

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

June 2022

Lake/Sumter Edition - Monthly

FREE

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Men

Take Charge of
Your Health

Ignoring Common Cardiac Symptoms

Leads to Critical Issues

Do You Know Your Testosterone Level?

When Is It Safe to Travel

After Joint Replacement Surgery?

The Longest Day

Cataracts

Know the
Warning Signs

May-Thurner Syndrome

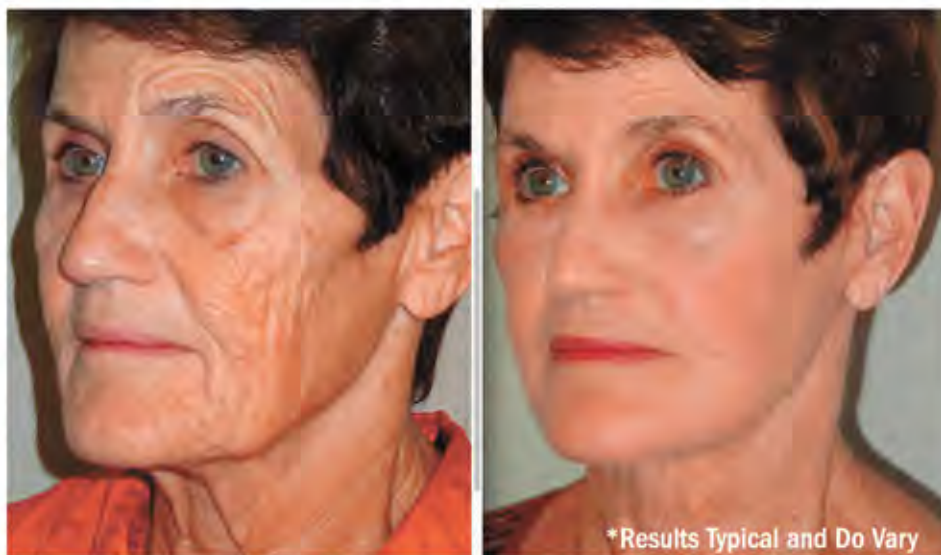
A Vascular Disorder
Affecting Mostly Women

9 Tips to Prevent Alzheimer's Disease

Not All Headaches Are Migraines



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CATARACTS: KNOW THE WARNING SIGNS

June is Cataract Awareness Month, and the American Academy of Ophthalmology wants to remind everyone, especially folks age 60 and older, that timely detection and treatment of cataracts is essential to protecting healthy vision.

Although anyone can develop a cataract, some people are more susceptible than others. Factors such as diabetes, family medical history, continued sunlight exposure, high blood pressure, eye injury, previous eye surgery, smoking, heavy drinking, obesity, extended use of corticosteroids and uveitis (eye inflammation) can increase the chance of developing cataracts. Ultimately, however, the most common cause of cataracts is simple aging. Time allows for the build-up of proteins and a loss of flexibility within the lens, diminishing its capacity to utilize light effectively. Over time, as the lens continues to thicken and its opaqueness becomes more severe, serious vision loss, even total blindness can occur. Nearly everyone who lives long enough will develop at least one cataract, and more often than not, both eyes will be affected.

Types of Cataracts

People with nuclear cataracts (which form in the center of the lens) may experience new or improved nearsightedness (close-up vision), but this improvement is temporary, and eventually, sometimes rapidly, vision will become blurred and distorted.

Cortical cataracts form on the outer edge of the cortex of the lens, appearing as cloudy or yellowish wedge-shaped growths.

Posterior subcapsular cataracts form near the back of the lens, diminishing light, colors and details, and causing glare and halos around light sources. These can progress faster than other types of cataracts.

Congenital cataracts, or cataracts people are born with, may and may not impact vision, but once they do, they can progress like other cataracts and should be addressed once vision becomes impaired.

Symptoms of Cataracts

Cataracts grow stealthily and vision changes can be so subtle that they often go unnoticed until problems become severe. Symptoms vary from person to person, depending on the size and location of the cataract, but the following symptoms can occur singly or in combination:

- Diminishing or poor night vision
- Halos around lights at night
- Clouded, muted or yellowed colors
- Distortion of fine details
- Sensitivity to light and glare
- Double vision in one eye
- Frequent need for new prescription lenses



Preventing Cataracts

While there is no concrete medical evidence that cataracts can be prevented, certain commonsense guidelines known to promote overall eye health may support cataract prevention and mitigation. It is wise to do the following:

Wear sunglasses – Sunglasses rated to block 100% of UV light can help protect your eyes from issues related to sun exposure, including photokeratitis (sunburn of the eyes), skin cancer of the eyelids, and cataracts.

Know your numbers – Having regular tests for blood pressure, diabetes, cholesterol and other health factors and taking steps to keep those numbers in line is smart for every aspect of your health, including your eye health.

Eat better – Add more vegetables and fruits to your diet. No vitamin supplement provides the same highly-absorbable and -useable vitamins, nutrients and fiber as does food. Adding more colorful vegetables and fruits to your daily routine will deliver quality antioxidants to help your eyes, body and brain enjoy optimal health.

Quit smoking – No matter how many times you have tried before, try again. Quitting smoking today provides rapid health benefits. New medications and other services can help more people quit than ever before, so talk to your clinician or eye doctor about what's available to help you quit once and for all.

Get regular eye exams – Only a dilated eye exam can reveal the full array of stealthy sight-stealing conditions like cataracts, glaucoma and macular degeneration. Whatever your age, schedule a comprehensive eye exam with an eye doctor, who will review your history, make recommendations about how often to get routine screening, and create a personalized healthy-vision plan to keep your eyes and vision clear and comfortable.

When to See an Eye Doctor for Cataracts

Certainly, you should make an appointment with an eye doctor if you notice sudden or obvious changes in your vision, including worsening eyesight, floaters, flashes of light, eye pain, inflammation or sudden headache. Even without symptoms, it's important to make an appointment for a comprehensive eye exam so a record of your healthy eyes can be established for future comparison.

As with all medical conditions, the earlier a problem is identified, the more easily it can be treated, halted or prevented entirely. So, planning for regular comprehensive eyes exams while your eyes are functioning normally is always the best path to a lifetime of clear, reliable vision.

An Eye Exam vs. a Vision Exam

While it's normal for anyone who needs prescription lenses to see an increase in their prescription needs over time, cataracts can accelerate and worsen vision changes, and a simple vision exam can't be relied upon to reveal cataracts. That's why everyone, especially people ages 60 and older, as well as those with added risk factors like diabetes or previous eye injury, should schedule a comprehensive eye exam every one to two years, not only to spot cataracts, but also to catch early signs of glaucoma, macular degeneration, chronic dry eye and other issues that can damage eye health and eyesight. By identifying problems before they have a chance to cause vision loss, your eye doctor can advise you about how to protect – and possibly restore – crisp, healthy vision.

Lake Eye for Complete Cataract Care

When it comes to cataract diagnosis and safe, effective treatment, experience counts. As a local eye care pioneer in the latest and most advanced technologies and procedures, Lake Eye (a US Eye Company) is the region's forerunner in cataract surgery and intraocular lens (IOL) replacement. With many years in practice and 40,000+ collective successful cataract surgeries behind them, our Board-certified eye surgeons offer unparalleled experience in the latest cataract treatments, including Femto refractive laser cataract surgery, combined cataract and glaucoma surgery, and precision mapping and placement of a complete range of IOLs, including toric, monofocal, multifocal, accommodating and extended range varieties from leading medical manufacturers.

If you're due for a comprehensive eye exam or would like more information on our array of options for cataract treatment, we invite you to contact your local Lake Eye. We're here to help you envision a wonderful life.

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T.E. Vallabhan, MD, FACC

IGNORING COMMON CARDIAC SYMPTOMS LEADS TO CRITICAL ISSUES

John F. Kennedy once said, "The time to repair the roof is when the sun is shining." This statement holds true when we focus on many of the issues in life, especially our health. Some of the most common cardiac risk symptoms are often overlooked. Ideally, individuals should start to be mindful of their heart health from a younger age, but it's never too late to improve your cardiac function or to get the treatment you need to enhance your lifestyle and overall health.

People are living longer, and staying healthy is at the forefront of most our minds. The aging population is primarily concerned about keeping up with their grandchildren and having the capability to freely live an active lifestyle well into their eighties and nineties, but without being proactive about our cardiac health, we set ourselves up for critical heart disorders and issues.

Some of the things we can do are to follow a heart-healthy nutrition plan like the Mediterranean diet. We should also incorporate regular exercise and keep our stress levels down. If you smoke, you **MUST** quit now to help your body heal from the damage to the blood vessels and arteries that have already taken place. It's never too late to stop smoking.

Cardiac Risk Factors & Indicators

- High Blood Pressure
- High Cholesterol
- Tightness in Chest
- Shortness of Breath
- Jaw pain
- Arm Pain
- Back Pain
- Fatigue

These symptoms are significant indicators of heart disease, but the most common warning sign that people have is —Ignoring their symptoms!

It's the familiar adage of denial—If we ignore or avoid the symptoms, then we don't have to deal with any of the accountability. However, just like most things, if you ignore them, they'll go away, but not in a right way.



If left untreated, they will go away through deterioration and damage, and eventually death. Being proactive about your heart's health is imperative.

Unfortunately, many people are more sedentary than they'd like to believe. A limited or lack of physical activity is not going to do your body or your heart much good. In our modernized world, we have grown complacent. We don't walk as much to get from A to B; instead, we drive a car to work, sit at a desk all day, drive home, sit down to eat dinner and then sit in front of the television until we go to bed. If this sounds even remotely familiar, you need to have a consultation with a cardiologist to test your cardiac condition.

Coupled with a sedentary lifestyle, the prevalence of individuals being diagnosed with diabetes is astronomical. Diabetes is a significant risk factor for cardiovascular disease. Very often obesity and diabetes work in conjunction to damage your heart and arteries, deplete your nutrient, oxygen-rich blood, and can cause venous insufficiency and blood clotting issues. If you have diabetes or suspect that you may, it's critical to seek medical attention to get your blood sugar levels to a manageable state and to assist you with an overall healthy lifestyle plan.

Risk Factors For Heart Disease

- Age
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Overweight
- Chronic stress

What You Can Do

- See a cardiologist for important diagnostic testing
- Don't ignore symptoms
- Eat a heart-healthy diet
- Avoid sugar and salt in excess
- Stop smoking
- Exercise daily (at least a 30-minute walk)

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

Dr. V

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SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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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

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May-Thurner Syndrome:

A Vascular Disorder Affecting Mostly Women

By Bryan Carter, MPA-C, Phlebology-Surgery

Blood is carried toward the heart through our veins, and is called venous flow; blood is carried away from the heart through our arteries and is called arterial flow. Because proper blood circulation aids the body's movement of nutrients and oxygen to the extremities, heart, brain and other organs, it's imperative to maintain and improve our arterial and venous blood flow as we age. However, it's not uncommon for arteries and veins to fluctuate directional flow, but with May Thurner Syndrome, it can lead to dangerous outcomes like impinged blood flow and DVTs (deep vein thrombosis).

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

Symptoms

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

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

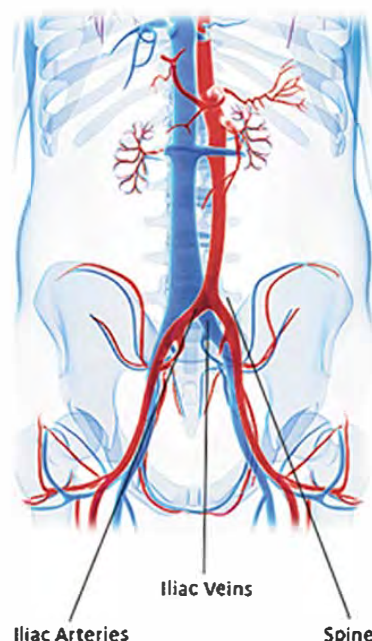
Risks

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

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



Iliac Veins & Iliac Arteries In The Pelvic Area



DVTs are life-threatening, as they can lead to a pulmonary embolism. Thankfully, surgical solutions save lives. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death. These are grim statistics since the treatment is minimal and so readily available to patients. It's unfortunate that there still seems to be more of a reactive process, than a proactive plan. Speaking to your physician is vital if you or a loved one have any of the venous symptoms or risk factors discussed above.

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

Treatment

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

Making an appointment with a person that specializes in venous disease is your best place to start.

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.



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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/liquids/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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SUMMER TRAVEL

When you're booking that flight, choosing the perfect hotel, and planning your vacation activates... do you also look for medical care, the proximity to a hospital or urgent care clinic at your destination? For some families, being close to acute medical care is just as important as a beach front view is for others. If you are in the Leesburg area and find yourself in need of medical attention, Dr. Ion and her staff at Florida Primary Care Group are happy to help. If you're traveling away from Leesburg add these important health care items to your packing list...



If you're preparing to travel you may need to have more health-related information on hand than usual, since some destinations continue to require proof of COVID-19 vaccination.

As you are packing, take photos of your important health documents AND your passport, drivers license and birth certificate and email the photos to yourself. And a trusted friend. Or two. Bring the paper copies along, but in the event the paper copies are lost, you have digital copies readily accessible.

Here are six types of health information travelers may need, depending on their destination and medical condition.

1. COVID-19 Vaccination Card

While some U.S. cities have required proof of vaccination to participate in activities like indoor dining, those rules are rapidly being dropped as the recent COVID-19 surge abates. But many countries and the major cruise lines still require proof and/or a negative COVID-19 test. At least two cruise companies – Grand Circle Cruise Line and Regent Seven Seas Cruises – require passengers to show their original paper vaccination card.

Carrying a paper and digital vaccination record is especially important when traveling internationally. The rules and regulations are changing all the time. Imagine being on the flight where face mask status changed IN FLIGHT. Digital copies of all your health records just makes sense.

2. Proof of Other Vaccinations

Americans traveling to certain countries may want to carry the yellow paper card (no digital version exists) recording the vaccinations they've had – for hepatitis, for example, typhoid or yellow fever – that are recommended in other parts of the world. The "Destinations" page on the Centers for Disease Control and Prevention's (CDC) website

provides recommended vaccinations and health notices by country. While you don't generally have to show official proof of those vaccinations, you do for certain diseases in certain countries. Tanzania, for instance, requires proof of vaccination for yellow fever.

3. COVID-19 Test Results

Some countries and cruise lines require that travelers show a negative COVID-19 test. Even the United States requires it for reentry into the country, regardless of citizenship or vaccination status. Showing an image or email is usually sufficient, but you should carry a print copy as a backup.

4. List of Your Medications and Copies of Your Prescriptions

Carry a list of your prescription medications and dosages, on paper and digitally. This is one of the first things a medical professional is likely to ask you about if you have a health emergency. The same goes for copies of your prescriptions; bring them in case you lose or run out of your medicine. You also can keep the information on your phone's lock screen or on a wearable device. Even if you don't speak the local language, many medicines and prescriptions translate well.

5. List of Your Allergies

Carry a list of any allergies or chronic health conditions that might be important to a health professional in an emergency. Consider creating a laminated card to carry in your wallet and put the information on your phone.

6. Health Insurance Information

U.S. health insurance policies don't necessarily cover you overseas but check with your insurance provider. (Medicare, for example, doesn't.) If you have private insurance or buy special travel insurance, you don't need to print the

entire policy, but make sure you carry a copy of your insurance card and know where to find the policy on a website or app. Many hospitals overseas, especially private hospitals, may not take you without proof of insurance.

Write down and email yourself the policy number and your insurer's contact information. Your insurer is likely to have a number you can call when you're away from home to get guidance on handling a health issue and advice on filing a claim when you return. For example, you may need to pay for medication out of pocket and then file a claim when you return.

This Summer, the best advice is to enjoy your time with family, relax, but be extra cautious and proactive about your health during this time of year.

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MEN - TAKE CHARGE OF YOUR HEALTH

Would you rather mow the lawn or clean the bathroom rather than go to the doctor? You're not alone. A study from the Cleveland Clinic found that most men hate going to the doctor. **But this can be deadly.**

Don't wait to go to the doctor until you're sick. In fact, avoiding regular checkups can shorten your lifespan because chronic conditions need to be treated early before they become deadly.

Here are some important healthy tips:

- **Be honest with your doctor.** 1-in-5 men don't tell their doctor everything because they don't want to face a potential scary diagnosis or changes to their lifestyle. But your doctor needs to know so they can help prevent or treat conditions before they become too serious.

- **Take heart.** Heart disease is the leading cause of death in men, and **half of the men who die suddenly of coronary heart disease had no previous symptoms.** But a 20 minute daily walk around your block can go a long way to combat this disease. Regular cardio and strength training can help lower your risk as well as keeping your waistline at 40 inches or less.

- **Eat the rainbow.** Add more fresh fruits and vegetables to your diet. You can still have foods with fat, salt and sugar, but remember—moderation is key.

- **R-E-L-A-X.** Stress is a killer. Really. Find activities that help you relax and decompress and do them more! If you're feeling overwhelmed, talk with your doctor.

- **Get more Zzzs.** Sleep is the best way for the body to heal and repair itself. A lack of sleep also increases health issues like diabetes, heart disease, obesity and depression. Aim for at least 7 hours a night.

- **Watch what you drink.** A drink might be fun in the moment, but there are a lot of negative consequences to saying yes to happy hour. Alcohol increases blood pressure, disrupts sleep and increases the risks of certain cancers. Drinking also impacts mental health and there's no health without mental health. Try to limit drinks to 2 drinks or less per day.



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THE LONGEST DAY

The summer solstice is the day with the most light—The Longest Day. Every year, on June 21, people from around the globe celebrate the light in the fight against Alzheimer's. And as a senior living community that offers an innovative approach to memory care for those with memory impairments, including Alzheimer's and dementia, Sumter Senior Living is an advocate for fighting off the darkness.

The challenges presented by memory loss can be difficult to navigate, but we're here to help every step of the way. Not only does The Village Program® offer personalized programming that engages residents in activities that may reflect their former schedules, lifestyles, and interests—it also helps residents feel safe and appreciated. Through offering enriching experiences and establishing caring personal relationships with our residents, we find great sources of enjoyment and comfort—together.

Which is why every summer solstice, we celebrate The Longest Day, participating in the many activities and fundraising opportunities the Alzheimer's Association sponsors.

The Alzheimer's Epidemic

According to the Alzheimer's Association, 55 million people worldwide are currently living with dementia, and that number is predicted to reach 78 million by 2030. In America alone, more than 6 million people are living with Alzheimer's.

But so many more than those 6 million Americans are affected. With more than 11 million family and friends providing care to people with Alzheimer's and other dementias in the U.S., this is a problem we can't afford to ignore. Especially when one in three seniors dies with Alzheimer's or related dementias, making Alzheimer's deadlier than breast cancer and prostate cancer combined.

A Cause Worth Fighting For

Sumter Senior Living proudly partners with the Alzheimer's Association nationwide and offers best-in-class memory care programs. And every summer solstice, we dawn our purple in support of the cause. Our communities encourage all team members, residents, and families to partake in The Longest Day's activities to promote awareness and encourage the bonds of friendship.



If you or a loved one is living with Alzheimer's or related dementia—or you simply support the cause—there are many ways you can get involved to help spread the word and raise funds for research and relief. The Alzheimer's Association lists a number of activities to participate in on their website, as well volunteer opportunities and fundraising initiatives. Sumter Senior Living also hosts a number of Alzheimer's awareness activities on The Longest Day every year, and we encourage our community's involvement.

The Longest Day's activities are built around doing things you love, making it easily adaptable for any organization, club, workplace, or family. Registered teams even receive coaching benefits, workplace wellness incentives, and logo presence on The Longest Day's website. But participation isn't just about registration—it's about meeting on common ground to openly discuss Alzheimer's and dementia, educate ourselves and others, and strengthen our relationships for a better tomorrow in the fight against darkness.

A Path Forward

While The Longest Day provides an amazing platform to engage in the Alzheimer's and dementia conversation, it takes more than a single movement—a single day—to enact change.

It takes dedicated partners committed to serving the cause and caring for those who live with Alzheimer's and dementia, as well as aiding their families.

Which is why Sumter Senior Living is here to remind you that you're not alone in navigating potentially difficult situations and discussions. We are registered with the American Seniors Housing Association (ASHA), which hosts "Where You Live Matters," a senior living resource that addresses everything from selecting the right living situation to making the transition to your new home.

The prospect of moving can be overwhelming, which is why our team is here to provide support and preparation. And engaging in open, honest dialogue from the beginning sets the stage for a

positive journey. As the Alzheimer's Association says, "Together, the strength of our light will outshine the darkness of Alzheimer's."

A Place Where You Belong

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

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

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



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When is it safe to travel after joint replacement surgery?

Helpful tips for traveling after hip or knee surgery

Hip and knee replacements empower thousands of patients each year to resume active lifestyles. Each patient's recovery is different, and some may return to daily activities, sporting activities and travel sooner than others. This varies based on the patient and the procedure. Travel can take a toll on anyway, so patients in the post-surgical recovery phase need to be especially careful.

Risks of traveling after hip or knee replacement

In general, patients should wait six weeks to travel. Six weeks after surgery is considered the immediate postoperative period and is the optimal time for complications, if any should arise. The main risks of traveling—whether by plane, train, or automobile—are associated with prolonged sitting, dehydration, and blood clots. When you are inactive or seated for extended periods of time, your body can have a difficult time reestablishing blood flow around your surgical site.

Why is blood flow an issue after hip or knee replacement?

When you are active, the muscles of the lower extremity pump blood in a rhythmic state of contraction and relaxation. When you are not active, such as during travel, blood may pool resulting in increased risk of DVT or blood clots. The blood clots can sometimes migrate to the lungs and lead to significant breathing problems and possibly death.

Mitigating risks of complications during travel

Helpful strategies for traveling after surgery

Only you know how your body is feeling and healing after surgery. If you don't "feel up to it," – don't do it. Most airlines will reschedule due to a medical condition. However, if travel is absolutely necessary or if you are traveling between the six- and twelve-week mark, please review these tips for helping to keep you comfortable and safe during travel:

For any travel—plane, train, or automobile:

- Don't overexert yourself. Give your body time to heal.
- Stay well hydrated
- Avoid alcohol
- Take your time and use a cane or rely on your spouse/partner/friend as support
- Wear compression socks/hose to help with blood flow
- Walk/stretch every half hour to an hour in the aisle or on the road to avoid deep vein thrombosis (DVT)
- Do ankle pumps while seated between walking in the aisle or stopping to walk while on the road
- Use wheelchair services when available
- Take medication just before boarding and/or long excursions
- Avoid large crowds if possible

As a final note, always listen to your body (and your surgeon). If you don't feel comfortable traveling, then push it back a few weeks. Better to be safe than sorry.

IMPORTANT: Always consult with your surgeon about any travel plans before you have your surgery. They may impact your recovery and you may need to move the surgery in order to accommodate your travel plans. Your safety is the number one priority, so always adhere to your surgeon's orders. Each patient is different. There is no "one size fits all" plan for travel after surgery. So, while you can get some idea of when you can travel or tips for traveling, your surgeon's word should be final. This will help ensure the long-term success of your surgery and quality of life. This content is not intended to diagnose, treat, cure, or prevent any disease.

99% of patients walk out and go home 90 minutes after surgery, learn how:

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www.UNOVAHipAndKnee.com



Do You Know Your Testosterone Level?

Tired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer “yes” to at least one of these questions after age 40. Common symptoms of low testosterone, they can also result from a myriad of lifestyle, social, emotional and behavioral issues.

It is a physician’s goal to “treat the whole patient,” so we try to identify those issues that are most relevant to the symptoms. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was “normal” as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as “metabolic syndrome” is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It’s estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that’s required to restore sexual function.

The good news is managing low testosterone is easier and simpler than ever before. Just a decade ago, almost all testosterone replacement was by a painful, deep-muscle injection with oil-based testosterone administered every two weeks. Levels were difficult to manage and had dramatic swings with levels too high for the week immediately following the injection and too low for the week prior to the injection.



Today, testosterone is applied via a cream or gel that is applied to the skin daily. These preparations provide even absorption and steady testosterone levels. Small implants that release a steady, consistent level of testosterone in the bloodstream for eight to 10 months are also available.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Additionally, testosterone treatment should be considered only if prostate

cancer is not present, or has been successfully treated. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels.

Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream. Every man should know his testosterone level. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.

If you have any questions regarding your testosterone level, you can contact Advanced Urology Institute at (855) 298-2273.



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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)
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Discover More Options and Details Regarding a Reverse Mortgage

By Bruce Hancock

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.

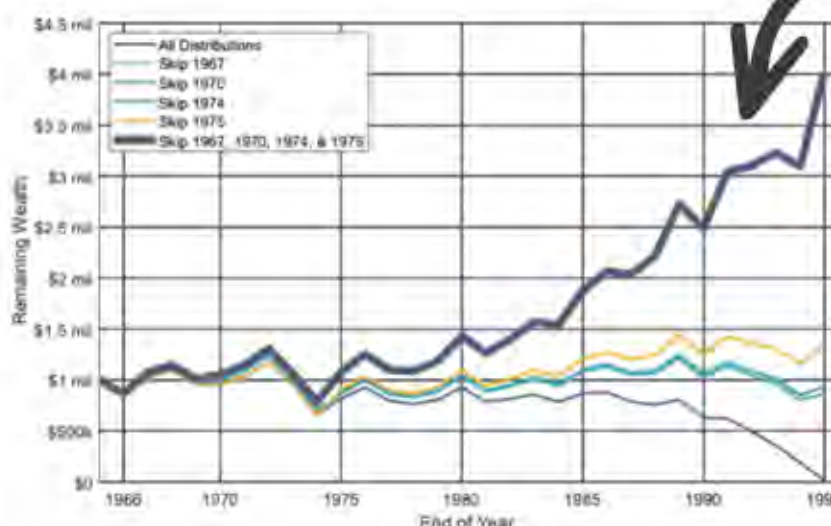
It's a common misconception to view a reverse mortgage as looming financial woe. Reverse mortgages are not to be looked at as a last resort to economic difficulty, but rather as an opportunity to build proceeds and profit for your retirement and perhaps your mounting healthcare bills.

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 Data, 1966-1995, S&P 500

NO DISTRIBUTIONS WERE TAKEN FROM THE PORTFOLIO FOLLOWING BEAR MARKET YEARS

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FROM WHERE IT STARTED



FHA Insured Reverse Mortgages

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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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Summer Home Buying Tips

TASHA OSBOURNE, BA - PREMIER SOTHEBYS INTERNATIONAL REALTY

Whether you're a first-time homebuyer or a veteran real estate investor, if you're thinking about buying a home in summer, one fact holds true: with the nicer weather comes increased competition for the home you want. In fact, considerations such as "which is the best time to buy a home" are often pointless during the summer months. If you find the property you want, you need to do what you can to ensure you secure that property.

Many summer homebuyers approach the process just as they would any other time of year and miss out on that resident (or investment) opportunity they're searching for. But what they don't know is that many of the mistakes they made buying real estate in the summer could have, and should have, been avoided.

Here are three key mistakes to avoid when buying a home in summer that will boost your chances to land the home (or investment property) of your dreams.

MISTAKE #1: GOING IN WITH BLINDERS ON

There are many good reasons for buying a home in summer: The weather is ideal, there's less interruption for the kids, and, with foliage in full bloom, each would-be property looks its absolute best. But there are factors that make buying a home in summer challenging. Namely, elevated prices and an even more elevated level of competition for the properties you want. As you pound the pavement looking for your next property, you may encounter bidding wars and high-pressure situations in which you're forced to act quicker than you might like.

Contrary to popular opinion, summer is not the boon of plentiful inventory it used to be. The last decade has seen low-inventory rates during summer, even in the most unlikely of markets. Couple that with the fact many homebuyers are navigating their own home selling experience at the very same time they are looking to purchase a new property, and buying a home during summer can be one of the most stressful and frustrating experiences you can engage in.



Though there's no magic pill that can eradicate these conditions, it's important to focus on what you can control in the summer homebuying process: your loan application, your credit worthiness, your budget. Try not to give too much energy or focus to the things you can't control; your sanity (and homebuying prospects) will be better for it.

MISTAKE #2: NOT BEING READY TO CLOSE

If there's one rule to the real estate seasonality of summer homebuying, it's that there's "little time for blinking." The ability to take quick, decisive action is vital in any homebuying environment, and this is doubly true during the summer months.

This means doing the following:

- **Be prepared to make offers quickly:** Know your budget and what you're comfortable offering before you get into the nuts-and-bolts of looking for a home.
- **Don't expect a lengthy negotiation:** With low inventories and added competition, it's likely you'll get push-back on a request to the seller to lower the price.
- **Know your wish list:** Are there features you must have in a property? Is there a location (or two) that are deal-breakers in your home search? Know ahead of time what your homebuying priorities are so you can churn out those offers quicker than the competition.
- **Begin with the end in mind:** Do you want to move in before the kids start school in late August? Do you want to enjoy your first Labor Day barbecue in your new home? Well, it may take months to finalize a home purchase, so start looking earlier than anticipated.

MISTAKE #3: MISSING THE WARNING SIGNS

Summer is a pleasant time to look for a home, but the warm, dry weather can mask serious problems under the "hood" of your potential property acquisitions. For one, summer weather can hide moisture problems that may exist in a home. This can be countered by examining doors and window frames to ensure there's no warping, swelling or large gaps that let unwanted moisture and air into the property.

Another area to look at are walls and ceiling. Check for watermarks and don't forget to look for hints of mold or mildew that are warning signs there may be something more serious going on in the house. This whole cursory examination shouldn't be relegated solely to the interior of the property. Be sure to walk around the outside of the home; discolored patches of grass — surrounded by green — can indicate issues that need to be addressed. Though most homebuyers won't do this, stooping down and taking in a quick whiff underneath the house will often tell you more about a property than an open-house info sheet.

Most of these warning signs should be noticed during a thorough home inspection. Speed is a crucial part of your homebuying repertoire, and the more time and energy you spend on properties that won't end up satisfying you — or have serious structural issues — is time and energy that could have been spent on something far more to your liking.

TASHA OSBOURNE, BA

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9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

Alzheimer's has a devastating effect that many people take for granted. Let's discuss nine ways to prevent the disease and promote better brain health.

1. Engage in brisk walking for at least 30 minutes five times a week. This can reduce Alzheimer's disease risk by 33%. Vigorous aerobic exercise performed three times weekly for at least 20 minutes can also bring it down to 50%. Quite simply, exercise delivers more oxygen and nutrients to your brain, helps repair damage, and removes toxins.

2. Partake in activities that are interactive and mind-engaging. These include playing challenging games such as chess or bridge. Other activities include learning a new instrument or a new language; you can also partake in a new practice such as yoga. These new and diverse activities allow your brain to grow by forming more neural connections. In a sense, all these are also exercise for the brain.

3. Avoid toxins. For example, midlife smoking can double the rate of dementia. Smoking is a fairly obvious toxin, but we are also constantly barraged by other harmful substances throughout our life without knowing it. Please visit Cosmeticsdatabase.com to find out what toxins may be affecting your health. You can check any product you currently use to determine their toxicity.

4. Engage in social activities. A recent Harvard study demonstrated individuals with at least five strong social ties (people they enjoy spending time with) had a 50% reduced rate of cognitive decline compared to those who were more isolated.

5. Have a purpose and life direction. Researchers at Rush University Medical Center demonstrated that people with the highest level of purpose and direction in life had a 2.4-fold reduced risk of developing dementia. So find your passion, pick a cause that is meaningful to you, and work on it regularly!

6. Relax and rejuvenate. There are different ways to do this including prayer, meditation, exploring nature, reading a book, visiting the spa, getting a massage, doing yoga and other forms of exercise. This is important because the opposite of relaxation is stress which can actually damage your brain.

7. Protect your head to prevent brain injury. Patients with head injuries have 2 to 4 times the rate of developing Alzheimer's disease. For most



people, the highest risk of head injury is while driving, so always wear your seatbelt and avoid texting. People who text behind the wheel increase their risks for accidents by as much as 23 times compared to those who don't. One study demonstrated this was equivalent to driving after having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's disease. Recovery from stroke can also increase brain inflammation, with approximately 30% of stroke survivors unfortunately developing dementia.

8. Reduce inflammation. You can achieve this with a non-inflammatory eating plan such as the Mediterranean diet which favors 7 to 10 servings of fruits and vegetables daily. This diet also includes wild fish twice weekly, plus lots of nuts, almonds, walnuts, beans, and legumes. Additionally, there is a significant social component to this diet as advocates typically interact with each other while they dine.

Researchers also demonstrated that natural substances can reduce inflammation. Neurcumin® is an all-natural supplement which contains many natural agents uniquely formulated to synergistically fight inflammation.

9. Have a positive outlook. A positive mindset offers tremendous protection against Alzheimer's disease. In "The Nun Study", researchers demonstrated nuns who had the highest usage of positive words and emotions in their journals aged better and lived longer, healthier lives. Even more remarkable, these incredible women donated their bodies to science. When their brains were examined after death, the researchers found biomarkers typically associated with Alzheimer's disease (neurofibrillary tangles and beta-amyloid plaques). However, these nuns did not have Alzheimer's disease symptoms. It's as if they derived a neuro-protective effect by maintaining a positive outlook. Further, this is an extremely strong message that we have to reduce any negativity in our lives. Negativity is literally toxic, even deadly.

You can remember all of these preventative measures by simply recalling the acronym, "PREVENT AD".

P	Purpose and life direction
R	Relax and rejuvenate
E	Exercise daily
V	Very positive outlook
E	Engage in social interactions
N	No head injuries
T	Toxin avoidance
A	Activities that stimulate your mind
D	Diet (anti-inflammatory)

It also helps to partner with a prevention-oriented physician. Specifically, find a physician that understands the importance of exercise and nutrition in the prevention of Alzheimer's disease. Notice that this is the last item on the list because everyone must be proactive when it comes to healthcare. No one is more concerned with your health than you are. Partnering with a physician is great but you must be in control of your daily activities which, compounded over time, will either hurt you or help you.

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 



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.



When Insulin Injections Can Be a Concern with Type 2 Diabetes

By Denise A. Pancyrz - Diabetes & Holistic Lifestyle Coach, Speaker, Author

There are varying opinions on the use of insulin for type 2 diabetes patients. These opinions vary by physician and patient.

Some believe it makes life so much easier to inject insulin to reduce high glucose levels. Some are afraid to even consider the prospect of having to inject insulin every day. Who is right?

Both and neither.

Insulin is a life-saving drug. Too much insulin can keep you alive but may not keep you healthy. Insulin can be prescribed as a basal, like a slow drip throughout the day to help manage glucose or be fast working to help manage glucose at mealtime to keep spikes to a minimum. In many cases, both are prescribed when glucose is greatly out of control. This can be a way to lower your A1c.

Why do I need insulin?

With insulin resistance when your body does not effectively use the insulin that is produced.

Your pancreas works harder to get your insulin into cells; then over time cannot produce enough insulin to meet your body's need. When this problem persists for too long, eventually the pancreas gets too tired to even try. This can be referred to as beta cell dysfunction or burnout.

Many people learn to respond by starting a keto diet to reduce carbohydrate intake. That will work for a while. However, too much unhealthy fat in your diet can also affect how well your pancreas functions. Therefore, also affecting your glucose control.

What is the problem with injecting insulin if I need it?

There is an education problem leading to a usage problem. In my experience, surprisingly a high number of type 2 diabetes patients have not been properly taught when and how much insulin to inject.

How do you know? When your A1c remains above 7.0% that can be an indication that there may be improper use. Are you aware that in addition to high glucose, high levels of insulin can be harmful to your health?

Insufficient doses of insulin keep your glucose levels too high. Too much insulin can cause weight gain or make it difficult to lose weight. You may hear your doctor say, "You need to lose weight," but you can't. The effect of using too much insulin to compensate for unhealthy food choices adds to one's struggle with type 2 diabetes. Your glucose and insulin levels remain high or unstable.

Over time, the use of too much insulin can affect the kidneys causing you to retain salt, water, and uric acid. This all contributes to cardiovascular disease. High insulin in your system can also lead to or be part of your increased blood pressure.

In the beginning of insulin therapy, you most likely notice an improvement in glucose. Over time, it seems to wane requiring increased doses.

I learned firsthand what it's like to inject four insulin shots each day.

In the beginning, I was horrified and ashamed that I was reduced to having to inject myself. I put those feelings aside and started my medication and insulin therapy as directed.

My glucose levels began to decrease. What a relief! Until...

I realized it was difficult to balance food with medication and insulin. Frequently my glucose would drop too low. To compensate, I ate something with sugar and then I would have to manage a high glucose spike. I felt like a mouse in the never-ending wheel.

My A1c did improve, however not as good as when I was able to eliminate the need for insulin. Most importantly is how you reach a better A1c. It just became a numbers game. Using more insulin was not the answer.

I learned that I did not feel healthy. Big swings in glucose to reach a 'good' A1c was not a healthy long-term solution. Understanding what needed to be changed in my life to be healthy ~ overall healthy, became my goal. That was a challenge I was able to win.

Fighting insulin therapy is just a fight that you may not win. Understanding how to heal your pancreas to decrease or eliminate the need for insulin is a wonderful change in the perspective of reversing the effects of type 2 diabetes.

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DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

I was a diabetic who was angered being burdened with diabetes. I was tired of taking medications and four insulin shots per day that did NOT make me feel better. The food I was taught to eat as a diabetic was not bringing me to a state of optimal health. It was keeping me medicated and constantly visiting Walgreen's, Diabetes Educators and the doctors.

I wanted my life to be different and the medical community told me it was highly unlikely. In fact, I was told the amount of medication and insulin would increase as I age. However, I learned that you could improve or eliminate disease with proper nutrition, not with unnecessary medication.

I feel better and stronger in my 50s, than I did in my 40s. I have more energy, reversed diabetes, eliminated inflammation that was leading me to heart disease, eliminated IBS and intestinal issues ~ no more stomach aches after meals, my seasonal allergies are gone and a slight skin issue on my elbow healed. I almost forgot, I lost weight in the process.

I know it sounds too good to be true that proper nutrition was able to heal me—I'm living proof. As a national coach, speaker and author, my mission is to help others to achieve optimal health through holistic lifestyle changes. Certified in holistic nutrition and homeopathy, I can bring awareness to diabetics to make lifestyle changes for a lifetime and reverse the effects of diabetes.



Diabetes & Holistic Lifestyle Coach
 Speaker • Author

Visit www.ReverseMyDiabetes.net for coaching and training information, to book a free consultation, or to set up a speaking event | Call (888) 848-1763
 Email Denise@ReverseMyDiabetes.net.



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.

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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!



Diabetes Puts Individuals at Greater Risk for Developing Kidney Disease

By Ingrid Calliste, MD

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

How Diabetes Affects the Kidneys

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

Urinary Bladder Health

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

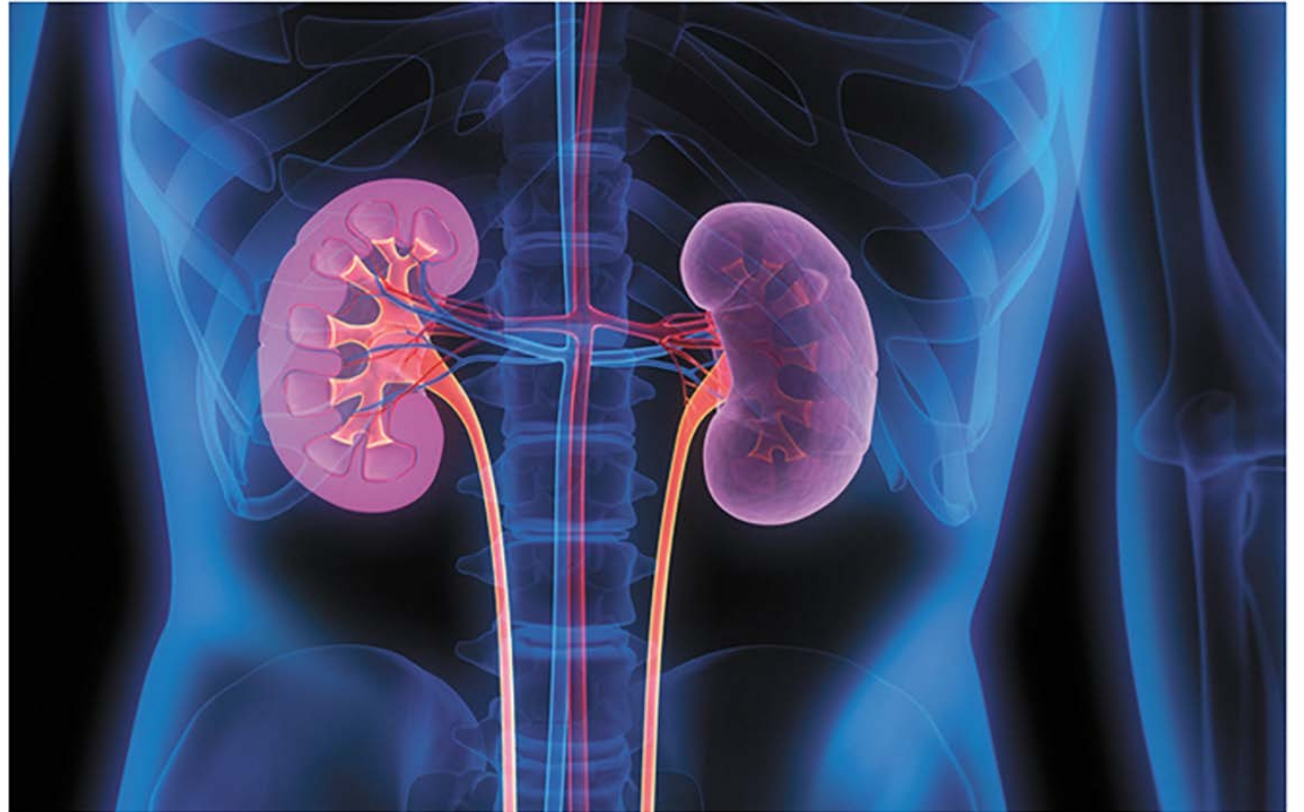
Signs of Kidney Disease in Patients with Diabetes

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

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

Treatment is Critical

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



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

What you can do

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

Medical Treatment Standards

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

An Alternative Treatment Option

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

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



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

NOT ALL HEADACHES ARE MIGRAINES

By Compton Chiropractic Care

In fact, there are many forms of headaches including classic migraine, non-classic migraine, tensions headaches, cervicogenic headaches and cluster headaches. The key to any headache treatment is a thorough examination to properly identify the headache responsible for a patient's symptoms. Many headaches are misclassified. Each headache can have a unique treatment, so it is imperative to have a proper diagnosis.

Classic Migraine: A migraine is a headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so severe that it interferes with your daily activities. For some people, a warning symptom known as an aura occurs before or with the headache. An aura can include visual disturbances, such as flashes of light or blind spots, or other disturbances, such as tingling on one side of the face or in an arm or leg and difficulty speaking.

Non-Classic Migraine: Some people develop migraines that don't cause pain. These are often called "silent migraines." Even though they don't cause physical pain, silent migraines may trigger other symptoms that can be debilitating. Silent migraines occur when you have aura symptoms without a headache. They typically last from a few minutes up to an hour. Some people have chronic migraines that last for days, weeks, or months, but this isn't typical for silent migraines.

Tension Headaches: A tension-type headache (TTH) is generally a mild to moderate pain that's often described as feeling like a tight band around the head. A tension-type headache is the most common type of headache, yet its causes aren't well understood. Managing a tension-type headache is often a balance between practicing healthy habits, finding effective nondrug treatments, and using medications appropriately. Tension headaches are usually brought on by stress or depression.

Cervicogenic Headaches: Cervicogenic headache is referred pain (pain perceived as occurring in a part of the body other than its true source) perceived in the head from a source in the neck. It is a secondary headache, which means that it is caused by another illness or physical issue. In the case of cervicogenic headache, the cause is a disorder of the cervical spine and its component bone, disc and/or soft tissue elements. Numerous pain-sensitive structures exist in the cervical (upper neck) and occipital (back of

head) regions. The junction of the skull and cervical vertebrae have regions that are pain generating, including the lining of the cervical spine, the joints, ligaments, cervical nerve roots and vertebral arteries passing through the cervical vertebral bodies.

People with cervicogenic headaches often have a reduced range of motion of their neck and worsening of their headache with certain movements of their neck or pressure applied to certain spots on their neck. The headaches are often side-locked (on one side only), and the pain may radiate from the neck/back of the head up to the front of the head or behind the eye. The headache may or may not be associated with neck pain.

Cluster Headaches: Cluster headaches, which occur in cyclical patterns or cluster periods, are one of the most painful types of headaches.

A cluster headache commonly awakens you in the middle of the night with intense pain in or around one eye on one side of your head. Bouts of frequent attacks, known as cluster periods, can last from weeks to months, usually followed by remission periods when the headaches stop. During remission, no headaches occur for months and sometimes even years. Fortunately, cluster headache is rare and not life-threatening.

Chiropractors are licensed Doctors who work extensively in the Neuro-musculoskeletal system. That means the focus on conditions related to nerve disorders, muscle or ligament disorders and skeletal disorders. Therefore, evaluation and treatment of acute or chronic headaches is a very common reason for patients to seek chiropractic care.

Research shows that spinal manipulation – one of the primary treatments provided by Doctor of Chiropractic – may be an effective treatment option for

tension headaches and headaches that originate in the neck. A 2014 report in the Journal of Manipulative and Physiological Therapeutics (JMPT) found that interventions commonly used in chiropractic care improved outcomes for the treatment of acute and chronic neck pain and increased benefit was shown in several instances where a multimodal approach to neck pain had been used. Also, a 2011 JMPT study found that chiropractic care, including spinal manipulation, can improve migraine and cervicogenic headaches.

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!

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TOP 3 BENEFITS

- ### 1 SATISFACTION

Nearly **36 MILLION** Americans visit doctors of chiropractic (DCs) annually. **80%** of patients report that spinal manipulation, often referred to as a spinal adjustment, significantly reduces pain and disability compared to other drug-free approaches.


- ### 2 EFFECTIVENESS

3 IN 4 PATIENTS DESCRIBE CHIROPRACTIC CARE AS "VERY EFFECTIVE"

80% of spinal manipulations in the U.S. are performed by DCs who receive a minimum of 7 years of higher education. DCs are trained to diagnose, evaluate and provide drug-free care to individuals suffering from back and neck pain, headaches and other related conditions.


- ### 3 LOWER R_x USE

Adults receiving chiropractic care are **55%** less likely to fill an opioid prescription.



To learn more about the benefits of chiropractic care, visit: www.NAC.org

Chiropractic Progress

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Vestibular Balance Issues Should Not be Ignored:

A Physical Therapy Method has Helped Countless Individuals Find Restoration

At least 50 percent of the U.S. population will develop a balance issue, at some point in their lives. Balance disorders typically happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular disruptions.

Patients suffering from vestibular related disorders frequently experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular problems in their lifetime, and that number is on the rise.

BPPV: The most common form of vestibular complications is Benign Paroxysmal Positional Vertigo or BPPV.

- Benign - Not life-threatening
- Paroxysmal - Brief spells that come and go
- Positional - Triggered by certain head positions or movements
- Vertigo - A false sense of rotational movement

Tiny calcium crystals (otoconia) in the inner ear that slough off and get lodged in the fluid of the ear canals (labyrinth) usually are the cause of BPPV. Benign Paroxysmal Positional Vertigo

can be effectively treated with one of two simple manual therapies that move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These therapies can be performed in the convenience of Innovative Therapies Group's office.

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a

fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.



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

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

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Common Foot and Ankle Injuries in Pickleball

1. Ankle strain/sprain – Pickleball involves sudden movements of the feet and ankles forward, backward, and side-to-side. These movements place stress on the ligaments surrounding the ankle joint. Moving side to side can cause the most common ankle injury in Pickleball – the inversion ankle injury. This is an injury where the foot rolls under the ankle and turns under. It produces a strain/sprain to the outside ankle ligaments. The ligaments can become stretched or torn. Repetitive ankle strain/sprains can weaken the normal stability of the outside of the ankle making you prone to repetitive ankle injury. The use of a functional ankle brace that allows full natural ankle range of motion while providing support and stability to the ankle joint is helpful to use for players experiencing ankle strain/sprain. Also, it is extremely important to warm up before every game or practice. Schedule time at least 5 to 10 minutes for warm-up. Start with some easy cardio (i.e., a fast walk, jog, or bike ride) to get your core temperature up. Then, do some light stretching. After play, be sure to cool down by taking a slow walk and doing a bit of stretching too.

2. Achilles tendonitis – Achilles tendinitis occurs from repetitive stress to the Achilles tendon. Pain can appear anywhere along the tendon, from the calf muscle to tendon's attachment at the back of the heel bone. Risk factors associated with Achilles tendonitis are tight calf muscles and suddenly doing activities that put extra stress on the Achilles tendon. With the physical maneuverings of pickleball, this certainly stresses the Achilles tendon. Symptoms include pain and stiffness along the Achilles tendon in the morning or after periods of sitting or rest. The pain at the back of the heel worsens with activity and swelling can occur. Treatment of Achilles tendon strains includes rest, focused stretching of the tendon before/after activities, and eccentric loading exercises.

3. Achilles tendon tear – Achilles tendon rupture can be a complete or partial tear. This happens when the tendon is stretched beyond its ability. This can occur with a forceful and abrupt downward (plantarflexion) movement of the ankle. The Achilles tendon can also be torn when there is sudden forceful pivoting or sudden acceleration in running. This may occur during falling or tripping which, is quite common in "weekend warrior" pickleball players. Many patients describe a snapping sensation with a sudden pain in the back of the ankle or calf. Pain is severe in the back of the ankle and usually there is difficulty to bear weight on the affected foot/ankle. With a complete rupture of the tendon, most cannot flex their foot downward from the ankle. This type of injury will often require surgical repair. Prompt evaluation is imperative for optimal long-term outcome.

4. Plantar fasciitis/heel bruise – Plantar fasciitis and heel bruising will result from overuse or repetitive pounding



on the hard playing surface. Pain can be in the arch area or bottom of the heel. Often, it is in both areas. Pain is sharp in nature to the bottom of the heel and often more painful after inactivity or rest. This is often treated with activity modification, rest, stretching, intrinsic foot exercises, and potentially shoe orthotics or heel cups.

5. Blisters – Blistering of the foot is usually associated with prolonged use of improper footwear and socks. Wear anti-friction socks. Make sure your shoes fit properly. You should NOT be using regular walking or running shoes on a pickleball court. These types of shoes only provide traction when you are moving in a straight line. Pickleball involves fast and frequent side to side movements. Wearing these types of shoes can cause the foot to "stick" and an injury will likely occur. Court shoes are made with a smoother and rounder sole. They do not have deep treads on their sole. The treads are also smaller and closer together than other types of shoes. These court shoe modifications allow you to move and glide on the court.

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.

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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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

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GOOD SKIN ISN'T ABOUT LUCK.

By Allison Weber, APRN-C

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

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

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

Things to watch for:

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

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



To treat acne scars:

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

Men need to treat themselves too!!

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

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

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

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

Don’t leave your skin to luck.



MidState Skin Institute Services:



MidState Skin Institute
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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.

Spiritual Wellness

When You Are At Your Wits End

By Pastor Tim Neptune

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.



And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

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