

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2022

Lake/Sumter Edition - Monthly

FREE 

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**How to
Avoid
Prostate
Cancer**

and Other
Prostate Problems

**Joyful Moments
Every Day**

Stress Management Tips

Aging Well Takes Work,

But it's Absolutely Worth It

**Eye On
Health**

The Signs
and Symptoms
of Vision Loss

**Cosmetic Dentistry
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**Are CBD and
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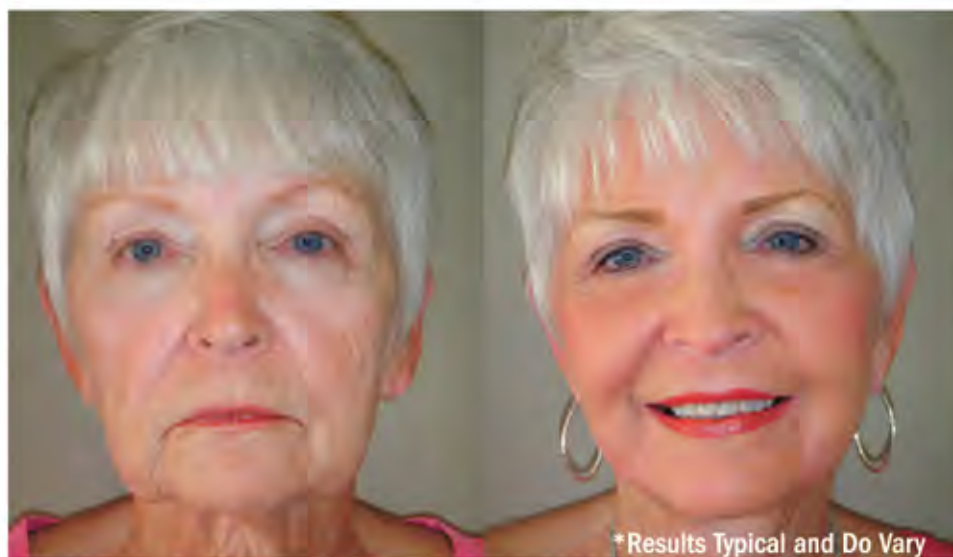
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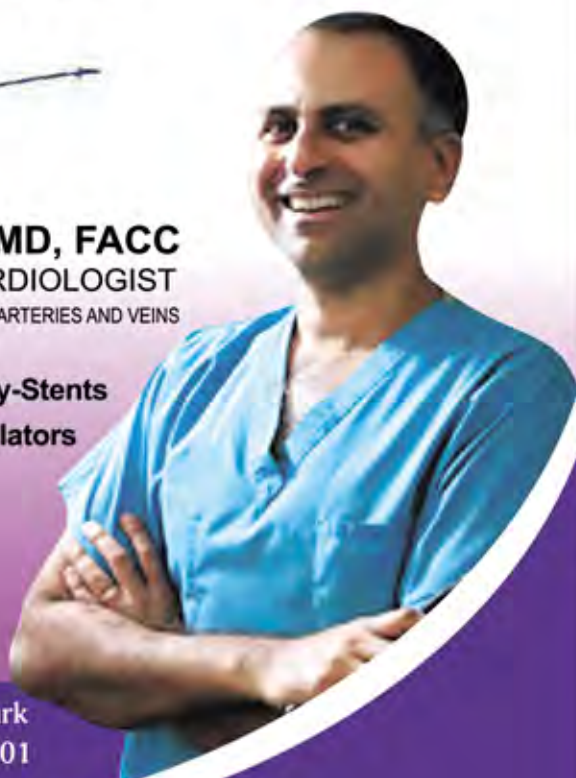
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EYE ON HEALTH:

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.

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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.



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High Cholesterol = High Risk for Debilitating Diseases

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the blood stream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body over produces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol. If we did not have HDL, our brains would not work properly, and we would suffer from other bodily disorders. The same holds true for too much bad, LDL cholesterol. If we have too much LDL, then it adversely affects our overall health.

What numbers are healthy?

Your total Cholesterol is made up of LDL and HDL. There are blood tests that your physician will order to check your cholesterol level. The best combination of both types of cholesterol is HDL (good) around 40 and LDL (bad) around 100.

TOTAL CHOLESTEROL LEVEL	
NORMAL	<150
BORDERLINE	150-200
HIGH	200 or higher

What are the Risk Factors?

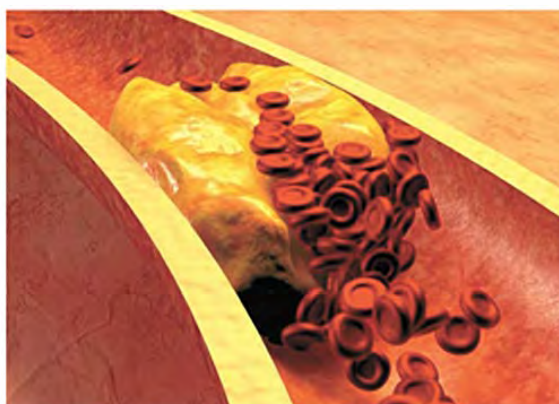
Cholesterol along with another substance in the blood can form atherosclerosis, which is the plaque that builds up in the arteries. If you have excessive plaque, then you are at high risk of having a coronary heart attack, heart disease, stroke and other disease related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides are what combine with the high LDL level and create harmful plaque build up.

What you can do

Because much of the high degree of cholesterol is associated with our food intake and our body's inability to burn fat, you can do many things to help lower your cholesterol naturally.

- Eating healthy diet
- Stop smoking (contributes to atherosclerosis)
- Start an exercise program
- Cut back on alcohol and processed foods

You should have an annual exam with your physician to check your cholesterol levels on a regular basis. If you have a high lipid count, your doctor will prescribe medication (statins) for you to help lower the total level. In addition to statins, you can change your diet to get your levels to drop more rapidly.



Foods to incorporate

A big part of lowering your LDL or low-density lipoprotein is through adding soluble fiber, omega 3 fatty acids, monounsaturated fatty acids or MUFAs, powerful antioxidants and lutein to your diet. Some of the following foods listed below can literally lower your "bad" cholesterol levels by 5-10% within just a few weeks. But in order for these nutrients to make the most efficient decrease in your cholesterol, you must adhere to an overall healthy diet. You can't eat fried chicken and then eat an apple and think you'll get the benefit. You'll need to make a plan to eliminate the processed foods in your diet.

Cholesterol Lowering Foods

Garlic
Oatmeal and Oat bran
Pears
Apples
Prunes
Beans
Red wine
Fatty fish (salmon and sardines)
Nuts
Black tea
Spinach
Olive Oil

It's always best to speak directly with your physician before completely changing your diet or exercise program. Your doctor will construct a precise plan to suit your specific needs and incorporate some of the foods mentioned above along with a coordinated lifestyle strategy.

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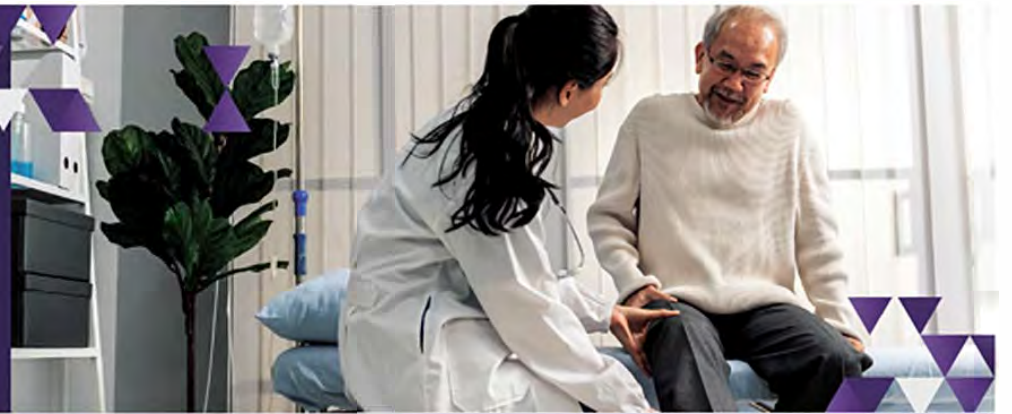
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To find out more information on the Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, Drvcadio.com

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.

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JOYFUL MOMENTS EVERY DAY

This year's National Assisted Living Week® theme, from September 11-17, is "Joyful Moments." National Assisted Living Week®, established by the National Center for Assisted Living (NCAL) in 1995, is a week dedicated to recognizing the role of assisted living facilities in caring for America's seniors and individuals with disabilities.

The annual observance in the second full week of September encourages assisted living communities countrywide to offer a variety of events and activities to celebrate the members of their communities, as well as to help educate the public about this distinctive avenue of long-term care.

National Assisted Living Week® kicks off on the Sunday following Labor Day, which coincides with National Grandparents Day. The fortuitous timing of these national celebrations makes for a month of love, recognition, and fond-reflection. Joyful moments, indeed.

At Sumter Senior Living, conveniently located in The Villages® community, we recognize the special bonds our residents form with each other, their families, and our teams; and we want to acknowledge the power of community in developing lasting moments of joy. With Independent Living, Assisted Living, and Memory Care service lines, Sumter Senior Living helps those across the care spectrum live life to the fullest.

Enjoy time with friends. Take care of your health in our Fitness Center and indoor, heated therapy pool. Explore enriching interests at the Library, Theater, and Arts and Crafts studio. With Florida sunshine, caring associates, and friendly neighbors, you'll feel the joy right away. Because Sumter Senior Living embodies the mission of National Assisted Living Week® year-round.

Celebrating the Joy in Every Day

Every year, beginning on National Grandparent's Day, National Assisted Living Week® provides the unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living and those they serve in residences across the nation. A new theme is selected by the NCAL each year to focus the week's events—bringing together communities' residents, caregivers, and families to explore the benefits of assisted living and the lifestyles it affords.

According to the National Library of Medicine—from The National Institutes of Health (NIH), a medical research agency that is part of the U.S. Department of Health and Human Services— 4.5% (approximately 1.5 million) of older adults live in skilled nursing facilities and 2% (1 million) live in assisted living communities. Data from the 2021 Assisted Living Statistics report by ConsumerAffairs confirms that 7 out of 10 people require assisted living care in their lifetime.

With such a large population requiring the focused and dynamic care offered by assisted living facilities, it's imperative that we focus on not only the quality of care that residents receive but on the quality of life they live. This emphasizes why National Assisted Living Week's® "Joyful Moments" theme should be embodied every day, and the many benefits assisted living offers should be acknowledged outside of a single week of the year.

Sumter Senior Living aims to enlighten and enliven its community—and the community at large—through creating a vibrant, active atmosphere dedicated to encouraging all to lead healthier, more active lifestyles. Together, we're building a culture that celebrates every moment in our journey together year-round.

Cheers to the Later Years!

Assisted living offers many benefits to residents—chief among them being the camaraderie and companionship inherently developed by living in a community setting. The American Seniors Housing Association (ASHA) highlights the importance of socialization in its *Summer 2022 Special Issue Brief*, discussing the critical role senior living communities play in reducing social isolation among older adult residents, limiting the risk of negative health effects, and promoting critical social connections that contribute to overall quality of life.

As part of Sumter Senior Living's initiative to honor the essence of National Assisted Living Week's® "Joyful Moments" theme daily—and ultimately stave off feelings of loneliness and isolation—our vibrant, active community has a full calendar of life enrichment programs for you to choose from. Our recreation, activities, entertainment, and outings are created by listening to and learning from you. From exercise and wellness to adventures in the larger community, we provide great sources of joy, excitement, and relaxation—each and every day. We're always sure to make time for laughter, connection, and friendship—including these ideals in everything we do.

A Place Where You Belong

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

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

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



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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.

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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.

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Aging Well Takes Work, But it's Absolutely Worth It

When it comes to aging well, we might conjure up images of seniors that are jogging, lively and glowing from within. While those things are typically associated with overall health, every one's fitness level, appearance and internal health is going to be different. What might look like the epitome of health to you, might not actually be what it seems. It's important to do all that you can now to stave off chronic illness and to live your best life, but it's never too late to take your health seriously.

It all begins with you

You have to take the initiative and responsibility for your health. How can you make sure you are on the right track? Talking to your provider is essential. They can help you meet your goals and to make certain that you are getting your screenings in timely manner. Scheduling your wellness exams, lab draws and seeing your physician regularly or if you have any new symptoms or changes in your health is imperative.

It also begins with you taking your exercise and dietary habits more seriously. Always talk to your doctor before starting any new program. Adults that eat healthy, nutrient-dense foods such as the Mediterranean diet fare better in aging well. These whole foods include produce, seafood, olive oil, nuts and it significantly limits sugar, saturated fat, and refined, processed foods.

Adults that exercise regularly have healthier cardiovascular symptoms, circulatory functioning, and are able to fight off illnesses better than those that live sedentary lives. Getting 30 minutes of exercise daily is recommended, but 30 minutes of exercise 3 to 5 times per week is also beneficial. It doesn't have to be difficult or intense, but it's best to go at a pace that is suitable for your fitness level.

Cardiovascular Health

If you have any cardiovascular conditions or symptoms, making an appointment with your doctor is critical. If you are having an emergency situation such as severe chest pains, tightness in your chest, slurred speech or face drooping call 911.



Cardiovascular Associates of Lake County

At the Cardiovascular Associates of Lake County, we take your heart health personally. Our physicians have served the community for more than 25 years. Combining state-of-the-art medical technology with compassionate care, our goal is to prevent and treat heart-related illnesses so you can live a long and heart-healthy life.

Are you predisposed, based on lifestyle or biology, to heart related conditions? Allow our physicians to assess your heart health and recommend the best course of action. Thanks to decades long relationships forged with local hospitals, our patients receive top care and patient admission is smooth and seamless.

Our commitment to patient health extends long after you are discharged from the hospital. We believe that following up with patients is critical to ensuring your future health.

The physicians and team at Cardiovascular Associates of Lake County are committed to providing high-quality, compassionate care to all of our patients using cutting edge technology and state-of-the-art practices.

Cardiovascular Associates of Lake County offers numerous diagnostic imaging services including the following:

- PET Scan
- Nuclear Stress Test
- Echocardiogram
- Carotid Ultrasound
- Vascular Ultrasound
- Electrocardiogram

Cardiovascular Associates of Lake County offers numerous procedures including the following:

- Pacemaker implantation
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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.



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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.

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BENEFITS OF IV THERAPY

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

What is IV therapy?

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

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

Why IV therapy?

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

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

Is IV therapy safe?

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

What are possible side effects?

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

How often can I get an IV?

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

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

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



Who is a candidate?

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

Who should not get IV therapy?

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

How do I get started?

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

Total Nutrition & Therapeutics

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



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COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Dr. Lucia Roca

Cosmetic dentistry, also known as esthetic dentistry, is the method of dentistry that improves a patient's smile and self-image. Having a beautiful smile and strong teeth are essential for aesthetics and overall health. An attractive smile, or lack thereof, affects your oral health. Self-confidence and how the world perceives you on the outside are important to our mental health. This is because a person's smile is usually the first feature anyone notices.

Esthetic procedures include dental veneers and teeth whitening. Dental crowns, dental bonding, dental implants, inlays and onlays, and dentures are all restorative dental treatments. Dental veneers are the most requested treatment because they can correct tooth discoloration, teeth crowding, and teeth gaps.

DENTAL VENEERS

Dental veneers are a popular method of correcting tooth imperfections such as misalignment, gaps, stains, and minor chipping. Made of a strong porcelain material designed for long-term wear, they can also reshape teeth and create beautifully symmetrical smiles that look and feel natural. Properly cared for, porcelain veneers can last for decades.

TEETH WHITENING

Professional teeth whitening is a safe, effective, non-invasive, and long-lasting cosmetic option. With laser teeth whitening, you can see results in one treatment here in our Laurel Manor Dental office. Another option is to whiten your teeth at home. Your custom home whitening kit includes specialized trays that will be customized to fit over your teeth. We provide professional-grade whitening gel to insert into your tray before wearing it. Your dentist will tell you how long to wear the tray each day, and you will have a bright white smile within two to four weeks.

DENTAL CROWNS

Dental crowns are caps placed on top of damaged teeth. Crowns are used to protect, cover, and restore the shape of your teeth when fillings don't solve the problem. Dental crowns can be made from metals, porcelain, resin, and ceramics. They typically don't require special care over time other than regular good oral hygiene. As we age, our teeth can get damaged. This can happen for a variety of reasons, like tooth decay, injuries, or just regular use. Your teeth can lose their shape or size. Think of the cap as a snug hat for your tooth. The crown restores the tooth's shape, size, strength, and appearance. The dental crown is cemented into place on your tooth, and it covers the visible portion of the tooth.



DENTAL BONDING

Dental bonding, sometimes called composite bonding or teeth bonding, is a procedure where your dentist applies tooth-colored resin material to the affected teeth to change their shape, size, or color. Dental bonding is less painful than other treatments because your dentist won't be working anywhere close to the pain-sensing nerve inside your tooth. In most cases, anesthesia isn't even necessary during dental bonding. Dental bonding is the most cost-effective and fastest fix of cosmetic imperfections. However, dental bonding isn't as stain resistant as porcelain crowns or veneers and can chip and crack over time with normal wear and tear.

DENTAL IMPLANTS

Dental implants are artificial tooth roots that provide a permanent base for fixed, replacement teeth. Implants are a long-term solution for people who suffer from missing teeth, failing teeth, or chronic dental problems. Implants can be one tooth or a group of teeth depending on need. Because they fit, function, and feel like natural teeth, dental implants are the gold standard in tooth replacement. Doctors use a titanium anchor screw that over time, fuses to the living bone cells of the jaw. This union forms a strong and durable anchor for your new teeth, meaning there's no slippage movement. This makes implants more secure than dentures. Eating with dental implants is also more secure and sanitary than dentures because they are not removable.

INLAYS AND ONLAYS

Inlays and onlays are indirect dental restorations. They are made outside of your mouth in a laboratory. An inlay or onlay is typically used when a cavity is too large for a simple filling. Inlays and onlays can be made of gold, composite, or ceramic materials. Inlays and onlays are more resistant to fractures and damage than traditional cavity fillings, stain-resistant and durable.

DENTURES

Dentures are an affordable tooth replacement option for those who are not a good candidate for implants. Dentures provide facial support, improved nutrition, and improved confidence. Dentures can be a full set or a partial that replaces a group of teeth generally from an injury. Some dentures are designed to improve a person's bite, eliminating headaches, jaw pain, and other TMJ symptoms. The bases of most removable dentures today are made of polymethylmethacrylate (PMMA) and the teeth themselves can be made of PMMA or ceramic material like that used for porcelain veneers.

WHY CHOOSE LAUREL MANOR DENTAL?

In addition to our experienced and caring team, we feel that our advanced technology makes Laurel Manor Dental the top choice for your dental needs. We carefully choose the latest dental tech and tools to increase patient comfort and expand our ability to provide advanced dentistry to our patients.

In our practice, we utilize the following technology:

- **iTero Scanner** — The iTero Scanner is a small handheld device that allows us to capture a full 3D image of your teeth and gums. The sharp images mean we can get a better picture of any issues and track any changes in your oral health with a detailed view.
- **Digital Impressions** — No more gooey impressions! Digital impressions also provide more detailed information and a speedier turnaround time in the creation of restorations.
- **Digital X-rays** — Digital radiographs reduce the patient's exposure to radiation while giving the dental team sharper, clearer images that are produced almost instantaneously.
- **Cone Beam 3D Imaging** — Using cone beam technology, we can map underlying bone structure, nerve pathways, and soft tissue for more detailed treatment planning.
- **Intraoral Camera** — The intraoral camera puts you in the driver's seat. You can see exactly what the doctor sees, allowing the doctor to explain your treatment plan tooth by tooth.

ABOUT DR. ROCA

Making people smile runs in Dr. Lucia Roca's family: both of her parents are dentists. While she acquired her expertise through years of exhaustive training, her ability to connect with her patients comes naturally. And she is always happy to reassure them in English, Spanish, or Italian!

After receiving her Doctor of Dental Surgery degree, Dr. Roca spent an additional three years studying at the University of Connecticut School of Dental Medicine. She was then accepted into the University of Medicine and Dentistry of New Jersey/Rutgers where she performed clinical research, completed her periodontics residency, and earned her Masters of Dental Science degree.

As a member of the American Dental Association and the American Academy of Periodontology, Dr. Roca has worked tirelessly to help bring dental care to those in need from the city streets of Newark, NJ to the rural villages of Guatemala. A dedicated professional, Dr. Roca still makes time outside the office to read and play tennis. She is an avid fan of Connecticut's women's basketball team and she is recently married to a dentist!

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GOOD SKIN ISN'T ABOUT LUCK.

By Allison Weber, APRN-C

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

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

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

Things to watch for:

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

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



To treat acne scars:

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

Men need to treat themselves too!!

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

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

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

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

Don't leave your skin to luck.



MidState Skin Institute Services:



MidState Skin Institute
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.

CAN ANYONE PLEASE HELP MY PAINFUL FEET?

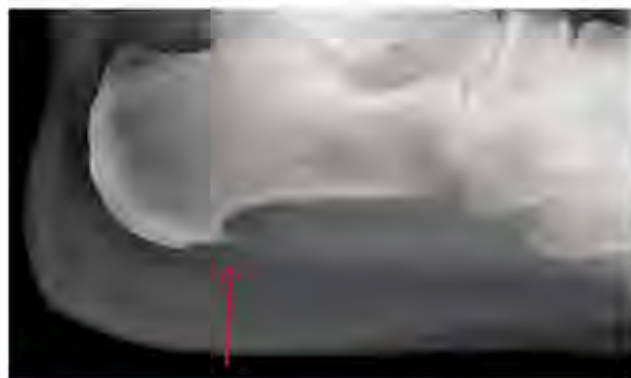
Every year more than a million patients visit their doctor due to heel pain! The most common foot and heel discomfort is caused by an excruciating disorder known as plantar fasciitis.

What is plantar fasciitis?

The foot is comprised of many different bones, joints, tendons, and ligaments; these include the plantar fascia. The plantar fascia is a band of ligament tissue. It stretches from the heel of your foot to the middle, and it is responsible for reinforcing and supporting your arch. When this area becomes inflamed due to extreme tension on the ligament, pain erupts every time you take a step, and if left untreated, many people will even experience discomfort while at rest.

Because plantar fasciitis is one of the most common foot issues; one in ten people will experience it at some time in their life. Usually, the pain is concentrated in the heel area, and it is generally caused by small injuries that occur over an extended period of time. It's quite common for heel spurs, which are bony protrusions under the heel bone to coincide with plantar fasciitis.

There are many treatment options that you can do at home with the guidance of your podiatrist to try and alleviate the painful symptoms of plantar fasciitis. But, because of weight bearing, this area of the foot, in particular, is challenging to heal on its own. The key to getting your foot health back to normal, and you free from pain is to have medically based procedures provided by your podiatrist.



What are my options?

Stabilization

This option is achieved through a device such as a brace or foot support, which technically is an ankle-foot-orthosis or AFO.

Ultrasound- Guided Corticosteroid Injections

This is an innovative treatment available that allows the podiatrist to view the precise placement of the cortisone injectable via an advanced ultrasound machine to make certain that all of the pain and tension relieving material is placed accurately.

Surgery

There is, of course, a more permanent stabilization option, which includes surgery of the foot and ankle, but not all patients need this. If your symptoms and pain are unbearable and not responded to traditional therapies within the specified amount of time, surgery is the most logical choice to get you back on your feet again. The procedure is minimally invasive

and requires cutting of the ligament to release the tension in the plantar fasciitis. It can be performed endoscopically with two small incisions on either side of the heel bone.

At Home Care

There are many medical ancillary options that your podiatrists can prescribe, such as ankle braces, high top orthotic shoes, lace up supports and shoes made with a medial-lateral supportive base. It's important to be examined by an experienced podiatric professional if you're experiencing any foot pain.

Lakeside Foot & Ankle Center

Podiatrists in Leesburg and The Villages, Florida

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

Lakeside Foot & Ankle Center offers a full array of podiatric services to help you maintain healthy feet.

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

Contact us to day to schedule your appointment.

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Karsten S. Weber, DPM, MS
Alexander A. Stirling, DPM, FACFAS
Nicole Hancock, DPM, FACFAS, FAPWCA

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

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

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

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

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

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



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

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

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

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

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

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



13753N Hwy 441, Lady Lake, 32159
352-561-8677 or 352-389-8088
info@select-labs.com

www.select-labs.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**.

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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.



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

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.

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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:

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- Personalized Therapy Treatments
- Patients Are Our Number One Priority
- Treating More Than Neck And Back Pain
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Our Philosophy

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- Humana
- United Health Care plans
- Personal Injury

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Meet the Kidneys

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

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

The functions of the kidneys:

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



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

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

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

Sunshine Kidney Care Nephrology Associates
352.388.5800

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

About Us

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

Welcome to the Sunshine Kidney Care Nephrology Associates Family!

OUR CARE TEAM:

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

Conditions we treat:

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

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Dr. Daniel Taylor
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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

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.

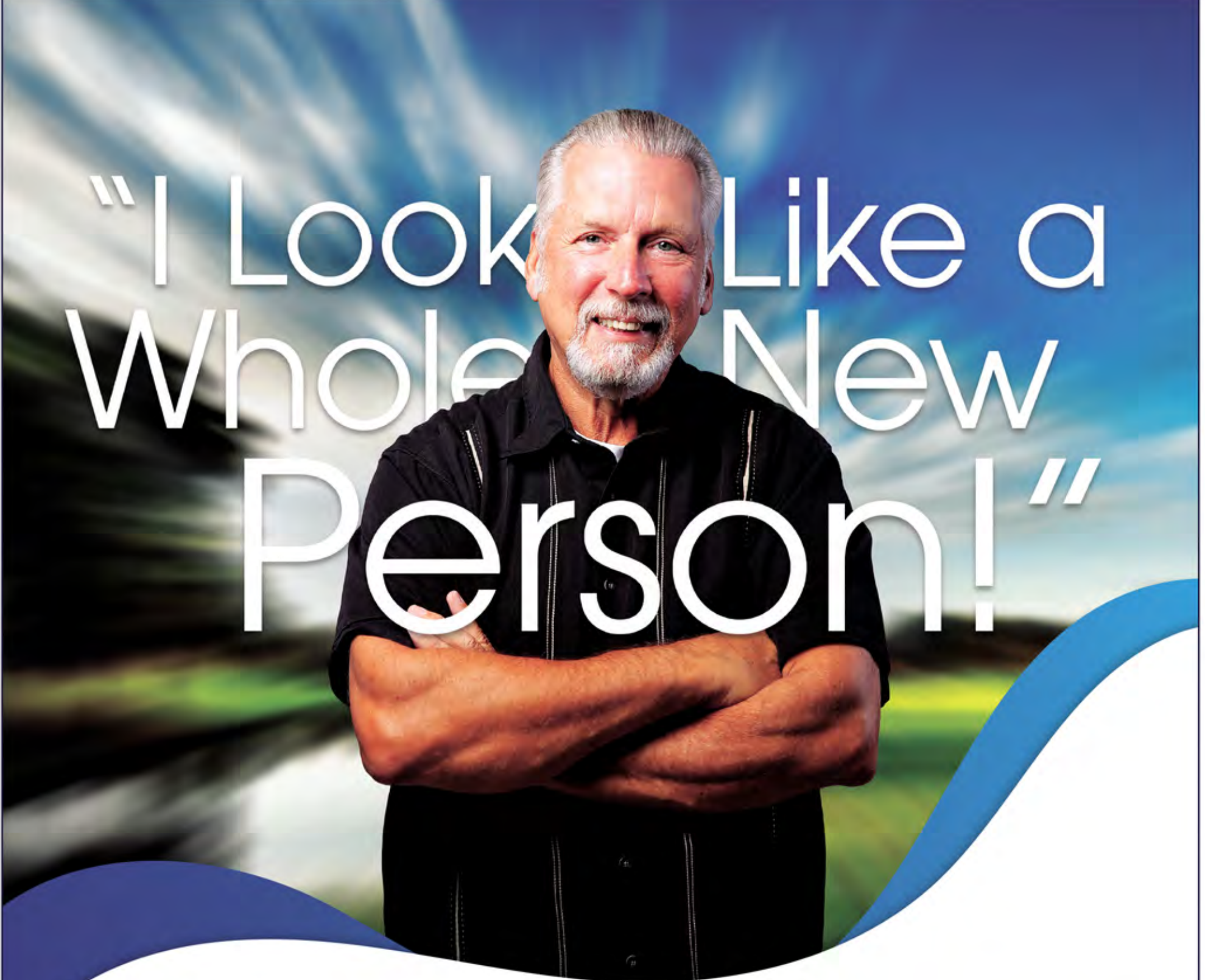
Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

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!



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