

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2022

Marion Edition - Monthly

www.HealthAndWellnessFL.com

FREE 

Eye On Health

The Signs
and Symptoms
of Vision Loss

How Medical Imaging Promotes Healthy Aging & Longevity

Stress Management Tips

Reduce Your Risk of Lung Cancer

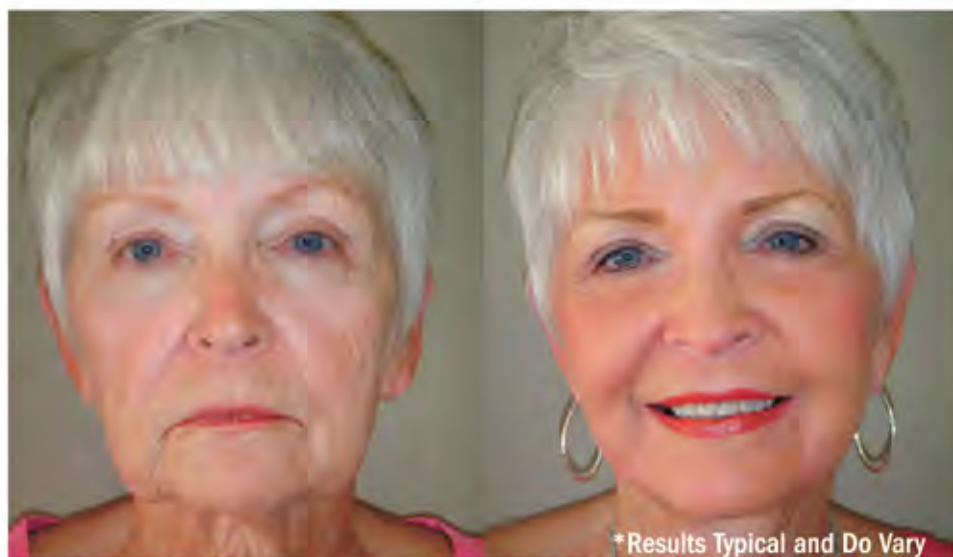
How to Avoid Prostate Cancer

and Other
Prostate Problems

Are CBD and THC an Effective Treatment for Prostate Cancer?



IMAGELIFT FACIAL BEAUTY SEMINARS



*Results Typical and Do Vary

Surgical or Non-Surgical

DR. RICH CASTELLANO FACIAL SPECIALIST

Facelifts (Surgical and Non Surgical)

Facial Sculpting (Fillers, Wrinkle Relaxers)

Facial Polishing (CO2, IPL, SkinPen Microneedling)



Double Board Certified
Facial Plastic Surgeon

Dr. Richard Castellano



IMAGELIFT®

ImageLift.com

Rich Castellano, M.D.

**Free
Book!**

**+3,500
Facelifts**

**Double
Board Certified
Facial Plastic
Surgeon**



UPCOMING SEMINARS

EXCLUSIVE SEMINAR PRICING

RECEIVE ONE AREA OF WRINKLE RELAXER
FREE WHEN COMPLETING AN IN-OFFICE OR
SEMINAR CONSULTATION.

NEW PATIENTS ONLY.

WATERFRONT INN

Thursday, September 8th @ 2pm

1105 Lake Shore Drive

BROWNWOOD HOTEL

Thursday, September 22nd @ 2pm

3003 Brownwood Blvd.

352-227-1501

Follow on [youtube.com/ImageLift](https://www.youtube.com/ImageLift) or [FB.com/ImageLift](https://www.facebook.com/ImageLift)

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.



Close to cancer experts. Closer to what you love.

Florida Cancer Specialists' top-ranked cancer experts provide the most advanced treatments in our local community.

From genetic screening to immunotherapies, our quality care brings effective, targeted treatment to you so you can stay close to home.

We take care of all the big things in cancer care, so you can focus on all the little moments that matter—every step of the way.



FLCancer.com/LittleThings

Get Back to Moving Again

Advanced Approaches to Hip & Knee Surgery

New options are producing fewer complications, fewer infections, greater satisfaction, and shorter recovery times. Let us personalize your surgery.



99.6% of patients walk out 90 minutes after surgery, learn how:

(352) 973-4070

www.UNOVAHipAndKnee.com



Florida Blue



MEDICARE

Medicare

plans that fit your life

Learn more today!



Call your local agent today.

1-352-353-3399

Dell Richards

Florida Blue



MEDICARE

Bassett

PREMIER REALTY, INC

Sharon A. Bassett is the Broker and Owner of Bassett Premier Realty, Inc. With an extensive background of schooling, from Pilot Aviation, 15 years of Construction and Design, Business Management, Entrepreneurship, 22 years of Real Estate, Owner/Broker and a Florida Residential Contractor.

Multi-Million Dollar Producer

Sharon A. Bassett

Broker/Owner | GREEN, ABR, SFR, RENE, MRP, SRES, HSE, GRI

352-602-0520

bassettpremierrealty.com

sharonbassettsells@gmail.com

10935 SE 177th Place, Suite 201
Summerfield, FL 34491



YOUR PREMIER MEDICAL CANNABIS HEALTH CENTER



MIRACLE LEAF

HEALTH CENTERS
THE VILLAGES

13721 US 441 UNIT 2 LADY LAKE, FL. 32159

352-254-5544

CALL US TODAY FOR MORE INFORMATION ABOUT GETTING CERTIFIED FOR A MEDICAL CANNABIS CARD

- ✓ MEDICAL EVALUATIONS
 - ✓ SAME DAY APPROVAL
 - ✓ CERTIFIED CANNABIS DOCTOR
 - ✓ WALK-INS WELCOME
 - ✓ FAST APPOINTMENT SCHEDULING
 - ✓ TREATMENT OF AILMENTS
 - ✓ TREAT SYMPTOMS
 - ✓ CBD MEDICAL MASSAGE
 - ✓ ACUPUNCTURE
- * CBD PRODUCTS
* 8 THC PRODUCTS
* APPAREL

 thevillages@miracleleaffl.com



CONTENTS SEPTEMBER 2022

- 6 How Medical Imaging Promotes Healthy Aging & Longevity
- 7 How to Avoid Prostate Cancer and Other Prostate Problems
- 8 Healthy Aging
- 9 Reduce Your Risk of Lung Cancer
- 10 Eye On Health: The Signs and Symptoms of Vision Loss
- 11 When to Know if it is Time to Get Knee Replacement Surgery
- 12 It's Suicide Prevention Awareness Month:
Do You Know the Warning Signs?
- 13 Are CBD and THC an Effective Treatment for Prostate Cancer?
- 14 Good Skin Isn't About Luck
- 15 Stress Management Tips from Quick Care Urgent Care
- 16 How Hearing Loss Affects Your Memory
- 17 Why You Should Be In Total Control of Your Estate Planning
- 18 4 Things to Know About Alzheimer's Disease
- 19 Sports Injuries: Non-Surgical Treatment with Occupational/Hand Therapy
- 20 Why Do So Many Patients Trust Compton Chiropractic Care?
- 21 Caregivers Shoulder a Big Burden
- 22 Resources for Paying for a Senior Living Community
- 23 Spiritual Wellness: Hope and Optimism

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2022. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



TAKE CONTROL OF YOUR HEALTH TODAY!

TOP UROLOGISTS IN FLORIDA DEDICATED TO YOUR HEALTH

Advanced Urology Institute is the largest urology practice in Florida. We are dedicated to improving the lives of our patients by providing excellent Patient-Centered Care.

For those in need of compassionate and best-in-class Urology care and treatment, visit advancedurologyinstitute.com

THE VILLAGES
(352) 259-4400

OCALA
(352) 351-1313

The Villages
12109 CR 103
Oxford, FL 34484

Leesburg
210 S Lake St, Suite 9
Leesburg, FL 34748

Timber Ridge
9401 Southwest St. Rd. 200
Suite 3001
Ocala, FL 34481

Windsor Oaks
1901 SE 18th Ave, Bldg. 300
Ocala, FL 34471

www.advancedurologyinstitute.com

EXCELLENCE IN PATIENT-CENTERED CARE

HOW MEDICAL IMAGING PROMOTES HEALTHY AGING & LONGEVITY

September is Healthy Aging Month, a time to celebrate greeting the advance of time with greater health and vitality, thanks in part to tremendous advances in medicine.

One of the greatest boons to healthy aging is medical imaging, which plays a bigger role in daily health than many people realize. Not that long ago, many health concerns, such as body and head pain, digestive issues and growths/cysts required exploratory surgery for answers. Today, an array of highly sophisticated imaging procedures, each with unique strengths that can be customized to a patient's symptoms and health profile, are used to diagnose a spectrum of diseases and disorders, from injuries to infection to cancer. Additionally, Interventional Radiology provides minimally invasive solutions for many health issues without the risk, pain and lengthy recovery associated with open surgery.

The Value of Routine Screenings

Most Baby Boomers and Gen Xers are living longer than their parents did, and one of the key reasons is the availability and precision of regular health screenings. The ability to discover life-threatening diseases earlier than ever – even before symptoms appear – has proven to save lives. Examples include:

Mammography Screening – Discovering cancer before it has a chance to spread is a major factor in beating cancer. According to data shared by the CDC, mammography screenings have reduced breast cancer mortality among women ages 50-69 by roughly 39%. It is recommended by the American College of Radiology (ACR) that women of average risk begin annual screenings at the age of 40 and women with increased risk factors should consult with their doctor to evaluate if screening should begin earlier than 40. For women with a greater than 20% lifetime risk of breast cancer, it's advised to have both a breast MRI and a mammogram every year, as each test's ability to capture abnormalities complements the other.

Colorectal Cancer Screening – People at average risk of colon cancer should have regular colorectal cancer screenings beginning at age 45. While most people dread the prep and inconvenience of colonoscopy screening, this procedure is used not only to discover polyps, but also remove them



before they have a chance to turn cancerous, making it a preventive treatment. If no cancer is detected, most people don't need another exam for 10 years.

Low-dose Computed Tomography (LDCT) – Lung cancer is the leading cause of cancer death in the US, but often produces no symptoms until it's too late to treat. Because the majority of lung cancer cases occur in long-term smokers, lung cancer screening is recommended for people ages 50 and older who currently smoke or quit within the last 15 years. Unlike chest x-rays, quick, noninvasive LDCT has proven to save the lives of asymptomatic patients by identifying early changes in the lung, enabling localized treatment. With your clinician's referral, LDCT may be 100% covered by insurance. If you smoke or once did, talk to your healthcare provider about your risk and if LDCT should be included in your annual care.

Prostate Cancer Screening – Men with elevated or rising PSA levels may be eligible for an MRI prostate scan, which can discover cancer at its earliest and most treatable stages. Ask your clinician if noninvasive, radiation-free, high-field MRI testing from RAO is right for your case.

Bone Density Testing – Dual energy x-ray absorptiometry (DEXA) measures bone health and the presence of osteoporosis, a primary cause of fracture. This painless 10-20-minute scan identifies bone loss so that needed treatment can be employed to help reduce the incidence of fracture. For people at average risk, DEXA is recommended for:

- Women age 65 and older
- Men age 70 and older

People at increased risk of osteoporotic fracture should talk to their clinician about whether earlier DEXA testing might be right for them. Risk factors include:

- Caucasian race
- Personal or family history of fracture
- Cigarette smoking
- High alcohol intake
- Poor nutrition/being underweight
- Early menopause (before age 45)
- Low estrogen
- Sedentary lifestyle

RAO offers DEXA testing at our Women's Imaging Center and TimberRidge Imaging Center.

Radiology Treats Many Diseases Quickly and Safely

When an imaging exam discovers a disease or disorder, many Interventional Radiology procedures can be employed to treat them with minimal invasion and a faster, easier recovery. RAO's Center for Vascular Health offers these and other therapeutic services:

- Pain injections, nerve blocks and compression fracture treatments
- Arterial catheterizations
- Uterine artery embolization (UFE)
- Varicose vein treatment
- Tumor treatment
- Arterial evaluation

Living Longer and Well

Of course, no health-supporting regimen is complete without common sense steps, like eating a balanced diet, getting regular exercise and engaging in stress management techniques. The fourth step is committing to early discovery of disease so appropriate treatment can be employed right away. RAO's team of Board-certified physicians is your dedicated partner for many important health screenings, as well as comprehensive diagnostic imaging and effective interventional care.



352-671-4300 | www.RAOcala.com

September is Prostate Cancer Awareness Month

How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound



known as choline. According to Dr. Michael Greger, an American physician and author of How Not to Die, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try

frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



352-391-6000
advancedurologyinstitute.com

HEALTHY AGING

"And in the end, it's not the years in your life that count, but the life in your years." -Abraham Lincoln

By Sharon A. Bassett

Like it or not, time passes and we age every day. Our bodies show wear and tear more every year. Around age 30 our skin starts to show lines caused by a decline in collagen production. By 40, we are experiencing something known as "brain fog". Our 50s are known as a "fulcrum decade", the years in which we really start to feel our age. And on and on it goes.

We read articles about the downside of aging. We see news reports about all that can happen to our body and mind as we age. There is so much focus on the negative aspect of the topic that it can leave one feeling helpless and even hopeless. It doesn't have to be that way. There are ways to "grow old gracefully".

"Healthy aging" sounds like something that should be a priority for everyone. While many factors (i.e., genetics) may be out of our hands, there are things that we can control. Physical exercise, a healthy diet, remaining socially active, and exercising of our mind are all things that we can do to contribute to healthy aging.

TIPS FOR HEALTHY AGING

1. Take care of your physical health.

Taking care of your physical health involves staying active, making healthy food choices, getting enough sleep, limiting your alcohol intake, and proactively managing your health care. Small changes in each of these areas can go a long way to support healthy aging.

Exercise isn't just for losing weight. It can help you live better and live longer. Going for a brisk walk or doing yoga are just two simple ways the get moving. Being more active will make you feel more energized and refreshed.

2. Eat well.

Making smart choices about food can help protect you from certain health problems as you age and may even help improve brain function. With a new fad diet in the news every day, how does one know what "smart food choices" are? The US government has a website (www.dietaryguidelines.gov) that contains a mountain of information on dietary guidelines. "Dietary Guidelines for Americans" provides healthy eating parameters for each age group. Overall, it recommends a diet rich in fresh fruits and vegetables, whole grains, healthy fats, and lean proteins.



3. Stay connected.

Among the challenges of aging is maintaining a support network. Staying connected to family, friends, and social groups can be difficult. Retirement, illness, and distance all create barriers to relationships.

It's important to find ways to reach out and connect, regardless of whether you live alone or with others. Staying social can have an impact on your health as you age. Having an array of people you can spend time with who can support you as you age is a buffer against loneliness, depression, disability, difficulty, and loss.

Spend time with at least one person every day. Whatever your living or work situation, you shouldn't be alone day after day. Phone or email contact is not a replacement for spending time with other people. Regular face-to-face contact helps you ward off depression and stay positive.

4. Exercise your mind.

Just like keeping your body active, it is important to keep your brain active as well. Exercising your mind can prevent cognitive decline and memory problems. The more active and social you are and the more you sharpen your mind, the more benefits you will reap.

Find ways to challenge your brain. Read often. Do puzzles. Make a new recipe. Study a subject that you've always been interested in. Learn a new language. Write poetry. These are all ways to challenge yourself and keep your brain as healthy as possible.

5. Rest well.

A good night's sleep is essential. Memory and mood are both greatly affected by the quality of rest we get. Older adults still need 7-9 hours of sleep just like everyone else. However, this can become difficult because of aches and pains or because of medications that hinder sleep.

There are little things you can do to help you get the rest you need. One of those is following a regular sleep schedule. Try to fall asleep and get up at the same time each day. Also, avoid napping late in the day since it may keep you awake at night. Exercise can help you sleep better, too, if it isn't too close to bedtime.

September is designated as Healthy Aging Month. At Bassett Premier Realty, they care about you and your loved ones. If you are looking for a home that might accommodate you or your aging loved one, contact them at www.bassettpremierrealty.com or call the office at 352-602-0520.

Bassett
PREMIER REALTY, INC

Sharon A. Bassett

Broker/Owner | GREEN, ABR, SFR,
RENE, MRP, SRES, HSE, GRI

352-602-0520

bassettpremierrealty.com

sharonbassettsells@gmail.com

10935 SE 177th Place,
Suite 201,
Summerfield, FL 34491



REDUCE YOUR RISK OF LUNG CANCER

While the number of cases and the number of deaths from lung cancer have declined dramatically over the past decade, lung cancer is still the leading cause of cancer deaths in the United States in both men and women. According to the American Cancer Society, more people die of lung cancer in a year than from breast, prostate and colon cancer combined.

Risk Factors for Lung Cancer

Lung cancer forms in the tissues of the lungs, most often in the cells that line air passages, and occurs when these cells start to grow and multiply uncontrollably.

Approximately 85% of all lung cancers occur in people who smoke or who are exposed to secondhand smoke. Tobacco in all forms increases the risk of various types of cancer, and lung cancer in particular. The carcinogens in tobacco and tobacco products can potentially damage nearly every organ in the body.

Other risk factors include exposure to asbestos, nickel, arsenic, chromium or other chemicals, and some petroleum products, or living in an area with high levels of air pollution.

It is important to note that about 20% of lung cancer deaths occur in people who never smoked. Researchers are working to understand how and why this occurs. We do know that nonsmokers who develop lung cancers experience a different and unique set of genetic changes than smokers do.

An Ounce of Prevention . . .

There are ways to reduce your risk of lung cancer.

It stands to reason that one of the best ways to reduce your risk is to never begin smoking, or, if you do smoke, to stop as soon as possible. Many programs and community resources are available and can assist with smoking cessation. Discuss these and other options with your doctor to determine which method is best for you.

EARLY DETECTION SAVES LIVES

Although there have been many promising treatment advances, the average five-year survival rate for lung cancer in the U.S. is only 22%, unless it is detected early, according to the American Lung Association. If lung cancer is detected early, while it is still localized within the lungs, the five-year survival rate soars to 56%.



Unfortunately, only about 16% of all lung cancer cases are diagnosed at an early stage. Why? Because often there are no symptoms; a tumor may not be detected until it becomes very large.

Symptoms to be alert for include:

- Coughing up blood or a cough that doesn't go away
- Recurrent episodes of pneumonia or bronchitis
- Wheezing or shortness of breath
- A high-pitched whistling-type sound when breathing in or out, or a hoarseness to your voice

Because symptoms can be so vague, it's important to pay close attention to any warning signs and contact your health care provider right away. If you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years, regular screenings are important.

Through the use of low-dose spiral computed tomography (CT) scans of the chest, lung cancer can often be detected in its early stages. This type of screening can detect early-stage cancers that cannot be seen on traditional chest X-rays. Check with your primary care physician to see if you could benefit from a CT lung scan.

The importance of early detection cannot be emphasized enough. If detected early, the chances of surviving lung cancer with a high quality of life are three times greater than when cancer is detected in a later stage.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade. These include the development of targeted therapies, medications that interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment safer and more effective, with fewer side effects for patients.

Sometimes, chemotherapy is also used in combination with targeted therapies, and this protocol has been shown to improve survival rates. Clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective.

While there is still much research needed to develop even more effective treatments for lung cancer, the good news is that many more people are surviving the disease than ever before.

World-Class Cancer Treatment Close to Home About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Recognized by the American Society of Clinical Oncology with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) 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 FCS participation.* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

Founded in 1984, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

Ocala

1630 SE 18th Street
Suite 602
Ocala, Florida 34471

Ocala Cancer Center
4945 SW 49th Place
Ocala, Florida 34474

For more information, visit FLCancer.com

EYE ON HEALTH:

THE SIGNS AND SYMPTOMS OF VISION LOSS

September is Healthy Aging Month, aimed at helping Baby Boomers and Generation Xers enjoy the most rewarding elements of getting older and encouraging healthy habits and behaviors. Most people understand the importance of regular health physicals, but many aren't as up-to-speed on how crucial routine comprehensive eye exams are to preventing vision loss.

One in six Americans age 65 and older develop a vision problem that can't be corrected with prescription lenses. However, with routine dilated eye exams, nearly all eye diseases can be halted in their tracks, preventing, mitigating or delaying serious vision loss. In some cases, proper treatment can even restore vision. That's why it is so important to include comprehensive eye exams performed by an ophthalmologist or optometrist as part of your routine preventive care.

How Often Should I Get an Eye Exam?

People ages 40-64 at average risk of eye disease should have a dilated exam at least once every two years, and those 65 and older at least once a year.

For people 40 and older who are at higher risk of developing ocular disease, a comprehensive eye exam is recommended once a year. Higher risk factors include:

- Personal or family history of ocular disease
- Health conditions that may affect the eyes, such as diabetes and high blood pressure
- Prescription or other drugs that may affect eye health/vision
- Wearing contact lenses daily
- Previous eye injury or eye surgery
- Being Black or Hispanic/Latinx due to a higher risk of glaucoma

The Importance of Regular Eye Exams

Whatever your age, scheduling a comprehensive eye health exam today can begin protecting your vision for the rest of your life. It allows your eye doctor to establish a healthy baseline for your eyes and vision, note any astigmatism (irregular eyeball shape), eye pressure issues, early cataract formation and other key conditions. By having a record of your eyes before symptoms appear, changes can be discovered before they have a chance to permanently diminish vision.

Vision Symptoms That May Require Emergency Care

Should you experience any of the following signs or symptoms, call your eye doctor or general health-care provider immediately, or have someone drive you to the ER:



- Any sudden change in vision (double vision, blurriness, blind spots)
- Sudden severe pain in or around the eye
- Seeing flashes or floating spots of light
- Sudden development of new floaters (dark spots or threads in vision field)
- New or severe sensitivity to light
- New halo or rainbow effect around lights
- Unexplained severe irritation, redness, swelling or heavy discharge
- A dark curtain falling over one eye
- The sensation of one eye filling up with liquid
- Changes in eye color or white spots on the pupil

Other Signs You Need an Eye Exam

There are plenty of non-emergency signs that vision is getting worse that people tend to adjust to and ignore. While a few symptoms may simply be a sign that your lens prescription needs to be updated, some can also signify an undiagnosed eye disease requiring treatment. In either case, a trip to your eye doctor will not only address the problem, it can help you avoid bodily injury, so take note of the following:

- You walk with greater hesitation, especially on unlevel surfaces, up and down stairs or in reduced light, or you notice changes in depth perception.
- You bump into or brush against walls or furniture, knock things over, or spill food and liquids more frequently.
- You find yourself squinting or cocking your head to see more clearly.
- You have trouble recognizing faces or things that used to be familiar.
- You perform fewer vision-dependent activities like driving, reading or watching TV.

Common Age-related Changes in Vision

As we age, it's normal to experience some vision loss, particularly close-up vision (called age-related presbyopia), a fading of colors and diminished night vision. Eye dryness can also become common, and should not be left untreated due to vision disruption and an increased chance of infection. Many vision problems can be addressed by updating a lens prescription to include stronger and/or more sophisticated lenses, but some may

be signs of more serious problems. Some conditions, like cataracts, can be easily and successfully treated and vision restored, while others, like glaucoma and macular degeneration, can be managed to prevent or delay progression. In all cases, early treatment is the best way to help prevent vision loss, including blindness.

Treatment for Vision Problems or Loss

The ophthalmologists and optometrists of Lake Eye (a US Eye company) are dedicated to preserving and restoring vision. Treatments are available for nearly all eye conditions that will halt, slow and even reverse vision loss.

Treatment for cataracts – The Board-certified surgeons of Lake Eye have performed tens of thousands of laser cataracts surgeries using computer-assisted custom eye mapping and pinpoint lens replacement, restoring clear, crisp sight in a matter of minutes. Lake Eye is a local leader in cataract removal and IOL placement.

Managing glaucoma – In early stages, glaucoma can begin destroying vision without producing symptoms, which is why routine eye checks are so important. In most cases, prescription eye drops and/or oral medication are enough to slow or stop progression and prevent blindness. If eye drops or medications prove insufficient, Lake Eye offers a range of glaucoma surgery options to effectively manage pressure.

Age-related macular degeneration (AMD) – AMD is common in people over 55 and can lead to loss of central vision. Again, the key to effective treatment is an early diagnosis. Early on, many cases of AMD can be managed with special dietary supplements. When needed, Lake Eye offers leading-edge surgical treatments.

Soothing chronic dry eye – Lake Eye offers an array of options for chronic dry eye catered to the cause, including medical eye drops, specialized compresses, and LipiFlow thermal pulsation treatment for lasting, drug-free relief.

Managing diabetic retinopathy – Diabetic retinopathy can damage the blood vessels of the retina, leading to vision loss. Our eye doctors perform diabetes-specific eye exams using state-of-the-art technologies to help manage this disease and stop or slow its progression.

If you haven't had a complete eye health exam in a while, give your eyes the love and care they deserve and make an appointment today. From general eye care to laser cataract surgery, plus an optical department with the latest in high-tech lenses and fashion-forward styles, Lake Eye has all your vision needs covered for life.

LAKE EYE
ASSOCIATES

A US EYE COMPANY

The Villages • Wildwood • Lady Lake • Leesburg
Tavares • Mount Dora • Altamonte Springs

352-775-1533 • LakeEye.com

When to Know if it is Time to Get Knee Replacement Surgery



When knee pain keeps you from enjoying life on a daily basis, it may be time for knee replacement surgery. If you cannot sleep because of knee pain or you notice a bent-legged or thump kneed deformation in your knee, **you should make an appointment to see your doctor.** These types of issues are usually caused by inflammation or degeneration (breakdown) of joints and may cause arthritis that can worsen with age.

Arthritis Treatments

There are numerous treatments for arthritis of the knee. The most common is a non-invasive, at-home treatment called **"RICE"**—Rest, Ice, Compression, Elevation. This is a short-term treatment that should only be used for a few days. If you keep using RICE, you may delay the natural healing process. Other, more long-term treatments may include bracing, medications and injections which we will go into more detail below. The end goals of any arthritis of the knee treatments should always be the same—limiting the damage or progression of the arthritis and eliminating the pain of the arthritis.



When Should I Consider Knee Replacement?

If you have attempted a number of treatment options, like the ones above, and are not noticing increased relief of symptoms, it may be time to consult with an orthopedic knee surgeon.

Finding the Right Orthopedic Knee Surgeon

While finding an orthopedic knee surgeon may come down to your comfort level, there are some "must-haves" when it comes to choosing a reputable one that is patient-outcome based:

- Make sure they are board certified
- Consider years of experience with both partial and total knee replacement
- Read testimonials or patient reviews
- Know what your insurance and/or Medicare covers

Both partial and total knee replacements have become highly effective in the restoration of lost function and the elimination of the pain often caused by knee arthritis over the last decade thanks to advancements in technology, surgical techniques, biomaterials, and patient data and research.

Get back to the quality life you deserve to have without debilitating knee pain, set up a consultation with your doctor today.

**99.6% of patients go home
90 minutes after surgery, learn how:**

(352) 973-4070
www.UNOVAHipAndKnee.com



It's Suicide Prevention Awareness Month

DO YOU KNOW THE WARNING SIGNS?

Life isn't always easy. We all experience sadness, grief and other challenges — but sometimes the pain can feel like it's too much to handle. When this happens, thoughts of suicide can become an unfortunate reality for some people.

September is National Suicide Prevention Awareness Month. It's important to know what warning signs to look for and ways to start feeling better.

These symptoms are signs it may be time to reach out for help:*

- **Changes in behavior.** Withdrawal from people or usual activities. Changes in eating or sleeping patterns. Any increase in drinking or smoking. Low or no energy. These changes could point to severe emotional distress.

- **Mood swings.** Feeling numb, hopeless, confused, forgetful, worried or scared means something isn't quite right. Yelling, fighting and mood swings that cause relationship issues are all signs to talk with a doctor.

- **Intrusive thoughts.** If you or someone you love is hearing voices or believing things that aren't true or are thinking about harming themselves or others, it's important to get help right away.

Here are some ideas to boost resilience and improve mental well-being:**

- **Try radical acceptance.** Occasionally, nothing can stop something painful from happening. The only choice is to accept it.

- **Laugh, often.** Sometimes laughter truly is the best medicine. Look for the humor in a situation.

- **Shift your mindset.** Our brains have a negativity bias and often focus on the negative. When you realize you're in that mode, just take a step back and think about the positive. Take a minute to list what you're grateful for. You can look at this list when you notice you're feeling down.

- **Help other people.** One of the best ways to feel better and forget our troubles is to help other people.



If you're feeling any of the symptoms noted above, talk to your doctor about it so they can work with you to develop a treatment plan to help you feel your best. Remember, no matter what's going on in your life or where you are, your life has meaning, and help is available.

You don't need to be a Florida Blue member to turn to one of our Community Specialists at our Florida Blue Centers. They're licensed social workers ready to help you and anyone in the community struggling with their mental health. They'll answer your questions, listen to your concerns, and help you locate resources that may be available in your local community. Our centers also offer webinars and classes on topics like mental health — at no extra cost. Visit your local center or call 1-877-352-5830 or learn more at floridablue.com/center.

*MentalHealth.gov. "What Is Mental Health?"

**National Alliance on Mental Illness. "Coronavirus: Building Mental Health Resilience."

If you are struggling with suicidal thoughts, dial 988 to reach the National Suicide Prevention Lifeline.

Florida Blue  **MEDICARE**
Your local Blue Cross Blue Shield

Call your local agent today.

352-353-3399
Dell Richards

Florida Blue and Florida Blue Medicare are Independent Licensees of the Blue Cross and Blue Shield Association.

© 2022 Blue Cross Blue Shield of Florida, Inc., DBA Florida Blue. All Rights Reserved.

Y0011_110709_C 0822 C: 08/2022

Are CBD and THC an Effective Treatment for Prostate Cancer?

Prostate cancer is the second deadliest cancer among men, second only to lung cancer. It is also the second most prevalent cancer among men, behind skin cancer. According to the American Cancer Society, there are nearly 250,000 new cases a year. It attacks approximately 14% of men in their lifetime.

While there are many treatments for prostate cancer, research suggests that CBD may kill its cancer cells. Though the trials are not yet fully verified, the research is fascinating.

What does research show about treating prostate cancer with CBD?

CBD has already been shown to help people undergoing chemotherapy and other forms of cancer treatment. It stops nausea and helps with many mental health symptoms. It has been used since the 1970s in this way.

Early studies show that CBD can help to treat prostate cancer by killing cancerous cells. So far, the experiments have only been conducted on cells in a laboratory, but the early findings are promising.

Studies are now being conducted to look at the effect of cannabinoids on cancer cells themselves. Two main cannabinoids are being investigated. They are THC (tetrahydrocannabinol) and CBD (cannabidiol). Studies have already found that cannabinoids may stop prostate cancer cells from growing and dividing, cause the cells to die, and stop them from invading other tissues and from spreading.

The studies show that CBD can kill cancer cells, which reduces the size of prostate cancer tumors. To understand how that works, we must look at what makes cancer cells dangerous. Every cell in our body has a limited life expectancy. It is born, it reproduces, and it dies. This ensures that our body is made up of new cells. The problem is when cells don't die. A cancer cell is a cell with a mutation in its DNA. This mutation multiplies very quickly without dying. When these cells are not stopped, they continue, reproducing without dying, creating tumors and other problems in the body.

In 2012, two different studies showed that CBD caused cell apoptosis (cell death) in cancer cells. They found these results when observing the effects



of CBD on cell cultures, and mice with prostate cancer. The conclusion the scientists reached was that CBD has the potential in treating prostate cancer even in humans.

The problem is, of course, that the studies were not conducted on humans. Logically, it is difficult to conduct such a study when the outcome could potentially end in death if the treatment proves to be ineffective. These men need real treatment. However, the scientists conducting both studies argue that their findings merit starting a clinical trial testing CBD's effectiveness on men with prostate cancer.

CBD's effects on those undergoing chemotherapy

For now, because we are still in the early stages of research, it is highly unlikely that CBD will be used on its own very shortly. Many doctors, however, will still prescribe it alongside traditional treatments like chemotherapy and radiation. It has been demonstrated that CBD can reduce the painful side effects of these treatments. People undergoing chemical and radiation treatments for any type of cancer, including the prostate, often experience severe nausea. This side-effect is dangerous because patients tend not to feed themselves properly. CBD oil has been proven to reduce nausea and vomiting.

Another side-effect of cancer treatment is pain. The pain from chemotherapy can last for months even after treatment ends. CBD along with THC can be used as a painkiller for most types of pain. In fact, it is found to be safer than other types of painkillers such as NSAIDs and opioids.

There are two main benefits to using CBD alongside chemotherapy and radiotherapy:

1. It helps patients deal with the side effects of their treatment.
2. It could make treatment more effective causing apoptosis (death) of cancer cells.

CBD improves the mental health of prostate cancer patients

The mental and emotional toll of cancer treatments cannot be overlooked. Being told you have a tumor that may cause your death creates stress and anxiety even in the calmest of individuals. For many, this can turn into depression, which has its side effects and can worsen the illness. When battling prostate cancer, it is important to have a solid support network to help you through the tough moments of diagnosis and treatment. Taking CBD can not only improve physical symptoms associated with treatments but may help you maintain a healthier state of mind. Studies show that CBD has many benefits for mental health, including decreasing anxiety, treating depression, and improving sleep.

Takeaways

Although the research is still in its early stages, it does seem that CBD can be useful in treating prostate cancer. Not only does it kill cancerous cells, but it also fights the side effects of chemotherapy and radiotherapy and works to improve the mental health of cancer sufferers. We're hoping to see a lot more studies on CBD, THC, and prostate cancer in the future.

If you or someone you love has been diagnosed with prostate cancer (or other cancers) and you would like more information on CBD and THC cancer treatment, contact Miracle Leaf The Villages at 352-254-5544 today.

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



GOOD SKIN ISN'T ABOUT LUCK.

By Allison Weber, APRN-C

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

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

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

Things to watch for:

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

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



To treat acne scars:

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

Men need to treat themselves too!!

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

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

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

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

Don't leave your skin to luck.



MidState Skin Institute Services:



MidState Skin Institute
Comprehensive Dermatology Care

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.



Stress Management Tips from Quick Care Urgent Care

If you have bouts of anxiety, stress, fear and nervousness, you're not alone. Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. Whether it's anxiety due to biological, psychosocial, or post-traumatic stress disorder (PTSD), the treatment options usually include behavioral therapy, counseling, and various prescription medications that block or dull different areas of the brain.

The typical treatment options for anxiety, stress and depression are medications and counseling therapy. Some of the most common drug classes prescribed are selective serotonin reuptake inhibitors, serotonin-norepinephrine reuptake inhibitors, tricyclic antidepressants, and monoamine oxidase inhibitors. Widely known drugs, like Prozac, Zoloft, and Cymbalta affect how neurotransmitters affect the mood by lessening anxiety levels and creating a more serene outlook on life.

Medications are not always the best choice for all individuals and many people pair alternative methods with anti-anxiety drugs or alone to help stave off stressful episodes.

Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in the 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.

Get Moving

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Meditation

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

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

Quick Care Urgent Care offers more than just urgent care services, and they are preparing to add much more to their already vast list of therapies and services for the Ocala community!

Quick Care Med Urgent Care

If your health needs are not emergent and in need of life-saving measures, the benefit of urgent care in comparison are numerous. To name a few, the wait time will be much shorter. For the most part, urgent care can see their patients within an hour. The cost is also much less with urgent care than it is with emergency room treatment. Quick Care Med urgent care provides you with the proper paperwork to follow up with your primary care physician or specialist, as urgent care takes initiatives to keep the line of communication open to make certain that your treatment is a top priority.

There are numerous reasons people go to urgent care, from sore throats, skin infections, school sports physicals, vaccinations, colds and flu, sprains, heat exhaustion, animal bites, dehydration, broken bones and much more. Before you go to the ER, consider if you could instead be treated at urgent care because of the numerous benefits to you and your loved ones.

Quick Care Med Walk-In Clinic & Urgent Care is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties, plus our newest location in Chiefland that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

Quick Care Offers The QCard—Affordable Healthcare for Just \$1 a Day, Ask us How or Visit us Online!

www.quickcaremed.com

4 Locations in Ocala

3415 E. Silver Springs Blvd. Ocala, FL 34470
(On Silver Springs Blvd. across from Publix)

8119 SW State Rd 200, Ocala, FL 3448
(Just past Walgreens)

6341 N US 441, Ocala, FL 34475
(Across from John Deer)

2205 N Young Blvd, Chiefland, FL 32626

**Quick Care Med
Walk-In Clinic & Urgent Care**

844-797-8425

www.quickcaremed.com

How Hearing Loss Affects Your Memory



Could hearing loss be making you forgetful? Find out how and why hearing loss affects your memory function now.

It's common knowledge that unresolved hearing loss can have an impact on stress and anxiety levels, but did you know it can affect your memory too? Memory loss is just one of the side effects of reduced hearing function, but it is one of the most important.

As well as having a significant impact on your confidence and day-to-day lifestyle, memory loss can often be misinterpreted as the onset of dementia. If you develop age-related hearing loss, for example, a subsequent reduction in memory function may not automatically be linked to hearing issues. However, there's a good chance that your hearing loss is impacting your ability to retain and recall information.

Does hearing loss affect your memory?

Research has confirmed that hearing loss does have an impact on memory. In fact, it is believed that hearing loss can affect memory function in numerous ways. To understand why hearing function impacts memory, it's important to look at the overall effect hearing loss can have on an individual.

Concentration

When you are experiencing hearing loss, you will need to concentrate much more simply to recognize sounds. If you have a conversation with someone, for example, your concentration is directed at deciphering what the person is saying and trying to understand it. This means the brain is less focused on actually retaining the information.

Due to the increased concentration required to simply follow the conversation, the brain doesn't store the information. Known as cognitive overload, the brain is too busy trying to listen to and interpret sounds to memorize the content too. Of course, when you try and remember the details of the conversation, the information simply isn't there and so cannot be recalled.

You may feel like you're unable to remember what you've heard but, in fact, the brain hasn't even got as far as storing the information. Due to this, you won't have the data you need for the recall function in your brain to work effectively. While the mechanism is still functioning, the information isn't there to process.

Isolation

Untreated hearing loss often leads to loneliness and isolation. A reduction in socializing is extremely common amongst people with unresolved hearing loss or tinnitus.

When you're isolated, your brain is exposed to fewer stimuli. As a result, it doesn't need to work as hard and becomes less active. This can lead to structural changes and even cause the brain to shrink. Isolation means that your memory function is being exercised as often, which reduces its capacity. Naturally, this has a negative impact on its performance. When it comes time to recall information, the reduced functioning of your memory means it's harder for you to remember things.

Anxiety and depression

If hearing loss isn't treated effectively, it can increase the risk of developing emotional and psychological issues. Many people find that hidden hearing loss has a negative effect on their mental health, with a significant number of individuals experiencing increased anxiety and depression.

Studies into depression have shown that it can change the way your brain operates. When depression impacts the memory, it means you are less able to retain and recall information on demand.

To learn more about the connection between hearing function and memory loss, sign up for the Signia newsletter now. If you want to know whether hearing function could be affecting your memory, take the Signia hearing test today.

Identifying hearing-related memory loss

If you're experiencing memory loss, it's important to seek medical advice. While people often consult their primary care physician regarding reduced memory function, it's advisable to contact a hearing care provider too.

A simple hearing test can assess your hearing function and determine whether you are experiencing any form of hearing loss. Even relatively mild hearing loss can cause cognitive overload, which means people can experience hearing-related memory loss without having moderate or severe hearing problems.

In fact, you may notice your memory loss before you're aware of any reduction in your hearing function. As many people experience a reduction in hearing function gradually, it can take some time before it really has a noticeable impact on their day-to-day lives. While you may be aware of difficulties recalling information, you may not notice just how much you're having to concentrate on following a conversation or listening to sounds, for example.

This is one of the reasons why it's so important to have routine hearing tests. By undertaking a non-invasive exam, such as a pure tone audiometry hearing test, your hearing care professional can confirm whether or not you're experiencing hearing loss. If so, the type, configuration and severity of your hearing loss can also be assessed swiftly.

Treating and preventing memory loss

When memory loss is related to hearing function, it can typically be resolved quickly and easily. By wearing hearing aids, for example, you can enhance your hearing function. This prevents cognitive overload, as the brain no longer needs to work hard simply to pick up and interpret sounds. This enables your brain to process information normally and means the information is stored in your memory, ready to be recalled as and when it's needed.

In addition to this, wearing hearing aids greatly reduces the risk of social isolation. As you are able to continue with your usual lifestyle while wearing hearing devices, people are able to remain social and active. Similarly, hearing aids mitigate the effects of hearing loss, which means the risk of developing depression and anxiety are reduced.

This ensures your brain isn't subjected to the structural changes that can occur over time due to isolation, reduced activity and depression. As you are able to maintain your lifestyle, your memory function and brain are still being exercised. Due to this, your ability to interpret, store and recall information is unaffected. A hearing test and appropriate treatment can certainly help to combat existing hearing-related memory loss. However, there's no need to wait until you start experiencing a reduction in memory function to consult a hearing care professional. By having regular hearing function tests, any potential hearing issues can be identified and resolved quickly, thus reducing the risk of related memory loss occurring.

Source:
https://www.signia-hearing.com/blog/how-hearing-loss-affects-your-memory/?utm_source=facebook&utm_medium=post&utm_content=555a7a5c-9020-4fa3-b3ed-916bd0e72e94&utm_campaign=ongoing

Premear Hearing
A Tradition of Excellence

Ocala's Only Family Owned Hearing Care Provider
with 2 Locations.

352-438-0050

4620 E Silver Springs Blvd #501, Ocala, FL 34470

352-236-6700

4414 SW College Rd #1530, Ocala, FL 34474

www.premearhearingfl.com

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**.

Let us show you how **SPECIAL** you are.

Move in today. Offering Assisted Living and Memory Care. Providing the security and comfort you desire.
Schedule your personal tour.
(352) 414-2507

11311 SW 95th Circle, Ocala, FL 34481 PacificaOcala.com
Lic# AL9315

PACIFICA
SENIOR LIVING
OCALA

PATRICK SMITH
ATTORNEY AT LAW

GET A FREE
ESTATE PLANNING CONSULTATION
CALL 352-204-0305

Wills • Trusts • Probate • Estate Planning
www.attorneypatricksmith.com

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

4 THINGS TO KNOW ABOUT ALZHEIMER'S DISEASE

1. What are the risk factors and causes of 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.

2. What are the symptoms?

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)

3. 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



4. Guidelines Based on Study

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.

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.

**IF YOU OR A LOVED ONE NEEDS HELP
PACIFICA SENIOR LIVING HAS CARE
OPTIONS THAT CATER SPECIFICALLY TO
PATIENTS WITH COGNITIVE DYSFUNCTION.**

Pacifica Senior Living is actively raising donations at each community for the Alzheimer's Association walk, September 26th in Ocala. Find out how you can get involved in the cause.

ABOUT PACIFICA SENIOR LIVING OCALA

The award-winning Pacifica Senior Living Ocala community serves residents in Assisted Living, Memory Care, and Respite Care with the highest levels of comfort and convenience in town. Right next to Healthpark Hospital and offering a long list of therapy-driven life enrichment activities, our senior living community in Ocala, FL is a beautiful place to enjoy retirement in style.

Pacifica Ocala features trademark programs of Heartland Assisted Living and Legacies Memory Care which allow seniors to age-in-place in a worry-free lifestyle by knowing that as their needs change, their needs will be met. This continuous care plan allows members of our Pacifica Senior Living family to establish long-lasting friendships and enjoy a fulfilling and engaging lifestyle. For seniors requiring short term accommodation, we have Respite Care available. Respite Care can prove quite stress-relieving whenever the primary caregiver is away or if your loved one needs to transition from a stay in the hospital or nursing home.

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.

Unlike most facilities, their home-like accommodations are custom built to help ease what can be an overwhelming time in life. This is precisely what sets them apart and makes them stand out in the memory care facility specialty.

You have options, please call them to find out more information at (352) 414-2507, or visit their website at PacificaOcala.com.


PACIFICA
SENIOR LIVING

OCALA

Lic#AL9315

(352) 414-2507

www.PacificaOcala.com

Sports Injuries: Non-Surgical Treatment with Occupational/Hand Therapy

Innovative Therapies Group

Because we have the most beautiful weather all year long, in our sunshine state, older individuals are golfing, playing tennis, pickleball, kayaking, swimming, and the list goes on and on; but with all of this healthy activity, adults are more susceptible to injury and wear and tear.

Tennis Elbow: Tendonitis (Tennis, Golf, etc.)

The same sentiment holds true with elbow injuries. Elbow tendonitis results in a ligament laxity component that if unaddressed, causes the issue to become chronic. The tendon will continue to become inflamed during sports and other daily activities because the muscles are overcompensating for ligament laxity. Instead of surgery, there is another treatment option.

Pickleball Injuries

Many sports-related injuries are putting players in quite the predicament. Oddly enough, most of these injuries are taking place in the wrist and hands. According to the USAPA (USA Pickleball Association), 70% of the participants playing pickleball are over the age of 60. That's a lot of seniors out there enjoying this exciting sport, but that also means that there are more injuries needing medical attention. The same holds true for many other sports and outdoor activities. Ballistic movements or quick side to side, lateral transitioning, are very often what lead to these injuries.



The most common of the two types of injuries are traumatic, so for all the exercise fanatics, weekend warriors or accident-prone individuals, the RICE method, along with NSAID's (aspirin or ibuprofen) should be your first line of defense if you've injured yourself. But along with this standard of care, any time you or a loved one experiences injury; you should consult a physician for a medical examination immediately to evaluate how severe your injury might be. Additionally, Occupational/Hand therapy should also be a first-line treatment.

Occupational/Hand Therapy for Sports Injuries

With the right method of hand therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

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.

Occupational/Hand therapy is the leading way to relieve pain and discomfort at its core for many individuals. 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.

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.

Occupational/Hand therapy is used to help with numerous indications and conditions like retraining the body to improve strength 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 hand therapy.

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

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



MidState Skin Institute
Comprehensive Dermatology Care
Clinical | Surgical | Cosmetic | Aesthetic

Deerwood
1740 SE 18th St., Ste 1102 | Ocala | 34471
352-512-0092

Paddock
3210 SW 33rd Rd., Ste 101 | Ocala | 34474
352-470-0770

Jasmine
7550 SW 66th Ave., Ste 1 | Ocala | 34476
352-732-7337



www.midstateskin.com



**Changing lives...
One patient at a time!**

352-433-0091
www.innovativetherapiesgroup.com



- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

Ocala
2801 SW College Rd
Ocala, FL 34474

Summerfield
14031 Del Webb Blvd
Summerfield, FL 34491

Lady Lake
929 US-27 #301
Lady Lake, FL 32159

Wildwood
805 S. Main St
Wildwood, FL 34785

WHY DO SO MANY PATIENTS TRUST COMPTON CHIROPRACTIC CARE? THEIR STORIES MIGHT HELP YOU!

By Compton Chiropractic Care

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

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

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

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

Patient Testimonials

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

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

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

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

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

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

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

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

The Compton Chiropractic Center:

- Friendly, Knowledgeable Staff
- Personalized Therapy Treatments
- Patients Are Our Number One Priority
- Treating More Than Neck And Back Pain
- Chiropractor With A Medical Approach
- Top Quality Health Care For A Reasonable Fee
- Palmer Graduates
- Call Today For A Free Consultation

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



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

Call Today:
352-391-9467

Caregivers Shoulder a Big Burden

Submitted by Hospice of Marion County

The Family Caregiving Alliance, defines a caregiver as follows: A caregiver – sometimes called an **informal caregiver** – is an unpaid individual (for example, a spouse, partner, family member, friend or neighbor) involved in assisting others with activities of daily living and/or medical tasks. **Formal caregivers** are paid care providers providing care in one's home or in a care setting (day care, residential facility, or long-term care facility).

Many caregivers are working full-time or part-time while assisting with the care of an elderly or disabled family member, relative or friend. Sometimes the commitment of caregiving means cutting back their office hours, changing jobs or even quitting their jobs in order to provide full-time care of a loved one. Caregivers shoulder a big burden, especially if they don't have assistance from others to help relieve them.

Challenges Facing Caregivers:

- Fatigue and patience
- Social isolation and stress
- Communication skills to cope
- Financial difficulties
- Taking care of their own needs
- No one to help and learning how to ask for help

Most caregivers receive little or no support from their own families or other organizations and are basically on their own, creating much stress and anxiety, from emotional to financial stress. It is estimated by the Alzheimer's Association there are over 11 million caregivers that provide unpaid care for people with Alzheimer's or other dementias. These

caregivers provide an estimated 15.3 billion hours of unpaid care valued at \$257 billion, and about a third of these caregivers report that their own health has gotten worse due to care responsibilities compared to caregivers of older people without dementia.

Health of Caregivers Impacted

There's been a growing trend over the last few decades of closing mental health facilities, early discharge of hospital patients, and implementation of managed care practices which causes a shift and burden to families and caregivers. This often results in financial loss, strain among families, and caregiver health issues that manifest due to increased stress. A recent Stanford study concluded that nearly 40 percent of caregivers will die from stress-related disorders before their loved one dies.

Studies consistently show the following impacts on a caregiver's health:

- Higher levels of depression and depressive symptoms than in non-caregivers
- Depressed caregivers are more likely to have coexisting anxiety disorders, substance abuse or dependence, and chronic disease
- Caregivers who experience chronic stress may be at a greater risk for cognitive decline
- Caregivers report having a higher incidence of stress, weight gain, headaches, and back strain among other physical ailments and pain associated with caregiving

Women tend to be, more often than not, the primary caregivers. However, being a caregiver whether male or female affects your quality of life and increases the challenge of balancing your personal schedule with that of the intense, demanding focus needed to be a caregiver.

Resources and Tips Available

Caregivers tend to put others first and themselves last. However, it's vitally important for all caregivers to make sure they are taking care of themselves mentally, physically and socially. Below are some resources and tips to consider:

- Don't be afraid to ask for help from family members or close friends who could run errands
- Practice meditation and exercise to help relieve stress—set aside early morning or evening for yourself
- Do something socially just for you—see a movie, have lunch with friends
- Check into your office policies to see if you have family leave benefits
- Call Hospice of Marion County's Transitions program—This is a community supported volunteer-based resource program: (352) 854-5200 or visit www.transitionsfl.com to learn more about this program's caregiver support groups, respite for the caregiver, assistance for caregivers in homes and assisted living facilities.

SICK NOW? SEEN NOW!®



From the common cold to a broken bone, Quick Care Med Walk-in and Urgent Care revolves around getting you back to feeling good!

Providing immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

Toll Free:
844-797-8425
3 Locations in the Ocala
Area to serve you.

QUICK CARE MED
WALK-IN CLINIC & URGENT CARE
www.quickcaremed.com

Your Hometown Hospice™

A resource for our community in providing:

Transitions...for those with advancing illness

HOSPICE
OF MARION COUNTY
Since 1983

Transitions is a volunteer-based support system provided in the comfort of one's home, assisted living facility or nursing home... wherever one lives.

Our trained staff helps people coordinate medical care plans and advises on available resources to enhance quality of life.

We can make a world of difference helping navigate healthcare resources and providing caregiver support.

Hospice of Marion County
3231 SW 34th Ave | Ocala, FL 34474
(352) 873-7400
www.hospiceofmarion.com



Resources for Paying for a Senior Living Community

By Janice Martin, Senior Advisor / Family Liaison

Long Term Care Insurance is the best resource for helping to reduce the cost of senior living. These policies have been around for decades and there are many different types of benefits. Most require that you need assistance with at least two Activities of Daily Living (ADLs). ADLs include bathing/showering, dressing, hygiene/grooming, transferring (i.e. from a bed to a chair), toileting/incontinency, assistance with feeding. Often assumed in error, medication management and cooking are NOT considered ADLs.

There may be an elimination period until benefits begin. Some policies have no elimination period, some have one or three months, while most have a 90 day. Elimination periods may sometimes be used with in-home care. Some policies will pay for in-home care; others stipulate that you must be in an assisted living community or long-term skilled nursing.

Some policies have a specific amount of time that it will pay and/or financial amount they will pay. Some will pay for a lifetime with no maximum! It's important to read the deck page that summarizes your limits and terms.

In most cases, if you do not use your policy and should die, you have lost your entire investment! There are many cases where people pay absolutely nothing to live in an assisted living community because of the type of policy they have. Far too often, many people who desperately need care put off receiving the benefits because they insisted on staying in their own home. Once approved for benefits, the premiums stop.

There is an alternative called a Hybrid Long Term Care Insurance. Rather than pay a monthly premium, it is purchased with one lump sum to be used for long term care. If the policy is never used, your heirs will receive a tax-free life insurance benefit.

Some Life Insurance policies can be written to help pay for long term care. This reduces the amount of the death benefit but can be a wonderful resource when needed.

Veteran's Aid and Attendance is a wonderful benefit that is made possible for eligible Veteran's and/or their surviving spouse.



A Veteran or his/her survivor must meet ONE of the following conditions:

- Be at least 65 years old and served at least 90 days of active service including at least one day of active service during a period defined as "war time".
- Need assistance with Activities of Daily Living.
- Be bedridden
- Be a resident of a long-term care community

The Veteran must have served during the following dates with an honorable discharge*:

- World War II - December 7, 1941 - December 31, 1946. If the Veteran was in service on 12/31/1946 with continuation of service before 6/26/1947, it is considered WWII service.
- Korean War - June 27, 1950 - January 31, 1955
- Vietnam War - November 1, 1955 - May 7, 1975 – Veteran must have served in country in Vietnam
- Vietnam War - August 5, 1964 - May 7, 1975 – Veteran did not need to serve in country
- Persian Gulf War - August 2, 1990 through a date to be determined by Presidential proclamation or law

Benefit amounts*

- Veterans who do not have a spouse or dependent may receive up to \$2,050 a month
- Married veteran may receive up to \$2,431 a month
- Surviving spouse without any dependents may receive up to \$1,318 a month
- Veteran who is married to another Veteran may receive up to \$3,261 a month

In 2022 the net worth limit to receive benefits has been increased to \$138,489. This includes savings and checking accounts, mutual funds, stocks, and vacation homes. The primary home does not count towards the limit.

There is a 3-year look-back period for assets that have been gifted to not exceed the net worth limit. This rule became effective October 18, 2018 and does not include transfers made before this date. If a veteran or their surviving spouse gives away assets or sells them under fair market value during the 3-year look-back before applying for the benefit, a 5-year penalty may result.

Filing for the benefit is very specific and if not done correctly will be rejected. It is important that you get help from a professional VA planner, an attorney, or a company specializing in the application process. It can take months to be approved. However, the benefits are retroactive to the date of the application.

You will need to have a copy of the Veteran's DD214 to apply. If you have lost it, the VA can assist in getting a new one, but it will delay the process.

We at Senior Liaison of Central Florida can be your advocate during the process of how to search for senior living communities and to utilize your benefits. We can also connect you with companies specializing in the Aid and Attendance benefit process.

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

*Information obtained from AmericanVeteransAid.com on 8/16/2022. For additional information, visit <https://americanveteransaid.com/newblog/va-aid-and-attendance-benefit-rates-for-2022/>

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

Senior Liaison
OF CENTRAL FLORIDA

352-477-1866

seniorliaisoncfl.com
seniorliaisoncfl@gmail.com

Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, "Where then is my hope? Who can see any hope for me?" (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, "May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: "And now these three remain: faith, hope and love. But the greatest of these is love." (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.



Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, "...I will go to the king, which is against the law; and if I perish, I perish!" (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)." (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!

Premier Hearing

A Tradition of Excellence

- Modern Devices
- Old Fashioned Service
- Caring Providers
- Family Owned
- 2 Locations

West 352-236-6700
College Road @ Market St
Jeff Small HAS-Owner

East 352-438-0050
Silver Springs by Lowe's
Sandra Kilpatrick HAS

SUNSHINE KidneyCare

Nephrology Associates

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

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

QUALITY • COMPASSIONATE • COMPREHENSIVE • KIDNEY CARE

Are You Forgetting Your Story?

If you're having trouble remembering, concentrating or completing even the simplest of tasks, knowing the cause of it all is the first step for moving forward in your life. From MRIs to PET and CT scans, our neuroradiology services help catch signs of cognitive impairment in the early stages so you can begin treatment, delay progression and manage any effects.

Don't delay talking to your doctor about your cognitive health. For all your neuroradiology needs, choose Radiology Associates of Ocala.



**RADIOLOGY
ASSOCIATES
OF OCALA**

**www.RAOcala.com
352-671-4300**

