

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

December 2022

Lake/Sumter Edition - Monthly

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 **FREE**

**Lake Eye Associates
First to Offer
Light Adjustable
Lens[™] In The Villages**

**Decorating for
The Holidays**

**In 2022 & A Recipe Sweet
Enough for Sharing**

**The Holiday
Season is Stressful**

**What This Means for
Your Heart Health**

**A Healthy
You for The
New Year!**

**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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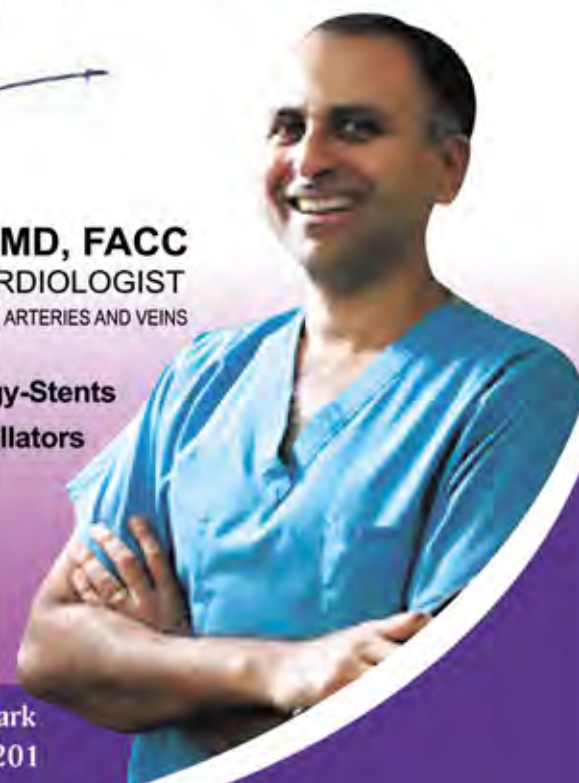
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EXCELLENCE IN PATIENT-CENTERED CARE

LAKE EYE ASSOCIATES FIRST TO OFFER LIGHT ADJUSTABLE LENS™ IN THE VILLAGES

Lake Eye Associates, the area's premier cataract surgery center, announced that it will begin implanting the RxSight Light Adjustable Lens® (LAL) this month. Lake Eye Associates is the first practice in the region to offer the innovative Light Adjustable Lens to cataract patients.

The state-of-the-art technology is the only intraocular lens implant that enables ophthalmologists to customize a patient's vision after cataract surgery.

"RxSight's Light Adjustable Lens allows ophthalmologists to give cataract patients even more precise vision than ever before," said Dr. Wehrly, Medical Director and laser cataract surgeon at Lake Eye Associates. "We're always striving to provide the best care possible for our patients, and with the LAL, we have another powerful tool to work with."

Cataract surgery is the most frequently performed procedure in the United States. About 50% of Americans will develop cataracts by age 75, a percentage that is projected to increase as life expectancies continue to rise. Cataracts form when the proteins and fibers in your eye's natural lens begin to break down, causing hazy or cloudy vision.

Eventually, the clouding of the lens will increase to the point of needing surgery. During surgery, a patient's natural lens is removed and replaced with a clear synthetic one. Until now, surgeons relied upon the accuracy of pre-surgery measurements to determine a patient's post-operative prescription power. RxSight's Light Adjustable Lens is changing that with the ability to customize vision after surgery.

Studies show that patients who receive the LAL and the recommended post-surgery treatments were more likely to achieve 20/20 vision or better without glasses compared to cataract patients who have standard lens implants.¹ The LAL is made of proprietary material that can be adjusted post-surgery using the RxSight Light Delivery Device to deliver targeted ultraviolet light treatments. The LAL can be adjusted to meet every patient's lifestyle and needs.



"Small variations in healing happen in most eyes," said Wehrly. "With the LAL, we have the opportunity to correct for those and to give patients vision customized for their specific eyes."

¹ RxSight P160055: FDA Summary of Safety and Effectiveness Data. 2017.

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The Holiday Season is Stressful: What This Means for Your Heart Health

The Holiday season is upon us, and with all of the festivities, we should consider that this time of year can actually put a great deal of stress on our hearts. Heart disease is still the leading cause of death in both men and women, and during the holidays, it's essential to better understand and implement heart health and risk prevention.

Did you Know that Heart Attack Risks Increase Around this Season?

The risk of heart attack increases substantially during and after the holidays. The term "post-holiday heart attack" is a condition that is well-known by medical professionals. We are busier than ever during and after the holiday season. With parties, gift shopping, community events, and family gatherings, our stress levels are quite often through the roof. Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, and the fact that most of us overindulge during this time of year. For example, we're overeating, eating the wrong foods, like excessively salty and fatty fare, or we're drinking too much alcohol.

When we overeat, it can raise our cholesterol levels, and when we drink too much alcohol, it can cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical stimulations in your heart, and you may experience a dangerously high heart rate. Taking the time to make wise decisions can be the straw that allows for a happy holiday or an unfortunate one.

Keeping Your Heart Healthy Through the Holidays

- Avoid excessive alcohol consumption
- Cut down on stress levels
- Eat a healthy diet
- Exercise multiple times per week
- Get physical examinations and regular checkups recommendations
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Stop smoking
- Learn to say no/too many activities can lead to undue anxiety



Diet

Eating a healthy diet is strongly recommended for many health benefits, but in terms of keeping our hearts ticking along, a diet low in saturated fat, high in vegetables and fruits, legumes, healthy oils like olive oil and avocado is critical. Also, consuming less unhealthy carbohydrates and more low-fat proteins like fish and poultry are crucial. If you have high blood pressure, minimizing salt is also highly significant. Instead of salt, try substituting with lemon or spices and herbs.

Stay Active

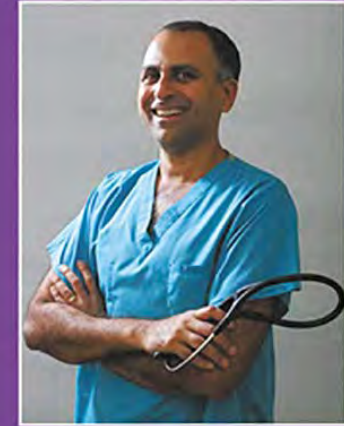
Carve out time to exercise. It's recommended that we get 2.5 hours of moderate exercise weekly or 1.5 hours of active cardiovascular training per week. It's okay to do a combination of the two, by walking one day for 20 minutes and sprinting the next for 30. No matter what you decide, you should always consult your physician before embarking on any workout plan. Along with cardiovascular uptake, exercise helps to increase the oxygen in our blood, and this is relevant to our overall heart health.

Stop the Cycle of Harmful Habits

If you smoke, stop now. Smoking causes an array of adverse health effects, including increasing plaque buildup in our arteries, raising bad cholesterol, decreasing good cholesterol, and damages the vessel walls, to name a few. If you smoke, your chances of a heart attack are incredibly high; smoking causes 6 million deaths per year. Talk to your physician about a specific smoking cessation plan for you. This holds true for any drug addictions that you may have. Do not wait; get help today and enjoy this holiday season with friends and family in a healthy state.

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EMSCULPTNEO® 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.

EMSCULPTNEO®

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.

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1. How EMSCULPT can help your back pain: Slim Studio bodysculpting, Slim Studio. Available at: <https://slimstudioatlanta.com/blog/how-emsculpt-can-help-your-back-pain/>.
2. Dr. Nash – EMSCULPT for back pain (2022) drnashcares. Available at: <https://drnashcares.com/emsulpt/>

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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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.

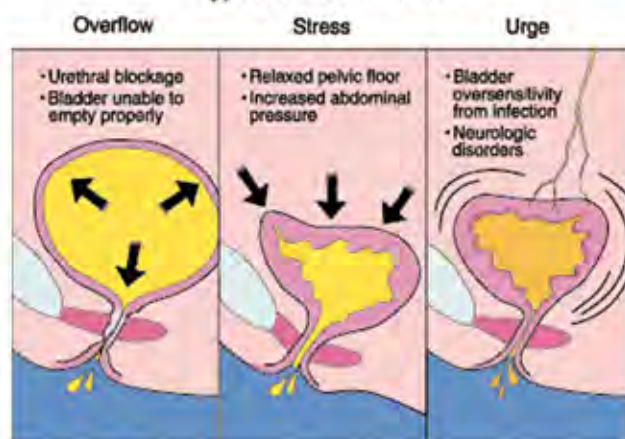
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine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

SENIORS AGING IN PLACE

For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at
Trusted HomeCare and let's discuss
how we can support
you or your loved one
352-240-7522

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.



Get help managing your mental and physical health with Florida Blue Medicare. You'll find personalized support and resources for living a healthier, happier life. In addition to whole health coverage, including mental health benefits, you'll get access to meQuilibrium stress management and resilience tools at no extra cost.

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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Call your local agent today.

352-353-3399

Dell Richards

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FINDING COMMUNITY IN SENIOR LIVING

Holidays are a time to be joyful, spend time with family and friends, and make new memories. However, they can also be a challenging time for some and a source of stress and isolation.

According to a report published by the Centers for Disease Control (CDC), "more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated."

This all-too-real epidemic of loneliness highlights the importance of community. Being in the presence of others helps to provide individuals with a sense of companionship, belonging, and the ability to relate to like-minded individuals.

But the detriment of isolation is about more than just loneliness. There are real physical implications that come as a result from isolation. The CDC reports, "Social isolation was associated with about a 50% percent increased risk of dementia." The stimulation afforded by social interaction is key to keeping memories and minds sharp. Being with other people is good for the mind, soul, and physical state.

As social beings, interacting with others is vital in order to thrive. For this reason, moving into a senior living community is a great opportunity for people who might otherwise be living on their own.

Stress-Free Lifestyle

As part of a senior living community, individuals are surrounded by residents who are more likely to share their hobbies and interests. Planned activities and events within their home give residents plenty of opportunities to make connections. And when they want a change of scenery, community transportation is available to bring them out on the town. Whether residents prefer a regular schedule or the freedom to pursue their own interests, senior living has them covered.

Programming aside, senior living communities are beneficial for the support their staff can provide—assisting residents with everyday tasks they may find challenging. Staff are readily available to assist residents with any ever-changing needs. Residents can also reap the benefits of on-site therapy to maintain and better their mobility.

The senior living lifestyle allows residents to connect and relate to others—giving them the ability to live their lives to the fullest while someone else takes care of the details, so they can be stress-free.



Make Friends and More

One of the best parts about senior living is the opportunity to make new friends. For some, this can be a daunting task, but thankfully there are many ways that new friendships arise in a senior living setting. Many residents choose to keep their door open and decorate the outside of their room. Residents regularly share meals with one another—often leading to a connection. Clubs and activities are offered so that residents can meet others who share the same interests and to help residents maintain an active lifestyle.



Sumter Senior Living

Here at Sumter Senior Living our home is yours too. Sumter strives to help its residents live vibrant lives with their own personal goals in mind.

Our residents enjoy all-inclusive dining with food designed to fit any palate without the hassle of having to prepare food for themselves. Comfortability is one of our main goals at Sumter and we aim to make sure that all residents are given the choice to decide their living arrangements to best fit their needs. We offer all care from independent living to assisted living, to memory care. Additionally, we offer respite stays for those who want to get a taste of the lifestyle that we live. Our various living arrangements grant each resident the individualized attention that they deserve.

Moving into senior living can be a big change. It doesn't have to be scary though. With the proper support and knowledge, you can feel empowered to take on this new chapter of your life.

A Place Where You Belong

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

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

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



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A GRACE MGMT COMMUNITY



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www.sumterseniorliving.com

Assisted Living License Number: 12227



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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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/fluids/electrolytes to be given/replaced when unable to tolerate anything orally.
- Provides nutrients that are lacking in our diets. Soils are often depleted of many nutrients now days so even the best efforts at healthy diets can still leave us deficient.
- Provides body with what it needs to stay in tip top shape allowing for decreased illness, improved mental clarity, and overall improved energy and well-being.
- Our daily needs vary from day to day based on environmental factors, stress, diet, and other health conditions. IV therapy allows you to easily get all the nutrients your body needs with 100%

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

Is IV therapy safe?

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

What are possible side effects?

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

How often can I get an IV?

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

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

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



Who is a candidate?

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

Who should not get IV therapy?

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

How do I get started?

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

Total Nutrition & Therapeutics

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



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www.HealthandWellnessFL.com



COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Dr. Lucia Roca

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

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

DENTAL VENEERS

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

TEETH WHITENING

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

DENTAL CROWNS

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



DENTAL BONDING

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

DENTAL IMPLANTS

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

INLAYS AND ONLAYS

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

DENTURES

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

WHY CHOOSE LAUREL MANOR DENTAL?

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

In our practice, we utilize the following technology:

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

ABOUT DR. ROCA

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

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

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

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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

Walking, 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.

Attorney Patrick Smith Radio Show Now on 17 Stations

For the last 16 years, Patrick Smith has served Clermont as a local estate planning attorney and occasional radio guest host. It's the last year, though, that has brought his knowledge and outreach to the entire state and across the country — this time returning as host of his own callin legal advice show. Saturday mornings from 8-9 you can listen Live on 102.5 FM and AM760 and call in with you legal questions. Broadcasts can also be streamed Live on Facebook and at theBoneOnline.com. The office and website are always available to you: **352-204-0305 - www.AttorneyPatrickSmith.com**



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

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Why You Should Get Your Omega-3 Index Measured

By Anne-Marie Chalmers, MD

If you're like most Americans of a certain age, you regularly visit the doctor to get your cholesterol levels checked.

But what about your omega-3 index?

Since 2004, the omega-3 index has been proposed as a tool for measuring a person's risk of cardiovascular disease. Today, some studies indicate the omega-3 index may be a better predictor of heart health than cholesterol levels.

Let's take a closer look at this important measurement and why it matters to our health.

What Is the Omega-3 Index?

The omega-3 index measures the amount of EPA and DHA omega-3 fatty acids in the red blood cells.

The higher the number, the better. You want enough EPA and DHA, since these two fatty acids are essential for regulating the flow of nutrients into the cell and reducing inflammation (among other benefits).

Importantly, having a low omega-3 index is considered a risk factor for developing coronary heart disease. Your risk depends on where your number falls on the scale:

- Less than 4% is considered high risk ("undesirable")
- 4 – 8% is considered intermediate risk ("intermediate")
- Above 8% is considered low risk ("desirable")

What Determines Your Omega-3 Index?

Your omega-3 index mostly depends on how much fish you consume. That's because EPA and DHA are predominantly found in fatty fish.

(You can also get EPA and DHA from fish oil supplements.)

Americans don't eat much fish by global standards, so it's no surprise that the majority have low omega-3 index levels as well. Indeed, an estimated 95% of Americans have an omega-3 index of 4% or below, putting them in the high risk category.

Why Your Omega-3 Index Matters

Most of us try to eat a healthy diet. But often, it's hard to tell if our efforts are adequate.



That's where measuring your omega-3 index can be helpful. It tells you how much EPA and DHA actually gets integrated into your cells.

This knowledge matters since a person's omega-3 intake can be tricky to estimate. Even if you eat two or more servings of fish weekly (like the American Heart Association recommends), your fish might contain more or less omega-3s depending on the species, whether it's farm raised or wild caught, and how it's cooked.

Taking fish oil supplements isn't always straightforward either. That's because the amount of EPA and DHA you get can be impacted by the quality of the supplement – as well as individual factors like genetics, age, gender, and lifestyle.

How to Measure Your Omega-3 Index

Some doctors regularly measure their patient's omega-3 index, just like they do with cholesterol levels.

If your doctor does not offer this service, however, several companies provide a quick finger prick test you can take at home.

Tips to Improve Your Omega-3 Index

Since the omega-3 index came on the scene, it's proved to be a powerful health indicator. One study showed that people with low omega-3 index levels were 10 times more likely to die from sudden cardiac death compared to people with higher omega-3 index levels!

The good news is that even if your omega-3 index is low, you can improve it by:

1. Eating More Fatty Fish

Salmon and small oily fish, like sardines and mackerel, are great sources of omega-3s.

2. Taking an Effective Fish Oil Dose

Studies show that it typically takes between 1800 – 2000 mg EPA/DHA daily to move a person's omega-3 index by 4-5 percentage points.

Unfortunately, most regular fish oil supplements contain just 300 mg EPA/DHA per capsule. At that dose, you'd need to consume 6 - 7 capsules daily!

Taking fresh liquid fish oil can be easier for many people. At Omega3 Innovations, we typically find that when people consume one tablespoon (or a single vial) of Omega Cure® Extra Strength daily, their omega-3 index measures around 11 – 15%. That said, there can be variations between people.

3. Waiting At Least 4 Months

Before reassessing your omega-3 index, remember that it takes time for the omega-3s to be fully absorbed into the red blood cells.

4. Reducing Your Consumption of Omega-6s

As you work on increasing your omega-3 levels, it's smart to simultaneously decrease your intake of processed omega-6s. This means eating fewer foods rich in omega-6-rich vegetable oils (like pizzas, doughnuts and fries).

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/why-everybody-should-get-their-omega-3-index-measured/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



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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.

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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

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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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Eliminate Your Low Back Pain at Little to No Cost!

Compton Chiropractic is now offering Insurance Approved Braces including Medicare!

By Daniel Taylor, DC, Compton Chiropractic Care

Are you suffering from low back pain? Are you tired of taking pain medication and muscle relaxers that only provides temporary relief? Looking for other ways to relieve back pain without invasive surgery? If you answered yes to these questions, then we can help. Compton Chiropractic is now offering back and knee braces as a non-invasive alternative to relieve back pain and facilitate healing and rehabilitation at little to no cost to our patients.

How does it work?

Back and Knee pain without support causes constant pressure on the joints and muscles. If left untreated, the pain will progressively get worse and quality of life suffers. Our braces are designed to fit any body type and deliver localized compression directly to those overworked muscles and joints while relieving spasms and reducing pain. Current clinical research has shown that supporting these regions can reduce pain, improve functional status and postpone or prevent the need for medication and surgeries. The self-adjusting braces contour precisely to your body for maximum support and pain relief. The lightweight design allows users to wear the braces comfortably while providing maximum support.



Indications for Back Brace

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Herniated Discs
Degenerative Disc Disease
Spinal Stenosis
Postural support
Instability

Lumbar Muscle weakness
Chronic low back pain
Arthritis
Trauma
Spondylolisthesis
Compression Fractures

Indications for Knee Braces

Osteoarthritis of the Knee
Post-Operative Knee
Ligament Tear/instability
Painful Range of Motion

Patello-Femoral Syndrome
Chronic Knee Pain
Meniscal tear/instability
Locking Disorders

CORONAVIRUS

Due to Covid-19, Medicare has announced an easy replacement process for any individual with a previously dispensed brace in need of replacement.

Just contact our office for details.

Compton Chiropractic provides high quality braces at little or no cost to our patients. Medicare and other insurance companies routinely cover the cost of these items because they provide support, relieve pain, and decrease the need for expensive surgeries and pain medications. So no matter if you are looking for extra support while playing golf and pickle ball or just want to avoid surgery; with the proper brace we can get you back to the greens in no time. If you or a loved one could benefit from one of these braces, please call us today (352-391-1126) to setup a free consultation with one of our Doctors.

What makes Compton Chiropractic different from other Chiropractors?

The Doctors at Compton Chiropractic are graduates from Palmer College of Chiropractic and have been serving The Villages since 2006. 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. The physicians at Compton Chiropractic treat patients as an extension of their own family.

Every patient gets a detailed initial evaluation including a complete history, orthopedic and neurological testing. With a proper diagnosis, our patients will receive a proper treatment plan. With a proper treatment plan, patient's pain is decreased in shorter periods of time.

Compton Chiropractic is also proud to announce that it's Office is Medicare accredited by The Healthcare Quality Association on Accreditation (HQAA). Only a small percentage of Offices in the country hold this unique accreditation which allows us to be a dispensing location for approved Medicare braces.

TESTIMONIALS

"I suffered from sciatica for 10 years until a friend told me about Dr. Compton. After 8 treatments and a brace, I was back on the golf course and out of pain." - L.R.

"My knee pain was debilitating until Dr. Compton introduced me to a brace that literally takes the pain away. My knee feels young again and I couldn't be happier." A.A

"The Doctors are all amazing and actually care for patients like they were family." - A.O.

"I was referred to Dr. Compton by Medicare after an operation. I needed a brace to help me recover and Compton Chiropractic treated me wonderfully." - C.S.

"The Doctors and staff at Compton Chiropractic are knowledgeable and efficient. They are always highly recommended." -Local Family Physician

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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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Aesthetics

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

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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