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July 2022

Marion Edition - Monthly

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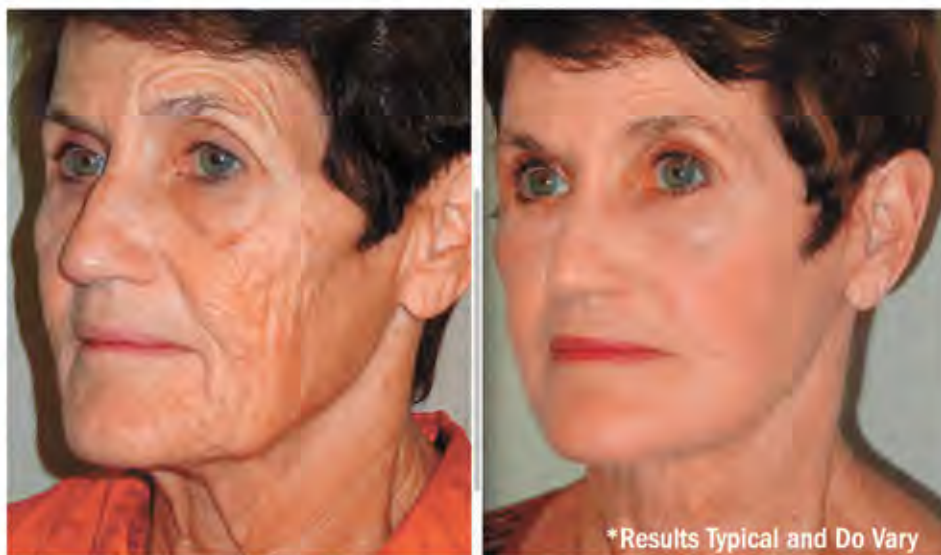
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EXCELLENCE IN PATIENT-CENTERED CARE

WHAT TO KNOW ABOUT HAVING A BIOPSY

Each year, millions of Americans are referred for a biopsy to analyze something that an initial exam or test reveals may be abnormal. A biopsy involves the removal of a small sample of affected tissue, whether via a needle, small incision or more-invasive excisional biopsy, depending on the area of concern. The tissue sample is sent to a pathologist, who scrutinizes it for evidence of cancer, infection, inflammation, an autoimmune disorder and/or other conditions. Obviously, this can be a stressful time for patients waiting for answers, making speed and accuracy of paramount importance.

Image Guided Breast Biopsy

One of the most commonly performed biopsies is image-guided core needle biopsy (CNB) of the breast, which in the US now exceeds a million annually. CNB is used to collect samples of suspect tissue revealed during routine screening mammography or other breast imaging procedures. Not too long ago, most breast biopsies were excisional, meaning the irregular mass was surgically removed along with a significant amount of normal surrounding tissue. Since 55-85% of breast biopsies show no malignancy, clearly this approach was less than perfect. Thanks to great advances in radiological imaging technologies, CNB has become the gold standard in breast biopsy, nearly eliminating the need for excisional biopsy along with the related physical and emotional toll it took. Sophisticated image guidance enables your radiologist to view the area under investigation in great detail and in real time, so the needle can be guided to the exact target for sample collection with minimal invasiveness, discomfort or disruption of your day.

What is the Best Image Guidance for Breast Biopsy?

There exist a number of highly accurate image guidance systems for breast biopsy, but one of the best is MRI guided breast biopsy. MRI provides excellent 3-D-quality detailing of soft tissues, so your radiologist can determine the exact location of any cells requiring analysis. Unlike some tests, MRI doesn't produce ionizing radiation, making it among the safest imaging technologies available today. Apart from an IV injection of contrast dye to enhance details, MRI is completely painless and noninvasive, and requires no sedation.

How is MRI Guided Breast Biopsy Performed?

Your highly-trained radiologic technologist will have you lie face-down on a customized table with your breasts positioned in the two openings, which



contain specialized imaging coils. The breast being imaged is gently compressed to keep it still during imaging. For several minutes, the MRI will create a series of tapping sounds as it takes multiple images from various angles. After the first set of images is captured, you will receive an injection of contrast material called gadolinium to highlight breast anatomy and tissue and assess blood flow for the next set(s) of images. Your Board-certified RAO radiologist will use sophisticated computer software to create a precise 3-D map for targeted sample collection, ensuring utmost speed and accuracy. The surface of the skin is treated with a local anesthetic so the biopsy needle can easily be directed to the point of concern. The vacuum-enhanced needle rotates to collect multiple samples throughout the area without needing to be reinserted, for maximum efficiency with minimal invasion.

Breast MRI biopsy typically takes about 20-40 minutes. After it's over, the area will be treated with sterile gauze and an ice compress to reduce swelling. No stitches are required for breast MRI biopsy, only simple bandaging. Though you should avoid strenuous exercise for at least 24 hours after your procedure, you can otherwise go about your day as normal.

Where Can I Get MRI Breast Biopsy?

RAO's Women's Imaging Center is Marion County's only radiology center that provides MRI core needle breast biopsy. Luckily, many out-of-network insurance carriers cover this test with a clinician's referral. Your procedure will be performed by one of our breast imaging subspecializing radiologists, for optimal accuracy and speedy communication with your doctor.

If you or a loved one needs a biopsy, you have a choice of providers. Ask your clinician about RAO, or call us at 352-671-4300. We're here to deliver unparalleled assistance, experience and compassionate care.



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Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



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SUN SAFETY TIPS SO YOU CAN ENJOY THE FLORIDA SUNSHINE

You're ready to get out there and explore Florida's natural beauty. Before you head out into the hottest months of the year, you'll need to grab more than your sunscreen.

Sun protection is key during our hot summer months. But according to the Centers for Disease Control and Prevention (CDC), **less than half of older adults protect their skin from the sun** when outside for an hour or more on a warm, sunny day. This may **raise the risk of getting skin cancer**.

For outdoor fun, it's important that you have proper:

- **Shade:** Bring an umbrella or tent if you're going to be in the sun for long. And try to find shade under a tree or take breaks indoors away from the sun's powerful rays.
- **Clothing:** Invest in Ultraviolet (UV) protective clothing and swimwear.
- **Hats:** Wide-brimmed hats protect your face, neck and eyes.
- **Sunglasses:** UV sunglasses are necessary for covering your eyelids, corneas, lenses and other parts of the eye.
- **Water:** It's easier to get dehydrated faster during the summer. Drink plenty of water throughout the day, especially when you're outdoors. Try to stay away from or limit alcohol as it can increase dehydration.
- **Sunscreen:** **Don't forget this must!** Use it when you're headed to the beach or just out for a leisurely walk in the park. The CDC recommends using a broad-spectrum sunscreen that blocks the sun's rays and has an SPF of 15 or higher. In this case, lathering is your friend. **Reapply sunscreen at least every two hours**, and don't forget to give yourself 15 minutes before heading outdoors for it to work at its optimum. Remember, although it has a lengthy shelf life, sunscreen can expire. Be sure to replace it after one to two years.

Taking these easy steps, and making them some of your everyday habits, can help prevent sunburn and skin cancer risk.



Safely is the best approach when enjoying the summer months, and it's important to **learn the danger signs** of too much sun. The CDC recommends that you immediately seek medical attention if any of the following occur:

- Severe sunburn, especially if it covers more than 15% of the body
- Dehydration
- High fever (above 101° F)
- Extreme pain that lasts more than 48 hours

Have sun safety questions? You don't need to be a member to talk with one of our Florida Blue nurses. They can answer any of your health questions and help you make a plan to improve your health.

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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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MEDICAL MARIJUANA & INFLAMMATION

Medical Marijuana is now being recognized for its anti-inflammatory properties, making medical marijuana for inflammation an exciting treatment alternative. When the white blood cells in your body detect a foreign substance like a virus, your immune system starts working to protect your body from further complications. However, sometimes your immune system triggers an inflammatory response even though no foreign threats are present in the body. The result is that your own cells attack your body, often causing the inflammation you notice.

Medical marijuana for inflammation is effective at reducing inflammatory-related pain and chronic inflammation due to its two primary cannabinoids, CBD (cannabidiol) and THC (tetrahydrocannabinol). Both CBD and THC help reduce inflammation associated with several diseases. However, beta-caryophyllene, another compound found in marijuana, affects your CB2 receptor. During a 2008 study, researchers analyzed mice with swollen paws. The researchers gave the mice oral beta-caryophyllene doses that resulted in a 70 percent reduction in inflammation. Mice that didn't have CB2 receptors didn't show any improvement.

Both CBD and THC not only work to treat and prevent inflammation, but they also demonstrate efficacy in reducing both the production and release of pro-inflammatory cytokines. They also cut LPS-induced STAT 1 transcription factor activation which contributes to certain inflammatory processes. Since researchers find that CBD is most effective in tackling inflammation, CBD-rich marijuana strains can be helpful for individuals with extreme inflammation.

CBD helps support the concentration of endogenous cannabinoids that provide your body with the ability to ward off disease and self-heal. Endocannabinoids help to control: Muscle tone, Pain, Appetite, Mood state and Inflammation.

There are over 100 different cannabinoids in marijuana, giving it the capacity for numbness and analgesia through neuromodulation in descending and ascending pain pathways, anti-inflammatory and neuroprotective mechanisms. Not all states allow patients to receive medical marijuana for inflammation. Meet with a licensed medical marijuana doctor in your state to find out if you qualify. A doctor can answer your questions and help you get the treatment you need. Cannabis makes a great alternative



to prescription medication that can come with serious addictive properties and side effects. In many cases, medical cannabis for inflammation can also provide a better quality of life solution than traditional medication.

Medical cannabis strains rich in CBD appeal to patients looking for anti-pain, anti-inflammatory and anti-spasm effects, all associated with inflammation. The suggested strains below can help treat inflammatory diseases and the symptoms that go with them. They also treat symptoms related to the treatments for the diseases like pain, inflammation, spasms, depression, anxiety and more.

When compared with other ways to treat inflammation and the potential side effects of traditional anti-inflammatory medications, marijuana is a safe

and natural alternative with little risk. While marijuana can have various effects on the body, side effects are generally mild and go away when you aren't using cannabis.

Schedule an appointment to see if you qualify for a Medical Marijuana Card, please call 352-254-5544 or visit Miracle Leaf The Villages.



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ULTRASLIM FAT-REDUCTION DEVICE

By Vojae Body Imaging

Trying to lose excess body fat can be frustrating. Even with diet and exercise, people often struggle to lose pockets of body fat on the face and body. A survey by the American Dermatological Society reports that more than four out of five people admit that extra body weight bothers them more than any other cosmetic concern.

While there are various surgical procedures designed to remove fat from the body, UltraSlim, the ONLY device FDA-Cleared for Immediate Fat Loss, is now available in the Villages and neighboring communities. UltraSlim is a non-invasive safe treatment for targeted fat reduction. UltraSlim, which uses photonic red-light energy, is being embraced by professional providers around the nation.

UltraSlim, approved by the U.S. Food and Drug Administration, has been producing dramatic results. In multi-site clinical trials, clients lost an average of 3.5 inches and 1.6 liters (about 54 ounces) of fat combined thru the waist, hips, and thighs. With 98 percent of clients losing at least two inches of fat immediately. Just one 32-minute treatment session produces results!

"With UltraSlim the patient will see and feel immediate results without any pain or down time." said Larry Butler, owner of the new lifestyle clinic Vojae' Body Imaging, LLC.

"LED light is used in the UltraSlim treatments. Red-light energy is used to provide immediate fat reduction. As the light painlessly passes through the skin layer into the fat layer, the cells respond by releasing fat through the pores." Butler explains. "At Vojae' we do a consultation with the client to assess their goals, then begin meeting those goals starting THAT DAY." Butler, who has a long history as an innovator in the business spanning 40+ years, gets excited when talking about these treatments.

"Our service is so effective; we back it up with a 100% money-back guarantee. No other provider in the healthcare industry that I am aware of, stands behind their services like we do. In fact, our guarantee is that the client will lose no less than 2 inches of fat cumulatively by the end of just one 32-minute treatment!"



"UltraSlim works well with all body types, ranging from petite to obese. After a series of six treatments, clients typically achieve a full-body transformation." Butler added, "UltraSlim is not just for women. Men have problems with their weight as well and UltraSlim is great for targeting beer bellies and love handles."

While some benefits should be visible after the first treatment, most clients opt to receive a multi-treatment package to achieve their desired outcome. "Clients usually start with a package of six treatments. A treatment can be done every 72 hours because the pore of the fat cell stays open for 48 to 72 hours," said Butler.

UltraSlim uses advanced technology to encourage the leakage of fat from fat cells, which can then be excreted out by the body's natural metabolism process. A specific wavelength of visible "red light" opens the pores on the fat-cell wall, allowing the fat to leak out of the cells.

Healthcare providers can diagnose obesity based on body-mass index, (BMI), waist-circumference measurements and other indicators. BMI factors in

height, body weight, age group and sex. A BMI of 30 or higher often indicates obesity. Moreover, a waist measurement of over 35 inches for women and 40 inches for men may also indicate obesity. Some other common symptoms of obesity include tiredness, joint or back pain, snoring, and increased sweating. Don't let those extra pounds get you down! Vojae' wants to address your total health and wellness.

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MOVE FIRST - SELL LATER

By Sharon A. Bassett

Transitioning to a senior living facility is not an easy time in the life of the senior or the family. Sharon Bassett Premier Realty, INC can help with this transition. Selling the family home can be done in various stages to transition to senior housing. Each situation is unique there are certain things everyone should consider when selling a long-time family home regardless of the circumstances.

1. Find someone who listens to lean on

Making a move from a home where you have lived for a long time is not easy. Recall when you moved away to college or got married and how you felt leaving the house you grew up in. Now imagine how your parents might feel when they are faced with the emotions of leaving the home where they raised their family and have lived for years. Expect it to be an emotional transition. Working with a realtor who understands these emotions and the transition is key. It is also hard for adult children who must make the decision to transition parents to assisted living. For that reason, it could make sense to have the someone you lean on for emotional support be a friend rather than a family member. Every situation is different. The important thing is that you have someone you trust to lean on and provide emotional support throughout the process.

2. Much listening required

Perhaps one of the most important qualities in whoever you choose to work with through the transition (professionals included) is listening. Beware of people who have all the answers and simply tell you what to do. Choose people who listen to YOU.

3. Choose a primary contact

If there are many children involved, it can be difficult knowing who is in charge if you aren't the primary contact yourself. This may or may not be the person you choose to 'lean on' for emotional support. Choose a primary contact who is readily available and responsive for making decisions because there will be what seems like a million decisions to make.

4. Choose your next home

This is often one of the most difficult decisions, and one not to be taken lightly. Not only does your senior living facility need to fit your financial circumstances (including whether it qualifies for your long-term care insurance coverage if you have it) but it should also feel right.



When you visit you should be warmly greeted by someone at the front desk. You should also see residents of varying abilities actively interacting with each other and with staff. A senior living facility should have a sense of home and a generally peaceful atmosphere. Once this decision is made, the other pieces fall into place much easier. It is settling to know where you are going, and hopefully it will be someplace you can forward look to. It can be an immense relief letting go of the overwhelming responsibilities of maintaining a home.

Senior housing should have the camaraderie of a college dorm... with the option to be as social or as solitary as you choose. It should offer the senior more freedom as they trade streets for hallways and are now able to get around on her their own and can spend time and share activities with newfound friends.

5. Move first, sell later if possible

Just moving is hard enough, without having to make your home showing ready and leave for showings to prospective buyers for your home. If you don't have the liquid assets to finance your move in the short run, maybe a family member can help pay for it up front for reimbursement after you sell. You might also be able to get a home equity line of credit or a bridge loan from your banker if needed.

6. Tax and trust considerations

If you haven't sold a home in a long time you may not be aware that there is no capital gains tax on the sale of a primary residence for a sale price up to \$250,000 for a single person and up to \$500,000 for a couple. If your property is held in trust, talk to your attorney about anything you should be aware of when you sell... legal name of the trust, who are authorized trustees and how many must sign, can the proceeds of the sale pass directly to you or do they have to go

through a trust account, etc. There will likely be trust documents for your attorney to prepare for your closing, your title company will make those arrangements.

7. Selling your home

After you have decided where you are going, the difficult task that follows is downsizing and getting rid of the stuff you have spent a lifetime collecting and will no long need in your new home. This is where family and friends can be a big help. But don't be surprised if they aren't really interested in your treasures... that is common in today's more minimalist world.

Contact Sharon Bassett at Premier Realty, INC as soon as you are starting to thinking about your transition... we can guide you through it, including downsizing and selling your home. How you prepare your home for sale can vary greatly depending on many factors. We do a lot of listening to help you come up with the best plan for you and your circumstances.

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Alzheimer's Disease & Brain Health

At this point, most of us know someone that is affected by Alzheimer's disease. Numerous studies and statistics show Alzheimer's and other related dementias are on the rise. According to the Alzheimer's Association's latest figures, nearly 6.2 million Americans have Alzheimer's disease, and that number is expected to triple by 2050. Experts estimate that an Alzheimer's diagnosis will affect close to 15 million people by mid-century. Currently, every 66 seconds, someone develops dementia in the United States.

What are the risk factors and causes of Alzheimer's and dementia?

For years, medical professionals and researchers have been trying to find the exact cause of Alzheimer's disease (AD). Even with the top three speculative triggers, it's still unclear as to what is causing this devastating disease to rob so many people of their cognition.

The main characteristics of the disease are attributed to amyloid plaques, cerebral amyloid angiopathy, and neurofibrillary tangles. While these pathological markers are evident in many individuals with Alzheimer's disease, they are not always present in all; consequently, they cannot entirely account for the umbrella of cognitive disorders.

In a recent study, top neurologists and researchers went a few steps further, to shed light on a new discovery in the causes of Alzheimer's. The study looked at the cerebrovascular pathologies, cardiovascular health, and microvascular disorders. Almost all individuals with dementia show signs of some vascular impairment on various levels.

What are the signs?

The signs and symptoms of dementia are different throughout the various stages of the disease, but common indicators are as follows:

- Forgetfulness, especially short-term memory
- Change in personality
- Agitation/Frustration
- Difficulty with daily tasks
- Social withdraw
- Aphasia (speech disorders)
- Sundowning (confusion and sleeplessness in the evening)



What are the treatment options?

Some medications can slow the progression of the disease, but these are unfortunately not a curative treatment method. However, we do know that following helps patients stave off the disorder:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

Staying active and social is also a useful method for maintaining optimal brain health.

Along with socialization, staying physically active is imperative in the production of oxygen-rich blood flow and can decrease your risk of Alzheimer's and dementia.

A few years ago, there was a cognitive study performed, the first of its kind, which incorporated an interventional methodology to take a multi-domain approach to dementia prevention. The trial called the FINGER Study was conducted over a two-year period in Finland by a team of healthcare providers.

The trial called the *FINGER Study* was conducted over a two-year period in Finland by a team of healthcare providers.

With over 1200 participants, the randomized tests were done on a control group and a multi-domain intervention group. The control group was given regular health advice on a weekly basis, while the intervention group was given tactical exercise, diets and performance studies three to four times per week.

The multi-domain intervention group's protocol consisted of:

- Dietary guidance
- Physical activity
- Cognitive training and socialization
- Intensive monitoring and management of metabolic and vascular risk factors

The conclusion of the study showed that it is possible to prevent cognitive decline through physical exercise, diet, cognitive training and socialization, and by lower metabolic risk factors.

If caught early, this progressive disease can be delayed through specifically advanced treatment options like diet, exercise and refining memory skills. Primary Care Doctors, Neurologists and other professionally trained practitioners are essential in putting the pieces back together.

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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.



UV SAFETY MONTH

By Colby Beck, PA-C

Living in Florida, AKA "The Sunshine State" during the summer months is HOT. With scorching temperatures and humidity, many people tend to wear clothing such as bathing suits, shorts, and sleeveless tops that expose sensitive areas in attempt to stay cool. However, those who suffer from dermatological disorders may feel uncomfortable exposing their skin, especially in the summer. In this article, we are going to discuss options to treat these visibly affected areas so we can all feel comfortable and confident wearing those summer clothes.

Eczema is a chronic inflammatory skin condition that can be caused by genetics or environmental factors. It presents as an itchy, inflamed, dry rash. There are various treatment options for eczema. First and foremost, it is important to avoid known triggers (i.e. perfumes, lotions, washes, detergents, etc.) Using All brand Free and Clear detergent without any fabric softeners and/or dryer sheets, Dove sensitive skin body wash, Cetaphil or Vanicream face cleanser and moisturizers are just a few dermatologists recommended products. Eczema can also be triggered by dry skin, therefore moisturizing daily is of utmost importance. It is best to moisturize with a cream base multiple times throughout the day, and especially right after the shower. Patting your skin dry and then applying an emollient (Aquaphor, CeraVe Healing ointment, Vaseline) will help keep your skin hydrated. Prescription therapy is also used to treat eczema, as well as phototherapy which uses UV light to reduce symptoms.

The next thing we'll talk about affects over 7.4 million people in the US. Psoriasis is also a chronic inflammatory condition that is genetic and caused by the immune system. Psoriasis presents as scaly, red, plaques, and in some cases joint pain. Psoriasis can affect any part of your skin, scalp, and even nails. It is most often triggered by infections, stress, or injury to the body. Since psoriasis is a chronic condition, it is important to identify triggers and limit them. Try to find ways to decrease/manage stress in your life and decrease smoking. Treatment for psoriasis typically includes combination therapy. Providers may prescribe a combination of topical therapy, phototherapy, systemic therapy or biologic therapy. Biologics are commonly used for psoriasis patients; especially those whose psoriasis is widespread or affecting sensitive areas such as palms/soles, genitalia, face etc. Biologics are typically injections that target specific parts of your immune system to decrease symptoms and disease process.



Intertrigo is a rash that develops in sensitive areas such as axillae, inframammary areas of breast, and groin. It is found in the skin-on-skin areas and appears with red, inflamed, moist patches. Intertrigo starts after exposure to heat/humidity causing increased sweating and areas staying moist for prolonged periods. This condition is very commonly seen among those living in Florida due to activities such as routine yard work, walking at theme parks, and other activities done in the hot sun. Treatment focuses on keeping areas dry and clean. It is important to change out of wet/sweat soaked clothing. Providers typically prescribe a mixture of topical antifungals with topical steroids and absorbent powders to reduce symptoms and maintenance.

Now that we have discussed several dermatological conditions that may prevent people from wearing that bikini or sleeveless top in the summer, let's talk about something everyone suffers and can relate to...HAIR. I'm sure many can relate getting a last-minute invitation that involves being in a bathing suit or shorts and a tank top and you have to jump in the shower to shave! It's a burden in so many ways including time, but even worse is razor burn, and/or irritation from using shaving creams/-gels. Fortunately, waxing and laser hair removal are great alternatives to shaving with a razor. Laser hair removal is a very quick and effective procedure to rid unwanted hair. It works by targeting dark pigmented hair but cannot remove "peach fuzz". It takes multiple treatments depending on the body area, but laser hair removal is definitely worth every penny to not have to worry about shaving for those last minute plans.

Lastly, I am going to address the most important thing, which is sun protection. The summer months in Florida offer so many outdoor activities such as boating, theme parks, cook outs, etc. It's all fun and games until the next day waking up with that red,

crisp sunburn. Sunscreen is not only important in protecting your skin from skin cancer, but also preventing physical signs of aging. Sun exposure is one of the main contributors to aging and there are many ways to protect your skin. A broad-spectrum mineral based (zinc/titanium) sunscreen should be used daily on the commonly exposed areas including face, neck, chest, arms. If you are in the sun for longer periods, it's important to apply sunscreen to all exposed areas and reapply at least every 2 hours. You may need to apply more frequently if you are sweating or swimming. Another way to protect your skin from the sun is with clothing. Wide brim hats that cover ears, neck, and face are best. Temperature regulated clothing with UPF are also great options when outside that provide coverage but not warmth.

I hope anyone suffering with any of the above conditions realizes there is treatment options available to them and calls any of our offices to get them summer ready!

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WHO IS ON YOUR WOUND CARE TEAM?

Wound Care Specialist are health care professionals and technicians with specialty training in restoring skin and infection control. After successfully completing the basic courses for a career in the health care field, a wound care specialist accrues at least three years of experience in wound care before sitting for a written examination to prove their specialized knowledge and competence. To maintain their wound care specialist status, continuing education credits and periodic re-certification testing is required.

Nurses, a variety of specialty physicians, physical therapists, and medical technicians all work together as a multidisciplinary team to deliver care to patients with acute, chronic and non-healing wounds of all types. They work in acute care hospitals, emergency rooms, nursing homes, home health agencies, clinics, and other health care facilities.

Nurses clean, treat and dress wounds as well as teach patients and their families how to care for the wound at home. Educating the patient and family is important to not only promote healing but to help watch for signs of infection that can delay healing and extend the need for professional care. Nurses are instrumental in developing and executing a formal plan of care for the patient.

Physicians caring for wounds may come from several different disciplines including general surgery, vascular surgery, podiatry, and dermatology, among others. Other medical specialists may become involved in patient care, depending upon the origin, location and extent of the wound. Plastic surgery may be another involved discipline. Doctors also attain certification through the American Academy of Wound Management to become a Certified Wound Specialist Physician (CWSP).

A primary care physician is often the referring doctor and is instrumental in coordinating communication and therapy among the team of wound care specialists.

Physical therapists in some health care facilities work with patients requiring wound care. They specialize in treatment modalities such as ultrasound, electrical stimulation, whirlpool and compression therapy, among others.

Wound care specialists deliver cutting-edge health care. As a multidisciplinary team, the combined expertise and diverse clinical knowledge may cover a wide range of modalities to improve the patient's wound healing and thus, improve their quality of life.

Some wounds the health care team treats may include:

- **Acute wounds in an emergency room:** Acute wounds are often precipitated by trauma, such as burns, lacerations, or abrasions. As the historical and clinical features surrounding the cutaneous injury process differ, wounds must be evaluated and treated individually. Without proper cleansing and wound care, these acute wounds can lead to complications, such as poor healing and infection. Optimizing wound healing through proper acute wound management involves removal of harmful debris/necrotic tissue, exploration for underlying injuries, control of bacterial burden and appropriate closure.

- **Post-operative wounds:** Post-operative wounds are those wounds acquired during surgical procedures. Postoperative wound healing occurs after surgery and normally follows distinct bodily reactions: the inflammatory response, the proliferation of cells and tissues that initiate healing, and the final remodeling. Postoperative wounds are different from other wounds in that they are anticipated and treatment is usually standardized depending on the type of surgery performed. Since the wounds are 'predicted', actions can be taken beforehand and after surgery that can reduce complications and promote healing.

- **Pressure wounds and bed sores:** A pressure ulcer, also known as a bedsore or decubitus ulcer, is a wound of the skin caused by prolonged, unrelieved pressure to that area. Pressure ulcers occur most frequently around bony prominences such as the tailbone, hips, heels, ankles and elbows. Many factors can contribute to the formation of pressure ulcers. The main cause is unrelieved pressure to a location of skin on the body. This constant pressure inflicts damage by decreasing the area's blood supply and traumatizing the skin. When this pressurized spot rubs against other surfaces (such as bed sheets or wheel chairs), the tissue is further damaged. Other contributing factors are excess moisture (fecal or urinary incontinence), poor nutrition and/or hydration, and generally poor health.

- **Diabetic ulcers:** A neurogenic ulcer is also known as a diabetic ulcer. Diabetic ulcers are generally found on the bottom of the foot and can occur on either or both feet. Other areas that can be affected include the legs, hands, and even in the folds of skin, around or on the stomach. Diabetic ulcers can be painful. Many people feel embarrassed by their appearance, in addition to the physical pain they experience. A typical diabetic ulcer on the foot looks like a red sore that manifests

in the surface of the skin and can form in a variety of areas. However, sores can occur deeper in the skin. A deep foot ulcer can extend to the tendons and bones of the feet and must be treated quickly. If the condition worsens, the diabetic ulcer will likely become infected.

- **Vascular ulcers:** Vascular ulcers are chronic, or long term, breaches in the skin caused by problems with the vascular system, also known as the circulatory system. Vascular ulcers have the potential to be dangerous. They may not heal normally and can lead to an increased risk of infection. Due to related medical problems, patients with vascular ulcers may have little or no sensation in the ulcer area. Therefore, you may not notice a vascular ulcer until it has progressed to the point of becoming large and/or infected.

- **Radiation wounds:** Radiation therapy is a powerful treatment that slows or kills the growth of cancer cells. It's recommended for half of all cancer patients, many of whom owe their lives to radiation treatment. However, such a potent treatment doesn't harm cancer cells in isolation; it also injures healthy cells and tissues as a result.

A patient with a wound that has not healed after one month of conventional therapy is often referred to a wound care specialist for further evaluation and treatment. The wound specialist may add new therapies such as a specialized treatment like the hyperbaric oxygen chamber to improve the healing process. Hyperbaric treatments provide 100% oxygen inside a pressurized chamber to aid healing.

A key role of a wound specialist lies in patient and family education. Wounds heal differently for everyone, and improvements are not seen overnight. Wound specialists need to demonstrate patience and compassion to their patients as they navigate the long road to recovery.



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Return to Golf Program

If you are having pain, limited range of motion, stiffness or unable to swing your golf club like you once were, Innovative Therapies Group has a **Return to Golf Program** to get you back in the game you love.



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Masking your pain with pain medications is not the answer. Getting to the root cause of your condition is the key to healing your body and living the life you deserve.

For numerous individuals Physical therapy is the leading way to relieve pain and discomfort at its core. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Common Conditions That Improve Significantly With Physical Therapy

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

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with at-home exercise guidelines and self-help management to promote and maintain independent function and increase mobility, Innovative Therapies Group has got you covered.

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 and occupational therapy.

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To find out more about Innovative Therapies Group **Return To Golf Program** or to schedule your appointment, please contact them today.

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FIREWORK FUN:

IMPORTANT TIPS TO KEEP YOUR EYES SAFE

Americans love the 4th of July, a day when we all get together with family, friends and neighbors to delight in the color, dazzle and brilliance of fireworks. However, it should be no surprise that consumer fireworks, the kind obtained for home use, can cause serious injuries, even fatalities. According to research by the U.S. Consumer Product Safety Commission, 2020 saw more than 15,000 people end up in emergency rooms due to fireworks-related injuries. This is more than double the number treated a decade earlier, suggesting that consumer fireworks are being underestimated and mishandled now more than ever. As incendiary devices, all fireworks have the potential to be dangerous – but it may be surprising that good ol’ mainstays, firecrackers and sparklers, are at the top of the list.

And the Rocket’s Red Glare

With Independence Day fast approaching, the American Academy of Ophthalmology wants to remind everyone that the most common fireworks-related injuries include those to the eyes. Ocular injuries can range from temporary to serious – about one third of cases involve permanent vision loss, even total blindness. Common eye injuries include thermal and chemical burns, corneal abrasions and lacerations, ruptured eyeballs, and retinal detachment. 50-65% of people who end up in ERs aren’t even involved in lighting or handling fireworks themselves, but merely sitting on the sidelines enjoying the show. Therefore, firework safety impacts everyone. Be sure to take measures to protect yourself as well as your loved ones, especially children.

Enjoying Fireworks Safely

Professionally-run public fireworks events are not only the most dazzling and impressive, they’re also the safest. However, if you elect to set off your own fireworks display, make sure to follow these helpful guidelines:

- **Keep your distance.** For ground-based fireworks, keep a distance of at least 35 feet. For aerial fireworks, move back 150 feet or more. If you’re the one lighting the firework, light only one at a time to give yourself time to put quick and adequate distance between yourself and the device.
- **Protect children from firework hazards.** Young children are naturally attracted to fireworks but likely don’t understand the dangers, and should not be permitted to light or handle them. Even benign-seeming sparklers can cause serious injury;



in fact, sparklers account for more than half of the injuries to children under age 5. In one recent case, a 4-year-old died from a sparkler-related injury. Older children responsible enough to light fireworks should do so under adult supervision. Don’t allow kids of any age to jump over or run through fireworks.

- **Be mindful of surroundings.** Don’t light fireworks near anything flammable, including homes, dried brush, leaves, grass, etc. Strong winds can blow a firework over and launch it toward people or force sparks into flammable areas and ignite a fire, so, if it’s windy outside, it might be wise to postpone your celebration.
- **Keep a bucket nearby.** A bucket full of water is a great thing to have on hand for embers, flames and fireworks that fail to ignite. If you have a fire extinguisher, keep it on hand.
- **Flood the duds.** If a firework fails, don’t try to relight it. Let it sit away from you and others for 5-10 minutes, then submerge it in your bucket of water to ensure it is disarmed so it can be safely thrown away.
- **Don’t use illegal or homemade fireworks.** Certain fireworks pose undue hazards, are crafted without oversight or safety guidelines, or leave certain ecosystems vulnerable to their effects. Never place fireworks in a container, especially one that is made of metal or glass, which can become dangerous shrapnel once a firework goes off.
- **Protect your peepers.** It is smart to use protective eyewear like safety glasses or goggles while handling,

lighting or viewing fireworks. Whatever awkwardness you might feel at first will pass – and will help keep you out of the ER.

- **Act quickly.** Should your eye(s) become injured by heat, chemicals, objects or blunt force trauma, immediately head to the nearest emergency room or call 911. Don’t touch, rub, rinse or apply pressure to your eyes. Despite a natural instinct to remove objects that may have entered the eye, leave that to a medical professional to prevent further damage.

The Board-certified doctors and vision care experts of Lake Eye (a US Eye Company) want you to enjoy a wonderful and safe July 4th celebration, now and through the years to come. For everything you need, from vision exams, leading-edge lenses and name-brand designer eyewear, to eye health maintenance and monitoring, to the most advanced technologies for cataracts, glaucoma, dry eye and more, Lake Eye has been the region’s trusted eyecare leader for more than 40 years. We are your one-stop destination of a lifetime of clear, healthy vision.

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Parkinson's Disease Awareness

Parkinson's is a complex disease that progresses over the years, and to date, has no cure. It is a neurodegenerative disease that wreaks havoc on the brain, which in turn interferes with the body's fine motor skills. The brain's neurons (nerve cells) are what create dopamine and the deterioration of this process is the cause of Parkinson's disease.

In Parkinson's patients, the dopamine chemical production is slowed down and over time it can be completely diminished. Some of the first symptoms of early Parkinson's disease are impaired sense of smell, constipation and sleep disorders. These early signs are found in the medulla and the enteric region of the brain. Some patients will have diminished voices, develop rigid muscles and show little to no expression on their faces within the middle stages of the disease.

As the disease progresses, it eventually reaches the substantia nigra region of the brain, which controls the bodies movements. Once this stage is reached, patients have a difficult time controlling their bodily functions, and they develop tremors and have jarring irrepressible movements.

Nearly 1 million people in the U.S. have Parkinson's Disease (PD), a chronic and progressive disorder. 100,000 Americans are diagnosed with PD each year, and 15% of those are under the age of 50.

TREATMENT OPTIONS

Because there is no cure, the main treatments are given through traditional pharmaceutical medications, which are available to slow down the disease's



development. Many of these drugs increase the dopamine in the brain, and in some cases, replaces the dopamine altogether.

Along with medication management, physical therapy for balance and stretching is helpful for fine motor function. Speech pathology is also very effective in maintaining and improving speech related issues that the disease so commonly causes. In advanced cases there is the option for surgery.

PACIFICA SENIOR LIVING OCALA

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

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

BRAND NEW STATE OF THE ART MEMORY CARE FACILITY COMING SOON

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

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

It's easier than ever to take an initial tour—

We have a link on our website to give you and your loved one a virtual tour at

PacificaSeniorLiving.com. We're always here to answer your questions or to set up a tour of our charming community.

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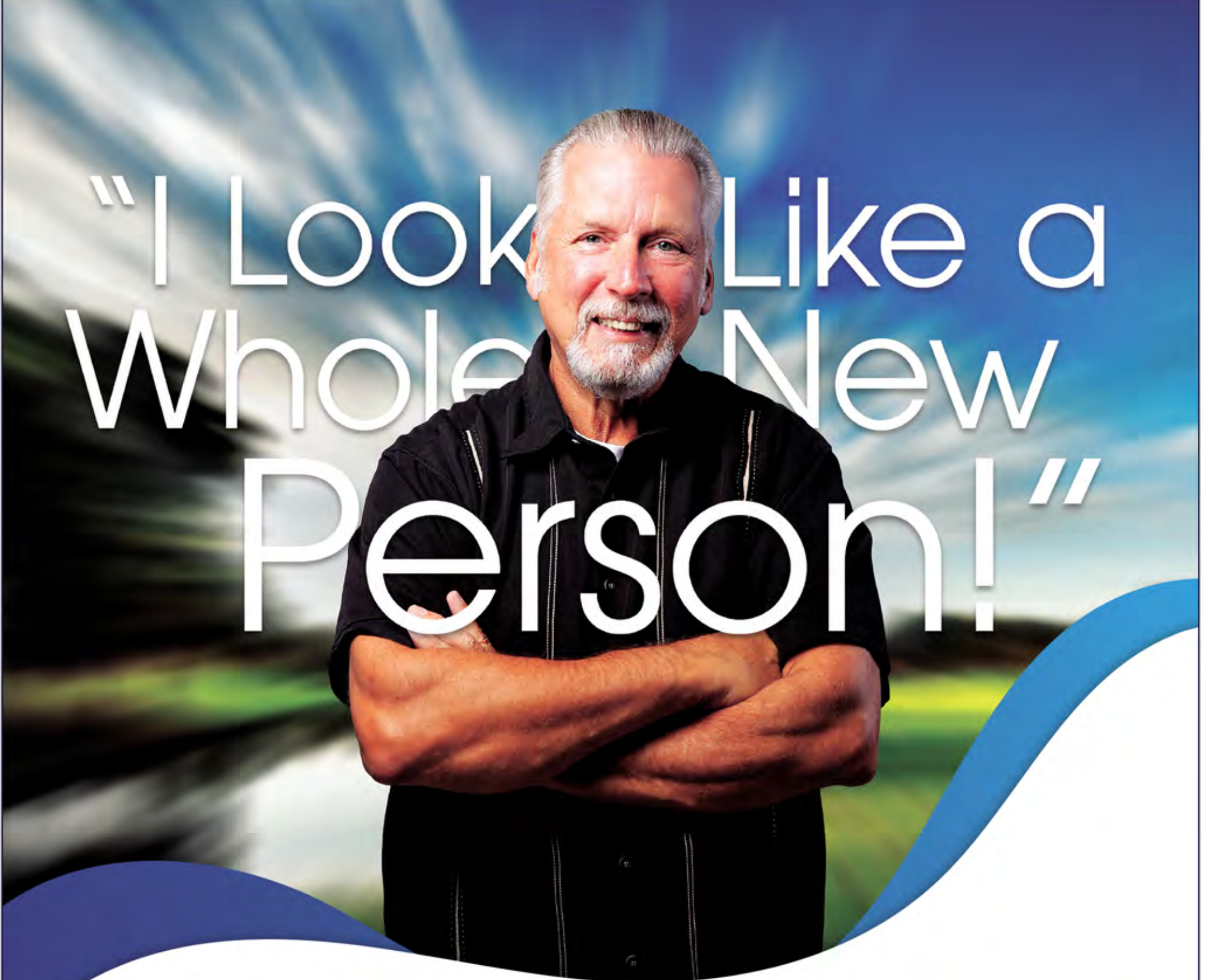
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Supportive Care—Helping You Feel Better and Live Better

Submitted by Hospice of Marion County



Not so long ago, folks with chronic conditions were destined to be defined by their condition: restricted mobility, dietary issues, unending pain and no relief from their symptoms. That fate is no longer a given. Thanks to the innovative means of palliative or what many call supportive, comfort care, people can go about living their best lives at home with loved ones and friends, finding joy in their daily routines, family gatherings and special outings.

Since 2006, comfort care has been a growing and dynamic reality offered by Carewell Supportive Care, an affiliate of Hospice of Marion County. Headed by experts in pain and symptom management, the physicians and advance nurse practitioners work directly with patients, family and their own personal doctors to find the right balance of medication and therapies. This service is offered to anyone with a life-altering condition, no matter what the prognosis or level of curative treatment and is covered by insurance.

Often a diagnosis of chronic illness can seem like a sentence to a life of despair, but it doesn't have to be.

Consultations with Carewell specialists can offer a protocol of life-changing behaviors and medications to keep people active and well.

One such case involved a 27-year-old man with sickle cell anemia. This genetic disease causes debilitating infections, extreme swelling in hands and feet, and episodes of pain known as "sickle cell crisis" which often requires hospitalization. This young man was unable to keep his job due to the pain in his feet. The palliative physician paid him a house call to see how he was living and what could be done to alleviate the swelling in his joints. This time the solution was simple. He was wearing comfortable but inappropriate sneakers with no support. The doctor removed his own shoes to show him a removable orthotic that he used in all of his shoes. While he didn't have sickle cell anemia, he did have an ongoing joint problem. Without the orthotic, he also had difficulty walking. An appointment was made with a podiatrist immediately and the man got orthotics designed for his unique situation. If only solutions were always that simple!

For the team at Carewell Supportive Care, no situation is unmanageable. The collaborative efforts with physicians, families and, of course, the patient, solutions are within reach to attain comfort, usually within 24 hours of a consultation. The team specializes in pain management, shortness of breath, fatigue and unexplained weight gain or loss. They make calls in the local hospitals, care facilities and private homes. They also help with goals of care, conflict mediation, discharge planning and reductions in re-admission to the hospital.

Contacting Carewell Supportive Care is as simple as a phone call (Monday-Friday, at 352-291-5881) or visiting www.carewellsupportivecare.com. Their office is conveniently located on the AdventHealth campus at 1528 SW 1st Avenue in Ocala. Ask your doctor how Carewell can help you or someone you care about. It could make a world of difference, because when you feel better, you live better.

Feel Better. Live better.

Chronic illness can be managed with expert pain and symptom control by our specialists, working with you, your physician and your family.

Live your best life!



We can make a world of difference.



Carewell is an affiliate of Hospice of Marion County
1528 SW 1st Ave | Ocala, FL 34471
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www.carewellsupportivecare.com

BALANCING LIFE

By Rev. J. Keith Long

Do you live a balanced life? When your life seems to be running smoothly and everything is happening just like you suppose it should, you may not give much thought to what it means. When you seem to be at wits end, you may be thinking there must be a better way.

Luke 10:27 reads: He responded, "You must love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and love your neighbor as yourself.**

Look closely at what this says. It says with your heart. The heart, the amazing muscle made to provide life giving blood to all of the body. Without the heart, the body cannot do its amazing things. Without blood, the brain will not function, the arms and legs will not move, the body cannot live. One of the best ways to honor God is with your heart, by using the gift of life, of the blood flowing through you to do good things, to say good things, and to be good, or sometimes people say righteous.

Your heart is maintained by exercise. As Americans we are prone to spend too much time in the car, in front of the Television, or at the computer. The heart as a muscle needs work to keep doing what it does at the optimum. The healthy heart provides for you the opportunity to love God with all of your strength. The muscles provide strength to move your legs, your arms, all the parts of you that hugs, carries, moves, speaks, and shares. Health professionals will say this: get moving. Movement maintains, lots of movement builds, but most important is the first step movement.

Love God with your mind. In other words, think. Wisdom and knowledge are two very different things. Wisdom for me is a daily process. Living each day learning something, gaining knowledge is mostly helpful, but I can honestly say some things I hold as knowledge are not always helpful. So, therefore, wisdom is about knowing the difference and what makes your life better becomes the very best wisdom. I skipped over "being" because for me it is the entire package. Your heart, your muscles, your mind, every part of you is combined as the temple for your soul. All of your being means everything about you. Jesus said in answer to the



question, "What must I do to have eternal life?" He said, "Do these things." Not some of them, all of them. Not part of the time or most of the time, but all of the time.

Finding Balance is Key

Balance, the act of having enough, not too much, not too little, this is the key to most things, if not all things. I am really strong on spiritual practices, but I need to work on my physical practices. My emotions seem to be doing OK, my relationships are trending up. My visits to my healthcare providers including the dentist are in check. I am making better decisions about what I eat, when and how much. Thinking about these areas of my life and finding balance is an opportunity. Thinking about these things has shown me there is a better way. I thought I was happy and doing

OK, but consideration of these aspects has given me a way to be happier, to have more joy, even in the midst of crisis and stress, and everything else going on.

Practice is Necessary

Like an athlete, for any sport they will practice and work at keeping their skills up to be their personal best. Like a piano player or any musician, even for a drummer, practice is necessary to maintain the talent. It seems that for all of us the same is true; we must have a routine of practice that keeps our mind, body and soul in its best condition. As you live, be encouraged that your God has given you abundance. How you use it, what you do with it, that is something not to be squandered, it is more precious than gold.

**Bible Reference - Common English Bible

WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

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

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

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



Health and Mental Capacity

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

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

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

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

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

Estate Planning Should be Under Your Control

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

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

Law Offices of Patrick L. Smith, PLLC

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

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