoarthritis-related disorder, rheumatoid arthritis, or a parent who broke a hip. Talk to your clinician about whether a DEXA bone scan might be right for you. RAO offers this service at our Women's Imaging Center and Timber-Ridge Imaging Center.

Of course, these are just some of the diagnostic and therapeutic services RAO offers to women – and everyone – throughout Central Florida. For more information about these and other imaging and treatment services, call 352-671-4300 or visit [raocala.com](http://raocala.com).



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# FEELING BETTER BY FINDING JOY

**M**ental health challenges are some of the most common health conditions people face. Yet, many of us put our mental health on the backburner. And living through a pandemic has complicated matters for many of us.

Taking care of your mental health is just as important as taking care of your physical health. In fact, your mental well-being can affect your overall health. For example, depression can increase your risk for conditions such as diabetes, heart disease and stroke. And people who live with ongoing health conditions are more likely to struggle with their mental health — even if they've never experienced them before their illness.

*"Living with chronic stress and anxiety can affect your ability to feel joy from things you love to do," says*

*Dr. Nick Dewan, vice president of behavioral health for Florida Blue.*

## Impact of the Pandemic on Our Mental Health

Many of us have experienced more stress and anxiety during the COVID-19 pandemic. Living with chronic stress and anxiety can affect your ability to feel joy from things you love to do, says Dr. Nick Dewan, vice president of behavioral health for Florida Blue.

## Dr. Dewan's Suggestions to Re-Find Joy

- If you aren't quite feeling like yourself lately, try taking some small steps, like setting small goals, to improve your mental health.

- Do something you've enjoyed in the past, like visiting a friend. If it's hard to feel the same joy from things you love, switch it up a little. Listen to new music or walk in a different park. Trying something different can help you rediscover your joy, Dr. Dewan says.



- Talk to your doctor about your mental health and any symptoms you feel. Your doctor can develop a treatment plan to help you feel your best. If you're not sure if you have a mental health condition, check out the early warning signs posted on [mentalhealth.gov](https://mentalhealth.gov).

## Help From Florida Blue

Community specialists at your local Florida Blue Center will be happy to lend a helpful hand or a listening ear. They'll chat with you about how you're feeling and can then help connect you to local resources that can help. Available to anyone in the community, in person or over the phone. Get started by visiting [floridablue.com/center](https://floridablue.com/center) or calling 1-877-352-5830 to get started.

Visit the Florida Blue website for more information to support your mental well-being at [floridablue.com/smallsteps](https://floridablue.com/smallsteps).

*Remember, there's no health without mental health.*

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# STOP OVERLOOKING SIGNS OF INCONTINENCE

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

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

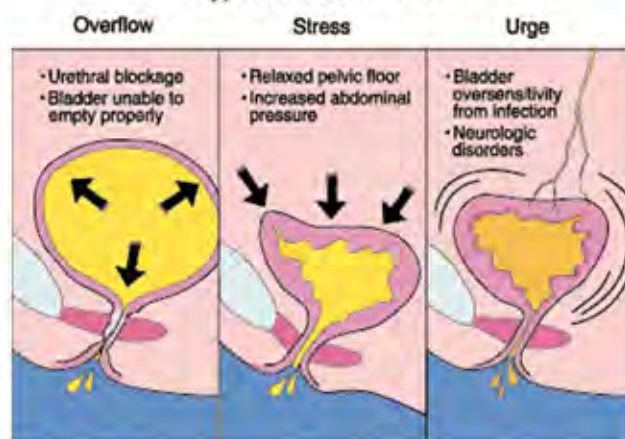
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine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

#### Accidental urination can be triggered by:

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

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

#### Types of Incontinence



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

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

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

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

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



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

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





# The Top Women in Real Estate Who Defied Stereotypes

TASHA OSBOURNE, BA - PREMIER SOTHEBYS INTERNATIONAL REALTY

**W**omen have an illustrious history in the real estate industry — but it's not a very long history. In fact, in the U.S., female aspiring homeowners weren't even allowed to finance purchases on their own until the 1970s. Thankfully, women have achieved high levels of real estate-related success since then, both as homeowners and as industry professionals. Here are some of the most interesting stats, outrageous facts and impressive figures in the history of women in real estate.

- Before 1974, women were not legally permitted to obtain a mortgage without a male cosigner. Today, women actually outpace men in getting mortgages: 19 percent of today's single homebuyers are women, compared with just 9 percent single men, according to the National Association of Realtors (NAR). In fact, single women have bought more homes than single men every year since at least 1981.

- Some 64 percent of all Realtors today are female. In 1908, when NAR was founded, that percentage was zero — the group was 100 percent male. The first woman was admitted to its membership in 1910, however, and by 1975, a third of its members was female. (In other words, a woman was allowed to sell a house long before she could borrow to buy one.) NAR named its first female president in 1992.

- The primary author of the Housing Act of 1937 (aka the Wagner-Steagall Act), which provided subsidized residences for low-income citizens for the very first time, was Catherine Bauer (1905-1964). An outspoken advocate of affordable homes for all — her book "Modern Housing" remains an oft-cited classic in the field — Bauer advised three different presidents and an array of federal agencies on urban planning for 30 years.

- Today, many women work in the home title industry as well. However, that wasn't the case until the 1920s — in fact, when the American Land and Title Association (ALTA) was first established in 1907,

it was called the American Association of Title Men. They changed that in 1923, and ALTA had its first female president in 2000.

Women have been rising to the top of their industries and these women are no exception. Meet the former homemakers who are now dominating the real estate market.

Maryanne Gilmartin is one of the most influential leaders in the New York commercial and residential real estate business. She is the president and chief executive officer of Forest City Ratner Companies, the New York office of Forest City Realty Trust, inc. Some of the more high-profile real estate projects that she has been involved with include Pacific Park Brooklyn, The New York Times Building and the New York by Gehry building. Over the years, MaryAnne has been recognized for her contributions and active involvement in not just the New York real estate industry, but also in the New York art and communications scenes. She is a current board member of the Brooklyn Academy of Music and is a current member of the board of trustees for New York Public Radio.

You probably know her best from her involvement with the popular TV show, Shark Tank. But Barbara Corcoran is much more than just a talking head on a successful TV show. The once New Jersey diner waitress turned millionaire is a hard hitting, quick-witted real estate guru who found success by getting it done the tough way. With the help of her boyfriend at the time, Barbara Corcoran took a risk and invested a \$1,000 loan in starting her own real estate business. Jump ahead a few decades and now Barbara has a multi-billion-dollar real estate company, a seat on one of TV's hottest investment shows, and a number of books detailing her secrets to success under her belt. Some of her greatest advice for young entrepreneurs in the real estate business, and others alike, is to learn how to quickly move on from missed opportunities, and to essentially go with your gut when quick opportunities do arise. As she puts it, "Every great decision I've made in business since was made exactly that way -- quickly without any thought."

Tiny homes — a trend many of us are now familiar with — have risen to prominence over the past few year's thanks in part to a woman by the name of Sarah Susanka. Although her approach is a lot less drastic than some of her colleagues in the tiny home's movement, she is still a go-to for home development advice and commentary on the future of home development. She continuously expresses a collective shift in the need for quality over quantity when it comes to home building. According to her predictions, the current generation will continue to seek homes that appeal to specific design and comfort needs that often take precedence over square footage. Sarah has found through her research that millennials are far less concerned about impressing guests with big boisterous designs and formal rooms reserved for special occasions than previous generations of homeowners. Utility and comfort are at the forefront of the new generation of homeowner's needs. Whether you agree with her or not, Sarah continues to be a leading voice for the future of home development and continues to receive praise for books like The Not So Big House and Home by Design, in which she outlines her groundbreaking research and predictions.

Thanks to evolving mindsets and business practices, our appreciation for women's contributions to the real estate industry and society as a whole is no longer just contained to one month of the year. Nowadays, influential female leaders continuously grace the covers of prestigious business publications with their inspiring stories and corporate advice.

## TASHA OSBOURNE, BA

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# STROKE NUT

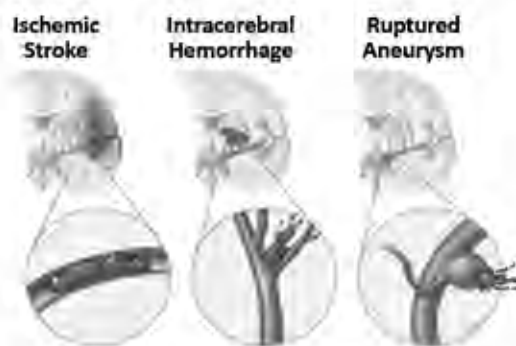
By Nasser Razack, MD, JD

**M**ay is stroke awareness month. There are many actions we can take to impact the future of stroke but none greater than its prevention. Our emphasis must switch from the treatment of the disease to its prevention by promoting better health and well-being.

Inflammation is our immune system's response to attacks on the body by foreign substances. It is a response that enables the body to defend itself by creating a hostile environment to kill unwanted intruders. Inflammation is great when our body is under attack; however, inflammation can also be triggered to attack normal healthy tissue. In this scenario, inflammation still produces a hostile environment within the body, but damages healthy tissue instead of destroying unwanted invaders.

A stroke occurs when blood flow to the brain is interrupted, causing a deprivation of oxygen and nutrients to that section of the body. There are two types of strokes: (1) ischemic stroke caused by blocked arteries that supply oxygen to the brain and, (2) hemorrhagic stroke which results from a leaking or ruptured brain blood vessel (Figure 1).

Figure 1. Types of Stroke



Ischemic stroke accounts for the vast majority (80%) of all stroke cases and can result in the following signs and symptoms: speech difficulties, confusion, vision problems, balance issues, headaches and paralysis or numbness of the face, arm, or leg (Figure 2).

Figure 2. BEFAST to stop stroke in its tracks!

If you think someone is having a stroke, BEFAST and do these simple tests:

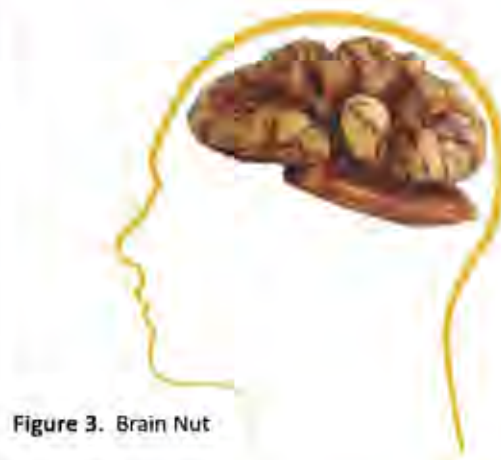


Figure 3. Brain Nut

Increasing evidence demonstrates that inflammation plays an important role in the development of cardiovascular and cerebrovascular disease (stroke). A significant cause of inflammation is our diet. Specifically, diets high in red and processed meat, refined grains and sugar-sweetened beverages are all associated with increased inflammation which can heighten the subsequent risk of stroke compared to diets comprised of anti-inflammatory foods. Certain diets such as the Mediterranean diet—abundant in olive oil, nuts, whole grains, fruits, vegetables and seafood with reduced consumption of red and processed meat—can lower inflammation in the body (as measured by inflammatory biomarkers) and thus reduce the risk of stroke. Conversely, diets consisting of refined sugars and grains, fried foods, soda, red and processed meat which promote inflammation (as marked by increased inflammatory biomarkers), had a higher risk of stroke.

Research demonstrates that regular nut consumption is associated with lower cholesterol levels and a reduced risk for heart disease (including stroke). One study specifically examined whether a diet containing walnuts could lessen inflammation. This study examined 634 participants and determined that the regular consumption of walnuts (30 to 60 g per day or around 2 to 4 walnuts) showed reduced levels of inflammation in six of the 10 inflammatory biomarkers that were measured. Monserrat Cofan, PhD, lead author of this study, stated, "The anti-inflammatory effect of long-term consumption walnuts demonstrated in this study provides novel mechanistic insight for the benefit of walnuts consumption on heart disease risk beyond that of cholesterol-lowering." Other studies also demonstrate that regular walnut consumption can boost brain function and

slow down cognitive decline. Walnuts are rich in omega-3 fatty acids and polyphenols, both of which reduce inflammation and fight oxidative stress which are the main causes of cognitive decline (Figure 3).

Another study published in the Journal of Nutritional Metabolism demonstrated that a single serving of Brazil nuts containing one, four or eight Brazil nuts resulted in an almost immediate improvement in bad (LDL) cholesterol levels. Elevated cholesterol is a known risk factor for stroke and other forms of cardiovascular disease. However, researchers followed up on the participants' cholesterol levels five days and then 30 days later. Note that during this period, the participants only had the initial single serving of one, four or eight Brazil nuts. Amazingly, they maintained lower cholesterol levels for a month after only eating that initial serving of Brazil nuts. The researchers also concluded that eating a single serving of four Brazil nuts was enough to maintain lower cholesterol levels for up to a month.

This sounds too good to be true and further research is definitely required. However, when the intervention is inexpensive, easy, harmless and healthy—such as eating four Brazil nuts a month—it's quite reasonable to adopt this habit until proven otherwise. In case you're wondering, the theory behind this amazing process is the selenium content of Brazil nuts. As an added benefit, the study also demonstrated these effects were achieved "without producing liver and kidney toxicity."

Stroke is an inflammatory-based disease process. Theoretically, blocking inflammation and other degenerative processes can delay the onset of inflammatory-based diseases such as stroke. Neurcumin® is an all-natural nutrient which, in addition to curcumin, contains many other polyphenols and natural agents uniquely formulated to fight inflammation.

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About Nasser Razack, MD, JD

Dr. Razack currently practices as a neurointerventional surgeon 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.



# A New Way to Treat Treatment-Resistant Depression

A New and Highly-Effective Therapy Designed to Help Those With Depressive Disorders, Anxiety, and PTSD

**F**or those who struggle with Treatment-Resistant Depression (TRD), depressive disorders, PTSD, or clinical anxiety, ketamine therapy is a rapid and robust modality having antidepressant effects. Standard treatments for these mental health disorders do not always work, and not only do they take a long time for patients to feel its effects (up to 2 months), but they also do not stay in the system if the medication is not taken regularly. Ketamine, however, is unique in that it enables and promotes connectors in the brain to foster and regrow. Through repairing the connections in the brain responsible for depression, ketamine promotes regrowth and repair of these connections. It is this reaction that is responsible for the efficacy of ketamine, not the presence of the drug in the body as other traditional forms of medications work.

Those with depressive disorders, everyday tasks can be unbearable, affecting their overall quality of life. If the disorder is not managed at a core level, the individual will suffer the anguish that emotional and often physical symptoms can have. The introduction of ketamine in conjunction with behavioral therapy can help patients manage their condition.

## What is Ketamine Therapy and What is it Used to Treat

Ketamine therapy is an evidence-based modality prescribed and recommended to those with Treatment-Resistant Depression (TRD), treatment and management of Post-Traumatic Stress Disorder (PTSD), anxiety, and/or underlying mental disorders. Ketamine-assisted treatment has proven to be highly effective in mitigating the side effects and symptoms of depressive disorders and comorbidities, whereas other pharmacological and first-line treatment methods have failed, or the patient has not responded well to the treatment.

*WhiteSands Recovery & Wellness is now offering ketamine therapy at their outpatient offices for those who qualify and meet the criteria.*

Offering a full continuum of care and customized treatment options means introducing the latest therapies to patients who struggle with underlying disorders. WhiteSands' inpatient programs provide the most comprehensive, all-inclusive treatment at every level of care. Being at the forefront of the newest and most advanced mental health and substance abuse treatment methods, WhiteSands is

proud to introduce ketamine therapy to help patients heal from depressive disorders like Treatment-Resistant Depression.

## How Ketamine is Offered and Administered

WhiteSands Recovery & Wellness administers Ketamine therapy in two ways:

- IV Infusion Therapy
- Nasal spray - SPRAVATO® (esketamine)

Patients considering ketamine therapy are first seen and assessed by a board-certified Psychiatrist and Registered Nurse where they will complete a blood test and urinary analysis (UA). Patients must pass all requirements of these tests before beginning ketamine therapy. A ketamine therapy plan is arranged for each patient so they are aware of where and when their next session is.

Ketamine therapy is administered seven times over four weeks. The procedure, which takes approximately 45 minutes, is completed in a comfortable and quiet room at a WhiteSands outpatient office where patients are administered their dose in a controlled environment. Once the process is complete, they are monitored for the proceeding hour by a Registered Nurse to ensure they are not experiencing any adverse reactions or side effects. Since patients cannot drive once they have completed their therapy session, we arrange a ride home for them.

## Efficacy of Ketamine Therapy in Treatment of Depressive Disorders

Or

## How Effective is Ketamine Therapy?

With the introduction of Ketamine for a range of depressive disorders, clinical trials and research indicate that 70-80% of patients who undergo the therapy no longer experience the negative emotions, moods, and symptoms of the depressive disorder they once did.

Ketamine therapy is becoming widely considered a treatment option for TRD for its rapid action and lasting effects. After just a single ketamine therapy session, patients reported a significant improvement in their anxiety and depressive symptoms.

## Ketamine has shown to:

- Mitigate chronic pain
- Alleviate depression
- Reduce suicidal ideation
- Dramatically lessen the symptoms of depression

With the COVID-19 pandemic taking a toll on mental health and exacerbating depressive disorders, the need for effective and safe therapy is crucial now more than ever. To maximize patient success in managing depressive disorders, it's important that patients are not provided with a 'band-aid' method, but with safe, non-dependency therapies. Ketamine therapy can provide that.

## Pricing

Ketamine IV therapy can be funded on an out-of-pocket, self-pay basis and is not covered by health insurance. WhiteSands Recovery & Wellness offers in-house payment plans, as well as third-party financing options.

SPRAVATO® is covered by major insurance providers. We accept all major medical insurance providers. SPRAYATO® can also be paid out-of-pocket for those who do not have health insurance.

Get in touch with our admissions team to discuss your financial needs.

## Location

Ketamine-assisted treatment is offered at several WhiteSands Treatment outpatient locations. The facility has 17 outpatient locations throughout Florida, having on-site licensed medical staff and registered nurses who facilitate and monitor all ketamine therapy sessions.



Dr. S. Mann, M.D.  
Chief Medical  
Officer



Lyndsay Henry, PhD  
VP of Clinical  
Services



Dr. H. Layman  
Psychiatrist



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By Bruce Hancock

# Discover More Options and Details Regarding a Reverse Mortgage

**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.

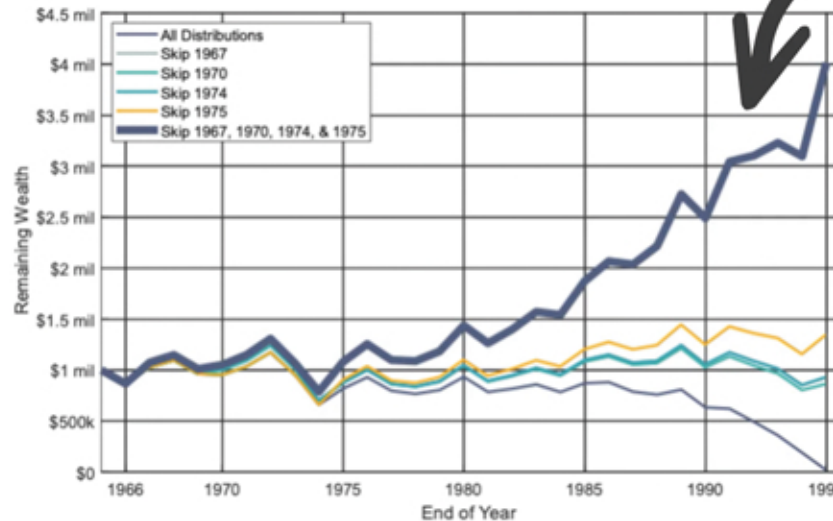
It's a common misconception to view a reverse mortgage as looming financial woe. Reverse mortgages are not to be looked at as a last resort to economic difficulty, but rather as an opportunity to build proceeds and profit for your retirement and perhaps your mounting healthcare bills.

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

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**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.

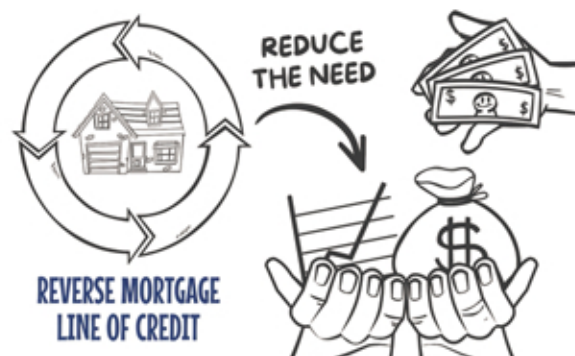


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# BENEFITS OF IV THERAPY

If you've ever gone to the hospital or emergency room you know that one of the first things to happen is getting an IV. This is done because getting fluids, vitamins, medications, nutrients, etc through an IV is the quickest, most efficient way to get these essential materials into your body because they are delivered directly into your circulation and allow for quicker and more complete absorption. IV therapy is not limited to the hospital though and can be done on an elective basis which can bring many benefits but at a much lower cost while also helping to prevent the need to be seen in the ER by helping to resolve small illnesses, boost your immune system, and provide specific medications in some cases.

## What is IV therapy?

IV therapy offers a fast, effective way to replace vitamins, minerals, and nutrients that may be lacking as well as administer certain medications for quick relief of ailments such as stomach flu, cold, food poisoning, hangover, and migraine headaches to name a few. This can help improve many health concerns, combat illness, boost immunity, and improve overall wellness.

IVs are placed by a medical professional into a peripheral vein and can have predetermined mixtures of nutrients, minerals, vitamins, amino acids, and/or medications or can be customized individually. These get placed in a bag of IV fluid that is pH balanced to match our bodies natural fluids and is administered slowly with most treatments taking 60-90 minutes although some medications require a slower infusion and can therefore last 2-4 hours.

## Why IV therapy?

- Allows you to bypass your GI system by providing direct administration to the bloodstream making nutrients instantly available without any loss through absorption.
- Allows medications/fluids/electrolytes to be given/replaced when unable to tolerate anything orally.
- Provides nutrients that are lacking in our diets. Soils are often depleted of many nutrients now days so even the best efforts at healthy diets can still leave us deficient.
- Provides body with what it needs to stay in tip top shape allowing for decreased illness, improved mental clarity, and overall improved energy and well-being.
- Our daily needs vary from day to day based on environmental factors, stress, diet, and other health conditions. IV therapy allows you to easily get all the nutrients your body needs with 100%

absorption so you can conveniently give your body all the building blocks it needs to help you feel your best every day.

## Is IV therapy safe?

IV therapy is a safe procedure when performed by a licensed medical professional who monitors the infusions.

## What are possible side effects?

Typically, there are no significant side effects, however, some people may experience a feeling of being cold/chilled while others report feeling sleepy; these feelings are typically based on the specific nutrients being given. Occasionally people report a sensation of tasting the vitamin or mineral in their mouth during treatment; this is normal and nothing to be concerned about.

## How often can I get an IV?

Time between IV treatments vary by individual but typically no more often than once a week although there are a few exceptions that will be discussed at your appointment.

At Total Nutrition & Therapeutics, our IV therapy menu addresses most concerns and can also be customized depending on your needs. If you are wondering if IV therapy could be helpful for you look at the benefits you can get through IV therapy:

- Immediate rehydration
- Energy boost
- Increased mental clarity
- Migraine headache relief
- PMS relief
- Quicker recovery from illness (cold/flu, food poisoning, etc.)
- Improved athletic performance and recovery
- Guaranteed vitamin absorption
- Immunity boost/illness prevention; improved overall wellness
- Decreased stress/fatigue
- Rapid results
- Eliminate toxin build up
- Improved mood/decreased anxiety and depression
- Improved overall wellness
- Hangover recovery
- Weight loss
- Skin Improvement, hair and nail growth, anti-aging support
- Replenished nutrients that are lacking in our diets



## Who is a candidate?

Most people are candidates for IV therapy but the nutrients, vitamins, minerals, and medications given will vary from person to person. Every patient meets with our team and reviews their medical history before determining if they are a candidate and what formula would be most beneficial.

## Who should not get IV therapy?

There are some health issues that can exclude you from getting an IV treatment. Common conditions that may limit being able to receive IV therapy include kidney disease, heart disease and high blood pressure. While these do not exclude being treated with IV therapy you should have a full medical history review with a physician who can determine if you are a candidate for IV therapy and what formulations are safe for you and which aren't.

## How do I get started?

Contact Total Nutrition and Therapeutics at 352-259-5190 or go online to [www.TNT4ME.com](http://www.TNT4ME.com) to schedule your appointment today. Initial consultations are always complimentary.

## 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!



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# SKIN CANCER PREVENTION:

## Learn How You Can Reduce Melanoma Risk

By Dr. Puja Kathrotiya

**T**here are a number of different types of skin cancer, however, melanoma is the most harmful of them all. Every hour a person dies of melanoma; this year alone, over 130,000 new cases will be diagnosed. Preventative measures and early detection are key. On average, skin cancer screenings take about fifteen minutes. These few minutes of your time could potentially save your life.

Along with melanoma, your dermatologist can detect and diagnose a number of other disorders. A thorough skin cancer screening and examination is able to diagnose up to 3,000 different skin conditions. Screening should be scheduled annually. However, some types of skin cancer grow rapidly. If you notice new lesions, bumps, or moles, schedule a visit with a dermatologist immediately.

Visual changes should never be ignored. Moles or freckles that have changed in color (halo effect), border irregularity with a diameter greater than six mm, any asymmetry, and evolving or ongoing changes, are all signs that require attention.

Because early detection aids in successful treatment, continual emphasis on the importance of regular skin screenings are critical to your health. Preventative measures, like limiting skin exposure to the sun and applying sun screen while outdoors continue to be effective strategies for maintaining healthy skin.

**Wearing protective clothing, like light-weight, long-sleeved shirts and broad-rim hats are great ways to protect your skin from damaging rays that cause skin cancer.**

When you are out enjoying the sun, apply a broad-spectrum sunscreen, which protects against UVA & UVB rays. It's also important to reapply sunscreen at least every 30 minutes, depending on formula strength. Avoiding the sun between 10:00 a.m. and 3:00 p.m., peak times, decreases the risk of over-exposure and skin cancer.



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

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

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

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

### **Wearing SPF Every Day**

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

If you find something suspicious, you should go to your primary care provider. If the provider is uncertain what it is, it should be biopsied to be sure.

### **MidState Skin Institute Services:**



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[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.



# May is Better Hearing Month

## What You Should Know

**H**earing loss can happen at any age due to illness, birth defects, genetics, exposure to loud noises, or aging. As we age, hearing loss typically diminishes. For individuals with hearing loss, it can be dangerous not to hear the car horn that's attempting to alert you of an impending accident. It's unsafe not to be able to hear the smoke or burglar alarm. Also, consider, the safety risks of not being able to hear conversations correctly. This can lead to confusion and lack of the ability to follow necessary directions.

### Hearing Loss Can Negatively Affect Your Brain

Getting your hearing checked regularly is critical for your own personal safety and the health of your brain. Individuals that struggle with hearing often become less social and therefore their cognitive decline is affected by less interaction and less mental processing. It is also thought that decline in other special senses, like the sense of smell and vision, can exacerbate cognitive issues due to degeneration in these other areas of the brain.

### The Ability to Hear Well and Stay Safe are Inter-connected

If you have hearing loss in one ear, it can be difficult to decipher where sounds are actually coming from. It's common for people to sleep on their "good ear" to get a better night's rest, but this again, puts one at risk due to not being able to hear during an emergency or precarious situation. Getting hearing aids to improve hearing or getting your hearing aids upgraded to suit your changing hearing is absolutely imperative.

### What You Can Do

- Avoid excessive exposure to loud noises
- Avoid ear infections by limiting water in the ears or by treating other forms of infection that commonly affect the ears
- Regularly get your hearing checked
- Get and Wear Hearing Aids

### Hearing Aid Evaluation

There are several steps that are part of a hearing aid evaluation. If you suspect that you might need a hearing aid, you will first need to have a hearing



evaluation. At the time of the hearing evaluation, a case history will be taken to determine how much your hearing problem impacts your day-to-day life as well as the lives of your family. You may also have to provide some basic questions about your general health history.

### Hearing Test Results

The results from your hearing test will provide the hearing care professional information on what sounds you may be missing or hearing. The results of this testing will also allow the hearing care professional to make the best treatment recommendations, which typically includes hearing aids.

### Hearing Aid Recommendation

If your hearing test reveals a permanent hearing loss, hearing aids may be recommended. Your hearing professional may explain what sounds you have difficulty hearing, and what hearing aids can do to help. It is usually at this appointment that you will get to see and touch different styles of hearing aids. In some cases, you may even be able to listen to a hearing aid.

Your hearing professional will help you choose the best hearing aid style, features and level of sophistication based on your degree of hearing loss, lifestyle, and financial circumstances. Some hobbies and occupations may benefit from different hearing aid styles or features, so your hearing care provider may

have you fill out a questionnaire to assist during the evaluation process. The final decision on which hearing aids are purchased is your choice.

Once you make a decision, the hearing professional may take impressions of your ears if you selected custom hearing aids or behind-the-ear hearing aids that require earmolds. Hearing aids must usually be ordered from a manufacturer and then programmed by your hearing professional to meet your specific hearing needs. There is an adjustment period when wearing hearing aids, so it's possible your provider may make additional changes to your settings to ensure you're getting the best listening experience possible.

**Contact Premear Hearing today to find out more about your options to improve your hearing or to upgrade your hearing devices.**

**We also offer FREE 30 Day Trials, FREE Lifetime Servicing, FREE Repairs for any hearing aid from any manufacturer, and provide Financing options to fit your budget with 0% interest to you. We also accept many insurance plans. At Premear Hearing it is our goal to better your hearing and your quality of life.**

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# Foot Pain Ruining Your Golf Swing?

**A**s millions of avid golfers get ready for another season of pars and bogeys, they should be aware of potentially serious foot problems that can result from years of playing the game.

Although golf is not considered a rigorous sport, the physical act of repeatedly swinging a golf club in practice and on the links can lead to a condition known as hallux limitus, a jamming and deterioration of the big toe joint. According to the movement and weight transfer that occur during the swing's follow through can cause this problem and other chronic foot ailments.

The barrier to a perfect golf swing could lie in your big toe. Or your heel. Or on the ball of your foot. These are the three areas of your feet most likely to cause pain that can ruin your golf swing. Behind these pain-prone spots can lie stiff joints, stretched-out tissues and even nerve damage. But pain relief is possible and frequently does not require surgery. The three most common painful foot conditions that can ruin your golf swing are heel pain, arthritis and pinched nerves.

- Arthritis can cause pain in the joint of your big toe that makes it difficult to follow-through on your golf swing.
- Heel pain typically results from an inflammation of the band of tissue that extends from your heel to the ball of your foot. People with this condition compare the pain to someone jabbing a knife in their heel. Heel pain can make it uncomfortable for golfers to maintain a solid stance during crucial portions of their golf swing.
- Neuromas, according to FootHealthFacts.org, are nerves that become thickened, enlarged and painful because they've been compressed or irritated. A neuroma in the ball of your foot can cause significant pain as your body transfers its weight from one foot to the other in a golf swing.

When golfers follow through on their swing, they can overextend the big toe joint on the back foot. Those who have played the game avidly for several years eventually can wear out the cartilage or jam the big toe joint. The likely outcome, if left untreated, is painful arthritis in the big toe, which would make it very difficult to continue playing golf.

Golfers who have pain and swelling around the big toe joint or have less mobility in this area than other parts of the foot should visit a foot and ankle surgeon for an examination and appropriate treatment. A history of trauma to the big toe area and bone structure also can precipitate the condition. Individuals with a long first metatarsal bone (big toe), for example, are more susceptible to joint compression and hallux limitus.

If golfers experience pain in the big toe area when playing, they should consider it a warning sign that intervention is necessary before the joint becomes arthritic. In most situations, orthotics can be prescribed to provide relief, but others with advanced cases may require surgery.

Another foot problem that is common in golfers is a neuroma or pinched nerve at the bottom of the foot. The weight transfer to the front foot that occurs in the follow through applies pressure that, over time, can cause a pinched nerve.

We also advise golfers not to wear shoes that have a spike located directly beneath the ball of the foot.

The pressure from that single spike, magnified by the several thousand steps taken during an average round, can cause intense pain and swelling in the ball of the foot.

Any pair of golf shoes can be made more foot friendly without sacrificing traction by removing the poorly located spikes.

For the majority of golfers and other patients I recommend simple treatments such as custom orthotic devices (shoe inserts), stretching exercises, changes to your shoes, medications, braces or steroid injections and physical therapy. However, if these conservative measures fail to provide adequate relief, surgery may be required.

Several other painful conditions can also cause instability during your swing. Some athletes and former athletes develop chronic ankle instability from previous ankle sprains that failed to heal properly. Motion-limiting arthritis and Achilles tendonitis can also affect your balance. Ill-fitting golf shoes may cause corns and calluses that make standing uncomfortable. Foot pain is not normal. With the treatment options available to your foot and ankle surgeon, a pain-free golf swing is clearly in view. When your feet aren't in top condition, your golf swing won't be either.

## 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.

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# Pacifica Senior Living: 5 Tips to DESTRESS

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

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

## #1 Take Time for Yourself

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

## #2 Get Moving

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

## #3 Meditation & Prayer

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

## #4 Sleep

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



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

## #5 Combining Methods is Best

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

## When to Seek Help

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

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## PACIFICA SENIOR LIVING OCALA

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

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

## BRAND NEW STATE OF THE ART MEMORY CARE FACILITY COMING SOON

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

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

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

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# Mirror Therapy - Hope for Pain and Stroke Sufferers

**M**irror Therapy (MT) is an occupational therapy technique used to help increase motor function and decrease pain in a limb, such as in your hand or wrist. The principle of MT is the use of a mirror to create a reflective illusion of the affected limb in order to trick the brain into thinking movement has occurred and without pain.

Although initially developed for amputees to control phantom limb pain, it is now commonly used for many different conditions, including stroke rehabilitation, complex regional pain syndrome (CRPS), arthritis, and other chronic pain conditions in the limbs.

**The Brain and Pain:** Research tells us there's a complete map of the body's surface in the brain. After a limb injury or in the case of chronic pain in the hand or wrist, the area in the brain mapped to that limb holds on to the memory of the pain. The brain learns to associate movement of the limb to pain, sometimes well after the injury has resolved. This is called, "learned pain". MT uses a reflective illusion of an affected limb in order to trick the brain into thinking movement has occurred without pain and to create positive visual feedback of limb movement.

**Mirror Therapy:** The device is simply a mirrored box positioned so that your unaffected hand is outside of the box and can be visibly seen as a reflection in the mirror. The affected hand is covered and positioned out of site. The Occupational Therapist will guide you through slow and



repetitive hand and wrist exercises of the unaffected hand, while encouraging you to focus on the reflection in the mirror. The goal is to envision that the hand in the reflection is your affected hand. Exercises may include making and releasing a fist, turning your palm up and down, moving fingers individually, or grasping items like a coin or a water bottle.

**Mirror Therapy and the Brain:** From the reflective illusion, the brain is tricked into "seeing" the affected limb moving without pain. With continued practice, the brain will "learn" that your limb is healthy and, therefore, will start to move it more easily.

If practiced regularly, MT has helped many people control their pain independently. Occupational Therapists suggest practicing 3-5 sessions a day for up to 30 minutes each. Once learned, the therapy can continue in your home environment.

## 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

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

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

## It all begins with you

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

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

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

## Cardiovascular Health

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



## Cardiovascular Associates of Lake County

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

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

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

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

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

- PET Scan
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- Electrocardiogram

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# Holding Loss and Joy Side by Side Brings Hope

Submitted by Hospice of Marion County

If you have ever experienced the loss of someone you loved, whether it was a dear friend, a family member or even a pet (who is just like a member of the family), you know the pain of loss and how much it hurts. Loss of any kind can and does affect us emotionally, physically, and mentally.

May is National Mental Health Awareness month and this is one of the most important aspects of our lives that we should give special attention to and prioritize. You don't have to be diagnosed with a mental disorder to appreciate the importance of keeping mentally healthy. Just the stress of everyday life can cause us to feel like we need a mental health checkup to re-evaluate our busy lives and how to reduce the chaos.

The feeling of loss could be any number of things during a normal year – the loss of a spouse, the loss of a job, the loss of celebrating milestones in one's life with family and friends. Many can't imagine what it was like to experience the grief of losing a loved one in the midst of the pandemic that never seems to end and the helplessness many felt and some still feel.

During Mental Health Awareness month, we must all remember that mental health is as important as physical health. While we may have little control over physical health, we do have options when it comes to staying grounded while undergoing grief and loss. Learning how to cope and hold loss and joy side by side is the beginning of hope. The feelings



for that lost loved one never goes away, but remembering the joy they brought and the lives they touched can help one experience the loss, remember and celebrate them at the same time.

That is where the Monarch Center for Hope & Healing can help. Available at no charge to the Marion County community, the center has been offering adult, teen and children's programs, counseling for individuals and in group settings for more than a decade. Programs include providing tips and coping mechanisms to help you express grief through simple art or journaling projects, sharing thoughts with others or in a one-on-one session with a trained counselor. In these sessions you'll learn: 1) What is a normal grief reaction, 2) How can I cope with stress, and 3) What can I use from the past to focus on the future?

The Monarch staff guides people in understanding that grief is natural and necessary to healing. It's essential to feel the pain, not suppress it. Additionally, our Hospice of Marion County's Soul Injury program reminds people that you cannot heal what you cannot feel. Community Awareness Manager Jessica McCune shares, "Being able to talk about your feelings is the first step to finding peace in your grief journey and we can help guide people through the grief process."

Staff are available to work with bereaved families and individuals in person, via phone, email or teleconferencing. Their message is that loss of control over external events does not mean loss of everyone's wealth of inner strengths. Join others who are navigating and adjusting to grief – You are not alone. The Monarch Center's phone lines are open Monday-Friday, 8 a.m.-5 p.m. **Call (352) 873-7456 to speak with a counselor.**

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# 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)**.

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# Slowing the Pace of Your Life

By Pastor Timothy Neptune

**R**emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

*2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.*  
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do everything through him who gives me strength.*

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *"But godliness with contentment is great gain. <sup>7</sup>For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

**Contentment means this:** I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

**Contentment will come easier when you realize two things:** life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.



Jesus said it like this, <sup>15</sup> *Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

- **My life is a rat race.**
- **I don't know how I'm going to get it all done.**
- **I am just so exhausted.**
- **I don't know how much more of this I can take.**
- **I just want to escape.**

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.





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