

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

December 2022

Marion Edition - Monthly

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Medical Imaging

The First Step in Treating
Sports-Related Injuries

Decorating for The Holidays

In 2022 & A Recipe Sweet
Enough for Sharing

A Healthy You for The New Year!

Releasing the Pain of Loss is the Beginning of Hope

Tips to Stay Active & Take the Appropriate Precautions This Holiday Season

This Holiday Season, Give Yourself The Gift of Mental Well-Being

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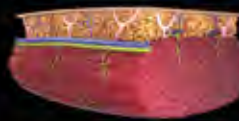
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EXCELLENCE IN PATIENT-CENTERED CARE

MEDICAL IMAGING: THE FIRST STEP IN TREATING SPORTS-RELATED INJURIES

Whether your athletic passions drive you to the track, field, court or gym, the physical demands placed on your body – increased speed, force, shifts in movement, repetition, and/or direct impact with other people – amp up your endorphins, spirits and enjoyment of life – and also your risk of injury.

There are more than 7 million sports and recreation-related injuries in the US each year, ranging from sprains to bone fractures to concussions. Some are caused by blunt force trauma from direct contact with the ground, an object, or another person. Others are caused by strenuous, repetitive, or poorly-performed motions. Regardless of how an injury occurs, effective treatment and healing begins with the right diagnosis.

Understanding the type of injury directs the protocol needed to promote the fastest, most complete recovery, and may enable a prediction of when it will be safe to return to beloved activities without risking further injury. So, if you have suffered a sports or recreation injury that seems like anything more than a mild sprain, see your clinician as quickly as possible. In many cases, medical imaging is necessary to assess the injury, facilitate a fast recovery, and help prevent further – even permanent – damage.

What Is MSK Imaging?

Musculoskeletal imaging, or MSK, provides valuable information about the type, location and extent of a sports injury. RAO's team of fellowship-trained radiologists specializes in MSK, meaning our doctors have additional years of training specifically in sports-related injuries, to accurately diagnose, assess, and, in some cases, assist in the treatment staging of fractures, sprains, tears, pulls, inflammation, overuse injuries and other issues. Not only can MSK imaging technologies deliver a rapid and accurate diagnosis, they can also help your referring clinician decide if surgery is necessary or a nonsurgical option will be adequate to get you back in action. MSK analysis can help determine the course and duration of physical therapy and other rehabilitation protocols. When applicable, imaging techniques can also be used to deliver targeted interventional procedures to help treat pain without surgery.

Types of MSK Imaging Tests

MSK imaging provides highly-detailed images of bones, discs, muscles, joints and nerves, as well as tendons, ligaments, cartilage and other connective tissues.

Your MSK subspecializing radiologist will examine all the details of your injury – how and when it occurred, what symptoms it produced, and the duration and severity of symptoms – to determine an appropriate diagnosis.

MSK imaging technologies include:

X-ray – The most common of all imaging procedures, x-ray is usually the first sports imaging technique ordered by your doctor because it is quick, noninvasive, requires no prep and provides immediate information about whether a fracture has occurred. It can also show problems like skeletal trauma, bone spurs and soft-tissue calcifications, which can produce pain and limit range of motion or function.

MRI – Magnetic Resonance Imaging is one of the most sophisticated tools for diagnosing sports injuries, including muscle, tendon, ligament and other soft tissue injuries, as well as bone fractures, joint damage, nerve damage and head trauma. MRI uses a powerful magnet and radio frequencies to create multiple images that form a 3D-quality composite of the injured area for outstanding detail.

Ultrasound – Another radiation-free MSK technology is ultrasonography, which is used to diagnose more superficial injuries, such as soft tissue tears or strains, joint inflammation, excess fluid, tendonitis and bursitis. It provides real-time imaging of the injury, for quick analysis and progress-monitoring by your MSK radiologist.

Computed Tomography – CT has become so advanced in recent years that it is now being used in sports medicine to gather exceptional detail of fractures and deep or highly complex issues within joints. CT can help your radiologist discover the nature of injuries that once delayed or even eluded diagnosis.

Whenever necessary, RAO's MSK subspecializing radiologists can work directly with your orthopedist, surgeon or other provider to help develop a fast, safe path to healing with a reduced risk of chronic disorder or reinjury, so you can get back to the sports and activities you love.



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STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

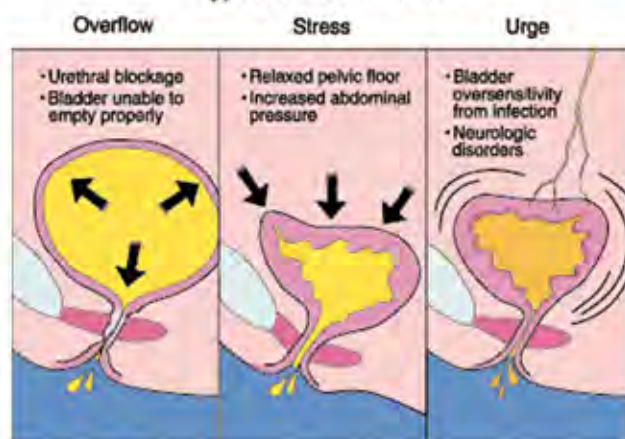
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

Types of Incontinence



There are two bladder abnormalities that are associated with UII: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



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Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.

EMSULPT NEO for Back Pain

By Dr. Tina Chandra

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, calves the muscles in the back.

EMSULPT NEO®

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.

How can Emsculpt NEO help my back?

If you've ever had to visit a chiropractor, physical therapist, or orthopedic surgeon for problems with your back, it is likely that somewhere in the conversation your doctor told you that strengthening your core would help with your current back pain as well as help you to avoid future problems. While Emsculpt NEO won't cure your back problems, it can help to build and strengthen your muscles.

Your core is essentially made of your abdominal muscles. There are four groups of muscles that make up the abdomen: the transversus abdominis, the rectus abdominis, the external obliques, and the internal obliques. The importance of a strong core cannot be overstated when it comes to reducing the risk of injury during any number of activities that call for the use of both the upper and lower body.

Many people have such weak abdominal muscles that strengthening the core can feel almost impossible. Exercise in this zone can lead to pain and sore muscles that can be quite uncomfortable for days. For this reason, many people give up and live with recurring back pain.

This is where EMSculpt can help. This groundbreaking technology uses high intensity, focused electromagnetic waves to create supramaximal muscle contractions. The best part is that you can expect no lingering pain after the session. You can strengthen your core without risking further injury and help your spine along the way. EMSculpt will also burn fat while building muscle, so not only will you benefit from the stronger core, but you can also benefit from body contouring and toning as well.¹

What can I expect during an Emsculpt NEO session?

During a 30-minute session, an applicator is strapped to the area being treated, in this case, the patient's back. The sessions do not require the use of anesthetic or sedatives and the patient will typically be lying on their side or back. 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.

These pulses (or waves) cause contractions on the target site which may feel mildly discomforting and strange to the patient but will cause no actual pain. During treatment, the muscles in the target area will have contracted around 200,000 times; a feat that would take thousands of hours in the gym to replicate. This not only strengthens the muscles in the area but also destroys neighboring fat cells as well. The intensity of these contractions can also be fine-tuned to fit the specific needs of each patient.²

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

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

References:

1. How EMSULPT can help your back pain: Slim Studio bodysculpting, Slim Studio. Available at: <https://slimstudioatlanta.com/blog/how-emsulpt-can-help-your-back-pain/>.
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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!**

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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.



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PANCREATIC CANCER

Pancreatic cancer is the 10th most commonly diagnosed cancer in the United States, accounting for about 3% of all cancers and 7% of all cancer deaths, according to the American Cancer Society. Due to various factors, the disease is difficult to detect at an early stage, when it is more treatable.

Understanding Pancreatic Cancer

The pancreas gland, about 6 inches long and located in the abdomen, is surrounded by the stomach, small intestine, liver, spleen and gallbladder. Its two main functions are to aid in digestion and help regulate blood sugar.

Pancreatic cancer begins when abnormal cells within the gland grow out of control and form a tumor. These abnormal cells, or tumors, known as either exocrine (90%) or endocrine, can often spread to other areas of the body, including the liver, abdominal walls, lungs, bones and lymph nodes.

Because the pancreas is located deep in the abdomen, diagnosis is complicated. Tumors of the pancreas can only be seen on imaging studies, such as a computer tomography (CT) scan, magnetic resonance imaging (MRI) or ultrasound. If detected, a tissue biopsy and/or blood test can help to confirm an exact diagnosis.

Signs and Symptoms

There may only be vague signs or symptoms, if any, in the early stages of pancreatic cancer, and some may mimic those of other illnesses. Warning signs can include:

- Jaundice (yellowing of the skin and and/or whites of the eyes) with or without itching
- Change in stools (light-colored stools and/or dark urine)
- Pain (usually in the upper or middle abdomen and back)
- Loss of appetite, weight loss and/or nausea

See your primary care doctor if you experience one or more of these symptoms.

Know Your Risk Factors

Pancreatic cancer does seem to run in some families due to inherited gene changes (mutations) that can be passed from a parent to children. In fact, about 10% of pancreatic cancers are hereditary. Talk with your physician if a first-degree relative (parent, sibling or child) has been diagnosed with pancreatic cancer; genetic testing may be recommended.



The chance of getting pancreatic cancer increases with age; most people diagnosed are over age 60. While the exact cause of pancreatic cancer is not well understood, the Pancreatic Cancer Action Network® cites common risk factors:

- People who have had diabetes for more than five years are more likely to develop pancreatic cancer.
- People who smoke cigarettes are two times more likely to develop pancreatic cancer than those who have never smoked. The risk of pancreatic cancer begins to drop as soon as a person stops smoking.
- Being very overweight increases the chances of developing pancreatic cancer. The risk is even higher in people who are obese during early adulthood.
- People with chronic pancreatitis are more likely to develop pancreatic cancer. Inflammation of the pancreas is common in people who consume large amounts of alcohol for many years.
- Gum disease or tooth loss appear to be linked to the disease.
- Exposure to certain heavy metals and environmental chemicals, including benzidine, pesticides, asbestos, chlorinated hydrocarbons and benzene, among others, may increase risk.
- Black Americans have a higher incidence of pancreatic cancer than other ethnicities.

It is important to note that many risk factors for developing the disease can be reduced by making positive lifestyle choices, such as eating a plant-based diet and staying physically active. Talk with your health care provider for direction on reducing your risks.

Promising Treatment Advances

Surgery, chemotherapy and radiation are standard treatments for the disease, but treatments are determined based on the unique needs of each patient.

Because there is no screening test to detect pancreatic cancer, most patients are diagnosed at later stages, which can limit treatment options because the cancer can no longer be removed with surgery or it may have spread to other parts of the body. If pancreatic cancer is detected at an early stage, when surgical removal of the tumor is possible, the five-year survival rate is 42%.

Scientists are learning more about the genetic changes that cause cancer at a rapid pace. Targeted treatments and new combinations of chemotherapy drugs used with traditional therapies are being studied in clinical trials and continue to show great promise for improving detection, diagnosis and patient survival rates.

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

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DECORATING FOR THE HOLIDAYS IN 2022 & A RECIPE SWEET ENOUGH FOR SHARING

By Sharon A. Bassett

Want to update your home's look this holiday season? Let's look at the new color trends and textures that add warmth and richness to our homes as we celebrate the Reason for the Season.

Color of the Season

"Very Peri," the 2022 Pantone Color of the Year, is a great place to start if you're looking for a "new" Christmas color. This dusky purple pairs well with today's gray-toned decor. Purple ornaments look fantastic against a green tree but glow in trendy flocked Christmas trees. Blend with purple Christmas decorations in hues from lavender to plum or add a touch of glamor with accents of silver or gold. Try this royal color with new glass ball ornaments, a tinsel tree, or tabletop décor.

Crystal & Clear Glass

Clear glass and crystal ornaments gleam like ice to provide a subtle shine on the tree. Try this look on its own or blend it with silver or ice blue. Accent with white lights in a frosted tree for a magical winter wonderland motif. For added sparkle, hang individual crystals or a Christmas garland of crystal beads. Out of the tree, crystal adds sophistication to your holiday decor from glassware to accent pieces. Try crystal ornaments, pillar candle holders, or crystal LED star lights to update your tree.

Luxury Metals

Luxury metallics are always in style! Platinum, bronze, gold, and silver ornaments add a touch of elegance on their own or in combination with other Christmas decor trends. They're as on-point with traditional red and green as they are when paired with crystal and glass. Mix silver or gold ornaments with glass ball ornaments in emerald green and trendy teal, or blend with lustrous mercury glass. Off the tree, luxury metals glimmer beautifully as wreath accents, mantel decorations, and tabletop decor. Antique gold ornaments pair well with golden stocking holders and silver Christmas bells.

Ode to Emerald

There's a new green at Christmas! Emerald green ornaments stun beside silver and appear truly luxurious with lots of gold. Emerald also looks great with other greens from teal to peacock, and with blues from aqua to navy. For something different, pair it with purple! Christmas red and winter white would not be out of place with emerald ornaments, either! Adorn your door with a green ball ornament wreath to make a statement before your visitors make it inside.



Rustic & Woodsy

Inspired by nature, woodsy and rustic Christmas decorations complement modern farmhouse decor and simple country styles. Look for colors like pine green and deep berry, unfinished wood tones, and natural materials. Forest animals, including deer, birds, and mice, feel right at home with rustic Christmas decor. Try a wooden nativity set on your mantle, some fresh pinecones on the table and the bathroom counters, and a pinecone wreath with berries and garland for your door.



Peppermint Bark

Cool, minty, sweet...this is the perfect chocolate-on-chocolate peppermint bark recipe!
PREP TIME 15 minutes | COOK TIME 5 minutes
TOTAL TIME - 5 minutes

Ingredients

- 1 package (24 oz) chocolate almond bark
- 1 package (24 oz) white chocolate almond bark
- 2 tbl coconut oil (or a bit more, if your chocolate refuses to melt properly)
- 12 candy canes/crushed
- 1 dot (literally, that's all) of peppermint extract
- Red coloring gel (optional)

Instructions

- Break up the squares of chocolate almond bark and put into a microwave safe bowl. Add 1 tbl of coconut oil and one dot of peppermint extract. (I'll be honest, you can totally skip the peppermint extract if you like because the actual peppermints on top will add more than enough flavor.)

- Put the chocolate/coconut oil mix into the microwave and melt in 30-second increments. Mine took about a minute and a half to melt down. Stir until all of the lumps are gone.

- Take a large cookie sheet and line with parchment paper. Pour the chocolate onto the paper and spread it into a thin layer, then set aside. (I put mine in the fridge for a few minutes to firm up while I worked on the white chocolate).

- Repeat the process with the white chocolate, melting it completely.

- Add half of the peppermints to the melted white chocolate, mix thoroughly.

- Pour on top of the chocolate layer, spreading thin.

- Sprinkle remaining peppermints on top.

- If you like, swirl in a bit of red coloring gel to add more flavor.

- Allow to cool completely.

- Break into pieces.

(NOTE: This will be hard to break if your layers are too thick.)

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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THIS HOLIDAY SEASON, GIVE YOURSELF THE GIFT OF MENTAL WELL-BEING

Staying healthy doesn't stop with your annual checkup. And prioritizing your mental well-being is just as important as supporting your physical health.

Mental well-being is an overall positive and hopeful emotion, fueled by a sense of purpose and satisfaction in life. Mental well-being also means being able to adapt to stressors.

Here are ways to support and protect your mental health this holiday season:

- **Stay active:** Getting outside for a brisk walk, a bike ride or a round of golf can do wonders to lift the spirits.
- **Eat the rainbow:** It's no secret that eating well helps you feel better. But it can be challenging during the holidays. If you do indulge at a holiday meal, try eating more fruits and vegetables the next day.
- **Connect with family and friends:** Not everyone can come together for the holidays. Digital apps like Skype, Zoom, What's App and FaceTime can help you connect and talk with your loved ones. If you're not familiar with these apps, ask a young person to tutor you. You'll make their day!
- **Develop a Gratitude Attitude:** It's easy to focus on the things we don't have, instead of what we do have. Start making a list each day of what you're grateful for. It can be as simple as your morning cup of coffee or talking with a friend.
- **Get involved in your community:** Studies show that volunteering can improve your health, and fight loneliness and depression. It's an opportunity to meet new people and grow your circle of friends. It's also a great way to help your community and support people in need this holiday season.
- **Engage your brain:** Doing daily number and crossword puzzles helps keep our brains young. If you don't feel challenged enough, try timing yourself.
- **Talk about how you feel:** It's OK to open up to a trusted friend or loved one and share how you're feeling. It can help you feel supported and less alone.



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Members can also call or visit a Florida Blue Center to talk with a Florida Blue nurse. Our nurses help you understand your doctor's advice and work with you to improve your health. Or have a community health specialist help you find local resources for help. Find your neighborhood Florida Blue Center at floridablue.com or call 1-877-352-5830.

We also have many helpful articles and advice on our website at floridablue.com/mentalhealthmatters.

Don't wait until the new year. Now's the time to prioritize your mental and physical health. Remember, your mental health matters.

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BENEFITS OF IV THERAPY

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

What is IV therapy?

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

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

Why IV therapy?

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

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

Is IV therapy safe?

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

What are possible side effects?

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

How often can I get an IV?

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

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

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



Who is a candidate?

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

Who should not get IV therapy?

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

How do I get started?

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

Total Nutrition & Therapeutics

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The Link Between Hearing Loss and Depression

signia
Life sounds brilliant.

Several studies have been conducted on the link between depression and hearing loss. Recent findings indicate that of the groups studied, women of all ages and adults age 18 to 69 with hearing loss are more likely to experience “significant depression” than hearing loss sufferers over 70.¹

“We found a significant association between hearing impairment and moderate to severe depression.”²

There are several likely reasons that loss of hearing leads to depression in so many. Communication, which is vital to social interactions, becomes a source of stress when someone has to strain to hear others speak, and frequent misunderstandings result in embarrassment. After a while, people with untreated hearing loss begin to avoid social situations, particularly if they involve loud surroundings like parties or crowded restaurants where understanding speech is even more difficult. Withdrawal tends to progress until the person gradually quits on life, choosing to remain in silent isolation rather than struggle to hear and communicate publicly. Hearing loss sufferers may think they simply cannot be helped because hearing loss is a “terminal” condition for which there is no cure. Older patients may feel their hearing loss is a signal that they are simply too old to participate in social activities. Cutting oneself off from society and activities is a red flag for depression.

“Loss of hearing represents more than just difficulty hearing sounds. It can lead to social isolation and depression.”³

The following are ten facts medical professionals need to know about the risk of patients with hearing loss developing depression:

1. In a study conducted on Generation X and Baby Boomer patients with untreated hearing loss, participants were found more likely to develop depression and other psychological issues than their hearing peers.⁴
2. Another large study of adults 50 and older with untreated hearing loss found they were more likely to experience depression and other emotional and



mental instabilities and were significantly less socially active than their peers who wore hearing aids.⁵

3. This same study found depression and similar disorders were found to worsen as hearing ability declined.

4. Patients with untreated hearing loss find it more difficult to communicate with others, leading to the avoidance of social interaction with friends and family. Isolation is a known contributor to depression.⁶

5. The onset of depression in older adults has been associated with the development of dementia or Alzheimer’s disease – which is also a co-morbidity of hearing loss.⁷

6. Along with depression, patients with untreated hearing loss are known to experience anxiety, paranoia, relationship problems, stress, and other negative emotions.⁸

7. Using hearing aids can significantly improve emotional and cognitive conditions in patients over the age of 65.⁹

8. 36% of patients who begin wearing hearing aids experienced improved overall mental health, while 34% increased their social engagement.¹⁰

9. Despite the fact that hearing aids can help improve patients’ lives, the average span of time from patient realization of hearing loss to purchase of hearing aids is eight years.¹¹

10. An initiative called Healthy People 2020 calls for an increase in hearing tests for adults between the ages of 20-70.¹²

“...but studies also show that people with hearing loss who use hearing aids often have fewer depressive symptoms, greater social engagement, and improved quality of life.”¹³

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Taking Care of Your Mental Health While Living with Kidney Disease

Many aspects of one's life can impact their mental health. One important factor is physical health. Living with an illness, such as kidney disease, affects a person's psychological well-being, not just their physical health. The stress of being on numerous medications, making constant adjustments to your diet, and being on dialysis can get even the most positive person down. Having emotional ups and downs is normal, even for healthy people, but when these feelings become so frequent and serious that a person is unable to cope, it is time to ask for help.

When we talk about mental health, we are talking about more than just emotions, although those are included. We are also talking about our psychological and social well-being. Our mental health affects how we feel, think, and act. It determines how we handle our daily tasks, how we relate to the world around us, and the choices we make.

Throughout our lives, we will experience ups and downs. Our thinking, our mood, and our behavior are affected by what happens to us and around us. How we react, how we process, how we recover, and how we go forward are all aspects of our mental health, yet we neglect this part of a "healthy lifestyle" all too often.

Mental health problems can occur and can affect every aspect of our lives. How do we know when our thoughts, feelings, and behaviors are "normal" or when we might have an actual mental health problem?

Some factors that may contribute to a mental health problem are:

- Biology (genes or brain chemistry)
- Life experience (trauma, accidents, chronic illness)
- Family history of mental health problems

What are some of the factors that contribute to mental health issues when living with kidney disease?

Many people (including healthy people) struggle to maintain good mental health. However, if you are dealing with the added stress of a chronic disease, it is even more difficult to maintain a healthy state of mind. A person with kidney disease may feel overwhelmed with all of the changes he/she is experiencing. Recognizing some things that might cause added stress can help the patient cope with their situation a bit better.

Some of the stressors of chronic kidney disease might include:

- Financial burden of treatment
- Job loss or change
- Major changes in diet
- Pain of dialysis
- Time commitment for regular treatments
- Feeling like a burden to family or friends
- Lack of sleep
- Worrying about the impact your illness has on your loved ones

Treatment for kidney disease, as well as the pain caused by the disease itself, impacts the way that a person responds to these and other stressors. As if that isn't enough, being mentally unwell has an impact on one's physical health, which can then make the disease worse. It is easy to become trapped in an unhealthy cycle, so it is important to seek help before this happens.

How can I take care of my mental health while living with kidney disease?

It may not be possible to control the stressors in your life while managing a physical illness, but there are ways to improve your mental well-being. One important thing you can do is maintain your physical health as well as possible by following the treatment plan that your doctor has laid out for you. Taking your medications, eating properly, getting good rest, and staying as active as possible are all proven ways to improve one's mental health.

Another way to maintain mental well-being is to find a support group. Spending time with others who are going through similar struggles and who can empathize with you can be quite meaningful. Being able to express your feelings to others who can relate and understand what you are going through is important. You can also learn from others whose struggles are similar to yours.

Nowadays, it is common for dialysis clinics to employ social workers who can give you individual counseling to help you cope with your illness. Having a trained counselor can be beneficial for both the patient and the patient's family as well.

If you or someone you love is living with kidney disease 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. Their phone number is 352.388.5800.

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WHEN TO KNOW IT'S TIME TO MOVE TO ASSISTED LIVING

By Janice Martin, Senior Advisor / Family Liaison

If you have been concerned that you are no longer able to care for your spouse or a parent who is living alone, it may be time to consider a move to an assisted living community. But how do you know when it's time?

We all have a circumstance that we know will be the final straw. For some, it's when their loved one becomes incontinent of their bowels; or when they no longer recognize you; or they wander; or they become aggressive. What I suggest is that you tell someone – your children, a trusted friend, your pastor – what that event will be. And when that event happens, it is their job to remind you that this is when you had decided things had moved beyond your abilities. Our natural inclination is to justify that it was “just this one time” and that you’ll wait for it to happen again. Allow them to help you through to the next step.

I have advised families not to wait for a crisis. Often, families wait for one more fall. Or the next one. That next one may result in a head injury, a broken hip, or worse. Sometimes waiting can mean the difference between being eligible for assisted living or having to go to a long-term skilled community.

Some thoughts to consider include:

- Are you finding that they have become isolated and sit alone day after day?
- Do they no longer sleep in their bed, but rather the recliner where they also spend most of the day? And do they sleep most of the time?
- How long has it been since they bathed, washed their hair, changed their clothes, shaved, or brushed their teeth?
- Are there piles of dirty clothes or old newspapers lying around the house?
- Are they eating nutritious food or are they eating take out or delivery?
- Are there dirty dishes or empty food containers piling up?
- Have they left a pot on the stove or put a pot in the microwave? Be sure to check the microwave when you visit to check for burn marks.
- Have they become incontinent and are their clothes or furniture soiled?
- Are they disposing of incontinence products properly or does the house smell of urine?



One of the most important questions is, can they evacuate the house in case of a fire and are they able to dial 911? How hard is it for them to get up out of a bed or a chair? Can they do it alone? How hard is it to walk? Do they get disoriented using a telephone and confuse it with the remote?

Many people consider doing a trial stay. With few exceptions, it rarely works. It takes time for the individual to get accustomed to the routine. It takes time for the staff to get accustomed to your loved one's routine. It takes time for you to iron out the flaws and come to learn and trust the staff. It takes time for them to begin to feel that this is their new normal. Whether their stay is for a week or long term, they will always want to go home. Always. But that may no longer be realistic.

You may be waiting for your loved one to agree to move to assisted living. I can assure you, in most cases this will never happen. You may be afraid of making your loved one mad at you. Remember that you are now the decision maker acting in their best interest. If living at home is no longer safe, realistic, or beyond your abilities, you must make this decision for them.

I have a saying I have used many times – “The greater the need, the greater the resistance.” The longer you wait, the more resistance you will get as their care

needs increase. It will never be an easy decision and you will always question yourself. Reach out for support and allow others to help you as you move toward this next chapter in your loved one's life.

By working with a local referral company such as Senior Liaison of Central Florida, we will help you during each step of your journey. We will narrow your search to a few qualified communities and will personally accompany you on a tour. We can also connect you with local services to assist in your transition. In most cases, our services are completely free and we're always available! We are *“Your Guide Through the Chaos!”*

Call for a free consultation by contacting Janice Martin at Senior Liaison of Central Florida at 352-477-1866 or email us at SeniorLiaisonCFL@gmail.com. Please also visit our website at SeniorLiaisonCFL.com or on Facebook at Senior Liaison.

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A HEALTHY YOU FOR THE NEW YEAR!

By Katie Keel, APRN-C

We made it through the year! If you had resolutions and kept them – good for you! If you never made a resolution and need an idea – consider the 44% of Americans for the 2022 New Year who made a pledge to eat healthier and the 48% who wanted to exercise more. Though most made these resolutions to lose weight there is an added benefit to eating healthy and exercise – clearer more radiant skin!

Exercise results in improved circulation to all of our body's cells as well as improvement in removal of toxins from the skin. Exercise also releases endorphins and decreases stress which can improve chronic skin conditions like acne, eczema, rosacea and psoriasis. If you weren't sold on exercise yet – a research study involving 65+ year olds that maintained a moderate aerobic exercise routine for three months found that the skin of individuals who were exercising more frequently more closely resembled healthy skin of patients in their 40s.

On to healthy eating – what does “healthy” actually mean? What foods should we try to incorporate into our diet for happy skin? Foods that are full of omega-3 fatty acids, as well as vitamins A, C, and E, antioxidants and minerals such as selenium and zinc. Great options include fatty fish (like salmon), avocados, walnuts, sweet potatoes, red/yellow bell peppers, broccoli, tomatoes, and saving the best for last – dark chocolate! I think this one deserves a little added love – a study found that after 6-12 weeks of consuming a cocoa powder high in antioxidants each day those participants had thicker, more hydrated skin that was less rough/scaly, with increased circulation and were less sensitive to sunburn. Red grapes are also on the healthy skin list due to their skin containing resveratrol which slows aging. This compound is also found in red wine but unfortunately there is not much evidence that the amount of resveratrol you get from a glass of red wine is enough to affect your skin and since it does contain alcohol there are negative skin effects.

Alcohol promotes dehydration and inflammation of the skin and the oxidative stress from alcohol can speed up the aging process. If you are choosing to drink choose wisely – cocktails that contain syrups and sugar can bring along added inflammation,



accelerated aging by damaging collagen in the skin. White wine and champagne typically contain a lot of sugar as well and are more likely to cause facial flushing. Also avoid dark liquors like bourbon and whiskey – they contain compounds called congeners which can cause worse hangovers and dehydrated, red, puffy skin. If you choose to indulge, reducing your intake, picking the right type of alcohol, and drinking plenty of water are the best places to start.

Finally, I want to touch on a hot area in nutraceuticals when it comes to skin health – collagen supplements. Their use has been rising but regulations are lacking when it comes to quality, absorption and efficacy. However, there are studies regarding the potential health effects. One literature review of eleven studies and over 800 patients found that preliminary results are promising for short and long term benefits of collagen supplements for both wound healing and skin aging. The studies found that collagen did increase skin elasticity, hydration, and dermal collagen density. This is a growing market as evidenced by the increase in products on our store shelves – 5 years ago collagen supplements were a \$3 billion dollar market and today it has doubled to a \$6 billion dollar market.

But how do you know you are getting a good supplement? When checking out supplement labels aim for 20g of hydrolyzed collagen per day and bonus points if you can find one that also contains hyaluronic acid. Hyaluronic acid produced in the body helps to keep skin hydrated, healthy and looking and feeling young. In fact, one gram of hyaluronic acid can hold six liters of water. As we age, though, our bodies produce less, contributing to signs of aging. Studies show that both oral and topical hyaluronic acid can be effective to restore levels and improve the appearance and feel of aging skin. A popular, easy to find collagen supplement that contains hyaluronic acid as well as bovine hydrolyzed collagen is Vital Proteins Collagen Peptides.

Your skin is your largest organ (and your most visible one!) and it is important to show it some love! One thing for certain – no one ever regrets investing in their health!

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Tips to Stay Active & Take the Appropriate Precautions This Holiday Season

When we think of the holiday season, we typically visualize family dinners, lasting memories, and some relaxation, and we look forward to a peaceful experience. After all, holidays are a time to get away from our stress-filled lives and visit family and friends. In reality, these things hold true, but there is one blinding caveat that we all seem to gloss over—our sedentary lifestyle during the holidays because we don't take the time to exercise or keep our physical therapy appointments. Exercising through the holidays is critical!

Instead of taking the traditional family car drive to enjoy the festive lights in your neighborhood, take a walk. Walking after your evening dinner can be a peaceful experience for the entire family, but also it will facilitate the extra steps and activity that your body craves. In light of walking, when you're out shopping, park further away from the mall or stores to ramp up your cardio.

Hauling luggage, parking the car at the airport, waiting in the security line, worrying about catching our connecting flights, or traveling in the car or bus for long-distance in heavy traffic are all unpleasant experiences that we encounter while trying to get to our favorite destination.

Slips and falls are more common this time of year. If you're up north visiting loved ones, be careful and use extra caution if it's snowing or if there is ice on the ground, steps, and pavement. When you enter a building or home, make sure you get the majority of wet snow off of your shoes to avoid slipping as well.

One of the most common travel concerns in people with known heart disease, as well as healthy individuals, are DVT's, or deep vein thrombosis. DVT's can occur in travelers in the air, railways, or by road. Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep within the legs. Vascular malformations, pelvic tumors, or sitting for extended periods of time are some of the risk factors that go along with DVTs. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death.

To alleviate your chances of DVT, it's imperative to try and move your toes, ankles, and do calf raises in your seat. If you can get up and walk around, that's a valuable method to keep your blood flowing correctly back to your heart. If your trip is over 3 hours, or if you have venous insufficiency, wearing compression stockings is critical to keeping your vascular structures healthy.

You can also do the same little exercises or movements while you're watching Rudolph or Elf with the kids. During the movie, wiggle your toes, stand up and sit down repeatedly for a few minutes, or do leg lifts. All of these flexion and extension movements will keep your circulation pumping and create oxygen-rich blood, and warm muscles.

Take the time to move this holiday season. Be thankful for your range-of-motion, and take advantage of dancing with your grandchildren, or taking a walk with your friends.

If you often experience pain, stiffness, immobility or balance issues, being proactive about physical therapy treatments and techniques can help to alleviate or lessen these circumstances.

For patients suffering from pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Innovative Therapies Group offers massage, physical, occupational and speech therapy. They embrace alternative and eastern medicine philosophies and will help you explore new inventive ways to combat your pain or disorders.

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The Joy of the Holidays Can Also Bring Depression And Anxiety:

What You Can Do

The holidays are one of the most joyous times of the year, but they can also be one of the most stressful. We look forward to spending time with our families, celebrating and reflecting on the end of another year, but all of the extra activity and social interactions can lead to an increase in stress. Stress is a natural consequence of having too much to do but finding ways to manage holiday stress will bring greater enjoyment of the season to you and your loved ones.

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

If you are simply undergoing typical holiday stress or depression, here are a few tips to help you relax and enjoy the next few weeks of FA-LA-LA:

Don't Over Commit—Sure there are numerous places to go and be during the season, but you don't have to do everything. Saying yes to every request can lead to burnout. Sometimes, you might benefit more from staying home, taking a walk, chatting with neighbors or just relaxing at with a good book. It's important to stay involved to not feel lonely, but sometimes, during the holidays our schedules are packed with too many plans.

Try to Pre-Plan—Making a plan to do certain activities will help you stay on track and not feel too overwhelmed. If you promised you'd bake gingerbread cookies, help the church string lights, buy and deliver gifts for children in need or volunteer time, those are all important and worthy activities, but adding them to your calendar and sticking to a certain amount of time for each is important so that you don't overextend yourself.

Stick to Healthier Foods—It can be really tempting to overindulge on sweets, eggnog, fried appetizers, and rich foods during the holidays. It's okay to reward yourself once in a while, but don't



go overboard. These food and drinks can leave you feeling guilty, physically ill and depressed. Sugar, sodium, trans fats and processed foods can actually make your brain and body inflamed and angry and cause chronic illness or intensify existing conditions.

What we put into our bodies is very important. Make sure to stick with vegetables, lean proteins and healthy grains for the majority of your diet, and drink plenty of water.

Take Time for You—Whether you need to take a long walk, read a book, watch your favorite Christmas or comedy movie, do what makes you happy. You deserve to feel joy too.

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

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

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

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

Pacifica Senior Living in Ocala, FL

At Pacifica Senior Living Ocala, our residents enjoy customized care, gourmet dining, life-enrichment programming, and much more. Our senior living community is staffed 24 hours a day, helping residents live with peace of mind while enjoying our luxury amenities and housing. We are happy to help families learn more about our community and how Pacifica Senior Living Ocala compares to assisted living facilities in the area.

Pacifica Senior Living also follows strict hygiene and disinfection protocols to keep our residents and staff safe!

*It's easier than ever to take an initial tour—
We have a link on our website to give you
and your loved one a virtual tour at
PacificaSeniorLiving.com. We're always
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a tour of our charming community.
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Releasing the Pain of Loss is the Beginning of Hope

Submitted by Hospice of Marion County

Death can happen to anyone at any age and can be a sudden accident or expected over a long period of time due to a critical illness. No matter how it happens, or how someone views death and the dying process, we all will eventually experience the loss of a friend or loved one; death impacts our life and the lives of those around us whether we anticipated it or not.

Mental health is as important as physical health and grief is a healing process that takes time. There is no right or wrong way to grieve, nor is there an established normal amount of time to grieve; not everyone can get over a loss the same way and move on with their lives. As we grieve, we might find it hard to let go or impossible to accept the loss. Others find relief that there is no more suffering. The grieving process is different for each person. It's normal for a person to go through a wide range of feelings; sharing your feelings with others is beneficial on your journey to healing:

- Sadness
- Depression
- Anger
- Guilt
- Shame
- Anxiety
- Sleeplessness
- Acceptance
- Hope

The Monarch Center for Hope & Healing has trained professionals providing grief counseling at no charge to any Marion County resident experiencing the loss of a loved one. Their staff is at the forefront to work with bereaved families and individuals in person, via phone, email or teleconferencing via Zoom sessions.

The Monarch staff guides people in understanding that grief is natural and necessary to healing. It's natural and part of the journey of life. Their message is that loss of control over external events does not mean loss of everyone's wealth of inner strengths. Counseling sessions can be individually or in groups, and are available for children, teens and adults.

Services include:

- Adult Grief Support groups (Friends in Grief) offer comfort and encouragement over 5 weekly sessions.
- Memorial Services of Remembrance are special times to remember and celebrate the lives of loved ones who have died.
- Grief introductory seminars provide education about the journey of grief.
- Grief in the Workplace to help organizations that have lost an employee
- Monthly Workshops for the general public
- Seminars with the school system
- Teen Tuesdays and Club Soul are programs tailored just for teens experiencing grief
- Camp Mariposa, held twice a year for children ages 5-12, is a day-long interactive session
- Assessment services and community resource coordination (short-term)
- Private consultations about Advance Directives/Living Wills

Additionally, holidays can resurface emotional memories, both positive and negative, making it a challenging time for many. Hospice of Marion County (HMC) is hosting a workshop on "Keeping the Holiday's Light" on December 16 from 2:00-4:00 p.m. at the Elliott Center, located at 3231 SW 34th Avenue, Ocala. In this session, attendees are provided coping skills for grieving the loss of a loved one, which can be especially difficult during the holidays. The workshop is open to the public and encourages attendees to discover thoughtful ways to keep the holidays light, while providing an interactive activity – everyone is encouraged to bring two or three small photos of their loved ones to create a permanent memento. **RSVP to reserve a seat by calling (352) 873-7456 or email mmorrisette@hospiceofmarion.com.**

While we may have little control over a loved one's physical health, we do have options when it comes to staying grounded while undergoing the journey of grief. One way to reduce added stress is to know what your loved one would want at end of life. Having advance directives such as Living Wills and the user-friendly document Five Wishes is something everyone should complete before a medical crisis. A simple two-page Living Will is downloadable at www.hospiceofmarion.com/services/resources. Five Wishes booklets are also available at no charge at Hospice of Marion County. Pick one up at 3231 SW 34th Avenue, Ocala, or call (352) 873-7400 and one will be mailed to your home. If you need assistance in completing these forms, the Monarch Center for Hope & Healing can help.

Visit <http://www.monarchcenter-marion.com/index.html> to learn more or call (352) 873-7456 Monday-Friday, 8:00 a.m.-5:00 p.m. to set up an appointment to speak with a counselor.



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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

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

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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

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

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8119 SW State Rd 200, Ocala, FL 3448
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6341 N US 441, Ocala, FL 34475
(Across from John Deer)

2205 N Young Blvd, Chiefland, FL 32626

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HOPE FOR THE HOLIDAYS

By Karen Pashley

We don't need a calendar to tell us the holiday season is officially here. In the blink of an eye, merchants swapped the pumpkins and scarecrows for snowmen and glittering baubles. Announcements of sales we simply *cannot* miss are flooding our inboxes, and the race is on to create Christmas memories worthy of a Norman Rockwell painting.

The hustle and bustle is fun and festive for many. But for others, the holidays stir up more than a cup of hot cocoa can soothe. Painful memories, grief, financial worries and relational strains can take a toll on the mind, body and spirit. But there is good news!

2000 years ago in Bethlehem, an angel split the night sky with a proclamation that would change the world forever: "Fear not, I bring you tidings of great joy, which shall be to *all* people".

Great joy?, you mutter. Apparently that angel didn't get the memo that my life would turn out to be such a mess.

I understand.

There have been seasons in my life when I wondered that, too. There've been times when I've felt so downcast during the holidays I stumbled along on auto-pilot just make it to New Years Day.

The holidays can be hard. But it is possible to experience joy and hope amidst the turmoil, the pressures and the hardships we face—because with God, *all things are possible*—because hope resides in the unchanging love of our savior Jesus Christ. His ways are higher than our ways, and at times, we don't understand the whys and hows of our circumstances. But rest assured—*He* understands. And He cares.

God promises He will never leave us or forsake us, and that nothing can separate us from His love. Accepting this wonderful truth and getting to know the person of Jesus Christ is the key to shifting our focus from our problems to the *peace that passes all understanding*.



You may not have control over your circumstances, but you can control your responses to them!

Here are three ways you can pursue the hope and the abundant life God has for you this Christmas season:

1. Practice gratitude. *Rejoice in the Lord always. I will say it again: Rejoice!* You have so much more to be thankful for than to complain about. Instead of focusing on the endless list of things to do before December 25th, why not focus on a list of blessings? Thank God for life, for freedom, for fresh air and clean water and a million other things we take for granted.

2. Set your mind. Romans 12:2 tells us we can transform and renew our minds by making a conscious effort to meditate on the positive. Philippians 4:8 shows us a wonderful recipe for right thinking and a renewed mind: *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is*

lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

3. Cast all your cares. God knows you better than anyone. And He knows the struggles you endure. Proverbs 3:5-6 encourages us to *Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways, acknowledge Him and He will make your paths straight.* We don't know the future. But we can trust the One who knows our past, present and future! We must not hang all our hopes and dreams on getting the answers, or the solutions we desire—rather, we can relieve ourselves of that heavy burden and hold tight to God's promises to meet our needs, comfort us when we are hurting, and make a way where there seems to be no way out of our dilemmas. What a loving Father we have!

So, be encouraged, dear one! Lift your face to the night sky, and receive Christ's wondrous gifts—tidings of great joy, hope and peace. They are yours, this Christmas and always.



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