

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2022

Marion Edition - Monthly

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FREE 

**The Important
Benefits of 3D
Mammography**

**The Cost of
Keeping Up**

**Supportive
Care Can Help**

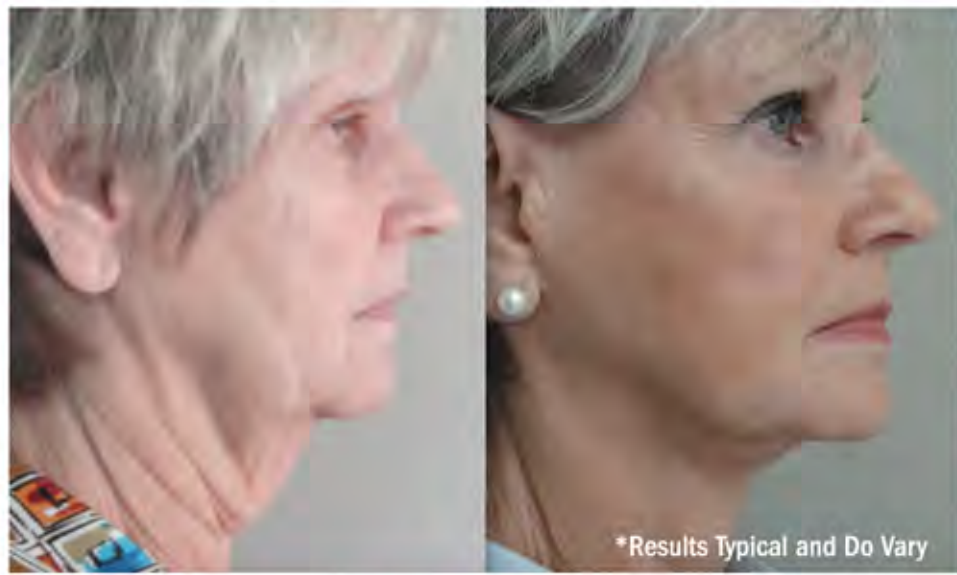
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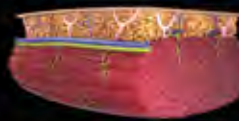
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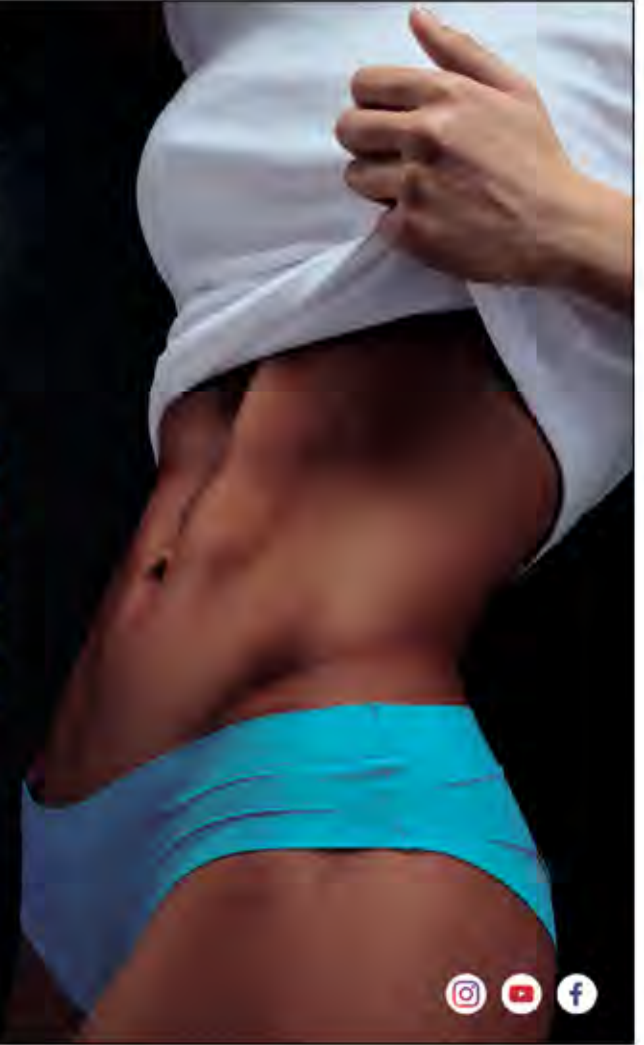
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THE IMPORTANT BENEFITS OF 3D MAMMOGRAPHY

October is National Breast Cancer Awareness Month, and pink ribbons are making a reappearance everywhere. Of course, everyone is aware of breast cancer, but not everyone understands the recurring push to place it at the forefront. The annual mission is to encourage women to engage in routine breast

According to the American Cancer Society, the five-year survival rate for breast cancer is as follows:

- Localized invasive cancer: 99%
- Regional: 86%
- Distant: 29%

This data, from 2017, doesn't include all forms of breast cancer, but demonstrates something obvious and crucially important: the sooner breast cancer is found, the more likely it is to be treated successfully.

FDA-approved breast tomosynthesis, also called 3D mammography, is a huge leap forward in both early breast cancer discovery and a reduction in stressful false positive results.

How 3D Mammography Works

Standard mammography typically relies on two x-ray film images, one taken from the top to bottom angle, the second taken from side to side. Breast tomosynthesis captures multiple digital images from many different angles, which are sent to a computer to create a 3D-quality composite, for clearer, more thorough details of breast tissue. This is especially helpful for women with dense breast tissue, which can show up white in standard breast imaging, making it hard to differentiate from cancer.

Being able to utilize many images instead of only a few enables your RAO radiologist to scrutinize tiny abnormalities, promoting the earliest possible discovery of localized cancer and the ability to differentiate healthy tissue from cancer. 3D mammography sees through dense and overlapping breast tissue, uncovering hidden lesions and reducing image artifacts that could lead to unnecessary repeat or follow-up testing (including biopsy), and related undue stress and anxiety.



More than 100 clinical trials show that low-radiation digital breast tomosynthesis is the hands-down gold standard for breast cancer screening, so there is no reason to settle for inferior technology or accuracy.

When to Get a Mammogram

When possible, it's important to get what's called a baseline mammogram, so your radiologist and general healthcare provider have a record of your healthy breast tissue. That way, future mammography images can be compared side-by-side and any changes in breast tissue easily spotted.

For women without elevated risk factors, such as a positive BRCA test, a strong family history of breast disease, or a personal history of chest radiation, routine screening should happen as follows:

- Get a baseline screening at age 40
- Begin annual screenings at age 40

Talk to your healthcare provider about starting your annual screenings earlier if you are at higher risk for breast cancer

Why Choose RAO for 3D Mammography?

RAO's Women's Imaging Center leads the region in breast imaging services, and is overseen by center Medical Director, Dr. Amanda Aulls. RAO offers leading-edge digital breast tomosynthesis screening without a doctor's referral, so you can set up an appointment to suit your schedule. When additional testing is needed, RAO also offers breast MRI, breast ultrasound, image-guided biopsy, and other advanced imaging technologies, which are read in-house by our Board-certified radiologists who subspecialize in breast imaging for outstanding accuracy, speed and peace of mind.

If it has been a year or more since your last mammogram, don't wait. RAO makes scheduling easy, convenient and designed to get you back to your day as quickly as possible.



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Advanced Treatment for OVERACTIVE BLADDER

Have you tried treatment for overactive bladder and still suffer from any of the symptoms below?

- ✓ Urgency to get to the restroom in time
- ✓ Increased frequency of urination
- ✓ Getting up at night 2 or more times to urinate
- ✓ Wearing adult protective undergarments or pads
- ✓ Inability to empty your bladder completely
- ✓ Curbing your usual activities because you must be near a restroom at all times

If you are a man or woman who said yes to any of these, then you should know about some of the advanced therapies that are available and can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately, in many patients, these do not work or don't work well enough. Some patients may even be unable to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation. If you or someone you know has OAB, the use of sacral neuromodulation or Botox may be the answer. In a specialty trained urologists' hands these treatments can succeed where others have failed.

SACRAL NEUROMODULATION

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder. This works by sending messages back to the brain to regulate the "on-off" switch for bladder function. A simple way to think of SNM is as a pacemaker for the bladder. It can help to bring your bladder function back to normal function if it is too active or even underactive.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence and urinary re-tenion. Currently one company (Medtronic Inc., Minneapolis) produces this SNM device for international use under the name InterStim®. In Europe, it is also



used successfully to treat bowel dysfunction including severe constipation, fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.

SNM is a very appealing option to patients due to its high success rate (up to 80%) and a unique trial phase. This trial phase of 3 to 7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder function. This can be placed using local anesthesia or light sedation and takes minutes to perform. This gives the patient the ability to "test drive" the device without going through the full implant. It also helps patients to gain insight on just how much the InterStim could help them. At the end of the trial, the leads are removed in the office without damaging the nerve.



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If the PNE is successful in reducing symptoms, it is likely that the full implant will work in these patients. The InterStim uses an implantable lead and small battery that are placed for long-term treatment of OAB or urinary retention. Once placed, the InterStim can last up to ten years depending on its use. The battery can be easily changed under local anesthesia. After implan-

tation, the InterStim is virtually undetectable even in a bathing suit. This device can drastically improve a patient's quality of life.

BOTULINUM TOXIN (Botox)

Botox injections are another option in the treatment of OAB. The Botox is placed directly in the bladder muscle for treatment of OAB and urge incontinence.

This is done with a simple cystoscopy (small telescope) and can be done under local anesthesia or sedation. It works by binding to nerve endings allowing for relaxation of the bladder muscle. This has been shown to improve symptoms in up to 70% of patients and up to 60% of patients will have complete resolution of their OAB or urge incontinence. Botox, however, only lasts 6 to 9 months and needs to be repeated. The FDA considers this an off-label use even though it has been used successfully for years. Use of Botox in the bladder carries no greater risk to the patient than cosmetic procedures.

These are only a few of the many options that can significantly improve quality of life. A full range of treatments for OAB and any other urologic concerns are offered at Advanced Urology Institute.

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Work (out) Smarter, Not Harder with EMSCULPT NEO®

By Dr. Tina Chandra

If you could lose fat and gain muscle without working out and see results in around 2 months, would you do it? Is it possible? Is there technology that can sculpt the body and make us look better? It's not a dream. The day has finally arrived!

Emsculpt NEO is a nonsurgical body contouring device that combines high-intensity focused electromagnetic (HIFEM) technology with radiofrequency (RF) energy. It strengthens and builds muscles while burning fat at the same time. It can be used to treat the abdomen, buttocks, biceps, triceps, and calves.

How does Emsculpt NEO work?

As mentioned above, Emsculpt NEO uses a combination of RF and HIFEM. The radio frequency is used to heat the muscles and the electromagnetic energy then builds muscles. The heating of the muscles is what causes the reduction of fat in the area being treated. While the HIFEM simultaneously causes thousands of muscle contractions in order to improve strength and muscle tone. Combining these two treatments offers optimal results.

The heating of the muscles from the RF raises the temperature of the muscles by several degrees. It is similar to what one would do in a warm-up activity before exercising, but much faster. This part of the procedure lasts less than 4 minutes. When the temperature of the fat is increased, apoptosis occurs. This means that fat cells are permanently damaged and are removed from the body.

The HIFEM energy contracts the muscle fibers in the area being treated at intensities that are not possible in regular exercise. This stress forces the muscles to adapt and results in increased growth of muscle fibers and cells.

What can I expect in an Emsculpt NEO session?

During a 30-minute session, an applicator is strapped to the area being treated, the abdomen, for example. The technician then slowly increases the RF heat and the HIFEM pulsing depending on the client's comfort level. Throughout each session and in future sessions, the applicator will get warmer and the pulses will increase in intensity.



Clients will normally have one session a week for four consecutive weeks. Each session lasts 30 minutes and there is no downtime afterwards. The client can return to work or go to dinner immediately following a session.

What areas can be treated?

According to the brand website, Emsculpt NEO is intended to be used on the "abdomen. It is cleared for improvement of abdominal tone, strengthening of the abdominal muscles and development of firmer abdomen, along with the strengthening, toning and firming of buttocks, thighs and calves, and improvement of muscle tone and firmness for strengthening muscles in the arms."

What results can be expected?

Studies of the product have shown that clients see an average of 30% fat loss and an increase of 25% in muscle mass leaving a smaller waistline. The brand boasts a satisfaction rate of 88-100%.

Is Emsculpt NEO too good to be true?

EMSCULPT NEO and the embedded high intensity magnetic field (HIFEM) technology have been clinically tested for safety and efficacy through seven clinical studies. Moreover, 30 scientific publications make HIFEM the most intensively researched body contouring technology since its introduction in 2018. The device is FDA cleared.

If you are interested in learning more about Emsculpt NEO from trusted professionals with years of experience, contact Chandra Wellness Center today.



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DR. TINA CHANDRA

Dr. Tina Chandra is committed to providing her patients with excellence and quality care with the latest in technological advances. With her exceptional skill and unique training in cosmetic dentistry, neuromuscular (TMJ/TMD) and physiologic dentistry, sleep apnea, snoring and airway management, Dr. Chandra and her team pledge to exceed your expectations in a professional, caring manner with a personal touch.



The Chandra Wellness Center is an excellent addition to her unique qualifications. We are excited to introduce this advanced technology for a Better healthy YOU! **Strong and Healthy is the new SEXY!**

DR. RAVI CHANDRA

Ravi Chandra, MD, Ocala's leading vascular surgeon is the only surgeon in Ocala, Florida with outstanding credentials and is quadruple Board certified by the American Board of Endovascular Medicine, American Board of Vascular Medicine, the American Board of Surgery, and the American Board of Phlebology. Dr. Chandra offers Vascular care at The Vein Clinic and Surgical Care Specialists in Ocala.



With over 30 years of experience and serving his patients with above standard and excellence in surgical care, Dr. Ravi Chandra is excited to branch out and offer wellness treatments to help his vascular patients with incontinence problems. He and his team are committed to bringing health and wellness back into your life.

MEN, LET'S TALK ABOUT PROSTATE CANCER

One in eight men will be diagnosed with prostate cancer in their lifetime, according to the American Cancer Society. Other than skin cancer, it's the most common cancer in American men.

The majority of cases (6 in 10) are diagnosed at age 65 or older, with the average age at diagnosis around age 66. Although rare, it can occur in men below the age of 50. Research indicates that African American men are 60 percent more likely to develop the disease than white, Latino, or Asian men.

The prostate, a gland found only in males, is located between the bladder and the rectum. Its primary function is to produce fluid that nourishes and transports sperm. Cancer develops when normal cells in the prostate gland become abnormal and begin to grow out of control. In many cases, prostate cancer is relatively slow-growing.

While some men have no symptoms, warning signs of prostate cancer can include:

- Frequent urination, often with the sudden need to urinate in the middle of the night
- Pain or burning during urination
- Blood in the urine
- Weak urine flow

Men who experience any of these symptoms should talk to their doctor sooner rather than later. Your health care provider will do a physical exam and may suggest a cancer screening test.

Screening tests can help detect prostate cancer early

A blood test that measures the level of prostate-specific antigen (PSA), a substance made by the prostate, is often the first step in screening for prostate cancer. As a rule, the higher the PSA level in the blood, the more likely that a prostate problem is present. A digital rectal exam can also detect abnormalities in the prostate. If the result of either test is abnormal, your doctor may recommend a biopsy to investigate further.

The American Cancer Society recommends screening beginning at:

- Age 50 for men who have an average risk for prostate cancer
- Age 45 for men with a high risk of prostate cancer, including African American men and any male with an immediate family member diagnosed with the disease under the age of 65



Talk with your doctor to make the best personal decision about whether and when to undergo PSA screening. Early detection can make all the difference for treating the disease before it spreads, often resulting in a better outcome.

When found early, while cancer is confined to the prostate or the region surrounding it, treatment success rates and survival rates are very high. In fact, in the U.S., the five-year survival rate for men diagnosed with early-stage prostate cancer is more than 99%.

Treatment for prostate cancer

Many men who are diagnosed with prostate cancer are surprised when their doctor recommends watchful waiting, but this is sometimes the best plan. Because it is often slow-growing, prostate cancer can take years to become detectable and even longer to metastasize outside the prostate. In these cases, physicians may choose to closely monitor the prostate cancer with PSA testing and biopsies and begin treatment only if it grows or causes symptoms.

However, some prostate cancer cases are more aggressive and need more urgent treatment. Surgery and radiation therapy are among the most common treatments. A prostatectomy surgically removes the prostate. Radiation seeks to kill the cancer either by directing radiation at the cancer cells externally or by surgically placing seeds or pellets into or near the cancer to destroy the cancer cells, known as brachytherapy.

A urologist or oncologist will recommend the best treatment plan for your unique needs.

Thanks to ongoing advancements, many prostate cancers can be treated in very short schedules that result in optimal outcomes, decreased cost, and increased patient convenience.

Ways to reduce your risk

While no one can control age and hereditary factors that can contribute to the development of prostate cancer, lifestyle changes can help decrease a man's risk. A healthy diet and regular exercise are important factors men can control. Following a plant-based

diet, maintaining a healthy weight, and increasing exercise have all been shown to lower the risk of prostate cancer.

Knowing the risk factors, symptoms, and recommended screening guidelines is vital to early detection. The majority of prostate cancer cases are discovered in the early stages, making the disease more likely to respond to treatment.

Talk with your doctor for more information during your annual wellness check.

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

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Omega-3 & Pain Relief: Finding the Best Strategy

By Bo Martinsen, MD

According to the CDC, an estimated one in five Americans live with chronic pain.

What's worse is that many of these sufferers don't believe medical treatment will help, or worry that the treatment will create more undesirable side effects than the pain itself.

In fact, many pain medications can cause serious side effects like gastrointestinal problems and addiction. But there is a natural anti-inflammatory agent that can also help manage pain – if we get the right dose.

Omega-3 Oil and Pain Relief

Scientists have been investigating the relationship between omega-3 fatty acids and pain relief since the 1980s. Over the decades, numerous studies have found that omega-3 supplements may help patients lower pain scores and reduce their need for pain-relieving medications.

With that said, the benefits of omega-3s are dose-dependent. To understand the kinds of doses needed to achieve results, let's delve into the research:

Rheumatoid Arthritis Research

- A double blind, placebo-controlled study from 2008 investigated the effect of consuming 10 fish oil capsules every day. When taking 2200 mg of EPA/DHA, 65% of the patients significantly reduced their use of Non-Steroidal Anti-inflammatory Drugs (NSAIDs) by more than 30%. The authors noted, however, that many participants withdrew early from the study because they did not like swallowing 10 capsules daily – and often experienced fishy burps and gastrointestinal problems (a common occurrence with fish oil capsules).
- A 2012 meta-analysis concluded that giving rheumatoid arthritis patients at least 2700 mg of EPA/DHA daily for more than three months reduced patients' need for NSAIDs.
- A 2017 meta-analysis determined that omega-3 supplements could potentially reduce rheumatoid arthritis pain, with doses from 3000 to 6000 mg daily having the greatest effect. If using regular fish oil pills, this dosage would be the same as swallowing between 10 to 20 capsules every day.

Osteoarthritis Research

While there's substantial evidence surrounding the benefits of omega-3s for rheumatoid arthritis, the research is more mixed when it comes to osteoarthritis. For instance, another 2017 meta-analysis reported that while there is generally a positive connection between omega-3 fish oils and reduced arthritis pain, the results did not reach statistical significance for osteoarthritis patients specifically.

It is possible, however, that some of the mixed results from osteoarthritis trials could be explained by bio-availability issues – or a lack of compliance.

For instance, a 2018 study found that having a lower omega-6 to omega-3 ratio was associated with less pain in adults with osteoarthritis. By measuring the patients' omega-3 levels (the amount of EPA and DHA fatty acids within the red blood cells), scientists in this study had more reliable data and were able to determine how much omega-3 was actually being absorbed.

Why Omega-3s Impact Pain

Even if the research surrounding osteoarthritis isn't always clear, there are good scientific reasons why omega-3s target chronic pain. Most notably, these fatty acids have powerful anti-inflammatory effects and operate on similar biochemical pathways as over-the-counter painkillers.

Additionally, since full-spectrum omega-3s positively influence cell functioning and support our microbiome, they may be able to increase the benefits of certain medications and/or reduce their side effects. Indeed, some scientists are currently exploring using omega-3s to combat the harms of opioid addiction.

An Effective Omega-3 Dose Is Crucial

In spite of the scientific evidence that omega-3 fish oil may relieve chronic pain, most people never experience it. Why?

While fish oil's pain relieving effects have been recognized for some time, few people understand that sufficient doses are required for results. Therefore, patients often miss an opportunity to improve their quality of life because they are taking ineffective doses.

In the studies above, the omega-3 dosages that achieved pain-relieving results ranged from 2200 - 6000 mg of EPA/DHA (used daily for at least 12 weeks). That would be the same as consuming between 8 to 20 regular fish oil capsules every day – or 1-2 vials of Omega Cure Extra Strength.

For the full article and references, please visit: <https://omega3innovations.com/blog/an-omega-3-strategy-for-pain-relief/>

About Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several medical food products that combine effective doses of omega-3s with soluble fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for 20 years.

How Many Pills Do You Need to Get 2000 - 3000 mg EPA/DHA?		
Product Type	~ Omega-3 Dose Per Unit	Servings Needed
Regular fish oil capsule	300 mg EPA/DHA	7 - 10 capsules
Concentrated fish oil capsule	600 mg EPA/DHA	3 - 5 capsules
Krill oil capsule	75 mg EPA/DHA	27 - 40 capsules
Teaspoon of cod liver oil	1000 mg EPA/DHA	2 - 3 teaspoons
Serving of wild salmon	2000 - 3000 mg EPA/DHA	4 - 6 oz

A hard-to-swallow truth: With many omega-3 supplements, you have to down a handful of capsules to get an effective dose. That's why taking liquid fish oil or eating enough fatty fish are better options.



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BEFORE SHOPPING FOR A NEW HOME... SHOP THE NEIGHBORHOOD

By Sharon A. Bassett

You know how much you can afford. You have your down payment. You have pre-qualified for your mortgage. Now it's time to shop for your dream home. A place where your family will want to gather. A place to make holiday memories. A place where you can live your best life and enjoy the fruits of many years of labor. What will you look for in your new property to make THIS house the place you will call home? If you're planning on purchasing a home, keep in mind that you're not just buying a house, you're investing in a neighborhood.

Don't start with the house.

Start with the neighborhood.

Don't overlook this key consideration before you start to look for a home. When you take the time upfront for this exploration, you'll be able to watch for houses in those areas that meet your criteria – rather than jumping at what might be the right house in a location where you don't want to live. Look for local amenities and services that support your lifestyle, such as a school, hospital, grocery, other retail shopping, gas station, or public transit. Drive around at different times to see what's happening in the neighborhood. Check it out during the week, on weekends, and during the day and evening.

If you have school-age children, the local school district and its performance will be of high priority to you. The school and the district's state report card, class size, extracurricular activities offered, and distance to the school will be as important to you as the number of bathrooms in your home. You can find any school's state report card on the state Department of Education website. The school report card is a snapshot of how the school is doing academically, the enrollment, discipline and attendance rates, graduation rate, money spent per student, and how the school compares to others in the state as well as across the nation. To access school report cards for any school in Florida, use this website: edudata.fl DOE.org.

Social amenities such as a community pool, parks, health facility, or business center might be important to your family. Security should be a concern for anyone looking to move, not just for people with kids. When you find a neighborhood you are truly interested in, check to see if there is a community Face Book page or website. Ask questions there.



Take a walk around the neighborhood and find a friendly face. Tell them you are considering a home in this area or street and ask them if they would mind answering a few questions for you. This might be your first new friend in the area!!

You can also check for crime reports online. Try citiprotect.com and search by zip code or address to see the number of police reports and the types of crime reported for that neighborhood. Most larger urban areas have detailed crime reports, while smaller towns may only have general information. On your drive thru the neighborhood, also look for vacant lots or abandoned buildings. Both could significantly change the area and impact property values. Graffiti, vandalism, broken windows, high fences, Beware of Dog signs, and barred windows are strong indications that crime is a concern in the area.

Find out what houses in the neighborhood are currently valued at, then ask a real estate agent how that compares with the average value five and ten years earlier. How much has the property increased? Has the neighborhood changed? Is the real estate agent aware of any future developments? Do be aware, though, that realtors are not allowed to express an opinion such as "this neighborhood is wealthy and safe," or "that neighborhood is dangerous and poor," so you might also want to knock on a few doors and ask questions of potential neighbors. You can check property values at your county court clerk's office online or in person. Find out from the real estate agent or the city what the current tax rate is and how

much it has increased in the last five years. Is there another expected increase? How much might you pay in five years? Build this amount into your moving budget.

In today's world, a home is more than the walls you live inside. The neighborhood will become a community and if you find the right one, your neighbors will be a part of your life. Take the time to research more than just the house you like; find the neighbors you will want to like too.

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. <https://www.bassettpremierrealty.com>

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YOU REALLY DO NEED THAT MAMMOGRAM

Maybe you've skipped your mammogram once or twice. There are good reasons not to. Regular mammograms have reduced breast cancer deaths by 40% since screening began in the mid-1980s, according to the American College of Radiology.

Mammograms arm you against breast cancer

A mammogram is a safe, low-dose X-ray of the breast tissue. If you have a tumor, it will likely show up as a bright dense blotch on the X-ray. You can get your regular mammogram screening at no extra cost as part of your Florida Blue Medicare plan when you use a network provider.

Even if you're doing a monthly self-exam or your doctor does regular clinical breast exams, you should still get your mammogram. That's because a mammogram can find tumors before you can feel them.

When do I need a mammogram?

Women typically get their first mammogram when they are between the ages of 40 and 50, and then every 1-2 years after that. And just because you're older, doesn't mean you wouldn't benefit from the screening. Guidelines from the U.S. Preventative Services Task Force recommend mammograms continue through the age of 74. Remember, your doctor can help you decide when and how often to schedule your mammograms, based on your health history.

What happens if your mammogram shows something abnormal?

First of all, don't panic! It doesn't necessarily mean you have cancer. Out of every 100 women who get screening mammograms, 10 will be called back for additional tests to rule out cancer. In most cases, follow-up tests show there are no signs of cancer. Or, they may show a benign (non-cancerous) condition exists.



Getting your regularly scheduled mammogram could save your life, and technology advances are making mammograms more effective than ever. Someone you love is counting on you to stay healthy. Make sure you get your next mammogram on time.

Mammogram questions? You don't need to be a member to talk with one of our Florida Blue nurses. They can answer any of your health questions and help you make a plan to improve your health. Find your neighborhood Florida Blue Center at floridablue.com or call 1-877-352-5830 (TTY 1-800-955-8771) or learn more at floridablue.com/center.

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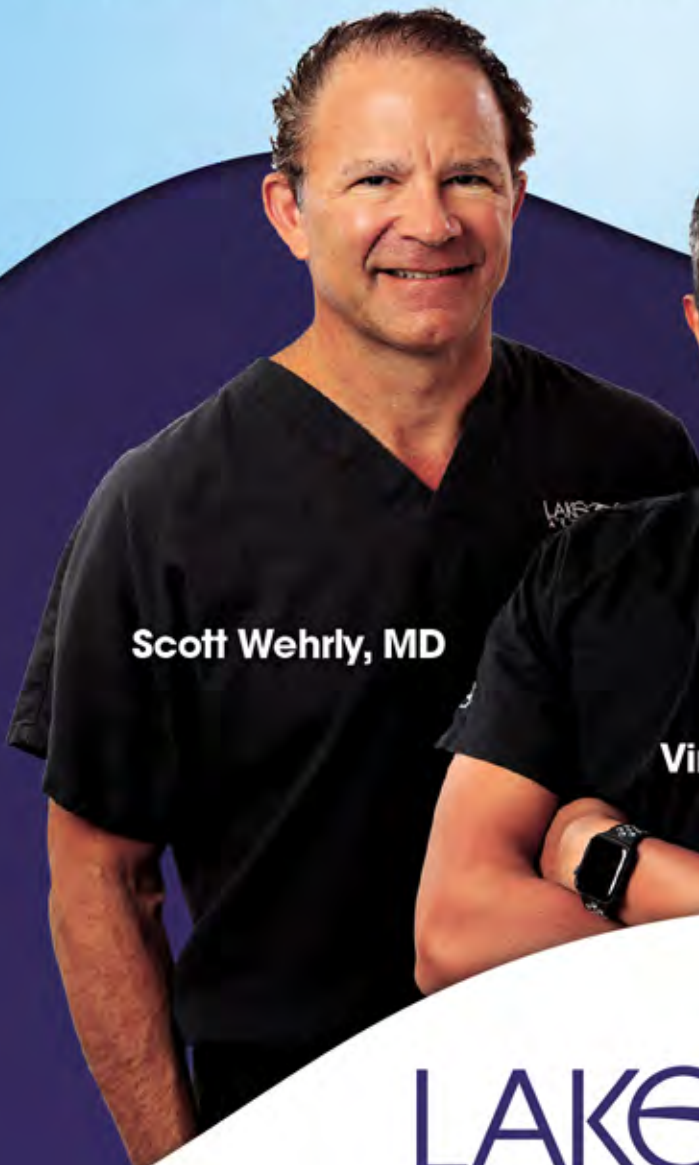
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THE COST OF KEEPING UP

By Allison Weber, APRN-C

The cost of treatment will always outweigh the cost of prevention. This holds especially true when it comes to your skin. Once a skin condition has set in, it's exponentially harder to get rid of. Let's take a look at some of the costs to prevent these skin issues vs. the cost of treatment.

Melasma and sun spots are common in our beautiful sunshine state. Typically found on the cheeks, nose, forehead and chin, melasma or sun spots are dark grey/brown patches. Prevention starts early, and it's simple- sunscreen! Choosing a broadband, SPF 30 or higher product with zinc/titanium dioxide and applying it every 2 hours might be the easiest prevention tip we have. Allison Weber, APRN-C at MidState, says her favorite SPF is EltaMD. Treatment for melasma/sun spots can take months, and involve a plethora of options such as prescription topical hydroquinone (\$10-100), topical retinoids (\$50+), cosmetic peels (\$90+), Vitamin C (\$20+) and tranexamic acid (\$20+). It's important to note, some forms of melasma are hormonal and may not be preventable.

Wrinkles are a natural part of aging; we can't change our DNA. However, there are many factors that can speed up aging skin such as excessive exposure to UV rays, smoking, dehydration and pollutants. Prevention of wrinkles should involve daily sunscreen (\$10+), a consistent skincare routine (\$20-100) and a healthy lifestyle. Additionally, starting preventative neurotoxins like Botox early on can lessen the amount of neurotoxin that's needed (\$100+), and also the number of areas to be treated. Late treatment of wrinkles can almost double the cost of your skin care regime. Not to mention, not keeping up with your health may result in more than just a trip to the dermatologist. Treatment of deep, set in lines could require more product resulting in higher costs (\$300+) and additional treatments.

Dyshidrotic eczema is a form of eczema that shows up on the hands or feet, and causes tiny, intensely itchy blisters. For most people, having dyshidrotic eczema falls somewhere between having it once (3-4 weeks) and living with the chronic, debilitating condition. Moisturizer plays a key role in helping your skin heal, and stay healthy. Dermatologists recommend you use a fragrance-free ointment or cream (not lotion) to help prevent skin from reaching the point



of severe irritation. A MidState favorite is CeraVe Moisturizing Cream that can be found at your local drug store for \$10-15. Alternatively, treating dyshidrotic eczema can involve prescription topical treatments, multiple visits to the dermatologist and steroid injections. Depending on insurance and severity you could be looking at months of treatment and \$100's.

Consistency is key. Keeping up with your skin care is health care. Once a day care adds up to weekly, monthly and yearly benefits. Conversely, neglecting your skin can add up as well. Put the time into yourself, it's a good return on investment.

FAVORITE SPLURGE WORTHY FINDS



- 1 EYE DE-PUFFING GEL
- 2 OVERNIGHT SMOOTHING CREAM
- 3 TIGHTENING EYE CREAM
- 4 REPLENISH MOISTURE
- 5 BRIGHTENS & ENHANCES HANDS & SERIOUS UV PROTECTION - SKIN CARE

Splurge Worthy-

1. Dr. Brandt - No More Baggage
2. Neocutis - Bio Cream
3. Neocutis - Lumiere
4. EltaMD - Barrier Renewal Complex
5. EltaMD - So Silky Hand Cream
6. EltaMD - UV Broadband SPF

FAVORITE DRUG STORE FINDS



- 1 DRY SCALP
- 2 WRINKLES, UNEVEN SKIN TONE
- 3 HYDRATING SKIN BOOSTER
- 4 TARGETED SKIN RELIEF
- 5 HYDRATING LIP SCRUB
- 6 HYALURONIC ACID
- 7 MOISTURIZER WITH SPF - HYALURONIC ACID

Splurge Worthy-

1. Dr. Brandt - No More Baggage
2. Neocutis - Bio Cream
3. Neocutis - Lumiere
4. EltaMD - Barrier Renewal Complex
5. EltaMD - So Silky Hand Cream
6. UV Broadband SPF

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MidState Skin Institute
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Medical Dermatology

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

Surgical Dermatology

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

Cosmetic Dermatology

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

Aesthetics

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



Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself in the a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

Get Moving

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

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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

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

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

www.quickcaredmed.com

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(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

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Hearing Health: Sensorineural Hearing Loss

As one of the most common types of hearing loss, sensorineural hearing loss is well-researched and fairly treatable. If you or a loved one has been diagnosed or is seeking a diagnosis, here's some information to help you learn more.



When it comes to hearing loss, sensorineural hearing loss is the most pervasive. In fact, most people over a certain age experience some level of sensorineural hearing loss. Like our eyesight and memory, our sense of hearing can deteriorate over time. If you or a loved one is having trouble hearing or making out certain sounds, they might be suffering from sensorineural hearing loss. This article will touch on what this is, how it can be treated, and how to recognize it before it begins seriously affecting your life and relationships.

What is Sensorineural Hearing Loss?

Before we assess the symptoms and treatment of sensorineural hearing loss, it's important to understand what it is. There are a few different types of hearing loss, which can be caused by blockages or damage to the auditory nerve. However, sensorineural hearing loss refers to the cochlea, a vital organ in the hearing process.

After sound is fed through your ear, it reaches the cochlea. This is a spiral-shaped organ lined with microscopic hairs. Inside the cochlea, the hairs pick up the sound and determine factors like frequency and volume. From there, it is fed to the brain and processed as sound. When the hairs within the cochlea are worn down and damaged, this can result in sensorineural hearing loss.

Sensorineural hearing loss can be experienced differently from person to person. Some people might have problems hearing certain pitches or voices, while others might struggle to hear anything at all. Because this form of hearing loss occurs gradually, a person might not know they have it until they receive their diagnosis. For that reason, it's important to remember and recognize the signs before their condition gets worse.

Symptoms of Sensorineural Hearing Loss

As expected, the primary symptom of hearing loss is a general dulling of your hearing. However, this can be difficult to gauge on your own, especially if you've been living with hearing loss for a long amount of time. Your brain works overtime to help you adjust, and anything can become normal after a time. Because of that, gradual hearing loss can be very difficult to recognize. General symptoms of hearing loss can include:

- Trouble hearing in crowded or noisy rooms (cocktail party effect).
- Muffled sounds and speech.
- Trouble hearing certain voices.
- Difficulty hearing consonants in speech.

- Turning up the television or radio past the point of comfort for other people.
- Tinnitus, or ringing in the ears. Tinnitus can also manifest as humming, roaring, or buzzing.

That being said, it's important to remember that hearing loss itself is not the only symptom — people who experience hearing loss can also experience side effect symptoms like:

- Withdrawing from social situations and conversations.
- Feeling easily irritated or overwhelmed by sound.
- Trouble enjoying music, television, radio, or podcasts.
- Anxiety or paranoia that you're not aware of your surroundings.
- Feeling fatigued at the end of the day, seemingly for no reason.

The symptoms of hearing loss can vary between people. While some experience irritability and depression, others might not even realize they have hearing loss. Some of these symptoms might even go under the radar since they can be mistaken for separate issues. Most people who receive diagnosis and treatment report feeling better than ever, now that the root issue of their problems is gone.

Hearing loss has more of an impact on your health than you might think. In fact, it can cause depression and memory loss when left untreated. Losing a sense can strain your brain, leaving you tired and anxious. Finding a hearing care professional and seeking a diagnosis might be the first step to getting treatment — and treating your hearing loss is the first step to treating the issues associated with it.

Treatment of Sensorineural Hearing Loss

Unlike many cases of conductive hearing loss, sensorineural hearing loss is not curable in the traditional sense. You cannot perform surgery or take medications to solve it. It is usually permanent, but that doesn't mean it's untreatable. In fact, seeking treatment can help prevent further damage, and alleviate the symptoms of sensorineural hearing loss altogether. When you receive a diagnosis, your hearing care professional (HCP) will speak to you about potential treatment options.

One such treatment option is hearing aids. While some people have a negative opinion of hearing aids, advancements in technology have made them one of the most effective avenues of treatment. While they might not completely return your hearing to its natural state, hearing aid manufacturers like Signia focus on delivering the most authentic experience possible.

Features like Own Voice Processing allow wearers to hear their own voice in a natural way, and add-ons like Bluetooth capability and direct streaming make it easier for hearing aid users to connect with their phones and other devices. Older models might have a reputation for being clunky and dissatisfying, hearing aid technology has progressed to the point where many people are opting to try a pair.

Choosing to purchase hearing aids is a big decision, so speak to your HCP about them. Getting fitted and trying out some hearing aids can give you insight on whether or not they are right for you. If you're curious about hearing aids, consider reading other entries in the Signia Hearing blog to get the full picture.

Causes & Prevention of Sensorineural Hearing Loss

If you already have mild hearing loss or want to prevent it in yourself or other family members, you might be curious about how to prevent sensorineural hearing loss. Luckily, prevention is entirely possible. Achieving better hearing is a matter of prevention. Once damage to your ears has been done, it's extremely difficult to repair.

People who protect their hearing when they're young report lower levels of sensorineural hearing loss when they grow older. Meanwhile, people in certain occupations (construction, music, military) report higher rates of hearing loss due to noise exposure.

Prolonged exposure to noise degrades your cochlea, causing sensorineural hearing loss. For that reason, it's important to protect your hearing when entering loud situations. This includes concerts, clubs, shooting ranges, gun shows, auto races, and other loud activities. Wearing earplugs is the primary method of protection, aside from avoiding these situations entirely. It is also important to give your ears a rest after loud activities. Enjoy some peace and quiet, and give your ears time to recover.

If you work in loud conditions, like the military or construction, make sure you're wearing protection at all times. When you work in these conditions every day, it's extremely easy to damage your hearing. While you might feel fine in the present, the damage is still being done. Protect your hearing, so you can enjoy it once you're older.

If you enjoyed learning more about sensorineural hearing loss, you might find more useful information on the Signia Hearing blog. This blog catalogs a variety of hearing topics, from aural health to hearing aids. If you'd like to keep up with future updates and articles, the Signia newsletter can put you in the loop.

Source:
<https://www.signia.net/en-us/blog/global/hearing-health-sensorineural-hearing-loss>

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Unchanged these his last 16 years of practice is Attorney Smith's flat fee model of Estate Planning, including \$75 Wills. He continues to be available free of charge to speak to your church or social club on a wide range of topics, including charitable giving, estate planning for Florida residents, and homestead and tax planning. The previous year's radio content can be found and streamed at www.AttorneyPatrickSmith.com.

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Vertigo: How to Stop Spinning—Fast

Vertigo is a condition that makes individuals feel sensations of spinning, which causes nausea, vomiting and other unpleasant side effects. A physical therapist will be able to determine if BBPV may be the cause of your symptoms. *(Vertigo may also be caused by a central nervous system disorder, and that type of spinning cannot be corrected with these maneuvers. Doing the maneuvers will help us to determine if the crystals are loose and if it's treatable with therapy).*

Within the inner ear, are semicircular canals. Calcium crystals, known as canaliths help signal movement and positions to the brain. As we age, these crystals slough off of their stem (utricle) and the loose crystals can become displaced within the semicircular ear canals, causing BPPV.

Dr. Epley created a technique to reposition the crystals and get them out of the semicircular canals. The technique is known as the Epley maneuver. Physical therapists (PT) are trained to use the Epley maneuver in their practices and they can also teach patients how to safely perform this technique in the comfort of their home when necessary.

The Epley Maneuver

The Epley maneuver is performed when the patient is lying down, and a small pillow is placed behind their head. The Physical Therapist will position the head at various angles for holds of 30 seconds. If the holds are inadequate or too long, the maneuver will fail. That is why it's important to fully understand the technique before attempting it at home. Innovative Therapies Group PTs are highly trained in performing the Epley maneuver and instructing patients how to perform it safely at home.

Along with the Epley Maneuver, Benign Paroxysmal Positional Vertigo can be effectively treated with three other manual maneuvers that also move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These other techniques are known as the Semont maneuver, Foster maneuver, and the Brandt-Daroff exercises. These therapies can be performed in the convenience of Innovative Therapies Group's office.



If you are dizzy or off balance, don't put off treatment.

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Physical and Occupational Therapy is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.

In Florida, you do not need a referral to see a Physical Therapist

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase

range-of-motion and live a more mobile higher quality of life than through physical & Occupational therapy.

Types of Treatment Available with Physical Therapy

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

Along with PT, Innovative Therapies Group offers Occupational Therapy, Speech Therapy, and Massage.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today at **352-433-0091**.

Innovative Therapies Group, Inc.

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How Does Cancer Affect the Kidneys?

Cancer affects 9.6% of the population of the United States. It is the number 2 killer in this country, behind only heart disease. It comes in as many forms and there are body parts. It can strike any one at any time. When we hear a new diagnosis in a friend or family member, we usually ask which cancer the person has without thinking about the effect said cancer can have on the rest of the body. A diagnosis of breast cancer or pancreatic cancer should only affect those body parts, right? Unfortunately, that is not the case. No matter the form of cancer a person has, its effects and the effects of treatment can be quite harmful to other organs. In this article we will focus on the effect of cancer on the kidneys.

With an increase in the number of cancer patients and cancer survivors, cancer-related and treatment-related kidney disease is also on the rise. Cancer itself can directly cause kidney injury due to the production of substances that are toxic to the kidneys. Patients undergoing treatment can also suffer kidney injuries as a side effect of cancer medications and other treatments. Additionally, patients with existing kidney diseases have limited options when it comes to treating their cancer due to their decreased renal function.

When we look at all of the functions the kidneys perform for our body, we should not be surprised to find out that cancer in any form can be dangerous to them. Cancer can raise blood pressure, disrupt balances of magnesium, potassium, and electrolytes in the body, and otherwise injure the kidneys and cause kidney disease. That is why patients diagnosed with cancer should undergo regular kidney tests to determine if there are any problems before those problems become more serious.

Signs of Kidney Disease in Cancer Patients:

- Blood in the urine
- High blood pressure
- Shortness of breath
- Swollen ankles, feet, hands
- Changes in urine quantity
- Dark urine
- Itchy skin
- Excessive fatigue
- Confusion
- Seizures



A patient experiencing any of these symptoms should communicate them to his/her oncologist immediately. Sometimes simple lifestyle changes (drinking more water, for example) can be all of the treatment that is needed. In other cases, medications may be necessary.

Cancer treatment's effect on the kidneys

Kidney problems can arise during cancer treatment for a number of reasons. One common problem is dehydration. Chemotherapy can cause a patient to feel too nauseous to consume sufficient food or water thus causing the patient to become dehydrated. Another problem can arise from the fact that the kidneys are processing extra waste from the cancer. The kidneys must put in overtime to filter the byproducts from the cancer and its medications. This can leave the patient with decreased kidney function. Finally, the medications used to kill the cancerous cells in the body and directly hurt the kidneys. A change in medications may be necessary.

Treatment for kidney damage

Thankfully, most kidney damage is reversible if it is carefully managed. Once the medication that is causing the damage has been stopped, treatment is directed towards preventing an excessive accumulation of fluids and wastes while the kidneys heal. This is accomplished through the use of diuretics, sodium polystyrene sulfonate, changes in diet, dialysis, or medication.

Diuretics may be prescribed in order to increase the amount of water the body excretes in the urine.

Sodium polystyrene sulfonate is a medication that lowers the potassium in the blood.

Diet modification may be necessary. Restricting substances such foods high in proteins, salt, and potassium may be a good idea since these are normally excreted by the kidneys.

Dialysis uses a machine to perform the functions of the kidneys. The patient's blood is routed through a machine which filters out excess waste and fluid before putting the blood back into the body. This is especially important for patients with high levels of potassium in the blood.

Medications such as amifostine, sodium thiosulfate, and diethyldithiocarbamate may prevent or reduce kidney toxicity of other medications.

Kidney disease is often difficult to detect when a patient is dealing with cancer. Its symptoms can be mistaken for side effects of the cancer treatment. This is why it is important for those diagnosed with cancer to see a kidney specialist.

If you or someone you love is going through cancer and in need of a kidney specialist, contact Sunshine Kidney Care in The Villages today. They are located at 1400 N US Hwy 441, Suite 522. Call 352.388.5800.

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Welcome to Pacifica Senior Living Ocala

Welcome to Pacifica Senior Living Ocala, where residents enjoy luxury retirement living in the heart of sunny Marion County.

At Pacifica Senior Living Ocala, residents enjoy life by their own design. With state-of-the-art amenities on campus, including vibrant life enrichment programming and chef-prepared meals, residents are invited to live with peace of mind about every aspect of their daily lives.

Our dedicated caregivers foster a community of comfort and belonging, creating strong bonds with residents as they administer care. We want our residents to feel welcome at all times, creating an environment that inspires feelings of home.

We offer assisted living and memory care services, creating a continuum of care that allows residents to transition from standard personal care to specialized assistance if they begin to experience memory loss. Our memory care community is equipped with safety features to minimize risks associated with conditions like dementia and Alzheimer's disease.

Each resident at Pacifica Senior Living Ocala receives care tailored to his or her unique needs, as determined by professional assessments. Our licensed staff work with prospective residents before they move to identify their level of care, allowing our caregivers to provide an ideal balance of support and independence as they assist.

We treat all residents like family, from the moment they enter our doors. We take each resident's likes, dislikes, and needs into consideration when we create our customized service plans. As our caregivers notice changes in a person's routine, we reassess to implement the correct changes so each resident receives ample care while calling Pacifica Senior Living Ocala home.

Every person is unique. Our retirement living experience is centered around making each person feel like a priority, knowing help is always available when they need it. By offering customized services and amenities, we make it possible for our residents to enjoy the retirement living experience they always imagined.



During their stay, we invite our residents to enjoy a diverse range of amenities designed to make each day an exciting new adventure. Our life enrichment programming calendar features new activities and events every morning, afternoon, and evening, inviting residents to meet their peers and make friends by bonding over shared interests.

In the past, our life enrichment opportunities have included arts and crafts, group outings, exercise classes, and so much more. Our directors schedule programming with residents' preferences in mind, creating events they are sure to love.

Dining is a core part of our commitment to exceptional care, putting chef-prepared meals right at residents' fingertips for breakfast, lunch, and dinner. Our dedicated culinary staff goes above and beyond to craft recipes that are guaranteed to satisfy, using fresh and wholesome ingredients.

Our daily menu features new recipes for residents to enjoy, creating endless delicious meals to look forward to. Best of all, we invite our residents to dine together in our beautiful restaurant-style dining room, sharing meaningful moments with one another as they savor their favorite meals.

At Pacifica Senior Living Ocala, our staff members are trained to provide a diverse array of personal care services. Our compassionate caregivers assist residents with their activities of daily living as outlined by their customized service plan, including bathing, dressing, grooming, and more.

With staff available 24-hours a day, residents and their family members can live with peace of mind knowing help is always available. While staff strive to anticipate residents' needs, each apartment home features an emergency call system to make requesting assistance easy.

Our apartments are designed to give residents a truly comfortable place to call home, with the freedom to decorate as they please. With daily and weekly housekeeping services, we invite our residents to live with peace of mind about their surroundings without lifting a finger. Our housekeeping services include general tidying, trash removal, and laundry assistance.

We understand the importance of meeting doctors and medical professionals on time for appointments. To help our residents get around town, we offer scheduled transportation services that virtually eliminate the need to own a personal vehicle.

With beautiful outdoor spaces, modern interiors, and comfortable apartment homes, Pacifica Senior Living Ocala sets the stage for residents to enjoy a resort-style experience. By providing a maintenance-free lifestyle, we encourage residents to live with peace of mind with extra time to enjoy activities they love.

At Pacifica Senior Living Ocala, each day is a new adventure. We invite families to learn more about our community by visiting our campus in person. We offer free tours, giving families an opportunity to talk to our caregivers, see our homes, and get a better idea of the experience incoming residents can expect while calling our community home. To schedule a free tour, please contact us via phone or email.



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Different Types of Senior Living Options

By Janice Martin, Senior Advisor / Family Liaison

Thinking about a move to a Senior Living Community? There are several different options available depending upon care needs. When deciding, it's important to be honest about the assistance needed. Everyone wants to be as independent as possible, but many are often in denial about their declining health and physical limitations. Let's take a look at the differences.

Independent Living communities provide services such as dining, housekeeping, basic cable, Internet, maintenance, activities, parking, and transportation. If a minimal amount of care is needed, home care services may be hired privately. Often, an individual must be able to walk or may use a walker. If using a wheelchair, they must be able to use it without assistance to move about the community and evacuate in an emergency. There are no care staff available. There are a variety of apartment sizes from studios to two bedrooms with 2 bathrooms. The price can range between \$2,300-\$7,000.

Assisted Living communities are designed to help individuals with care while maintaining the highest level of independence. Some choose to live in assisted living because they are experiencing frequent falls or in case of an emergency but have few care needs. Others need significant care. Residents may leave at any time – to go out to dinner, on vacation with family, or even on a cruise!

Many people are surprised that all Assisted Living communities are not equal in the amount of care they are licensed to provide. There are 3 levels of licensing:

Standard license communities can help give medications, manage weekly pill organizers for residents who self-administer them, observe residents and report

observations to the doctor, treat Stage 1 pressure sores, provide a one-person assist for transfers, and change resident's bandages for minor cuts and abrasions.

Limited Nursing Services (LNS) communities are licensed to provide any of the services under a standard license as well as the application of heat and ice packs, the routine changing of colostomy bags, passive range of motion exercises, obtain urine specimens, provide blood glucose testing, replace self-maintained catheters, provide one to two person assist for transfers, and assist with the care of casts or braces. If on oxygen, a resident must be able to use it independently.

Extended Congregate Care (ECC) communities are licensed to provide any of the services listed above, as well as routine care of an intermittent feeding tube, administration of oxygen, care of an amputation or fracture, and treatment of a Stage 2 pressure sore that is stabilized.

Private apartment sizes range from studios to 2 bedrooms with 1 bathroom and cost between \$3,100-\$6,500. Some offer a shared option for two unrelated people. The included services are the same as Independent Living, however care fees are extra and can be an additional \$200-\$2,000.

Memory Care is a specialized type of Assisted Living in a secure area. It is designed to help those with a diagnosis of dementia who are advanced or exit seeking, wandering, or can no longer follow simple instructions. If an individual has memory impairment, it does not mean they must be in Memory Care. It does NOT mean a higher level of care – just increased support. There is sometimes an option for a ladies-only area and some communities have a non-secure option for people with

early to mid-stage dementia. Residents must be escorted but may leave at any time. Some communities offer an all-inclusive price and others have separate pricing for care. Both private and semi-private options are available from \$3,000-\$7,200.

A general practice for Independent and Assisted Living is to charge a one-time, non-refundable fee called a Community Services Fee that can cost between \$1,500-\$3,500. It is used to turn over the apartments between residents, acquire the necessary assessments and paperwork, as well as the maintenance and upkeep of the common areas.

A second person fee is also charged. This may be a spouse, relative, or partner and will cost between \$500-\$1,100 plus care fees.

In any assisted living, an individual may not be bedridden for more than 14 days unless under the care of Hospice. In addition, no mechanical devices may be used to transfer such as a Hoyer lift.

A Skilled Nursing Community is appropriate if an individual is completely bedridden, requires continuous feed nutrition, needs a Hoyer lift, or requires adaptive devices to keep them in a chair, wheelchair, or bed. Both private and semi-private rooms are offered, and private pay can cost from \$10,000 a month and up.

Don't assume that someone with a high level of care needs to be in a skilled nursing home. It is important to honestly discuss what help is needed to determine the right choice from the beginning. Senior Liaison is available to determine what will be a good fit for your budget, care needs, and location preference. We are "Your Guide Through the Chaos!" For more information, call **Janice Martin** at **352-477-1866**, visit www.SeniorLiaisonCFL.com or Like our Facebook Page at "Senior Liaison."

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Supportive Care Can Help with a Cancer Diagnosis

Submitted by Hospice of Marion County

Palliative Care is defined as supportive, comforting, soothing, calming and reassuring. It should not be confused with quick fixes offered in “pain clinic” settings. Palliative, or what many now call Supportive Care is specialized medical care for people with serious illnesses. Its focus is to provide relief from the symptoms, pain, and stress—whatever the cause or diagnosis. You may need relief from:

- Pain
- Fatigue
- Nausea
- Loss of appetite
- Shortness of breath

While undergoing medical treatments, you also need to carry on with life’s activities. Supportive Care can help manage pain and symptom control, enabling you to enjoy a higher quality of life. This specialized comfort care is provided by a team of doctors, nurses and other specialists, who work together with a patient’s primary doctor and/or specialist to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and can be offered along with curative treatment.

How can this type of care help with a cancer diagnosis?

Because patients are carefully regulated by their physicians with consultations from experts in Supportive Care, people can rest assured that their pain and symptoms can be managed (most within 24-48 hours) and their conditions monitored on an ongoing basis. The Supportive Care team can be called to:

- Aid in pain and symptom management
- Assist with relief of suffering – physical, emotional or psychosocial
- Discuss the course of disease and goals of care
- Assist attending physician, patient or family with clarification of development of your supportive plan of care
- Help establish the best possible quality of care as determined by patient and family
- Offer emotional support to patient and family, including anticipatory grief and bereavement counseling
- Review and complete documentation of advance directives
- Explain pros and cons of forgoing specific treatment and/or diagnostic treatments
- Facilitate transition to alternate care settings, such as home, nursing home or hospice when appropriate



Who can receive Supportive Care?

Patients with serious illnesses are appropriate for Supportive Care. It is available to help with pain management, relief of suffering and education on their disease progression and prognosis. As a holistic approach to care, it’s about a person’s whole being, including family and loved ones.

Supportive Care addresses the patient’s medical, emotional and spiritual needs. It offers support to patients and their caregivers. Open discussion between patients, families and healthcare professionals is encouraged in determining the patient’s goals and medical plan of care. As a patient’s disease progresses, the Supportive Care team adjusts its services as those needs change. This special type of comfort care makes a better quality of life possible for patients and their loved ones by providing the best possible plan of care.

How is Supportive Care paid?

It is covered by Medicare, Medicaid and most private insurances. A consult is available through one’s own physician or by calling for information about receiving services.

Who can refer a patient to Supportive Care?

Well-informed consumers should know the facts. They can request Supportive Care if the outcome from surgery, accident or disease has left them in physical or mental distress. Supportive Care improves healthcare quality in three significant ways. It:

1. effectively relieves physical symptoms and emotional suffering,
2. strengthens patient-family-physician communication and decision-making, and
3. ensures well-coordinated care across healthcare settings.

Physicians can refer a patient by calling the Carewell Supportive Care office at (352) 291-5881; the office is open 8:00 a.m. -5:00 p.m., Monday-Friday. If the patient is in a hospital, nursing home or assisted living facility, physicians may write an order in the facility for a consult. The mission of Carewell Supportive Care is to provide exceptional compassionate symptom management to relieve suffering and improve quality of life. Learn more by calling or visit www.carewellsupportivecare.com.

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Spiritual Wellness

Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best things that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader,



offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord.

One step at a time it will be. From then on, those words were repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

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The Breast Investigators

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CLOCKWISE FROM TOP LEFT:
Jennifer Fowler, Site Manager; Jammie Jones, Site Manager; Michele Barkley, Breast Cancer Survivor and MRI Supervisor; Carrie Law, Manager of Clinical Training and Development; Shawn Devilbliss, Human Resources; Yvonne Seymor-Palmer, Breast Cancer Survivor and Scheduler; Amanda Yancey, Manager of Digital Marketing; Dr. Amanda Aulls, Director Of Women's Imaging; Dr. Ridgely Meyers, Breast Imaging Specialist; Lindsey Caudill, Manager of Scheduling and Medical Records

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