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Health & Wellness[®] MAGAZINE

July 2022

Lake/Sumter Edition - Monthly

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FREE

Heat Safety

Precautions for
the Summer Months

Balancing Life

Ultraslim

Fat-Reduction
Device

Why You Should Be
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How to Celebrate National Anti-Boredom Month

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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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HEAT SAFETY PRECAUTIONS FOR THE SUMMER MONTHS

With weather approaching the upper 90's and, on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is especially true when we factor in the high level of humidity. Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we also perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. If you suffer from any heart conditions, the loss of these minerals can be detrimental to your cardiac health.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated with cool water, not sugary drinks. If we become dehydrated, we increase our risk of raising blood pressure and having heart palpitations. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. When the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

Syncope is a fancy medical term for fainting. Syncope can occur due to many different complications but is commonly seen due to heat exhaustion. What happens is, the body's oxygen and blood are not able to adequately reach the brain, usually due to a drastic change in blood pressure, which creates a pooling of blood into the lower extremities, and this will cause collapsing and fainting. If the person is not put in a reclined position with the feet elevated, they could potentially suffer additional complications, including a seizure. Syncope can quickly escalate into a dangerous outcome for many individuals. If you have any heart irregularities, you may be more susceptible to these types of fainting spells.



Heat Disorder Symptoms can include muscle cramping, heart palpitations, dizziness, fainting, headache, nausea, and fatigue. If you experience any of these symptoms, it's imperative to get to a cool place, drink cool water and call 911 if symptoms persist.

Tips to stay cool and avoid heat-related heart issues

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

If you have congestive heart failure, you should talk to your cardiologist about specific ways to stay cool that will not interfere with your fluid and sodium intake issues.

Dr. Vallabhan

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If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

HOW TO CELEBRATE NATIONAL ANTI-BOREDOM MONTH

Picture this: It's the late 1980s, and July has officially become National Anti-Boredom Month. Surely the creator *Alan Caruba* can't be serious, right? After all, isn't boredom just something that...happens?

Turns out boredom can negatively affect your health overtime. *Columbia University* states people who get bored easily are more at risk for isolation and loneliness—two major problems affecting seniors across the world.

But there are ways to prevent boredom, and just as Caruba intended, July is the ideal time to plan your summer with activities to keep you safe and engaged. Located in sunny Florida's The Villages® community, Sumter Senior Living can help—with a calendar packed with activities for Independent Living, Assisted Living, and Memory Care.

Feel Your Best First

Activities are the most enjoyable when you're feeling your best. Before partaking in any activities, evaluate the areas of your health that need more attention. Especially in the summer, seniors often struggle with hydration.

The *National Council on Aging* recommends daily fluid intake should be about one-third of your body weight. While that may seem daunting, remember that fluid doesn't have to appear in a cup. Foods like watermelon, cucumber, and celery can also be counted as part of fluid intake.

In addition to hydration, it's important to know when you're feeling lonely or isolated. Loneliness refers to the feeling of being alone or separated, while social isolation refers to the lack of social contact with others—either virtually or in-person. It's okay to be alone or to feel lonely at times; but prolonged states of either can lead to serious health issues, such as cognitive decline, heart disease, or even death, according to the *National Institute on Aging*.

Many seniors find staying healthy and making social connections easier in senior living communities like Sumter Senior Living. With activity calendars and dining options made to optimize nutrition, Sumter gives residents the tools they need to spend summer in the best way possible.



Keep Your Cool Outdoors

Summer in Florida often brings concerns about the heat, but you don't have to stay inside in order to have fun safely. In fact, spending time outdoors has been linked to longer life expectancy, improved sleep quality, and increased ability to focus, according to the *U.S. Department of Agriculture*. However, it's important to select activities that can keep you cool, too.

For dry activities, such as picnics, select spots with generous amounts of shade. Or, bring protective gear, such as sunglasses, hats, and umbrellas. Especially when exposed to large amounts of sunshine, sunscreen is an absolute must. The *American Academy of Dermatology Association* recommends water-resistant sunscreens with at least 30 SPF. Consider the different types as well—creams are great for faces while gels can be useful for the scalp region.

Aquatic activities can also help you beat the heat and stay healthy, too. Sumter Senior Living has a heated pool to keep you at just the right temperature. It also offers water aerobics, concerts by the pool, and more for Independent Living, Assisted Living, and Memory Care.

Come On Inside

Indoor activities can keep you engaged no matter the weather. Ideally, you should aim for a mix of activities that keep your mind active, your body moving, and help you relax.

The *Alzheimer's Association* states social activities and brain teasers may help your brain health. Sumter Senior Living often combines the two with activities such as Daily Chronicles & Coffee, Mah Jongg, bingo, puzzles, and more. Learning new things can also help keep your mind active.

Physical activities can help you reach your daily exercise goals without feeling like a chore. Sumter Senior Living's onsite Fitness Center is a great way to fit in a workout with friends. You could also participate in Sumter's Walking Club, play Balloon Ball, and even enjoy line dancing.

While staying active has many health benefits, it's equally important to find effective ways to relax. The *American Psychological Association* notes stress can cause many health problems, including heart attack and stroke, but it's also preventable. From refreshments to crafts and movie nights, Sumter offers plenty of options to help you unwind.

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.



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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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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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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.

Find your neighborhood Florida Blue Center at floridablue.com or call 1-877-352-5830 (TTY 1-800-955-8771).

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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.

Looking and feeling your best has never been easier. We also offer 0% financing to our clients who qualify. Image matters. Come see us in Lady Lake to start your Vojae' Body Imaging Journey.



**CALL TODAY TO SCHEDULE
352-561-2966**

www.vojaebodyimaging.com

510 County Road 466, Suite 207
Lady Lake, 32159

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.



Advancedurologyinstitute.com

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(352) 259-4400

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(352) 351-1313

MEDICAL MARIJUANA & INFLAMMATION

Medical Marijuana is now being recognized it 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.



Miracle Leaf The Villages
13721 US 441 - Unit 2, Lady Lake, FL 32159
352-254-5544

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:

(352) 973-4070

www.UNOVAHipAndKnee.com



BENEFITS OF IV THERAPY

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

What is IV therapy?

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

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

Why IV therapy?

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

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

Is IV therapy safe?

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

What are possible side effects?

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

How often can I get an IV?

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

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

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



Who is a candidate?

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

Who should not get IV therapy?

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

How do I get started?

Contact Total Nutrition and Therapeutics at 352-259-5190 or go online to www.TNT4ME.com to schedule your appointment today. Initial consultations are always complimentary.

Total Nutrition & Therapeutics

At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!



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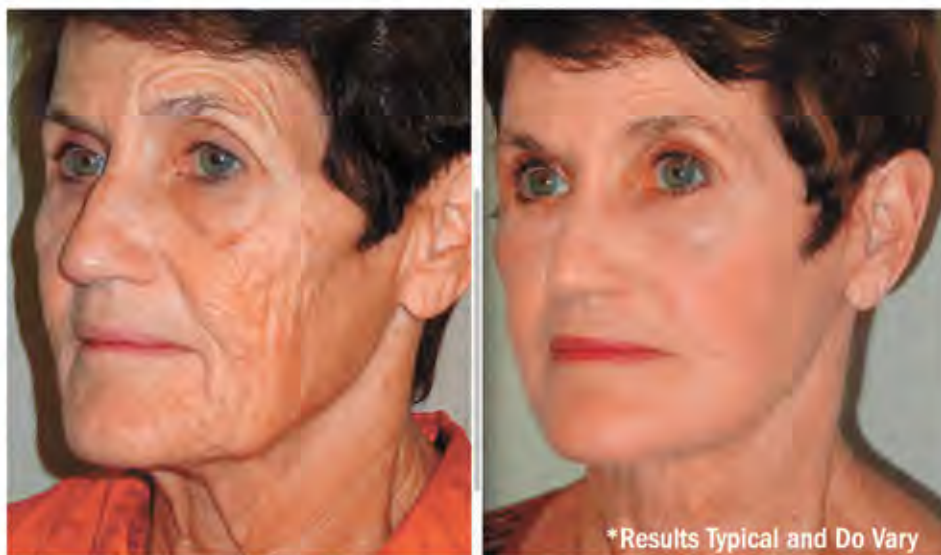
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9 TIPS TO PREVENT ALZHEIMER'S DISEASE

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.



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

By Richard W. Rozensky, DDS, D.ABDSM

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

What Causes Sleep Apnea?

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

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

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

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

What are the symptoms of Sleep Apnea?

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

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy and failed?

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

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

COVID-19 and Sleep Apnea

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

Village Sleep Dentistry
352.430.1710
villagesleepdentistry.com

1950 Laurel Manor Drive, Suite 180B
The Villages, Florida 32162

This recommendation is being made based on the following information:

- The American Academy of Sleep Medicine (AASM) has indicated that PAP therapy potentially exposes individuals, especially those in proximity to the patient, to increased risk of transmission of COVID-19.
- A number of studies have found evidence that COVID-19 can remain suspended in the air in aerosol particles
- It is unknown whether it is possible for patients to be re-infected from re-using PAP tubing, filters, and/or masks.
- There have been reported shortages of distilled water and other supplies necessary for optimal use of PAP machines.
- Oral appliances do not generate aerosols and can be easily disinfected by patients to kill the COVID-19 virus

Best of all, Village Sleep Dentistry provides CDC recommended, single use WatchPAT™ ONE contactless, first and only disposable Home Sleep Apnea Test.

At Village Sleep Dentistry, we not only have the qualifications, but we are also a Medicare approved provider as well. If you have Sleep Apnea, consider improving your health and your quality of life. Your body and mind will thank you.

Meet Dr. Rozensky

As a Diplomate of the American Academy of Dental Sleep Medicine and recognized as a qualified dentist by the American Board of Dental Sleep Medicine. Dr. Rozensky earned his Doctorate of Dental Surgery degree from University of New York at Buffalo and then went on to serve our country in the United States Air Force, after which he enjoyed private practice in General Dentistry for over 20 years. Dr. Rozensky now includes his passion for Sleep Dentistry in his practice and finds true joy in the life changing care he is providing.

Village Sleep Dentistry

At Village Sleep Dentistry, our dentist Dr. Richard Rozensky and the entire dental team will work closely with you so that you can make informed decisions about your health. In addition to sleep dentistry, we offer all aspects of dental care and treatment including restorative, general, cosmetic dentistry and more.

From the moment you step in the door you will feel at ease. You will be welcomed by a warm and inviting atmosphere, combined with a professional and caring team. You will immediately recognize the emphasis on professionalism and quality, from the people who care for you to the technology used-this is the way dental care should be!

Fish Oil and Fiber: How to be Number One at 'Number Two'

By Anne-Marie Chalmers, MD

Countless articles detail how exercising, eating well, and sleeping better are crucial for healthy aging. But there's one aspect to good health that people rarely mention: pooping.

Yes, pooping.

Maybe as a physician, I should be medically correct and write "defecating" instead. But whatever the term, one thing is certain: Regular bowel movements are essential for feeling good.

Chronic Constipation Could Be a Symptom of Intestinal Dysbiosis

A proper poop depends on a healthy gut. So if you regularly struggle with constipation or diarrhea, it could be a sign that your gut is not functioning optimally.

In medicine, we use the term intestinal dysbiosis. This means that the populations of different gut bacteria that colonize the intestines have become imbalanced.

Today, we know that these gut bacteria dictate not just bowel-related disorders — like Irritable Bowel Syndrome (IBS) and chronic constipation — but also our weight and immune response to chronic diseases.

The composition of our gut bacteria depends on a variety of factors, including genetics, age, previous antibiotic use, and environment. Diet, however, plays an especially big role.

Let's focus on two stool-facilitating nutrients that promote good intestinal health: fiber and fish oil.

The Digestive Benefits of Fibers

Almost every constipation-related article talks about the importance of eating enough fiber — and with good reason. Fiber has a profound impact on our digestive system.

First and foremost, fiber promotes good microbial health. Gut bacteria feed on fiber through fermentation, breaking them down in the digestive system. During this fermentation process, the bacteria create short-chained fatty acids (SCFAs) that support the integrity of the cells in the stomach. SCFAs also influence our metabolism, appetite, and immune response.



Different types of fiber also affect our digestive system in unique ways. For instance, beta-glucan soluble fibers (found in oats and barley) bind together with cholesterol to remove it from the intestines.

Insoluble fibers are generally not fermented by the gut bacteria. However, insoluble fibers are still important since they push food through the intestinal tract. Certain types of insoluble fiber also bind together with water to help soften the stool, providing a natural laxative effect.

Why Fiber-Rich Foods Are Important

Because different fibers feed different bacteria species and impact our digestive system in unique ways, eating a variety is best for promoting good health.

Unfortunately, most of us here in the United States do not get enough. While studies show massive improvements in microbial diversity when people consume more than 30 grams of fiber daily, most Americans only get between 12-18 grams on average.

The Benefits of Omega-3 Fish Oil for Constipation

Since oils act as natural lubricants, most varieties will help get the "ball rolling" in the restroom.

For better bowel movements, however, omega-3 fish oils have clear advantages for 3 key reasons:

1) Fish oil increases the production of intestinal alkaline phosphatase (IAP). IAP plays a crucial role in maintaining gut homeostasis and reducing inflammation in the intestines. Researchers have also found a link between lower IAP concentrations and conditions like IBS.

2) Full-spectrum fish oils have antimicrobial properties that keep certain "bad" endotoxin-producing bacteria from wreaking havoc in the gut. Since endotoxins cause inflammation, blocking their build-up helps reduce inflammation in the intestines.

3) Fish oil also promotes a better composition of gut bacteria. In clinical studies of IBS patients, researchers found that omega-3 supplementation increased the population of certain healthy bacteria species. Omega-3s also decreased the levels of harmful bacterial groups, resulting in an overall healthier gut.

How Often Should I Be Pooping?

If you take fish oil, enjoy a high fiber diet, and practice other healthy habits — like drinking lots of liquids and exercising regularly — chances are that you've mastered the art of pooping. Still, what does it mean to be 'regular'?

While most people defecate once a day, the so-called 'normal' interval between defecations varies greatly. Constipation is defined as having fewer than three bowel movements every seven days. On the flip side, some people produce two to three stools a day, which is still considered within the normal range.

Given such a wide definition for 'regularity,' the most important thing to remember is that consistency is key.

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/fish-oil-and-fiber-how-to-be-number-one-at-number-two/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



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Caregivers – What if Something Happens to You?

By Janice Martin, Senior Advisor / Family Liaison

Most people agree that being the full-time caregiver of a loved one is stressful and exhausting. However, many ignore the effect on their well-being. Outward appearances are deceiving and although you may look fine, the damage to your mental and physical health is undeniable. The alarming reality is that caregivers often die first.

If you are the primary caregiver, it is imperative that you have taken steps to obtain important legal documents. Power of Attorney papers and Advance Directives are required in the event that placement in a long-term community is necessary.

But what if something happens to YOU? Planning for this possibility is critical.

Because many Seniors have retired to Florida, there is the likelihood that family lives out of State. If you have assigned an adult child the responsibility of being Power of Attorney in the event of your death or incapacity, will they be able to take immediate action in a crisis? You may have asked a neighbor or friend to help, but what if they are unavailable? What if your adult child needs time to plan to leave their family or job responsibilities before being away for an extended absence?

Now is the time to make important decisions for everyone's peace of mind. Hiring a professional to develop a clear and concise plan and to be available to act immediately can be very helpful. Senior Liaison of Central Florida, Inc. can advise and help you through the process of choosing an assisted



living community to offer long term placement. If the goal is that your loved one will move to be closer to family, short term respite care will be a good alternative while arrangements are put in place. Some assisted living paperwork can be completed ahead of time. We will contact the doctor to obtain last minute forms that cannot be completed in advance. We can arrange for a home care agency to go to your home to ensure your loved one's care and safety until family arrives or a move is possible. Access to financial resources by a responsible party should be made for payment of any care services, either temporarily or long term.

Avoid a crisis by taking action now by calling 352-477-1866! Allow yourself the confidence of knowing that you have thoughtfully planned to ensure your loved one's care according to your wishes in the event that you are no longer here.



My name is **Janice Martin** and I am the founder of Senior Liaison of Central Florida, a Senior Living placement service covering The Villages and surrounding areas. I have over a decade of experience

as a Director of Sales in Senior Living and have a solid understanding of Independent Living, Assisted Living, Memory Care, and Skilled Nursing communities and all they offer.

My goal is to help individuals and families looking for these services and to help them locate the best fit for their needs. Most people have little or no idea where to begin. I work to support you every step of the way! I have no financial interest in any community or service – YOU make the decision! I am simply your guide.

Senior Liaison of Central Florida can help connect you with senior living communities such as Independent Living, Assisted Living, Memory Care, Long Term Skilled Nursing. We can also connect you with other important senior services such as in-home care, support groups, hospice, elder law attorneys and more.

To find out more or to schedule your appointment, please contact Senior Liaison of Central Florida today.

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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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Instability, especially in the core and spine, along with hip and ankle limitations can also be impeding upon your ability to drive the ball like you used to. With the right method of physical therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

Innovative Therapies Group works with you to customize your specific plan depending on your injuries, health, goals and needs. These plans include increasing mobility, stability, strength, and endurance. The area's most commonly needing physical therapy are hips, spine, posture, and lower extremities.

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.



The **Return to Golf Program** are customized, individual-specific programs, which are determined in order to promote improved swing mechanics, balance, flexibility, and muscular strength and balance. These techniques are used to enhance function and maximize your golf swing and dynamic stability.

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.

Mention the Back to Golf Program in Health and Wellness Magazine/online and get 10% off the program!

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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Select Laboratory is an Affordable Personalized Health Program focused on Disease Prevention

With up to 88% of the population metabolically unhealthy and most completely unaware of any underlying conditions, it is critical to provide affordable access to personalized health information, education, and support to identify early risks for disease prevention and routine monitoring of critical biomarkers for improved management and potential reversal of existing conditions.

These metabolic illnesses contribute to a significant amount of personal suffering and are the main drivers of an unsustainable burden on our health care system. Despite efforts to curtail the situation, our current health care models are failing. Select Laboratories is dedicated to changing that.

We've all wondered why some people age "gracefully" and live longer, healthier lives, while others show signs of premature aging or are possibly stricken with a chronic disease at an early age. Evidence supports that many "age related" chronic diseases (arthritis, type 2 diabetes, atherosclerosis, coronary artery disease, heart disease, Alzheimer's and some cancers) are initiated many years before symptoms arise or can be detected through traditional blood tests. Low-grade, chronic inflammation leading to "age related" disease and physiological aging is InflammAging.

Research suggests that the root cause of InflammAging is associated with two critical biological events: a decline in mitochondria function and the activation of our innate immune system. Mitochondria are the "engines" of our cells and are responsible for converting the food we eat into the energy we need to live. A decline in mitochondrial function and energy production is connected to the normal aging process and the development of a variety of diseases commonly associated with aging.

Much like a car's engine, our mitochondrial "engines" require proper maintenance and care to provide optimum performance. Our lifestyle plays a critical role in the health of our mitochondria. Low physical activity, poor diets, tobacco use, excessive alcohol intake, mental stress, and exposure to noxious substances in our environment directly damage mitochondrial function.



When mitochondria are damaged and their function declines, they release "danger signals" that tell our body's immune system to produce natural, inflammatory molecules. Continuous mitochondrial damage results in the perpetual release of these inflammatory molecules resulting in low-grade, chronic inflammation, pre-mature physiological aging and an increased risk of developing "age related" diseases. The good news is that mitochondrial damage can be slowed and reversed through improved lifestyle, proper nutrition, and high quality supplements.

Select Laboratories offers an exclusive InflammAging panel that tests for inflammation status-oxidative stress status-mitochondrial protective nutrients-mitochondrial energy efficiency. Our team of professionals will guide you through your test results and assist you in your next steps to aging well.

There is an alarming progression of chronic disease in the United States. Only one in eight adults can be defined as metabolically healthy and most are unaware of their status leading to more than three out of every five people progressing to at least one chronic condition. Add to this equation more than twenty-five percent of all adults do not have a primary care physician. This translates to year-over-year increasing cost burdens shared by employers and employees. The largest percentage of increasing costs are led by escalating ER and Urgent Care visits, hospitalizations, eventual specialist referrals, pharmaceuticals, and lost productivity. As much

as seventy-three percent of healthcare spending each year is devoted to preventable metabolic chronic diseases.

Select Laboratories addresses the full spectrum of potential and progressive chronic conditions utilizing accepted, evidenced-based, behavioral change models (Integrative Wellness Coaching) and state-of-the-art technologies powered by strategic healthcare data analysis and driven by advanced, predictive chronic disease diagnostics to improve how individuals navigate their healthcare ecosystems toward proactive health management, chronic disease prevention, improved health outcomes, and more efficient spending behaviors.

Select Laboratory is a full-service regional laboratory serving communities in and around Marion, Sumter, and Lake Counties.



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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

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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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

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



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Viscosupplementation

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



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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

Meet the Kidneys

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

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

The functions of the kidneys:

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



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

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

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

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About Us

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

Welcome to the Sunshine Kidney Care Nephrology Associates Family!

OUR CARE TEAM:

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

Conditions we treat:

- Acute kidney disease
- Chronic kidney disease
- Hypertension
- Anemia of chronic kidney disease
- Inflammatory diseases of the kidney
- Cystic diseases of the kidney
- Bone mineral disease of the kidney
- Kidney stones
- Electrolyte disorders
- Gout
- End Stage Kidney Disease
- Post-Transplant Kidney Care

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

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

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413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
3417 Tamiami Trail, Unit A, Port Charlotte, FL 33952
5668 Strand Court, Naples, FL 34110

SUNSHINE
KidneyCare
Nephrology Associates

Ingrid Calliste, MD
Board Certified, Nephrology
Internal Medicine

John Hayes, MD
Board Certified, Nephrology
Internal Medicine

Accepting New Patients

Phone - 352 388 5800
Ste 522 Sharon Morse Medical Office Building
1400 US Hwy 441 The Villages FL 32159

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

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Chiropractic: A Safe and Natural Alternative to Medication and Surgery

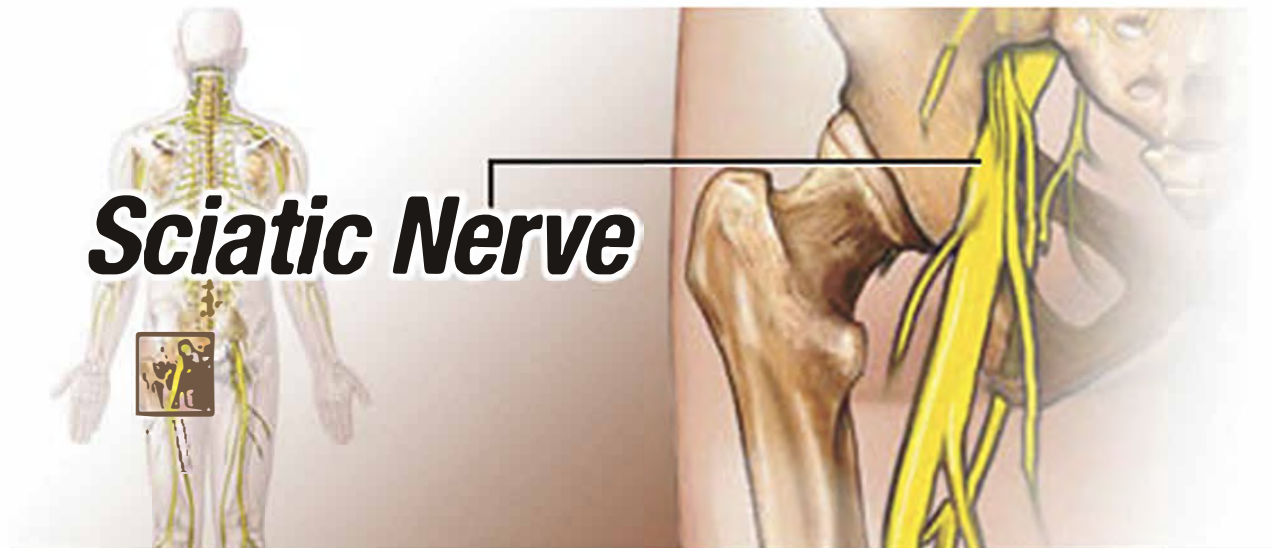
By Daniel Taylor D.C. - Compton Chiropractic Care

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

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

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

Sciatic Nerve



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

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

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

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



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



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

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

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

FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 7/31/2022

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

TESTIMONIALS

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

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

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

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

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

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

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

COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

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

Accepting

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



Compton Chiropractic Care
352-391-9467

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



*"It made me
love what I do
even more."*

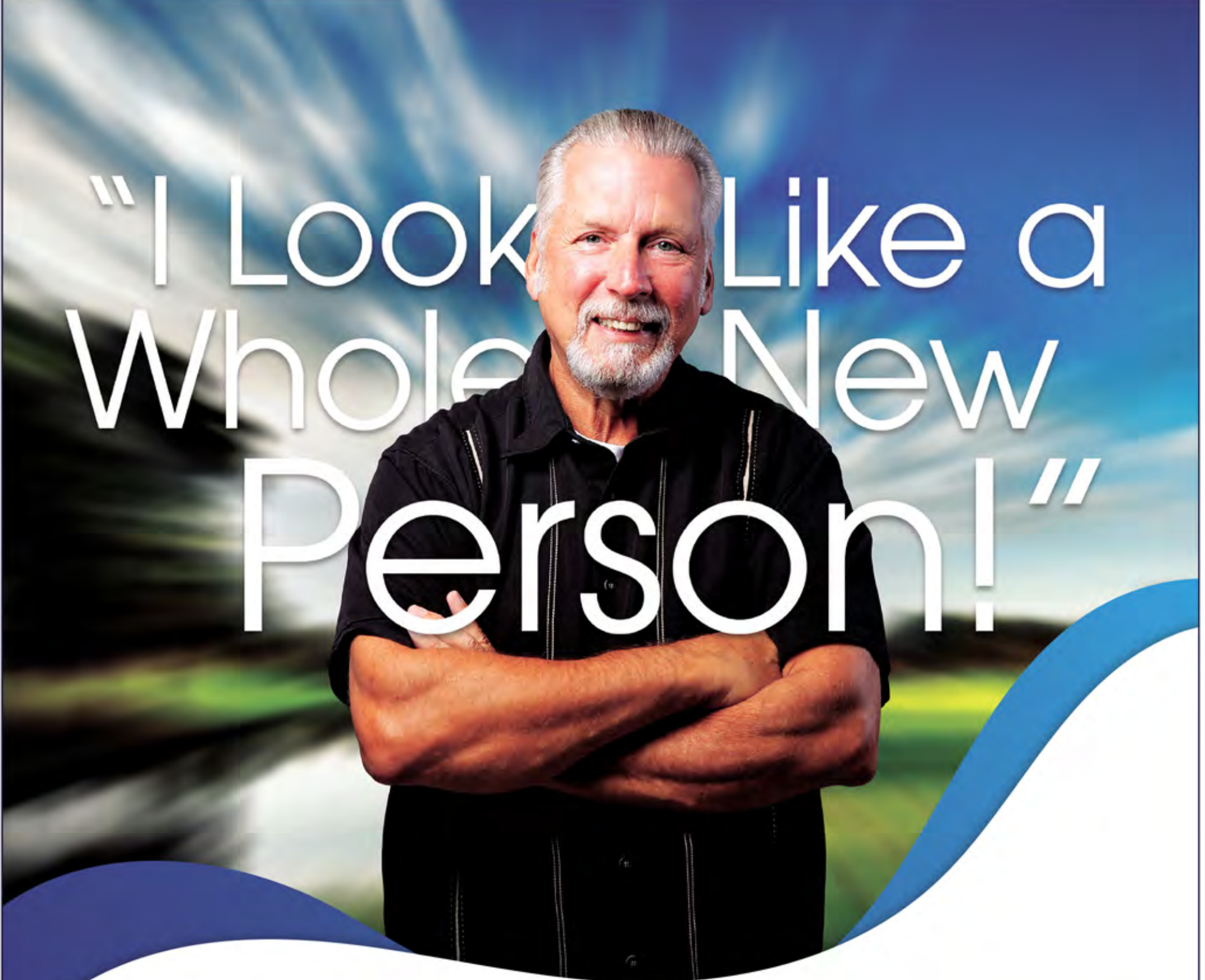
He was just like any other 18-year-old — social, active and working at his local grocery store. His life was normal, until he suddenly couldn't walk, so he came to us for an MRI. When our radiologic technologist Debra found an issue in his images, our radiologist was there to diagnose the malformation. He was sent to the emergency department for surgery. Weeks later, he came back for a check up. And Debra couldn't be happier to see him walk all on his own.

Regardless of your age, a scan has the power to change your life. So choose to get one from a team who loves what they do. Choose RAO.



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Mike F.
Eyelid Surgery Patient

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