

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2022

Lake/Sumter Edition - Monthly

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**STROKE
NUT**

LIVE PAIN FREE

Know Your Options

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

**FEELING BETTER
BY FINDING JOY**

**6 SIGNS IT IS TIME
TO GET YOUR
EYES CHECKED**

BE MORE WITH LESS

Helping Seniors Downsize for a
Smooth Move to Senior Living

**BENEFITS OF
IV THERAPY**

**FOOT PAIN RUINING
YOUR GOLF SWING?**



TREATMENT OF VENOUS DISEASE/ VARICOSE VEINS

TIRED & ACHING LEGS?

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

WHAT ARE VARICOSE VEINS?

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

WHAT CAUSES VARICOSE VEINS?

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

WHEN AND HOW ARE VEINS TREATED?

The most commonly asked questions are:

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

TREATMENT METHODS

- ENDOVENOUS THERMAL ABLATION
- ENDOVENOUS CHEMICAL ABLATION
- SCLEROTHERAPY

WHAT RESULTS CAN YOU EXPECT?

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



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- EVALUATION OF HYPERTENSION (HIGH BLOOD PRESSURE)
- EVALUATION OF CHEST PAIN AND SHORTNESS OF BREATH
- EVALUATION OF CARDIAC ARRHYTHMIAS
- EVALUATION OF FAINTING (SYNCOPE)
- EVALUATION OF FATIGUE
- CHOLESTEROL DISORDERS (DYSLIPIDEMIA)
- PREOPERATIVE SCREENING
- WEIGHT LOSS AND NUTRITIONAL CONSULTING



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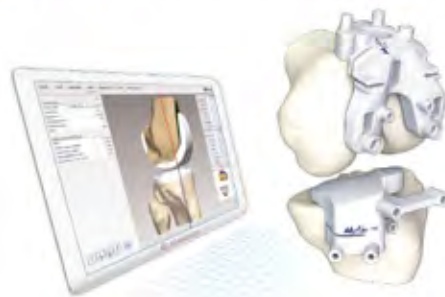
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CONTENTS MAY 2022

6 6 Signs it is Time to Get Your Eyes Checked

7 Live Pain Free: Know Your Options

8 Varicose Veins Are Not Just A Cosmetic Problem: What You Should Know

9 Stop Overlooking Signs of Incontinence

10 Benefits of IV Therapy

11 Feeling Better By Finding Joy

12 Be More with Less: Helping Seniors Downsize for a Smooth Move to Senior Living

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

14 At the Onset of a Stroke: Prompt Treatment Can Save Lives and Lessen Long-Term Side Effects

15 Discover More Options and Details Regarding a Reverse Mortgage

16 Stroke Nut

18 A New Way to Treat Treatment-Resistant Depression

19 Foot Pain Ruining Your Golf Swing?

20 Healthy Aging: What Does it Really Require?

21 Meet the Kidneys

22 Why Do So Many Patients Trust Compton Chiropractic Care?

23 Mirror Therapy - Hope for Pain and Stroke Sufferers

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

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

26 Spiritual Wellness: Slowing the Pace of Your Life

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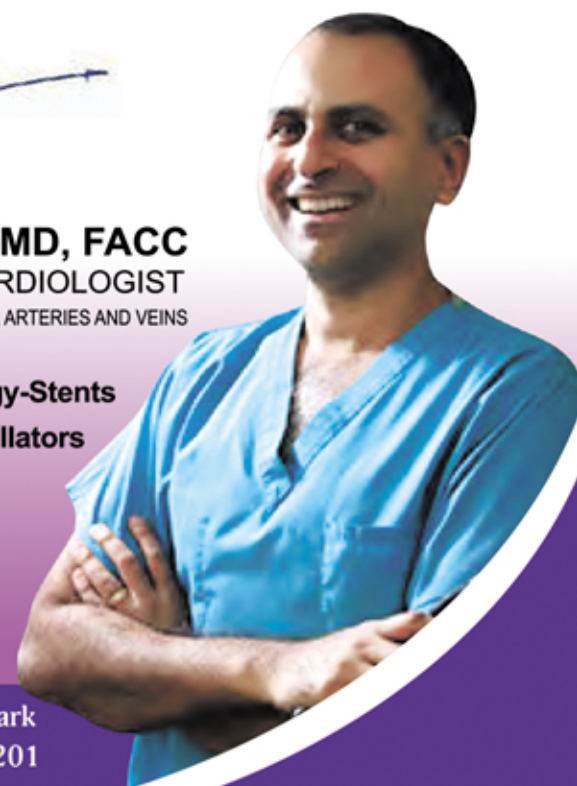
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6 SIGNS IT IS TIME TO GET YOUR EYES CHECKED

Along with blooming flowers, May also welcomes Healthy Vision Month, a time dedicated to promoting comprehensive eye exams to catch common conditions before they can become serious.

When caught early, nearly all eye health problems can be arrested, even reversed. Unlike a vision test, which measures your eyesight for prescription lenses, a comprehensive dilated eye exam enables your eye doctor to look for early signs of stealthy problems like cataracts, glaucoma, age-related macular degeneration (AMD), diabetic retinopathy, retinal detachment, growths in the eye, and high blood pressure, when they can be treated before they have a chance to cause sometimes-irreversible vision damage, even partial or total blindness.

A dilated pupil exam involves special eye drops that force the pupils to remain open in bright light, so your eye doctor can explore the back of your eye, where diseases often begin and lurk. An open pupil exam reveals important elements such as the retina, optic nerve, protein buildup and vessel health. The exam is painless and the pupils generally return to normal size and function in about 4-6 hours. Most people are able to drive with high-quality sunglasses afterward, but if you have never had a dilated exam before, it is wise to have someone drive you so you know exactly how the dilation will affect your outside vision.

When to Schedule an Eye Exam

1. You are age 40 – Getting a baseline exam at age 40 provides a record for your eye doctor. Having an established record of your healthy eye allows your doctor to compare it against future tests so any changes can be noted immediately.

2. You're age 60 or older – While certain conditions can occur at any age, the risk associated with most common eye diseases increases with age. People ages 60 and older should get a dilated eye exam every one to two years. Your eye doctor will assess your overall health and the condition of your eyes and provide guidance on how often you should get a comprehensive exam going forward.



3. You're Black or Hispanic/Latino – Black and Hispanic/Latino people experience an elevated risk of glaucoma and diabetic retinopathy, so regular dilated exams should begin at age 40. Certain eye diseases can cause severe and permanent vision loss without early symptoms, so discovery and treatment are crucial to protecting your eyesight.

4. You have diabetes – People with diabetes should have a dilated eye exam every year, regardless of age. If you have been diagnosed with diabetes and haven't yet been seen by an eye doctor, make an appointment today. Diabetes contributes to a host of vision problems, and the earliest possible diagnosis and treatment of these issues provides the best protection against vision loss.

5. You have a history – Having a family history of certain eye diseases or conditions, or a personal history of eye surgery, blunt force trauma to the eye, retinal detachment, or a congenital disorder, may warrant earlier or more frequent testing.

6. You have symptoms – If you have sudden changes in vision, eye pain, an eye injury, or are

noticing new floaters, don't wait – call your eye doctor immediately. If symptoms like flashes of light, eye pain, swelling or sudden vision changes occur after office hours, seek treatment at the ER. When treating and preventing eye and vision problems, time can be of the essence.

Remember, if you're age 40-60 or older and haven't had a dilated exam in a while (or ever), call your local Lake Eye (a US Eye Company) for an appointment suited to your schedule. Our friendly staff and experienced doctors will make sure your eyes are healthy, happy and ready for every one of life's adventures.

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Live pain free

Know your options



What causes hip or knee pain?

Injury, over-use, or lack of use can cause short-term pain. However, if the pain lasts longer than a few weeks, seek medical advice. Arthritis is the single greatest cause of chronic hip and knee pain, and disability in America.

24% of all adults have arthritis

(CDC, Nov 2021)

Symptoms of arthritis

- Chronic pain
- Joint stiffness
- Joint tenderness
- Swelling around the joint
- Decreased/limited range of motion
- Warmth and/or redness around the joint

Treating arthritis

If you suffer from one or more of the symptoms above, see your doctor. Although there is no cure for arthritis, the earlier you seek treatment, the more options you will have. Your doctor may suggest the following:

- Physical therapy to strengthen muscles and improve range of motion
- Topical solutions to reduce joint aches and pains
- Anti-inflammatory or pain reducing drugs, such as aspirin, acetaminophen and ibuprofen
- Disease-modifying anti-rheumatic drugs (DMARDs)
- Corticosteroid injections
- Non-steroidal anti-inflammatory drugs (NSAIDs)

Surgical options for arthritis

When lifestyle changes and medicine aren't enough, surgery may be the recommended option. Today, through a select few orthopedic surgeons, patients have the opportunity of in or outpatient hip or knee surgery, as well as advanced surgical techniques for performing the surgery. These advanced techniques allow surgeons to personalize the procedure and optimize patient outcomes.

Advances in surgical techniques and technology allow hip and knee replacement patients to recover faster and with less risk

Advances in hip and knee replacement treatment options including implant design, pain and blood loss management, as well as minimally invasive surgical techniques are producing fewer complications, fewer infections, greater satisfaction, and shorter recovery times. Innovative 3D preoperative planning technology allows surgeons to make patient-specific bone cutting templates that determine which implant size, position and alignment is best suited for individual patients.

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Varicose Veins Are Not Just A Cosmetic Problem: What You Should Know

By Bryan Carter, MPA-C, Phlebology-Surgery

Spider veins are tiny blood vessels that are showing through the skin, while varicose veins are more prominent and sometimes take on a ropey, bulging look. Both spider veins and varicose veins are a warning indicator that the circulation is disrupted. However, varicose veins can also be a sign of a more serious condition, and that's why it's imperative that you see a vein specialist. If your legs hurt, or if you have swelling, numbness, or tingling in your legs or feet, you should never ignore these symptoms. Various health conditions can cause tingling sensations in the feet and legs, such as diabetes or MS, but often it is associated with varicose veins. One out of two people over the age of 50 have varicose veins, but that's not to say that younger people can't also develop them.

Varicose & Spider Vein Symptoms

Along with tingling, the symptoms may include throbbing, weakness, a sensation of heaviness in the legs, restlessness, and dark blue or purple bulging veins in the legs, calves, or behind the knee. Varicose veins can cause pooling of the blood and blood clots, but not all varicose veins are initially dangerous or systemically damaging.

What Causes Varicose & Spider Veins?

Some of the risk factors include a family history of varicose veins, poor circulation, being overweight, hormonal imbalance and fluctuations, birth control medications, standing or sitting for long periods of time, blood clots, abdominal pressure, or frequent crossing of the legs.

Spider Veins Treatment

Because spider veins are tiny blood vessels that typically are just starting to become discolored and more noticeable as we age, Village Heart and Vein Center offers an in-office procedure that's efficient and quick. It's called sclerotherapy. Sclerotherapy involves the controlled destruction of enlarged veins by injecting a solution directly into the blood vessel. The vein shrinks and ultimately collapses, allowing the blood to reroute through other, more healthy veins. Sclerotherapy is a conventional treatment for spider veins in the legs and feet.

Varicose Vein Treatment Options

Many individuals find relief from compression garments, elevating the legs, cold compresses, and rest, but once you have varicose veins, these remedies will not "heal" their underlying issue.



Years ago, the only options for alleviating varicose veins was surgery, which includes stripping (removes long portions of the vein), or ligation, which ties the vein off from the blood supply. These treatments are still used in some severe cases, but now there are other options that are minimally invasive. These advanced procedures close a vein and reroute the blood flow via several mechanisms and alternatives. Village Heart and Vein Center will determine which is the optimal choice for your specific needs.

Enhanced Treatment

- VenaSeal™ Closure System (closes vein through thermal energy and medical grade adhesive)
- Endovascular Laser Ablation (collapses the vein internally)
- Radiofrequency Ablation (Collapses the vein and shuts the wall through heat)



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Not all varicose veins pose a health threat, but because proper blood circulation aids the body's flow of nutrients and oxygen to the heart, brain and other organs, it's essential to get a medical consultation to discuss the severity of your venous condition and your treatment options.

Village Heart and Vein Center

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

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

STOP OVERLOOKING SIGNS OF INCONTINENCE

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

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

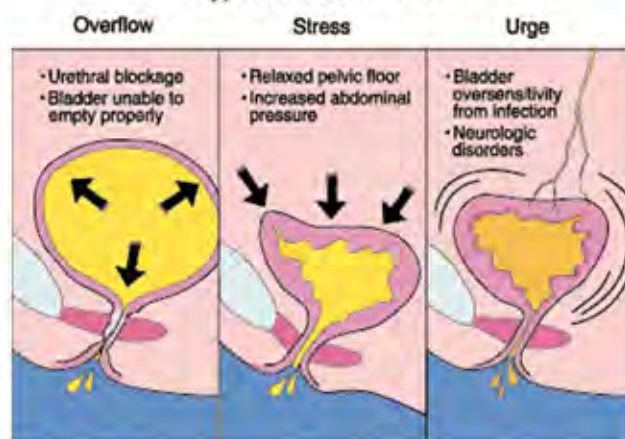
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine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

Accidental urination can be triggered by:

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

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

Types of Incontinence



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

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

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

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

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



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

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

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 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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FEELING BETTER BY FINDING JOY

Mental 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.

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 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.

Remember, there's no health without mental health.

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Be More with Less

Helping Seniors Downsize for a Smooth Move to Senior Living

Change is inevitable, but that doesn't make it a bad thing. In fact, change can often open doors to new opportunities—regardless of your age. It's even more fulfilling when the change that occurs is one that brings you closer to where you belong.

At Sumter Senior Living, conveniently located in The Villages® community, we want you to live life to the fullest. Spend time with friends. Take care of your health in our fitness center and indoor heated therapy pool. Explore enriching interests at the library, theater, and arts and crafts studio. With Florida sunshine, caring associates, and friendly neighbors, you'll feel the warmth right away. Sumter Senior Living is the change you've been waiting for.

But there's still work to be done. You don't want to be weighed down by clutter as you step into your new, carefree lifestyle. The first chapter of your new life is titled: Downsizing.

Why Downsize?

Before you can determine the why of downsizing, you need to understand what it means to downsize. More than just reducing, downsizing is the act of decluttering and moving into a more manageable home. TIME magazine identifies benefits, such as:

- Less home maintenance
- Lower utility costs
- Lower real estate costs
- Improved cash flow and nest egg growth
- Added free time for travel and hobbies

Many seniors also decide to downsize because of lifestyle changes and the desire to simplify life.

Certified financial planner and founder of 2050 Wealth Partners, Lazetta Rainey Braxton says, "Some people get tired of doing all the maintenance that comes along with the big house. They're not able to cut the grass and do the hedges, repairs, and painting—all the costs associated with maintaining a large home." Who needs the hassle of cleaning and maintaining a residence? Now, more than ever, you deserve to spend your time doing the things you love most.

How to Clear the Clutter

The first step is determining what to keep. Room by room, decide what stays and goes. Be sure to keep appropriately sized furnishings for your new home to bring comfort when you move.



After you've set aside your must-haves, consider donating what's left to a worthy cause. It makes you feel good, and you can get tax deductions if you keep your donation receipts. Libraries take old books. Local schools can use working musical instruments for band. The Red Cross, Salvation Army, Goodwill, and homeless shelters will take gently worn coats, clothes, and shoes. Rest homes and low-income senior housing take gently used medical equipment. Old bedding, sheets, and linens can go to animal shelters. Habitat for Humanity accepts donations of: tools, gardening supplies, recreation equipment, furnishings, and appliances.

But you still might find yourself asking: How do I get rid of "stuff"? One sentimental plate on display can be more meaningful than keeping the whole 12-piece set hidden in a box. Take the less is more approach, and use this as an opportunity to make some pocket change. Have a yard sale! If you have a housekeeper, landscaper, or handyman, consider asking them if they want to have, or buy, the things you own related to their trade. And hire a junk hauler for the rest!

Dispose of sensitive documents through "shred events" sponsored by organizations like United Way. Funds go to a worthy cause, and you can rest easy knowing your private information will be safely destroyed.

If there are a handful of things you still can't seem to part with, or you're unsure if you'll need or want them later, rent a storage unit. Renting a storage unit is an inexpensive, short-term investment until you come to a decision on the things you left behind. Once you feel comfortable deciding what stays and goes, you can cancel the storage unit and fully enjoy your new, decluttered lifestyle.

A Place Where You Belong

Now that the clutter's gone, it's time to embrace change—ensuring you live and age gracefully in your next chapter. Moving into a senior living community can help rejuvenate your spirits after the hard work of downsizing.

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

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

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



SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

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The Villages, Florida 32162

(352) 674-3600

www.sumterseniorliving.com

Assisted Living License Number: 12227



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 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

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Care Group**

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In Affiliation With Cardiovascular Associates Of Lake County, PA

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AT THE ONSET OF A STROKE:

Prompt Treatment Can Save Lives and Lessen Long-Term Side Effects

T.E. Vallabhan, MD, FACC

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures. Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain. TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B	Balance: Does the person have a sudden loss of balance or coordination?	
E	Eyes: Is your loved one experiencing double vision or are they unable to see out of one eye?	
F	Face: Is one side of the face drooping? Ask the person to smile.	
A	Arms: Does one arm drift downward? Have the person raise both arms in the air.	
S	Speech: Is he or she slurring their speech or having difficulty getting the words out right? Have the person repeat a simple phrase.	
T	Time: Time to act! Call 9-1-1 and get the person to a certified stroke center immediately, such as Adventist Medical Center.	

STROKE?
DON'T WAIT!
B.E. F.A.S.T.



What You Can Do

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

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

Dr. Vallabhan

**Call Office for Consultation
352.750.2040**

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



By Bruce Hancock

Discover More Options and Details Regarding a Reverse Mortgage

Many 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.

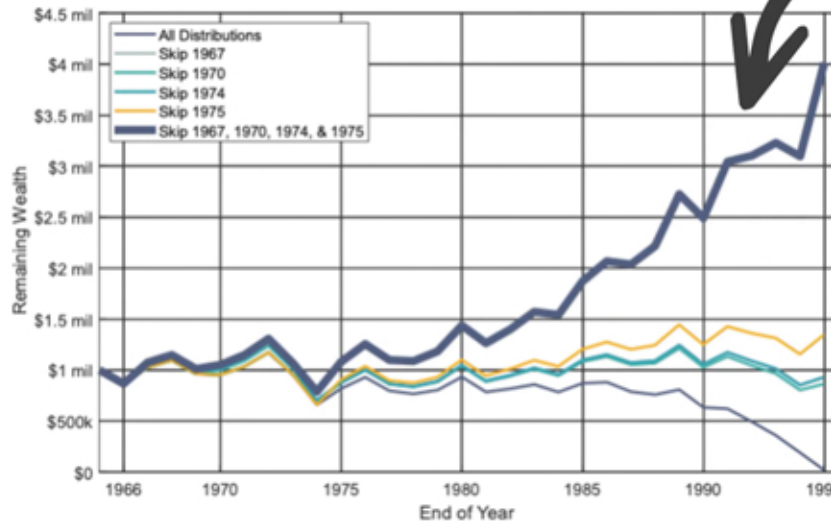
It's a common misconception to view a reverse mortgage as looming financial woe. Reverse mortgages are not to be looked at as a last resort to economic difficulty, but rather as an opportunity to build proceeds and profit for your retirement and perhaps your mounting healthcare bills.

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.

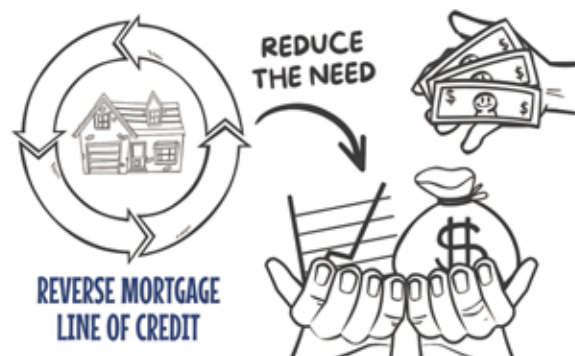


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STROKE NUT

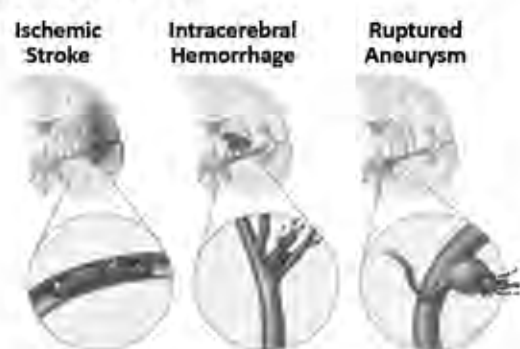
By Nasser Razack, MD, JD

May 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.

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 **strokenerd@gmail.com** for more information.

available at **amazon**



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.



Bruce Hancock
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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



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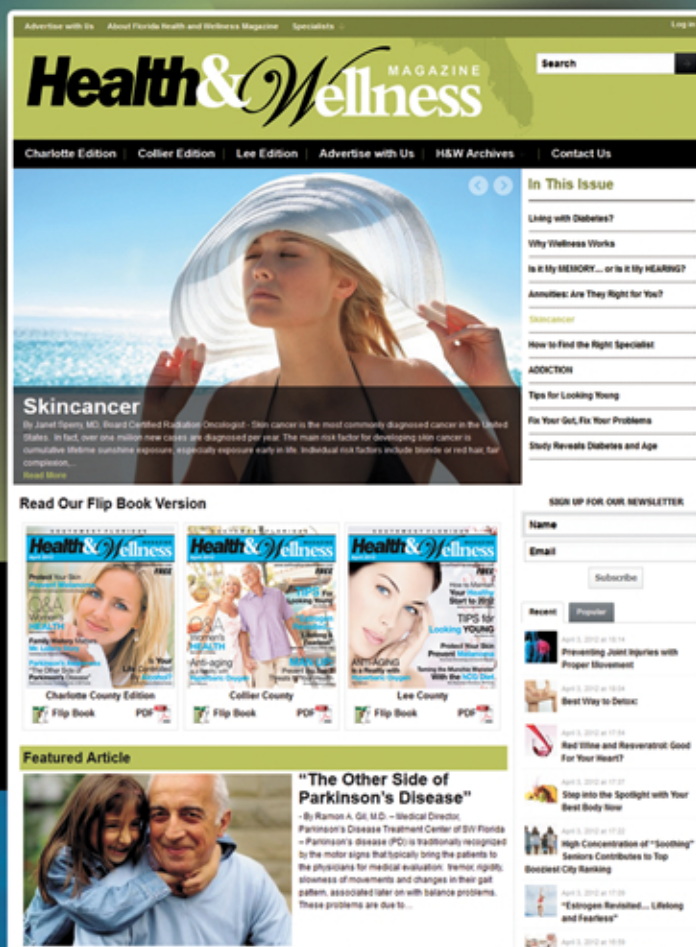


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A New Way to Treat Treatment-Resistant Depression

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

For 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



WhiteSands
RECOVERY & WELLNESS

If you or someone close to you is struggling with treatment resistant depression, anxiety, PTSD, mood disorders, or depressive disorders, get in touch with WhiteSands Treatment today at 239-237-5473, or visit <https://whitesandstreatment.com>

Foot Pain Ruining Your Golf Swing?

As 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.

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.

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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

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



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

Viscosupplementation

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



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855-276-5989 | 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.

Meet the Kidneys

They are a pair of bean shaped organs, each roughly the size of a fist on either side of your spine, below your ribs and behind your belly. Most people are born with two kidneys, but it is possible to be born with one kidney and have a normal life.

Our kidneys are master chemists that always balances the chemical composition of blood regardless of what we eat or drink. Did you know that they process 1800 liters of blood in 24 hours? Kidneys have two distinct layers - the cortex which is the outer layer and the medulla which is the inner layer. Both layers contain about a million specialized filters called nephrons that process and filter our blood. Each heartbeat sends 25% of our blood to the kidneys for processing which involves filtration of blood, reabsorption of important minerals and elimination of excess water, toxins and waste products - better known as urine.

The functions of the kidneys:

- 1. Blood pressure control** - the kidneys regulate our body's arterial blood pressure in various ways, including hormones, salt and water regulation.
- 2. Volume control** - the kidneys regulate salt and water balance to control our body's total fluid volume. Have you ever noticed that your urine is darker when you drink less water and clearer when you drink more?
- 3. Mineral balance and toxin elimination** - as mentioned in the introduction, when the kidneys process blood, they filter out unwanted toxins into the urine whilst retaining the minerals the body needs in a constant cycle to maintain balance.



4. Red blood cell production - A red blood cell has a lifespan of 120 days. The medulla senses and sends signals to the bone marrow telling it to make new red blood cells. If your hemoglobin or blood count is low, it can be a sign of poorly functioning kidneys.

5. Bone health - Strong healthy bones require dietary calcium, phosphorus and plant and animal sources of Vitamin D. Whether you take supplements or spend lots of time outdoors in the sun you need your kidneys to activate Vitamin D to help your intestines absorb these minerals from food and strengthen your bones.

Our kidneys are truly remarkable organs that perform life-saving functions for our bodies. No wonder it is the most transplanted organ!

Sunshine Kidney Care Nephrology Associates
352.388.5800

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

About Us

Sunshine Kidney Care Nephrology Associates is the newest Nephrology Practice in Central Florida led by our board-certified nephrologists - Dr. John Hayes and Dr. Ingrid Calliste who together offer a combined 24 years of expert care and experience. Our patients can expect quality, collaborative, comprehensive, holistic and compassionate medical care delivered by an excellent provider team. The practice offers a range of clinical services including hospital consultations, office consultations and dialysis care. We also offer education, planning and management of renal replacement therapies and pre and post kidney transplant care. We have partnered with Fresenius Medical Care and DaVita Kidney Care to treat dialysis patients at 8 area dialysis centers. We will help you to navigate your individual treatment plans with our personalized approach to healthcare.

Welcome to the Sunshine Kidney Care Nephrology Associates Family!

OUR CARE TEAM:

John Hayes, MD | Ingrid Calliste, MD
Donna Jackson Sharpe, ARNP

Conditions we treat:

- Acute kidney disease
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- Cystic diseases of the kidney
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WHY DO SO MANY PATIENTS TRUST COMPTON CHIROPRACTIC CARE? THEIR STORIES MIGHT HELP YOU!

By Compton Chiropractic Care

When you have suffered an injury, Compton Chiropractic Care LLC can help you on the road to recovery. Our golf cart accessible facility located in The Villages, FL offers a variety of services to people just like you who are suffering with many different ailments. No matter what condition you are suffering from, the experienced team of professional Chiropractors at Compton Chiropractic Care LLC will work with you to properly diagnose and develop a personalized treatment plan to meet your needs.

Chiropractic care can help solve a wide range of problems that just don't include back and neck pain, we can also help patients who suffer from headaches, migraines, shoulder pain, arthritis, hip pain and personal injuries like car accidents. Our experienced physicians are also highly skilled in decompression therapy.

All four of our doctors are graduates from the Palmer College of Chiropractic. No matter what type of care you need, if you live in The Villages, you can certainly come to Compton Chiropractic Care and expect your needs to be met!

But don't just take our word for it—Find out what our patients have to say:

Patient Testimonials

"Doc thanks! My back is better than it has been for years." - Male Patient

"I wish I would have found your clinic years ago. I am playing the best golf of my life and without that lousy pain. Thanks again Doc. See you soon." - Female Patient

"Dr. Compton, I cannot begin to thank you enough for helping my husband and myself. We can actually enjoy our retirement now pain free." - Female Patient

"Doctor, I must be sure to mention again how very grateful i am for the care i was given at Compton Chiropractic. I am back north for the summer and I am feeling excellent. I will be making an appointment as soon as I return to Florida." - Female Patient

"I have been going to Chiropractors my entire life and I have never experienced a more genuinely sincere Doctor than yourself. I was very impressed with your extensive examination and ability to correct my pain so swiftly." - Male Patient

"Dr. Compton and staff have impressed me from the first phone call all the way to check out. The entire staff is pleasant and made me feel welcome. They were able to explain each step of my care and asked AND WAITED for response if I wasn't clear about an explanation. Dr. Compton explained what he was doing and why throughout my entire examination. He didn't seem bothered by my questions or long explanations that required more than yes or no responses. The therapist was great as well and she follows the same practice of explaining the hows and whys. I am very comfortable with Dr. Compton and staff and will continue with them for my chiropractic care. Great job!!!" -Female Patient

"I am happy with the sophistication and good "bedside manners" of the doctors and pleasant, effective service offered by the office personnel. In my two years as patient, I also have been satisfied with their handling the payments with fairness and full disclosure. This is an important part of chiropractic care which reimbursement by insurance is usually very difficult." -Male Patient

If you have pain, or other immobility issues, call Compton Chiropractic Care Today and discover how so many others, just like you are finding long term relief without drugs and without surgery!

The Compton Chiropractic Center:

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No matter what type of care you need, if you live in The Villages, you can rest assured that you will receive superior care at the Compton Chiropractic Center. Please call today, to schedule your appointment.



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Our Philosophy

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Mirror Therapy - Hope for Pain and Stroke Sufferers

Mirror 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

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

By Richard W. Rozensky, DDS, D.ABDSM

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

What Causes Sleep Apnea?

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

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

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

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

What are the symptoms of Sleep Apnea?

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

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy and failed?

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

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

COVID-19 and Sleep Apnea

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

Village Sleep Dentistry
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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!

WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

Estate planning services include living wills, drafting of wills, trusts, and powers of attorney. Estate planning customizes the documents to match the needs of the clients, and to prepare provisions for their children, dependents and intended beneficiaries, and to also reduce the impact of estate taxes.

Many people are intimidated or afraid of hidden fees and high costs associated with estate planning, but Attorney Patrick L. Smith does things differently. Many attorneys bill their clients by the hour to handle their planning—Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

If you are putting off estate planning, here are few reasons you might want to take action now as opposed to later:



Health and Mental Capacity

In Florida, the state no longer recognizes Springing POAs (Power of Attorney). *Springing POAs* were able to “spring” into effect and make decisions after a loved one was incapacitated. These are no longer accepted. Instead, the State now requires a permanent POA that goes into effect at the moment of signing the document. If you or a loved one are being proactive about your estate planning or medical decisions, it’s critical to speak to an attorney to help guide you through the process and make the appropriate choices that are specific to your situation.

It’s essential to implement a power of attorney (POA) while someone is capable and competent of signing paperwork and evaluating needs.

If your loved one is unable to make sound judgments and decisions, it can be costly to navigate

the court systems to try and retroactively gain control of assets and to make important financial and health-related decisions.

Unfortunately, neurodegenerative disorders are escalating in our country. It’s not uncommon that individuals need 24-hour care and nursing to help with daily tasks due to conditions such as Alzheimer’s and Parkinson’s disease, or other debilitating disorders like COVID, cancers, coma, and those on life-support, to name a few. When there is no power of attorney in place to make decisions, such as hiring a caregiver, transitioning into a memory care facility, or implementing a hospice plan, these important decisions can turn into a challenging legal process.

Estate Planning Should be Under Your Control

Making decisions now is proactive. It should not be thought of as premature; it should rather be thought of as a wise decision for your family and those left behind that you wish to care for or donate to.

You DO NOT have to disclose all details of your assets to your family, but it is very important that they know where to find the information when they need it. Preparing and organizing your estate planning is critical.

Law Offices of Patrick L. Smith, PLLC

For your **free consultation** or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling **352-204-0305** or visit: **www.attorneypatricksmith.com**.

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Chiropractic Physician
Palmer Graduate
U.C.F. Graduate—B.S. Nutrition
Military Veteran

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

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Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember 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. 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. 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. 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, ¹⁵ *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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Facial Plastic Surgeon

Dr. Richard Castellano

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



ImageLift.com

Rich Castellano, M.D.

UPCOMING FACIAL BEAUTY SEMINAR

EXCLUSIVE SEMINAR PRICING

BROWNWOOD HOTEL

3003 Brownwood Blvd

Thursday, May 12th @ 2pm

**FREE Area of Wrinkle Relaxer
for Attending and Having a Consultation**

**Free
Book!**

**+3,500
Facelifts**

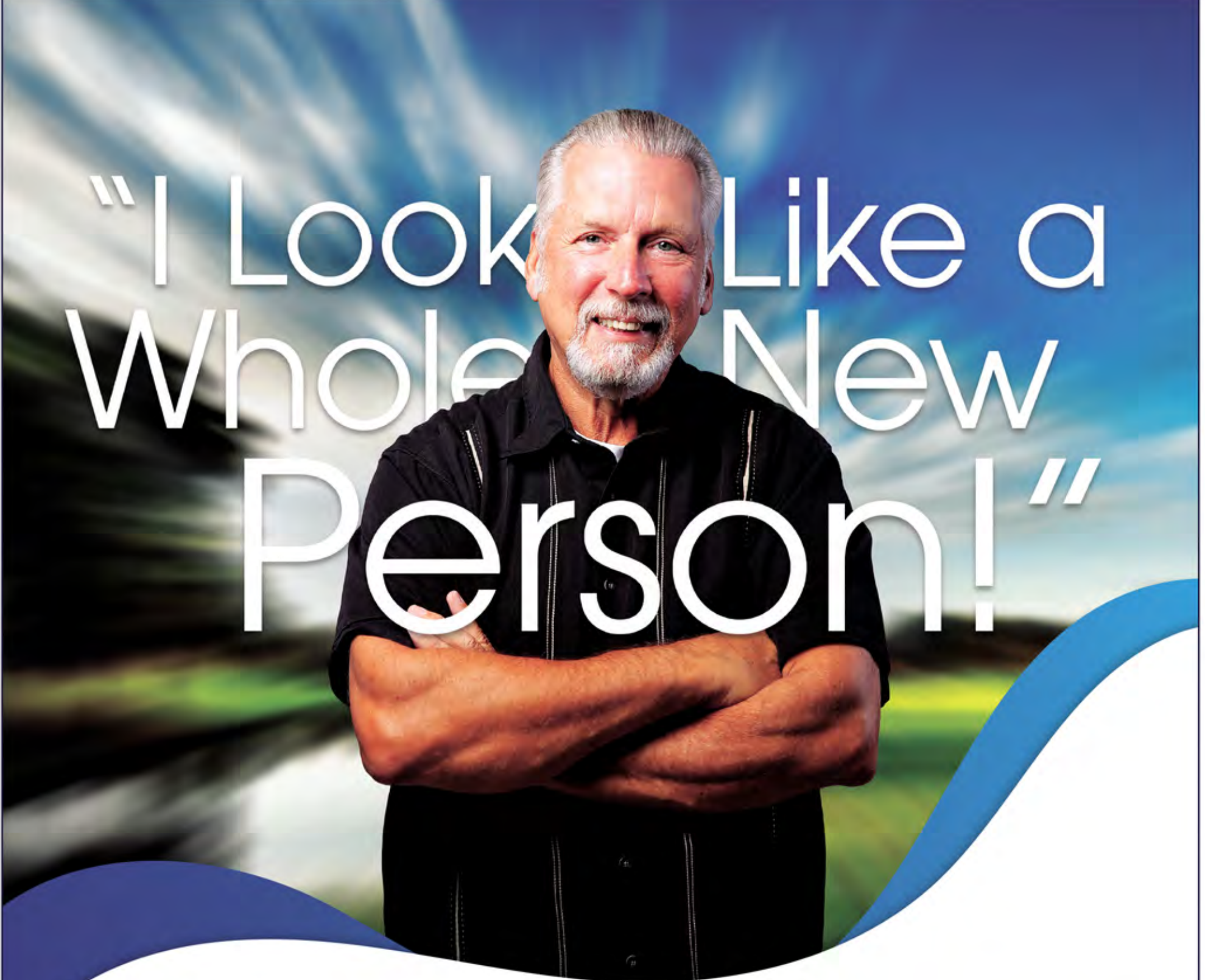
**Double
Board Certified
Facial Plastic
Surgeon**



352-227-1501

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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.



"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

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