

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

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Prostate Cancer

An Advanced
Technique
Saves Lives

Investing In Real Estate

The Promise of Immunotherapy

Am I A Candidate for Joint Pain Injections?

Benefits of IV Therapy

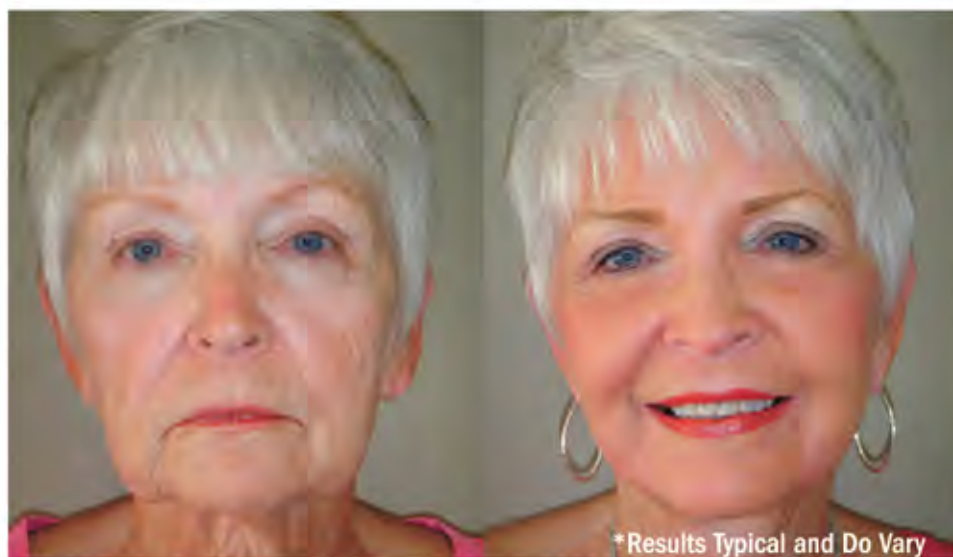
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AM I A CANDIDATE FOR JOINT PAIN INJECTIONS?

Millions of Americans suffer from chronic constant or intermittent joint pain due to inflammation caused by arthritis, degeneration and/or injury. Knees, shoulders, neck, low back and hips are common places to experience pain, stiffness and immobility, but nearly any joint may be susceptible. When anti-inflammatory medications such as aspirin, ibuprofen (Advil) and naproxen (Aleve) fail to relieve pain or are contraindicated, and rest and physical therapy prove insufficient, joint pain injections may be an option for long-term relief.

What Are Joint Pain Injections?

Joint pain injections combine an anti-inflammatory liquid corticosteroid with an anesthetic so medicine can be injected directly into the affected joint space. Using fluoroscopy (advanced x-ray imaging), your radiologist can guide powerful medication directly to the determined source of pain.

Corticosteroid injections can provide lasting relief to:

- Hips, knees, ankles, feet
- Shoulders, elbows, hands
- Facet joints of the spine (including nerve roots into limbs and body)

What Are the Benefits of Joint Pain Injections?

For many patients, joint pain injections provide significant relief from chronic pain and reduce or eliminate the need for anti-inflammatory drugs, which can conflict with other medications and cause stomach pain, internal bleeding and other problems. Joint pain injections can also help limit dependence on opioid pain medications, which are highly addictive, risky and can alter behavior. Relief from joint pain encourages healthy movement and exercise, and greatly enhances life in general. Freedom from pain can create tremendous opportunities across every area of a person's life.

Joint pain injections are most often performed as an outpatient procedure, are minimally-invasive, and can provide noticeable pain relief within just a few days. While results may vary from one person to another, most people experience significant relief that lasts several months or even longer.

Joint pain injections are also valuable in providing diagnosis of referred pain, which happens when related structures are injured or damaged and transmit pain signals to joints. Knowing the exact origin of pain can be crucial to treating it effectively.

How Are Joint Pain Injections Performed?

Preparation

You will have someone drive you to the procedure and wait to take you home. The entire process usually takes only 30 minutes from start to finish. If you take certain medications like blood thinners, you will be notified beforehand when to stop taking them.

After you check in, you will change into a medical gown and be taken to the treatment room. There, you will lie comfortably on the x-ray table and the skin above the area being treated will be cleaned and numbed with a local anesthetic.

1 Using real-time fluoroscopic imaging, your radiologist will guide a needle directly to the source of pain within the joint. If needed, a contrast agent will be used to verify needle placement. Some pressure may be felt but most patients do not report notable pain.

2 Once your radiologist has confirmed the needle is in the perfect spot in the joint, the area is treated with a mixture of corticosteroid anti-inflammatory medication and an anesthetic to numb any pain during and immediately after the procedure. Once the anesthetic wears off, there may be pain at the injection site(s) and/or within the treated joint, but this usually lasts only a day or two, and may be relieved by applying ice and taking Tylenol.

3 Once the procedure is over, most patients are able to head home after a short waiting period at the office. Unless directed otherwise, you can return to normal activities the following day.

Many patients have some discomfort in the area during the 48 hours following the procedure, but over the next few days experience the full benefit of



the medication. Some people find that treatment every 6 months or so is enough to help them remain active with minimal to no joint pain and reduced dependence on oral pain relievers.

Where Can I Get Joint Pain Injections?

RAO provides joint pain injections at our Medical Imaging Center and our TimberRidge location, performed by our experienced team of Board-certified Radiologists.

If you have chronic joint pain, ask your clinician if joint pain injection therapy might be the answer for you. For information and scheduling, call 352-671-4300.



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Prostate Cancer: An Advanced Technique Saves Lives

One of the leading health concerns for men is prostate cancer. Over the last thirty years, the way most medical practitioners check for prostate cancer hasn't changed very much, and unfortunately, this has led to higher statistics of men being underdiagnosed. There are approximately 2.9 million men in the U.S diagnosed with prostate cancer. Second, behind skin cancer, prostate cancer is the leading malignancy in men.

The prostate gland is a tiny plum sized organ that lies just beneath the bladder; the urethra runs through the prostate releasing urine from the bladder. As men age, it can become enlarged, infected and cancerous. It is often referred to as a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 27,000 men's lives. But it doesn't have to be this way.

Standard Exams Often Miss Prostate Cancer

Traditional rectal exams miss the smaller tumors that are progressively growing, and although the level of a man's PSA (prostate-specific antigen) is an essential marker in detecting issues with the prostate, unfortunately, this test alone is not always detailed enough. In some cases, men with completely normal PSA levels will regrettably have prostate cancer. And on the contrary, high PSA levels can sometimes coincide with a healthy normal prostate. For men in their mid to later life, it is beneficial to have additional forms of diagnostic tests.

Through the years there have been many different variants of testing and imaging for the prostate. One of those is ultrasound. Conversely, with ultrasound many times the transrectal imaging is not clearly visible. In some cases, cancer and lesions can go undetected. If a transrectal biopsy is being performed with ultrasound, it sometimes is done blindly, meaning that the physician is "sightlessly" aspirating tissue, and may inadvertently miss the actual cancer within the prostate.

Cutting-Edge Technology for Diagnosis and Treatment

There is a better test. The most advanced MRI (Magnetic Resonance Imaging) is done with an MRI fusion biopsy. This technology blends ultrasound and MRI biopsy to assure correct location,



aspiration, and treatment take place. The unique MRI unit, shows detailed prostate anatomy, revealing the tiniest lesions that would otherwise go unnoticed, enabling the physicians to visualize the prostate like never before. With the MRI fusion biopsy, physicians are also able to map out intricate treatment options for each patient individually on a case-by-case basis.

This year alone, over 700,000 men will undergo repeat prostate biopsies, with MRI Fusion, the difference in the intricate details is beyond comparison, and that's ideal for both the patient and the physician. In addition to the scientific advancements

in locating and treating prostate cancer, the comfort and reduced anxiety to the patient is also advantageous.

Advanced Urology Institute has the latest technology. Their machine is an advanced MRI fusion biopsy image that merges with the ultrasound during the biopsy. This targets a lesion with immense accuracy that can then be biopsied.

The key to the best outcome when dealing with the prostate is to get a proper diagnosis early. The MRI fusion biopsy is the best chance men have for detailed imaging, early detection, and a healthy life. This technology has helped increase the accuracy of biopsy upwards of 90%.

Advanced Urology Institute provides excellence and distinction in urological care. Comprised of a partnership of the best board-certified urologists working in the state of Florida, Advanced Urology Institute specializes in all phases and conditions of urology including prostate cancer, and they make your health their top priority.

If you or someone you know needs urological care, please contact the Advanced Urology Institute today.



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BENEFITS OF IV THERAPY

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

What is IV therapy?

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

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

Why IV therapy?

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

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

Is IV therapy safe?

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

What are possible side effects?

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

How often can I get an IV?

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

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

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



Who is a candidate?

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

Who should not get IV therapy?

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

How do I get started?

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

Total Nutrition & Therapeutics

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



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THE PROMISE OF IMMUNOTHERAPY

One of the most promising and successful new treatments for cancer is immunotherapy, which uses the body's own immune system to find, target and fight many forms of the disease, even at advanced stages.

The immune system is a complex collection of organs, including the spleen, thymus and bone marrow, white blood cells, tissues and proteins. These special substances travel through the body, protecting it from germs that cause infection. When it encounters a new substance that it doesn't recognize, it signals an alarm and works to destroy anything containing the foreign substance.

A closer look at immunotherapy

Cancer starts when normal, healthy cells become changed or altered and begin to grow out of control. Immunotherapies boost or change the immune system to work harder and smarter to find, target and attack cancer cells.

Chemotherapy and radiation have been widely used for decades, and directly target cancer cells. While effective, these treatments can also destroy healthy blood cells and harm the body's production of new cells.

Immunotherapy may be used alone or in combination with chemotherapy, radiation and/or surgery. While side effects can occur with immunotherapy, a key difference is that they are often less severe than those encountered with conventional therapies.

How immunotherapy works

Immunotherapies work to stimulate or boost the immune system's natural defenses to work harder to fight cancer. They can be injected directly into a vein, swallowed in pill or capsule form or applied topically through a cream that is rubbed onto the skin.

Some of the most common types of immunotherapies used to treat cancer include:

- **Immune checkpoint inhibitors:** These are drugs that block immune checkpoints, which are a normal part of the immune system, and allow cells to respond more strongly to cancer.
- **CarT-cell therapy:** Sometimes talked about as a type of cell-based gene therapy, this involves altering immune cells called T cells (a type of white



blood cell) in a laboratory so that they are better able to find and destroy cancer cells. They are placed back into the body intravenously, through a needle in a vein.

- **Monoclonal antibodies:** These immune system proteins are created in a lab and designed to bind to specific targets on cancer cells. They are then marked so that they will be better seen and destroyed by the immune system.

- **Vaccines:** These treatments are different than vaccines that help prevent disease; they work against cancer by boosting the body's response to cancer cells.

In the last few decades Immunotherapy has been approved for the treatment of many cancers, including bladder, cervical, breast, colorectal, lymphoma and melanoma, among others. Patients may receive immunotherapy in a doctor's office, an oncology clinic or, in some cases, in a hospital setting.

More promise on the horizon

Thanks to ongoing rapid advancements, the outlook for those diagnosed with cancer is becoming brighter all the time. Increasingly, many patients are living with cancer more like a chronic disease than a dim prognosis.

Even though immunotherapy can prevent or slow cancer growth, cancer cells do have ways to avoid destruction by the immune system. New ways of working with the immune system and new immunotherapy treatments are being discovered at a very fast pace.

Researchers are focusing on several major areas to improve immunotherapy. Increased understanding of how cancer cells get around the immune system could lead to the development of new drugs that

block those processes. Other areas of focus include finding ways to overcome the body's resistance to immunotherapy, finding ways to predict which patients will respond best to this form of treatment and ways to reduce the side effects of treatment.

Every person and every cancer is unique. Medical oncologists work with each patient and their entire healthcare team to devise a personalized treatment plan using every resource available to achieve the best possible outcome.

Immunotherapy and other exciting new advancements are leading to the development of truly targeted therapies individualized for each patient's unique genetic profile. Increasing numbers of cancer survivors are living longer than ever and enjoying all the special moments in life.

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Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCSI) offers patients access to more clinical trials than any private oncology practice in Florida. The majority of new cancer drugs recently approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation.*Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

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For more information, visit FLCancer.com

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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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INVESTING IN REAL ESTATE

By Sharon A. Bassett

When investing in real estate, the goal is to put your money to work today so you have more money in the future. The profit, or return, you make on your investments must be enough to cover the risk you take and the taxes you pay. There are other costs of owning real estate, such as utilities, maintenance, and insurance. Real estate investing can be quite simple once you understand the basic factors of investment, economics, and risk. You buy properties, avoid going bankrupt, and earn money through rent, all so that you can buy even more properties.

Keep in mind that "simple" doesn't mean "easy." If you make a mistake, the consequences can range from minor inconveniences to major disasters. To manage risk and protect yourself, consider holding real estate investments through special types of legal entities rather than in your name. These include limited liability companies or limited partnerships. You should consult with a lawyer to decide which method is best for you. If the investment goes bust, or someone slips and falls, resulting in a lawsuit, these legal entities can protect your assets. That means the worst that could happen is that you would lose the money you've invested. You will have peace of mind knowing that your retirement accounts and other assets should be out of reach.

Real Estate Investment Groups (REIGs)

Real estate investment groups (REIGs) are ideal for people who want to own rental real estate without the hassles of running it. Investing in REIGs requires a capital cushion and access to financing. REIGs are like small mutual funds that invest in rental properties. In a typical real estate investment group, a company buys or builds a set of apartment blocks or condos, then allows investors to purchase them through the company, thereby joining the group.

A single investor can own one or multiple units of self-contained living space, but the company operating the investment group collectively manages all the units, handling maintenance, advertising vacancies, and interviewing tenants. In exchange for conducting these management tasks, the company takes a percentage of the monthly rent.

A standard real estate investment group lease is in the investor's name, and all the units pool a portion of the rent to guard against occasional vacancies. To this end, you'll receive some income even if your unit is empty. If the vacancy rate for the pooled units doesn't spike too high, there should be enough to cover costs.



Pros of REIGs

- More hands-off than owning rentals
- Provides income and appreciation

Cons of REIGs

- Vacancy risks
- Fees like those associated with mutual funds
- Susceptible to unscrupulous managers

Real Estate Investment Trusts (REITs)

A real estate investment trust (REIT) is best for investors who want portfolio exposure to real estate without a traditional real estate transaction.

A REIT is created when a corporation (or trust) uses investors' money to purchase and operate income properties. REITs are bought and sold on the major exchanges, like any other stock.

A corporation must pay out 90% of its taxable profits in the form of dividends to maintain its REIT status. By doing this, REITs avoid paying corporate income tax, whereas a regular company would be taxed on its profits and then must decide whether to distribute its after-tax profits as dividends.

Like regular dividend-paying stocks, REITs are a solid investment for stock market investors who desire regular income. In comparison to the types of real estate investment, REITs afford investors entry into nonresidential investments, such as malls or office buildings, that are generally not feasible for individual investors to purchase directly.

More importantly, REITs are highly liquid because they are exchange-traded trusts. In other words, you won't need a real estate agent and a title transfer to help you cash out your investment. In practice, REITs are a more formalized version of a real estate investment group. Finally, when looking at REITs, investors should distinguish between equity REITs that own buildings and mortgage REITs that provide financing for real estate and dabble in mortgage-backed securities (MBS). Both offer exposure to real estate, but the nature of the exposure is different. An equity REIT is more traditional in that it represents ownership in real estate, whereas the mortgage REITs focus on the income from real estate mortgage financing.

Pros of REITs

- Essentially dividend-paying stocks
- Core holdings tend to be long-term, cash-producing leases

Cons of REITs

- Leverage associated with traditional rental real estate does not apply

Buying and owning real estate is an investment strategy that can be both satisfying and lucrative. Unlike stock and bond investors, prospective real estate owners can use leverage to buy a property by paying a portion of the total cost upfront, then paying off the balance, plus interest, over time.

Contact Sharon Bassett at Premier Realty, INC for more information today!

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It's National Immunization Awareness Month.

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MEDICARE

Just as you did when you were younger, adults — especially older adults — may need certain vaccines. As we age, we're at risk for different diseases than when we were as children. And our immunity from childhood vaccines can wear off.

According to the Centers for Disease Control and Prevention (CDC), vaccinations are one of the easiest and safest ways to prevent disease. Your doctor may suggest the flu, pneumonia and Tdap (which includes protection from whooping cough) vaccines, as well as shingles.

Here's some information about some key vaccines important for older adults:

- **Flu:** The flu can be deadly, especially if you're older than 65. The High-Dose Flu Vaccine is made for people 65+. It provides a stronger immune response and offers four times the amount of antigen as a regular flu shot.
- **Pneumonia:** Pneumonia can be very dangerous for seniors. There are two types of vaccines to protect against pneumonia. Your doctor can help you decide which one is right for you.
- **Tdap (Tetanus, Diphtheria and Pertussis):** This vaccine is the same shot children receive. With one shot, you'll get protection against pertussis (whooping cough), tetanus (lockjaw) and diphtheria.
- **Shingles:** If you've had chickenpox, the virus that causes shingles is still in your body. It could become active and cause shingles, a condition often marked by debilitating chronic pain. Even if you've already had shingles or don't remember having the chickenpox, adults 50+ should consider getting this vaccine.

You'll find a list of vaccinations recommended by the CDC at [cdc.gov/vaccines/adults](https://www.cdc.gov/vaccines/adults). Based on your health history, your doctor will talk to you about which vaccines are best for you. And remember, many of these vaccinations are covered in most insurance plans, including Florida Blue Medicare.



Call your local agent today.

352-353-3399

Dell Richards

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Source: www.cdc.gov/vaccines/adults

How to Choose an Orthopedic Surgeon for Hip/Knee Replacement

Hip/knee replacement surgery can help you enjoy an active lifestyle, move more freely, and have less day-to-day pain. Your choice of surgeon can have a big impact on the success of both your surgery and recovery. These tips can help you find the right surgeon and feel confident in your choice.

Gather Information

Gathering as much information as possible will help you make an informed decision.

Check your health plan – Review your insurance policy to make sure you know what's covered and which surgeons are part of your health plan. It's also helpful to gather documents about your condition and medical history, which will help your surgeon review your case.

Ask for referrals – the number of total knee replacement surgeries is growing every year, which means there are more and more people who can provide advice. Speak to friends, family members, and acquaintances about their own experiences, and develop a short list of potential surgeons.

Review the surgeons' backgrounds – Do some research on each surgeon and their credentials.

1. How many years have they been practicing?
2. Are they board certified?
3. How many hip/knee replacement surgeries do they do annually? The best surgeons often perform hundreds of procedures each year.



Meet & Greet

An initial consultation can help you fast-track your choice of surgeon. To get the most out of the meeting, go in with a list of prepared questions, such as:

1. Could you talk about your success rate? How many surgeries have needed a revision, and why?
2. What's your experience with cases like mine?
3. What's your surgical plan prior to a procedure?
4. Do you use advanced technologies?
5. Do I have other options besides total hip/knee replacement?
6. Can you outline all the benefits and risks associated with this type of procedure?
7. Could you explain the device/implant, and what happens during the procedure itself?
8. What kind of care program does your team provide after the surgery?

Trust Your Instincts

Facts are important and referrals can help you understand what people liked/didn't like about their own experiences. You can also listen to your gut. When reviewing your options, ask yourself questions such as:

1. Did the surgeon listen to me and respect my questions and concerns?
2. Did we develop an initial rapport?
3. Was the surgeon's bedside manner a match for me?

The more comfortable and confident you feel when going into surgery, the likelier you are to have a successful procedure and smooth recovery.

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Common Foot and Ankle Injuries in Pickleball

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

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

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

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



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

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

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

Lakeside Foot & Ankle Center Podiatrists in Leesburg and The Villages, Florida

Our practice provides superior foot and ankle care for every walk of life using state of the art and time proven diagnostic and therapeutic techniques. We believe that prevention, prompt diagnosis, and early intervention are the key ingredients to minimize the impact of any problem on your life. We provide the full range of podiatric care, exhausting all conservative treatment options prior to graduating to surgical intervention when necessary. Our board-certified physicians are well versed in the arena of podiatric medicine and provide skilled and compassionate surgical care.

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THE IMPORTANCE OF ROUTINES

By Casey Overturf, PA-C

The importance of a good skin care routine might sound unnecessary these days with some of the “quick fix” options available and full coverage makeup. To be honest, there are very few truly “quick fixes” when it comes to our skin. Even some of the amazing procedures that are offered by medical professionals will not be nearly as beneficial without the proper maintenance and follow up. Not to mention that full coverage makeup used to cover your flaws for one night might cause a week of breakouts without the proper skincare. Our skin is the largest organ in our body as you know and we must take care of it. The good news is taking care of it can be easy when you have a routine that’s right for you. This applies to anyone who struggles with a dermatological condition such as acne, dandruff, skin cancer, those fighting signs of aging, and so many more.

I will provide some ideal routines both in office and at home for various dermatology concerns below that will ensure optimal results!

Are you concerned about skin cancer?

If you have a recent history of skin cancer you should be having a skin cancer screening every 3-6 months to ensure another one isn’t popping up. If no history of skin cancer then once a year is appropriate. At home you should be applying a sunscreen every morning and every 90 minutes if spending a fun day out in the sun.

Do you struggle with acne?

You will likely see your dermatology provider every 2-3 months at first, but once we find the right plan for you it may be only every 6-12 months. For your at-home routine, the saying “less is more” applies. You don’t want to over exfoliate or over dry your skin. Use a dermatologist recommended facewash and moisturizer that is non-comedogenic (meaning it won’t clog your pores) every morning and night. The facewash may include a benzoyl-peroxide, glycolic acid, or salicylic acid. However, you will likely benefit most from a prescription strength topical retinoid, which is the first line treatment for acne. This will be applied as a pea-sized amount for the whole face every night.

Do you want to prevent or reverse signs of aging?

There are many in-office procedures available such as Botox/Dysport, fillers, chemical peels, lasers, etc. Botox or Dysport will prevent and soften fine lines and wrinkles and treatments are recommended every 3-5 months, it varies person to person on how long it lasts. For chemical peels and lasers treatments

are done every 4-6 weeks until desired results are achieved and then every 3-6 months for maintenance. Fillers are used to treat volume loss and deep wrinkles and typically lasts 6 months to a year depending on the filler chosen and the area being treated. While in-office routines can greatly improve our skin, a solid at home routine can too! My favorite daily routine is starting every morning with a glycolic acid cleanser, then applying topical vitamin C followed by a moisturizer with spf. At night I recommend using a hydrating cleanser, applying a prescription strength topical retinoid and then finish with a moisturizer that includes hyaluronic acid.



Do you have flares of eczema?

If so you may need to see your dermatologist every 2-4 weeks until it is under control. Once it has calmed down and you have a maintenance treatment plan, you should come in every 6-12 months. An at-home daily routine is key for preventing eczema, just like many other conditions of the skin. Avoiding fragranced lotions, soaps, and detergents and long hot showers combined with dermatologist recommended moisturizers 2-3 times a day. For some, you may also require a prescription strength topical steroid for flares or non-steroidal cream for prevention.

If you implement a solid skin care routine no matter the concern you will find your skin is more hydrated, the tone is even and the texture is smoother on a daily basis AND... you will maintain your results! If any of this sounds daunting and you don’t know what to do because there are thousands of skincare products available these days, then please schedule an appointment with your dermatology provider. We can form a routine that is completely catered to your skin and your desired outcome!



MidState Skin Institute Services:



MidState Skin Institute
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www.midstateskin.com

Medical Dermatology

The science of treating the skin, hair, and nails to relieve or cure skin disorders.

Surgical Dermatology

The practice of dermatology that specializes in surgical procedures & minimally invasive techniques to treat skin cancer.

Cosmetic Dermatology

The practice of improving the look and health of one’s skin through medical or surgical procedures, to help patients look and feel their best.

Aesthetics

Treatment for the skin, hair or body that is meant to enhance the appearance of patients through minimally invasive techniques & personalized topical skin care recommendations.

Kidney Cancer Facts and Treatment Options

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the kidney, it is called kidney and renal pelvis cancer. It can also be called renal cell cancer as that is the most common type of kidney and renal pelvis cancer. The body has two kidneys, one on each side of the body, located behind the liver and stomach. The kidneys make urine, which is how the body washes liquid waste out of the body. The kidneys also play a role in controlling blood pressure and stimulating the bone marrow to make red blood cells.

Every year, more than 43,000 men and 25,000 women get kidney and renal pelvis cancers, and about 9,000 men and 5,000 women die from these diseases. A person with kidney or renal pelvis cancer may or may not have one or more of the symptoms listed here. The same symptoms can also come from other causes. If you have any of these symptoms, talk to your doctor.

- Blood in the urine.
- A lump or swelling in the kidney area or abdomen.
- Lower back pain or pain in the side that doesn't go away.
- Feeling tired often.
- Fever that keeps coming back.
- Not feeling like eating.
- Losing weight for no reason that you know of.
- Something blocking your bowels.
- A general feeling of poor health.

Kidney cancer can develop in adults and children. The main types of kidney cancer are renal cell cancer, transitional cell cancer, and Wilms tumor. Certain inherited conditions increase the risk of kidney cancer. Risk factors for kidney and renal pelvis cancers include—

- Being overweight or having obesity.
- Smoking.
- Having high blood pressure. It is not known whether the increased risk is due to high blood pressure itself or the medicines used to treat it.
- Taking certain pain medicines for a long time.
- Having certain genetic conditions.
- Having a long-lasting infection with Hepatitis C.
- Having kidney stones.
- Having sickle cell trait, which is associated with a very rare form of kidney cancer (renal medullary carcinoma).
- Being exposed to a chemical called trichloroethylene, which is used to remove grease from metal.

Different types of treatments are available for patients with renal cell cancer. Some treatments are standard (the currently used treatment), and some are being tested in clinical trials. A treatment clinical trial is a research study meant to help improve current treatments or obtain information on new treatments for patients with cancer. When clinical trials show that a new treatment is better than the standard treatment, the new treatment may become the standard treatment. Patients may want to think about taking part in a clinical trial. Some clinical trials are open only to patients who have not started treatment.

SURGERY

Surgery to remove part or all the kidney is often used to treat renal cell cancer. The following types of surgery may be used:

Partial nephrectomy: A surgical procedure to remove the cancer within the kidney and some of the tissue around it. A partial nephrectomy may be done to prevent loss of kidney function when the other kidney is damaged or has already been removed.

Simple nephrectomy: A surgical procedure to remove the kidney only.

Radical nephrectomy: A surgical procedure to remove the kidney, the adrenal gland, surrounding tissue, and, usually, nearby lymph nodes.

A person can live with part of 1 working kidney, but if both kidneys are removed or not working, the person will need dialysis (a procedure to clean the blood using a machine outside of the body) or a kidney transplant (replacement with a healthy donated kidney). A kidney transplant may be done when the disease is in the kidney only and a donated kidney can be found. If the patient must wait for a donated kidney, other treatment is given as needed.

When surgery to remove the cancer is not possible, a treatment called arterial embolization may be used to shrink the tumor. A small incision is made, and a catheter (thin tube) is inserted into the main blood vessel that flows to the kidney. Small pieces of a special gelatin sponge are injected through the catheter into the blood vessel. The sponges block the blood flow to the kidney and prevent the cancer cells from getting oxygen and other substances they need to grow.

After the doctor removes all the cancer that can be seen at the time of the surgery, some patients may be given chemotherapy or radiation therapy after surgery to kill any cancer cells that are left. Treatment given after the surgery, to lower the risk that the cancer will come back, is called adjuvant therapy.

RADIATION THERAPY

Radiation therapy is a cancer treatment that uses high-energy x-rays or other types of radiation to kill cancer cells or keep them from growing. External radiation therapy uses a machine outside the body to send radiation toward the area of the body with cancer. External radiation therapy is used to treat renal cell cancer and may also be used as palliative therapy to relieve symptoms and improve quality of life.

CHEMOTHERAPY

Chemotherapy is a cancer treatment that uses drugs to stop the growth of cancer cells, either by killing the cells or by stopping them from dividing. When chemotherapy is taken by mouth or injected into a vein or muscle, the drugs enter the bloodstream and can reach cancer cells throughout the body (systemic chemotherapy).

IMMUNOTHERAPY

Immunotherapy is a treatment that uses the patient's immune system to fight cancer. Substances made by the body or made in a laboratory are used to boost, direct, or restore the body's natural defenses against cancer. This cancer treatment is a type of biologic therapy. The following types of immunotherapies are being used in the treatment of renal cell cancer:

Immune checkpoint inhibitor therapy: Some types of immune cells, such as T cells, and some cancer cells have certain proteins, called checkpoint proteins, on their surface that keep immune responses in check. When cancer cells have large amounts of these proteins, they will not be attacked and killed by T cells. Immune checkpoint inhibitors block these proteins and the ability of T cells to kill cancer cells is increased. They are used to treat some patients with advanced renal cell cancer that cannot be removed by surgery.

Interferon: Interferon affects the division of cancer cells and can slow tumor growth.

Interleukin-2 (IL-2): IL-2 boosts the growth and activity of many immune cells, especially lymphocytes (a type of white blood cell). Lymphocytes can attack and kill cancer cells.

Sunshine Kidney Care Nephrology Associates
352.388.5800

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

Pacifica Senior Living: 5 Tips to DESTRESS

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

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

#1 Take Time for Yourself

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

#2 Get Moving

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

#3 Meditation & Prayer

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

#4 Sleep

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



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

#5 Combining Methods is Best

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

When to Seek Help

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

Pacifica Senior Living is Like a Never-Ending Vacation

On the job or at home, you’ve worked hard all your life. Now, it’s your time to enjoy retirement living to the fullest. No grass to mow or home repairs to tend

to – simply relax and focus on the things you love to do. It all starts with selecting a luxurious and carefree Assisted Living apartment home.

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

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

BRAND NEW STATE OF THE ART MEMORY CARE FACILITY COMING SOON

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

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



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Developing Social Communication in Children

Innovative Therapies Group

A child's expressive vocabulary grows rapidly from the time of his first word at approximately 12 months, through first grade. Did you know that the average 2 year old uses over 200 words growing to 1000 words by age 3 years to over 1600 words by age 4? Your child's words may only be understood 50% of the time by age 2 but should be 90% understandable between 4-5 years.

There are many strategies that parents and caregivers can use to improve a child's communication:

Follow the child's lead

- Let the child choose the activity
- Join in the child's activity
- Comment on the child's play/talk about what he/she is doing
- Be face to face

Make it interactive – Create an opportunity for your child to communicate

- Keep toys/needed items in sight and out of reach to elicit requesting
- Provide inadequate portions so child requests more
- Create silly situations/be animated
- Playfully obstruct activity so child must request you "move", "go", etc.

Model and Expand the child's language

- Model gestures and words
- Simplify your language
- Speak slowly
- Be repetitive
- Provide choices (even when you already know what the child wants)
- Add one more element to your child's language (i.e.: if child uses one word utterances, model two word phrases, "go" becomes "car go")

Try some of these fun outdoor activities to help develop language skills.

Nature Walk: Whether at your local park or in your own backyard, now's the perfect time to get outside. While you are there, take the time to talk about what you are seeing:

- Label items (grass, leaf, flower, tree, dirt, stick). Collect items in a bag and encourage your child to show others what they found. Model language ("Look, I see, I found")



- Talk about the colors and sizes (big/little, short/tall) of the flowers, bugs, rocks and plants
- Discuss what you hear (model silly sounds and animal sounds)
- Talk about what people/animals are doing (who is running, sliding, throwing, swinging or what is crawling, flying, hiding). This is a great activity to practice verbs!

Water/sand play: Enjoy a hot day with water and/or sand play! Fill up a small pool or even a bucket with water/sand. You can use cups, big spoons and strainers while discussing the different steps throughout the activity:

- Talk about actions (splash, pour, fill, dump, scoop, dig)
- Label items (boats, spoons, cups). Children love to find items buried in the sand (hide, find and label them)!
- Talk about body parts (splash/scoop with your hands, splash with/bury your feet, do little splashes/dig with your fingers)

Follow the Leader/Simon Says: Both activities are great for toddlers and school-age children. Use Follow the Leader to work on identifying body parts and actions, as well as following directions. Younger children can participate by following visual instructions.

- Make sure you talk about what you're doing (model words), model actions and assist them with hand over hand assistance if necessary! ("Clap hands, stomp feet, arms up", "touch your eyes/nose/toes" and "Walk, run, jump, hop")
- Work on opposites (up/down, stop/go, loud/soft, high/low)

- Make instructions harder if the children are older (have them follow two "clap your hands then stomp your feet" or "touch your nose then touch your toes")
- Take turns being the leader and being "Simon". Encourage your child to tell you what to do!

Caregiver involvement can have a positive impact on improving a child's language skills. However, there are red flags which may indicate that a child may need professional intervention.

Red Flags

18 months:

- Does not point to objects
- Does not use gestures such as waving or shaking head
- Does not respond to "no" and "bye-bye"
- Does not use at least six to ten words consistently
- Does not hear well or discriminate between sounds

24 months:

- Does not use at least six consonant sounds
- Does not follow simple directions
- Has a vocabulary of less than 50 words
- Has decreased interest in social interactions

36 months:

- Strangers have difficulty understanding what the child is saying
- Does not use simple sentences

Innovative Therapies Group understands that family education is critical to improve a child's development of language skills. Coupled with family participation, direct therapy for a variety of communication disorders and delays can promote independent function and improved communication.

Speech therapy can help with improving a child's ability to understand and use language; and their ability to produce intelligible speech. We have experience treating children with a variety of disorders including Autism Spectrum Disorder.

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

Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com

Preventing Falls Extends Quality of Life in Older Adults

Submitted by Hospice of Marion County

According to the CDC website, each year millions of people age 65 or older fall. In fact, more than one out of four older people fall each year, but less than half tell their primary care doctor. However, falls can be serious and very costly if they cause broken bones or a head injury.

Here's a few statistics:

- 3 million older adults are treated in emergency rooms for falls each year.
- Over 800 million are hospitalized due to a fall that caused head injuries and/or hip fractures.
- Falls are the most common cause of traumatic brain injuries.
- Each year approximately \$50 billion is spent on medical costs for falls that are non-fatal and \$754 million is spent on fatal falls.

Whether it's you or someone you know, we've all experienced accidents, falls and other mishaps that can cause havoc on our bodies. Preventing falls in the home helps curb hospital stays and emergency room visits. According to the National Council on Aging, one-fourth of Americans aged 65+ falls each year and falls are the leading cause of non-fatal emergency room visits and hospital admissions among older adults. Plus, statistics reveal that one fall usually leads to another in the future among this age group.

Falls at any age take away what matters most, our quality of life and independence. This is especially true for older age groups. Taking extra care when walking and taking precautions goes a long way in maintaining better health as you age.



Tips to help prevent falls:

- Increase strength and balance through walking, swimming or other types of exercise such as yoga.
- Get rid of trip hazards in your home.
- Keep floors free of clutter and removing rugs that slip or that are worn around the edges that could cause you to trip.
- Add grab bars in bathrooms and at outside doors of your house.
- Install handrails and better lighting where needed in your home.

There are currently over 40 million people in the U.S. aged 65+ and this number is anticipated to double by 2050. As a result, demand for durable medical equipment (DME) is in higher demand for this segment of the population due to normal aging ailments, falls and other illnesses.

Whether in short-term or long-term care, and especially with post-surgery care at home, DME home medical equipment and supplies play an assistive role in faster patient recovery. Luckily, there are many options for consumers of home medical supplies and equipment ranging from personal aids for daily living, mobility aids such as canes, walkers, and wheel chairs, to monitoring equipment such as oxygen and diabetic supplies to hospital beds.

Accent Medical, a durable medical equipment company and affiliate of Hospice of Marion County, is a not-for-profit organization that in addition to serving hospice patients and their families, offers the same quality care and products to anyone in Marion County. Clients can pick up or if home delivery is required, that too can be arranged.

Accent Medical technicians will hand-assemble in the home, educate folks on safe and easy ways to operate all of the equipment, making sure clients understand "how to" instructions before leaving their home. Additionally, if purchasing equipment is not in your budget or required for long-term use, an option to rent is available as well. Accent Medical will provide a free price estimate and recommend only the items that are right for the customer. To learn more about Accent Medical, call (352) 622-7260 or visit: www.accentmedical.org.



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The Link Between Tinnitus and Dementia



Many studies have remarked on the link between hearing loss and dementia, but many people still wonder if tinnitus has any links to the condition as well.

Recent studies have shown that there is an irrefutable link between hearing loss and dementia in older patients. As their hearing worsens, they might have trouble interacting with people. Many older people who struggle to communicate with family members, friends, and nurses might withdraw, which can have a negative impact on their health. Social isolation has been shown to increase the onset and effects of dementia, and hearing loss can directly cause isolation.

There is also the issue of misdiagnosis. Certain symptoms of hearing loss might be misinterpreted as dementia. In one case, a woman was diagnosed with a serious case of dementia. After she was fitted with hearing aids, doctors were able to determine that many of her symptoms weren't caused by a mental condition, but a hearing problem.

Early detection of hearing loss is key in these cases. Once the hearing loss is diagnosed, measures can be taken to ensure that the patient's health and well-being are better taken care of. Hearing aids can allow them the freedom to communicate, and an active social life can help prevent the onset of dementia.

Tinnitus and hearing loss

Not every person suffering tinnitus experiences hearing loss, and not every person with hearing loss has tinnitus. However, these two conditions are linked in many cases. Many of those who suffer

from noise-induced hearing loss have reported prolonged or constant ringing in their ears. It is not entirely clear why noise-induced hearing loss leads to tinnitus, but it likely involves the cochlea.

The cochlea is a spiral-shaped organ in your inner ear. The inside is lined with sound-sensitive cells that help you process what you're hearing. When the cochlea is exposed to loud, excessive noise, tinnitus and hearing loss can occur. Many people experience tinnitus after concerts, gunfire, or other loud noises. However, when the ringing doesn't go away, tinnitus becomes a problem.

While tinnitus and hearing loss are not inherently linked, there is a definite correlation between the two. So it's safe to say that an elderly person suffering from hearing loss might experience tinnitus as well. Tinnitus can cause a host of problems on its own, many of which might worsen dementia symptoms.

Linking tinnitus and dementia

Tinnitus makes it difficult for many people to relax and focus. This constant attention can cause mental fatigue, exhaustion, and depression. Insomnia and troubled sleep have also been linked to tinnitus, and lack of sleep can have serious, detrimental effects to anyone's health. When combined with the social isolation and lack of communication that hearing loss can cause, tinnitus can deeply influence an elderly person's health and wellbeing.

Tinnitus and hearing loss also cause the brain to "reorganize". In order to cope with the loss of hearing, the brain stops performing certain functions in order to compensate. The areas of the brain dedicated to memory and concentration are the first to go, and the loss of these functions can lead to the onset of dementia.

How hearing aids can help

As Signia continuously develops its hearing aid technology, the opportunities for better hearing grow. Hearing aids can have a profoundly positive impact on the elderly, especially those who long to communicate and hear the world around them. These interactions can improve their quality of life and prevent isolation and depression -- two factors that have a serious impact on dementia.

The earlier hearing loss and tinnitus are diagnosed, the faster treatment can begin. Consider visiting a hearing care professional for a hearing test, and talk to your loved ones about hearing aids. Better hearing can improve present-day interactions and future health.

Source:
<https://www.signia.net/en/blog/global/2019-02-19-the-link-between-tinnitus-and-dementia/>

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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.

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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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OH, THE PROMISES WE MAKE

By Janice Martin, Senior Advisor / Family Liaison

If you have an elderly parent or spouse, you may be noticing that there are signs that they are no longer safe or thriving at home. Even if you have care coming in several days a week, they may need more attention. Making the decision to broach the subject of assisted living is often difficult. Even if you are confident it's the right thing to do, it's stressful and can be very sad.

Many older people may have had a bad experience with a nursing home and swore they would never go to one. Your parent may have had their mother or sibling in a place 15-20 years ago and had an awful experience. Because of that, they may have made you promise to never put them "in one of those places."

I remember a conversation I had with my mother before she moved to a senior living community. She was a very social, well-dressed proud woman who had increasing memory impairment and was becoming weaker. One day, she asked me to make that very promise. I took a deep breath and told her, "Mom, I can't do that. If you ever get to the point where you never leave the house, you spend all day sitting and sleeping in your chair that is soiled from incontinency, if you can't remember how to use the remote control, and are no longer eating well, I will help you make a move to assisted living. I love you too much to accept that awful quality of life when I know it doesn't have to be that way."

You may be the full-time caregiver for a spouse and feel bound by the promise of "in sickness and in health." It is perfectly understandable that you want to keep your loved one home with you as long as possible. The idea of recognizing that's no longer realistic can bring feelings of guilt and perhaps failure.

If you did make one of these promises, there is the likelihood that it was made when things were very different. Perhaps at that time, neither of you realized the burden and sacrifices you would have to make. You may be sacrificing time and possibly your relationship with your spouse, children, or career to provide care for a parent. Being the full-time caregiver for a spouse, even with help, means that you are always on duty 24/7. Arranging for outside help can be exhausting and stressful if there are last-minute cancellations or frequent staffing changes.

Ask yourself, is this truly what they would have wanted for you?

Understandably, there is also the fear that they are moving to "heaven's waiting room." If they agree, they are afraid they are "giving up" and acknowledging that they will die, and that can be very frightening. Help them to understand there are many ways to be active and productive in a place that will provide them care, safety, and new friends.

Everyone wants to spend their final years in their own home. But if it's been a few years – or even decades – since they've visited an assisted living community, they may be very surprised! Today's communities are filled with wonderful amenities and activities in beautiful surroundings. There are many different types ranging from comfortable and cozy to big and glitzy. There are activities every day for socialization and delicious food to provide good nutrition.

Visit communities with your loved one and ask what they like and don't like. Help them to feel that they are part of the decision and that they have choices. Many people who believe they must go to a nursing home are surprised to learn that they can receive the care they need in today's assisted living.

Allow yourself to return to the role of husband, wife, or adult child, rather than caregiver. Know that you will always be the primary decision maker. By releasing the daily responsibilities, you can allow yourself to become part of a team that is experienced and professional. Remain visible and involved and communicate with the assisted living staff your expectations and thoughts. This will ensure better care and feelings of control. Take time to care for yourself so that you can be healthy, patient, and loving. Find a good support group to share your experience with others who understand and support you.

Working with a senior living specialist can help to narrow the search to find a reputable community that could be a good fit. We at Senior Liaison of Central Florida can be your advocate during the process of how to approach the subject, what to look for in a community, and help you every step of the way, allowing you confidence in your decision.

Allow Senior Liaison of Central Florida to be "Your Guide Through the Chaos!"

For more information, call Janice Martin at 352-477-1866 or visit www.SeniorLiaisonCFL.com

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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.



David tells us in the book of Psalms, ¹⁸*The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy.*

I pour out my complaint before him; before him I tell my trouble."

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.

David went on to say in Psalm 142:3 that ³*"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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