

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

October 2022

Lake/Sumter Edition - Monthly

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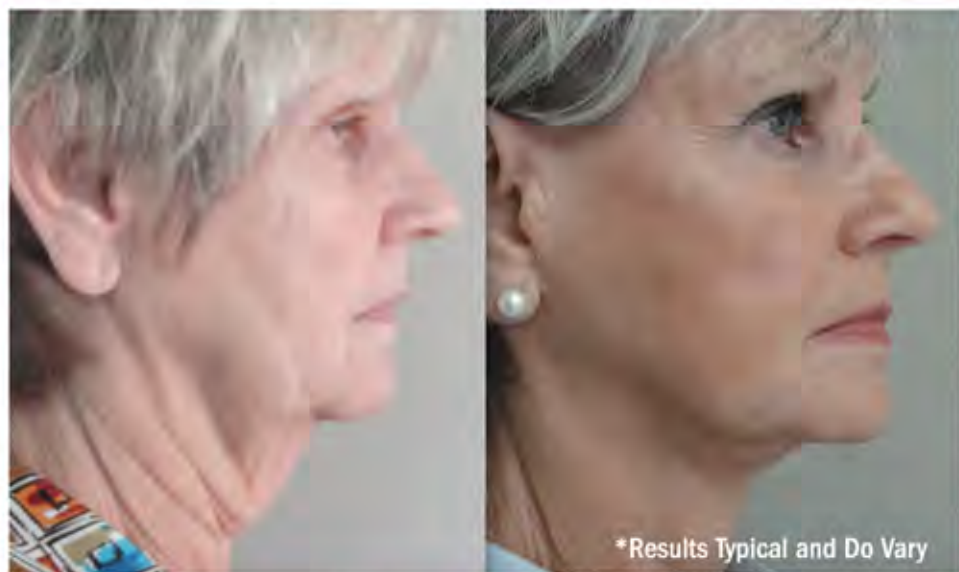
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# PROTECT YOUR EYES FROM HALLOWEEN HAZARDS

**H**alloween should be all about tricks, treats, delightful costumes, and making excuses to overindulge in sweets. But some of today's more inventive and exciting costumes include accessories that can irritate eyes, invite infection and, in some cases, cause permanent blindness.

No, we're not kidding. The CDC, American Academy of Ophthalmology, and doctors of Lake Eye advise against including the following in your Halloween dress-up plans:

## 1. OTC Costume Contact Lenses

Plenty of online and storefront retailers offer non-prescription contact lenses to make eyes glow in the dark, look reptilian or cat-like, glow fiery red, or display captivating patterns – making them exceedingly popular among teens and adults looking to strike an impression. Sadly, the large unregulated cache of these cosplay fashion accessories can turn a costume from a scene-stealer to a sight-killer. These illegal, unsterile contact lenses may contain eye irritants like metal, chlorine and other dangerous chemicals. Easily available fashion lenses can introduce bacteria into the eye, and their uneven texture can abrade the cornea. These conditions create a fertile breeding ground for everything from irritation and infection to corneal scarring, which can permanently reduce vision and even result in total blindness. That's a heavy price to pay for one night of thrills.

### Non-prescription lenses can cause:

- Eye infections (discomfort, redness, swelling, discharge, itching, pain)
- Allergic reactions
- Cuts/scratches to the cornea
- Keratitis (corneal inflammation)
- Corneal ulcers
- Irreversible vision damage
- Blindness

Even though these unregulated decorative lenses are illegal for sale in the US, it is easy to find them online, at flea markets, costume, discount and smoke shops, salons, gas stations and Halloween pop-ups. Don't assume because they're for sale that they are safe or legal. And while you might never consider inserting some off-the-shelf item into your eye, it's worth asking your teenage and adult children if their costumes include this increasingly-popular fashion accessory.



If you or a loved one is set on novelty contact lenses to dazzle and impress, make sure they are FDA-approved prescription lenses, which you can purchase in many optical centers with a current prescription. If you don't have a contact lens prescription, see your eye doctor or local optical center. Even if your vision is perfect, novelty contact lenses should be purchased only from retailers requiring a lens prescription. Quality, sterile, fitted lenses may cost a bit more money, but they won't cost you your vision. That's an important savings.

## 2. Halloween Makeup

The right make-up can make or break a Halloween costume, but be mindful that not all make-up ingredients are good for eyes. Fragrances (even natural ones), pigments/colorants, metallics and preservatives (like parabens and benzalkonium chloride), can irritate eyes and eyelids. It is wise to patch-test make-up on the inside of your wrist the day before you plan to assemble your costume to make sure you don't have an allergic reaction to any of its ingredients. And avoid using any make-up inside your lash line. Inner-lid lash-lining might create a cool look, but it can block or inflame moisture glands and cause eye dryness and irritation. And don't use glitter-based make-up, which contains tiny particles that can migrate into the eye and result in infections, corneal scratches and scarring. And never use decorative glitter on your face or in your hair – the tiny metal fragments are an eye's worst nightmare.

## 3. Halloween Accessories

If you're helping a child assemble a costume, make sure any included mask, hood, wig or accessory doesn't block their vision. An eye patch can limit depth perception, prompting missteps off stairs and curbs. (Remember this caution for your own costume, too – especially if you plan to go out partying.)

If your child's costume contains a "weapon," such as a sword, knife, saber, etc., consider their age and level of maturity. Kids will be kids, after all, and even in play some accessories can cause injury, particularly to eyes. Some costume accessories look great in photos but aren't practical for trick-or-treating, and can be left at home.

## 4. Addressing Eye Injuries

Should you suffer an eye injury, don't wait – call your eye doctor immediately or, if needed, head straight to the ER. If you develop symptoms of eye irritation or infection, or experience vision distortion or changes, call the helpful staff of Lake Eye (a US Eye company) for an appointment. Quick treatment of eye injury and infection can help ensure problems don't become worse and result in vision damage. We are here to provide effective, soothing relief and protect your vision for a lifetime.

## Look Out for Halloween Eye Dangers

Enjoy Halloween without risking your eyes to perils introduced by certain make-up ingredients and an all-too-common costume accessory that can damage vision – even cause blindness. Avoid these costume vision threats.



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# Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

**E**very year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

## There are Several Different Types of Strokes:

- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

## Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

**B – Balance loss**

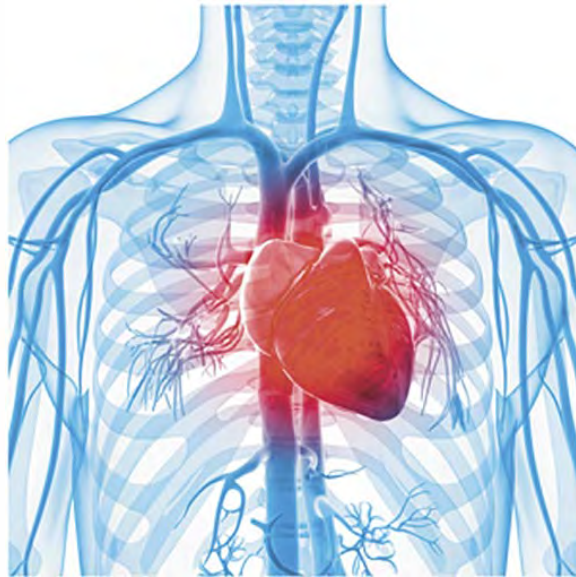
**E – Eyesight changes**

**F – Face drooping**

**A – Arm weakness**

**S – Speech difficulty**

**T – Time to call 911**



## Staying Healthy and Avoiding Stroke Complications

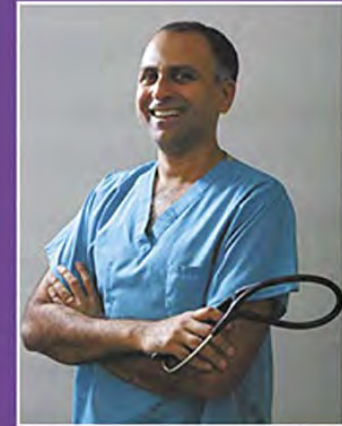
- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

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# Say NO to Incontinence and Take Back Control of Your Bladder

By Dr. Tina Chandra

Urinary incontinence is a common occurrence in women. It can be caused by vaginal childbirth, changes due to menopause, or even by being overweight. There are two types of urinary incontinence.

Stress urinary incontinence is when urine escapes due to physical activities such as running or jumping, or it can be provoked by a sneeze or a cough. It is caused by weak pelvic muscles that may be a result of obesity, childbirth, or repeated strains such as lifting heavy objects or high-impact exercise. Urge incontinence is different in that it is an unusually frequent urge to urinate. The cause is unknown, but one possible contributor could be diabetes.

When a patient suffers from both of these conditions, it is known as mixed urinary incontinence. All three types are quite common, especially in older women.

No matter which type of urinary incontinence presents itself, it has been shown to increase with any or all of the following factors: age, menopause, a persistent cough, weight gain, and vaginal childbirth, among others. For some women, the increase is gradual while other women might experience a loss of control immediately after childbirth.

## Is there a solution for urinary incontinence or do I just buy stock in pads and diapers?

In the past, the primary method for dealing with urinary incontinence has been surgery or therapies that can be both difficult and embarrassing. Today the solution is primarily physical therapy with a urinary incontinence specialist showing the patient how to do vaginal exercises to strengthen the pelvic floor muscles. This has proved itself to be an effective treatment, however, many women avoid it because of its intimate nature.

There is some great news for those who suffer from urinary incontinence (both women AND MEN) and don't want to go to physical therapy for whatever reason. Emsella is an FDA-approved device that uses high-intensity focused electromagnetic technology (HIFEM) to stimulate the muscles of the pelvic floor. It is non-surgical and is performed while the patient is fully clothed and seated in a specialized chair.

Emsella has been jokingly referred to as the "Kegel throne" because each 30-minute treatment is equivalent to doing more than 10,000 Kegals. It contracts

## EMSELLA®

the muscles by emitting HIFEM to stimulate the muscles of the pelvic floor that have become too weak to control urination. Even with physical therapy and being very disciplined in doing Kegel exercises, it would be humanly impossible to mimic this type of treatment and its results.

### What type of results can be expected from using Emsella?

According to the company's website, [btlaesthetics.com](http://btlaesthetics.com), Emsella patients report a 95% improvement in their quality of life and a 75% reduction in the use of pads.

Patients often see results after just one 30-minute session. For maximum results, a minimum of 6 sessions are recommended with a minimum of 2 days between each session. Results will, of course, vary by patient and by the severity of muscle weakness.

### What can I expect in an Emsella session?

First of all, it is important to note that patients remain fully clothed during their session. That is usually a relief to most patients. Secondly, there is no work involved on the patient's part, nor on the service provider once the device has started. The patient simply sits on the "throne" for 30 minutes while HIFEM technology contracts her (or his) muscles 10-11,000 times. Most patients report nothing more than a tingling sensation.

### Can MEN benefit from Emsella also?

According to the Massachusetts Male Aging Study, about 40% of men are affected by erectile dysfunction at age 40 and 70% of men are affected at age 70. Enter Emsella for men.

Emsella has been approved for men suffering with incontinence and erectile dysfunction because of weakening pelvic floor muscles. These muscles support all of the pelvic organs and when weakened, they can result in incontinence, premature ejaculation, and erectile dysfunction.

Men will be pleased with the many benefits Emsella affords. The same 30 minute session as the women are sitting through will give them increased bladder control, increased penile rigidity and hardness, increased control over erection, increased time until ejaculation, reduced stress and anxiety and restored confidence.

If you are interested in learning more about Emsella 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.



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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 has the extreme honor of being appointed to the Florida Board of Medicine by Governor Ron DeSantis on April 4, 2021.



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.



## Leading Orthopedic Surgeons Leverage Exclusive Process to Improve Ambulatory Total Joint Replacement Outcomes

**Total knee replacement** became eligible for Medicare payment in the Ambulatory Surgery Center (ASC) setting in 2020, and Medicare added total hip replacements to its approved outpatient ASC list in 2021. Drs. J. Mandume Kerina and Thomas Hatton McCoy, orthopedic surgeons leading the UNOVA Hip & Knee Center in Lady Lake, Florida, are optimistic about this change and what it means for total joint replacement candidates. The team has developed several exclusive protocols that ensure "outpatient" truly means "outpatient" for their total joint replacement patients. These protocols have been developed over many years to improve outcomes for patients with minimal use of opioid pain killers both pre and post-operatively.

With the passage of Medicare's new rules, many facilities offer "outpatient" total joint replacement to patients. Technically, the term "outpatient" can still include an overnight hospital stay. However, for 99.9% of Dr. Kerina and Dr. McCoy's patients, "outpatient" means that they walk out and go home on the same day as surgery, ensuring true "outpatient" surgery. Additionally, their patients often recover without the use of prescription narcotic drugs, using only over-the-counter Extra-Strength Tylenol for pain relief.

"The opportunity for more Medicare patients to have access to total joint replacement surgery in an outpatient setting is an exciting development in our country's efforts to provide more equitable healthcare," said Dr. J. Mandume Kerina of UNOVA Hip & Knee Center. "Our Center's approach to total joint replacement surgery is the result of years of analysis and listening to patients. Not every patient is the same, but every patient deserves the opportunity to live their life to the fullest," he added.

A recent study in people with hip and knee osteoarthritis (Hawker GA, Croxford R, Bierman AS, et al.) revealed that a walking disability is associated with reduced life expectancy. Patients have an excess mortality risk as their disability progresses, and they become functionally dependent on medical therapy. In effect, a total hip replacement increases both the quantity and the quality of life by avoiding disease advancement.



Forward-thinking innovators dedicated to reimagining global health, Drs. Kerina and McCoy use a patient-centered, individualized, research-based approach in their work. By empowering patients and other practitioners to embrace outcomes-based healthcare, patients can spend less time in pain and experience much faster recovery than traditional in-patient total joint replacement patients.

"I think we will start seeing a larger percentage of total joint replacements performed in an outpatient setting. Outpatient joint replacement surgery tremendously increases the value of surgery as an option in the treatment of degenerative arthritis of the hip or knee," said Dr. Thomas Hatton McCoy. "Over the past decade, tracking the outcomes of our outpatient total joint replacement patients, we have recorded a decrease in infection rate which is now less than 1 percent and an increase in recovery speed."

**To learn more about outpatient total knee replacement and outpatient total hip replacement in an ambulatory surgery setting, contact the experts at UNOVA Hip & Knee. Call the Center at 352-973-4070 or fill out a form on [www.UnovaHipAndKnee.com](http://www.UnovaHipAndKnee.com)**

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# MEDICAL MARIJUANA & INFLAMMATION

**M**edical Marijuana is now being recognized it for its anti-inflammatory properties, making medical marijuana for inflammation an exciting treatment alternative. When the white blood cells in your body detect a foreign substance like a virus, your immune system starts working to protect your body from further complications. However, sometimes your immune system triggers an inflammatory response even though no foreign threats are present in the body. The result is that your own cells attack your body, often causing the inflammation you notice.

Medical marijuana for inflammation is effective at reducing inflammatory-related pain and chronic inflammation due to its two primary cannabinoids, CBD (cannabidiol) and THC (tetrahydrocannabinol). Both CBD and THC help reduce inflammation associated with several diseases. However, beta-caryophyllene, another compound found in marijuana, affects your CB2 receptor. During a 2008 study, researchers analyzed mice with swollen paws. The researchers gave the mice oral beta-caryophyllene doses that resulted in a 70 percent reduction in inflammation. Mice that didn't have CB2 receptors didn't show any improvement.

Both CBD and THC not only work to treat and prevent inflammation, but they also demonstrate efficacy in reducing both the production and release of pro-inflammatory cytokines. They also cut LPS-induced STAT 1 transcription factor activation which contributes to certain inflammatory processes. Since researchers find that CBD is most effective in tackling inflammation, CBD-rich marijuana strains can be helpful for individuals with extreme inflammation.

CBD helps support the concentration of endogenous cannabinoids that provide your body with the ability to ward off disease and self-heal. Endocannabinoids help to control: Muscle tone, Pain, Appetite, Mood state and Inflammation.

There are over 100 different cannabinoids in marijuana, giving it the capacity for numbness and analgesia through neuromodulation in descending and ascending pain pathways, anti-inflammatory and neuroprotective mechanisms. Not all states allow patients to receive medical marijuana for inflammation. Meet with a licensed medical marijuana doctor in your state to find out if you qualify. A doctor can answer your questions and help you get the treatment you need. Cannabis makes a great alternative



to prescription medication that can come with serious addictive properties and side effects. In many cases, medical cannabis for inflammation can also provide a better quality of life solution than traditional medication.

Medical cannabis strains rich in CBD appeal to patients looking for anti-pain, anti-inflammatory and anti-spasm effects, all associated with inflammation. The suggested strains below can help treat inflammatory diseases and the symptoms that go with them. They also treat symptoms related to the treatments for the diseases like pain, inflammation, spasms, depression, anxiety and more.

When compared with other ways to treat inflammation and the potential side effects of traditional anti-inflammatory medications, marijuana is a safe

and natural alternative with little risk. While marijuana can have various effects on the body, side effects are generally mild and go away when you aren't using cannabis.

**Schedule an appointment to see if you qualify for a Medical Marijuana Card, please call 352-254-5544 or visit Miracle Leaf The Villages.**



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



# YOU REALLY DO NEED THAT MAMMOGRAM

**M**aybe 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](http://floridablue.com) or call 1-877-352-5830 (TTY 1-800-955-8771) or learn more at [floridablue.com/center](http://floridablue.com/center).

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

By Sharon A. Bassett

**Y**ou 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: [eddata.fldoe.org](http://eddata.fldoe.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](http://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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Summerfield, FL 34491







# COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Dr. Lucia Roca

**C**osmetic 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!*

**LAUREL MANOR  
DENTAL**

352.308.1424

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



# PLAN FOR TOMORROW TODAY

As the long days of summer give way to the long nights of autumn—and the holiday spirit fills the air with pumpkin, cinnamon, and gingerbread—it's in our nature to reminisce. But nostalgia should be accompanied by an appreciation for the present and acknowledgement that the future is right around the corner. Which is why October is known as Long-Term Care Planning Month and celebrates National Retirement Security Week.

But the inevitability of time doesn't have to be a burden. With communities like Sumter Senior Living—conveniently located in The Villages® community of the Sunshine State—you can be sure to receive all the amenities necessary to live up to your potential. From fitness lessons to therapeutic programs, daily activities, and so much more, Sumter provides you with everything you need to live life to the fullest.

## Planning Takes Precedence

According to The U.S. Department of Labor, "The key to a secure retirement is to plan ahead." Though no one can predict what's to come, Long-Term Care Planning explores the options available to seniors and encourages them to look at their potential needs in the future.

The U.S. Department of Health and Human Services claims that someone turning age 65 has a 70% chance of needing long-term care in their lifetime. While one-third may never need long-term care, 20% will need it for longer than five years, and on average, people need long-term care services for three years.

But long-term care incorporates services outside of medical care, such as support for everyday living and basic personal care, so advanced planning is needed to cover these costs. Advance planning also offers seniors more decision-making opportunities, as well as allowing more time to save.

SeniorLiving.org recommends discussing your ideal retirement lifestyle with loved ones by addressing these nine basic, yet all-encompassing questions:

1. Where do you want to retire and when?
2. How much retirement income do you anticipate earning? For example, earnings can come from Social Security, a 401(k), or pensions.
3. What does your retirement lifestyle look like?
4. How much do you need in savings to realistically fund that lifestyle?

5. Are you able to make catch-up contributions if you're below your needs?
6. Do you plan to claim Social Security before you reach your full retirement age?
7. Do you plan on working part-time during retirement to supplement your savings?
8. What are your current and future health care needs?
9. Do you have life and long-term care insurance?

No matter your age, it's important to start saving for retirement. But, according to the American Psychological Association, psychologists who study retirement have found "money is only one part of the equation for a happy and productive life after one stops working." Their findings indicate you "also have to plan [on] developing other interests and making a gradual transition in terms of where you derive your self-esteem."

## More Than Money

Life is more than just numbers and figures. The success of your retirement also depends on your environment, relationships, care, and the ways in which you spend your time. The American Psychological Association stresses the importance of maintaining "a balanced portfolio of activities," highlighting the benefits of "travel, hobbies, volunteer work, exercise, [and] continuing education."

At Sumter Senior Living, we understand the importance of not just feeling like you're home—but actually feeling at home. Along with a variety of living options, we offer daily wellness, cultural, and educational programs, so there are endless opportunities for connection with the people, places, and activities you love.

Spend time with family in our community rooms. 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. And when you and your friends want to go out on the town, we welcome you to explore nearby attractions and events at your leisure—ensuring your travel is safe and convenient.

From exercise and wellness to adventures in the larger community, we provide great sources for laughter, connection, and friendship—and include those 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 senior housing owners.

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



## SUMTER SENIOR LIVING

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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](http://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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## WELCOME TO TNT'S IV NOURISHMENT BAR

TNT's nourishment therapies offered:

- **Slim Down Shots**

Also known as a Lipotropic shot and Mic B-12 Shot, it helps provide nutrients to the body to boost your metabolism.

- **Myers Cocktail IV**

Fights migraines, fatigue, dehydration, depression, anxiety, asthma, hangovers, cold and flu, and allergies.

- **Hydration IV**

Fights dehydration and alleviates fatigue, headache, nausea, lightheadedness, unclear thinking, and rapid heart rate.

- **Glutathione IV Push**

The mother of all antioxidants. Supports many important bodily functions.

- **B-12 Shot**

An essential vitamin that your body needs but can't produce.

- **IV Mini**

Boost your vitamin C levels and increase your nutrients intake.

**TNT'S IV Nourishment Bar is Open on Tuesdays  
and Every Other Friday.**

For more information on our IV therapies visit our website at

**TNT4ME.COM** or contact us at

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**Lucia Roca, DDS, MDS**



**Richard W. Rozensky, DDS,  
D.ABDSM**



**Call 352.308.1424 Today!**

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**laurelmanordental.com**



# Do You Know Your Testosterone Level?

**T**ired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer "yes" to at least one of these questions after age 40. Common symptoms of low testosterone, they can also result from a myriad of lifestyle, social, emotional and behavioral issues.

It is a physician's goal to "treat the whole patient," so we try to identify those issues that are most relevant to the symptoms. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was "normal" as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as "metabolic syndrome" is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It's estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that's required to restore sexual function.

The good news is managing low testosterone is easier and simpler than ever before. Just a decade ago, almost all testosterone replacement was by a painful, deep-muscle injection with oil-based testosterone administered every two weeks. Levels were difficult to manage and had dramatic swings with levels too high for the week immediately following the injection and too low for the week prior to the injection.



Today, testosterone is applied via a cream or gel that is applied to the skin daily. These preparations provide even absorption and steady testosterone levels. Small implants that release a steady, consistent level of testosterone in the bloodstream for eight to 10 months are also available.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Additionally, testosterone treatment should be considered only if prostate

cancer is not present, or has been successfully treated. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels.

Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream. Every man should know his testosterone level. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.

If you have any questions regarding your testosterone level, you can contact Advanced Urology Institute at (855) 298-2273.

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INSTITUTE

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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

**W**alking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

## What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

**MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?**



## Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

## Physicians Rehabilitation's Knee Therapy Program Includes:

- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more



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## Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, and is covered by Medicare and most insurances.

## PRP (Platelet-Rich Plasma)

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

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

## Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your non-surgical treatment options – even if other doctors have told you that surgery is the only answer.



# 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.

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# DON'T PAY THOUSANDS FOR SPINAL DECOMPRESSION

## Local Chiropractor Gets Tremendous Results Utilizing Cox Flexion Distraction Technique to Relieve Sciatica Pain.

*Why waste your hard earned money! Our technique is covered by most insurances.*

By Compton Chiropractic Care

Currently there are millions of Americans who suffer from low back and leg pain. A recent survey showed, a large majority of these patients are over the age of 65. When you figure that the Villages has a population exceeding 100,000 and a majority are over the age of 65 then it becomes easier to understand why so many local residents experience this pain. In fact, seven out of ten patients who walk into Dr. Compton's office complain of low back or sciatic pain. It is common knowledge that Chiropractors treat low back pain among other muscular skeletal complaints. What is not well known is that there are over a dozen different techniques and treatment plans to treat the same condition. Different Doctor's feel one technique is better than another but the proof is in the pudding. What makes a Doctor truly unique and beneficial to their patients is being able to properly diagnose a condition the first time and realize when a particular protocol is not working and escalate care to the next level.

Sciatica is defined by The Mayo Clinic as: *Pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.*

Sciatica most commonly occurs when a herniated disk or a bone spur compresses part of a nerve. This causes inflammation, pain and often numbness in the affected leg. Although the pain associated with sciatica can be severe, most cases resolve with conservative chiropractic care in a few weeks. Interestingly enough; due to the anatomical location of the sciatic nerve, sciatic type pain can also be caused by Piriformis syndrome or sacro-iliac joint dysfunction. These two conditions masquerade around with similar signs and symptoms and can lead to improper diagnosis and treatment. This means patients spend money and do not get better, never a good thing.



The Doctors at Compton Chiropractic are board certified and have degrees from Palmer College (The First Chiropractic Medical School). Among other common conditions they treat low back and sciatic pain on a daily basis with great success. The Doctors are integrated with several local primary care physicians, urgent cares, neurologists, pain management physicians, and orthopedic surgeons. This level of integration means that the patient benefits faster and more effectively.

These days it's hard to walk around the golf course and not hear someone talking about their "sciatica". Unfortunately, the great game of golf tends to wreak havoc on one's spine and muscular systems. This is one reason why many top pro golfers (Tiger Woods, Tommy Armour) among other athletes have a chiropractic physician on staff. Certainly if professional golfers with great swings utilize chiropractic care, then local residents who have trouble swinging could potentially benefit more.

Compton Chiropractic has been serving The Villages since 2006 with knowledgeable Doctors and friendly staff who treat sciatica pain on a daily basis. They primarily utilize "Cox Flexion Distraction Technique" which was developed by Dr. James M. Cox in the early 1960's as a non-surgical method of treating disc related injuries. Since that time Doctors of different specialties around the country have studied and utilized these methods with great success.

Many residents are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc and stenosis. Many are also aware that surgery has been the most common treatment for these injuries in the past. However, years of research and technology have pushed us into the 21st century and now there is hope for those who suffer from this debilitating pain. It is now commonplace in medicine to try the most conservative means of treatment first. This approach is a win: win for patients and doctors alike because it means less wasted time and money.





**WHETHER OR NOT YOU'VE GOT A PRIMARY CARE PHYSICIAN (PCP), AT DR. COMPTON'S OFFICE, ALL PATIENTS ARE WELCOME.**

**WE WORK WITH YOUR CURRENT PHYSICIAN:**

If you have a regular family practice relationship, your current PCP can treat you simultaneously, and all communications between Dr. Compton's office and theirs will be shared and interconnected.

**WHAT IF I DON'T HAVE A PCP?**

Many patients come directly to Dr. Compton's office, as referrals are not required.

**WE CAN REFER YOU OUT IF NECESSARY:**

All cases and patients are different. For example, if we feel it's in your best interest to see an orthopedic specialist, or if you need additional images, we refer you out and can also coordinate this with your PCP's preferences.

Doctor Compton states that, "some patients will require surgery for pain relief", however in most cases he can postpone or prevent surgery for his patients.

The Doctors at Compton Chiropractic have received additional education on the Cox Technique among others. This conservative treatment has been shown to decrease disc pressure by approximately 75% thus allowing relief of the signs and symptoms of disc related pain (Sciatica).

The average treatment time is only about 15 minutes and most patients report feeling better in just a few visits.

**Patient Testimonial**

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

Doctor Compton's office is located in The Palm Ridge Plaza off CR 466 and they accept all major insurances. Office hours are M-F from 9am to 5 pm.

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- Treat patients as individuals identifying their unique needs and set of problems
- Perform a thorough Orthopedic and Neurologic examination with all new patients
- Use the highly reliable and world-renown Palmer "hands on" technique of Chiropractic care
- Provide patients with non-surgical alternatives to pain
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# Omega-3 & Pain Relief:

## Finding the Best Strategy

By Bo Martinsen, MD

**A**ccording 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.



Call us at 941.485.4400  
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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.





## Different Types of Senior Living Options

By Janice Martin, Senior Advisor / Family Liaison

**T**hinking 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](http://www.SeniorLiaisonCFL.com) or Like our Facebook Page at *"Senior Liaison."*



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## Confused About Senior Living Communities and Senior Services?

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# Vertigo: How to Stop Spinning—Fast

**V**ertigo 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 BPPV 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 as 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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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](http://www.AttorneyPatrickSmith.com).

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# Spiritual Wellness

## Cancer.

By Paula Swift, CHTP

**J**ust 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 thing 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!

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