


CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

January 2023

Lake/Sumter Edition - Monthly

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 **FREE**

**Shining a
Light on
Cornea
Conditions**

Happy 2023!

**How to Improve
Your Heart Health
in The New Year**

**Seniors Aging
In Place**

**Show Gratitude
In The New Year**

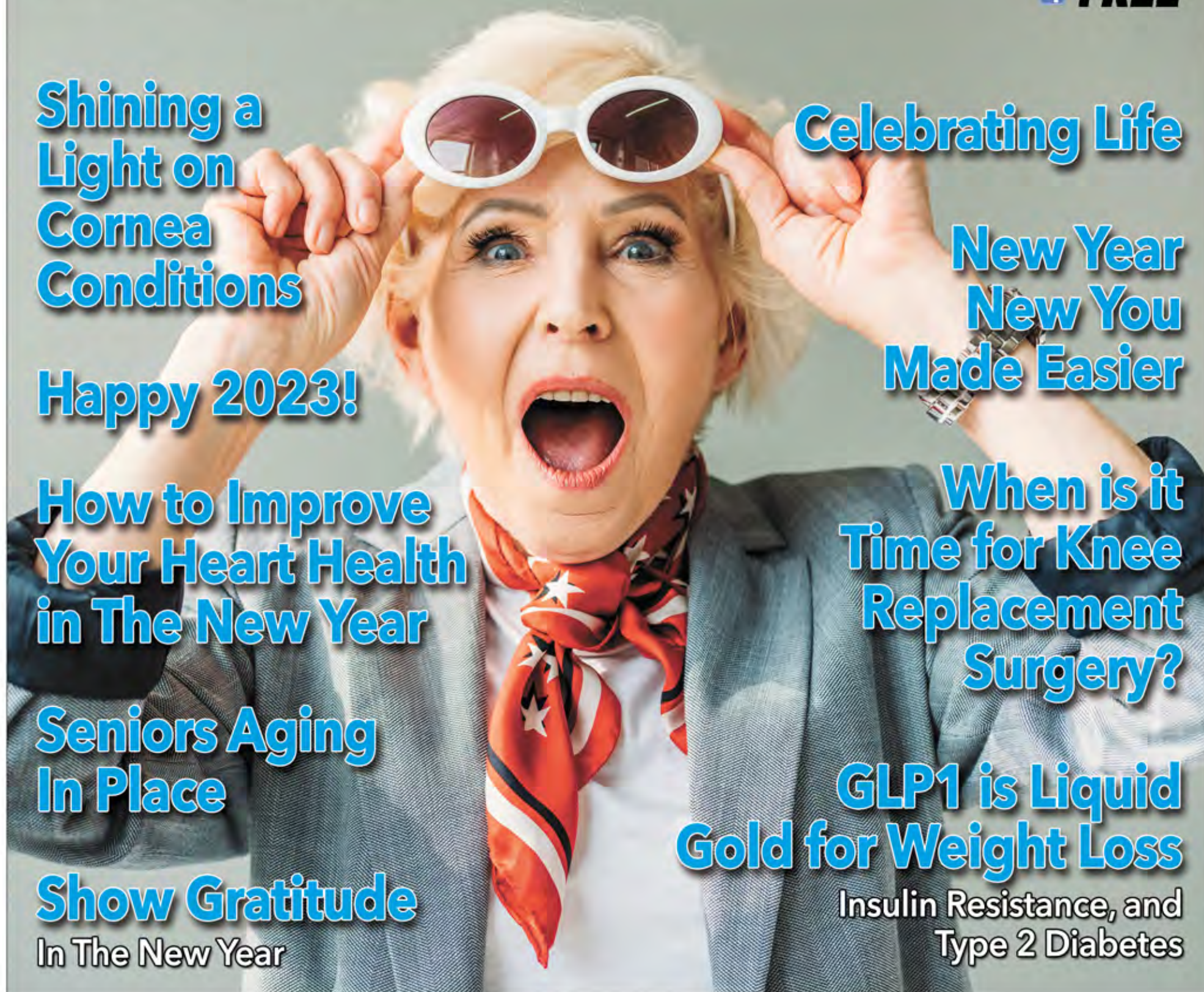
Celebrating Life

**New Year
New You
Made Easier**

**When is it
Time for Knee
Replacement
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**GLP1 is Liquid
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**Insulin Resistance, and
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Technological Advances in **Knee Arthritis** Treatment and Replacement **Speaker: Dr. Nam Dinh**

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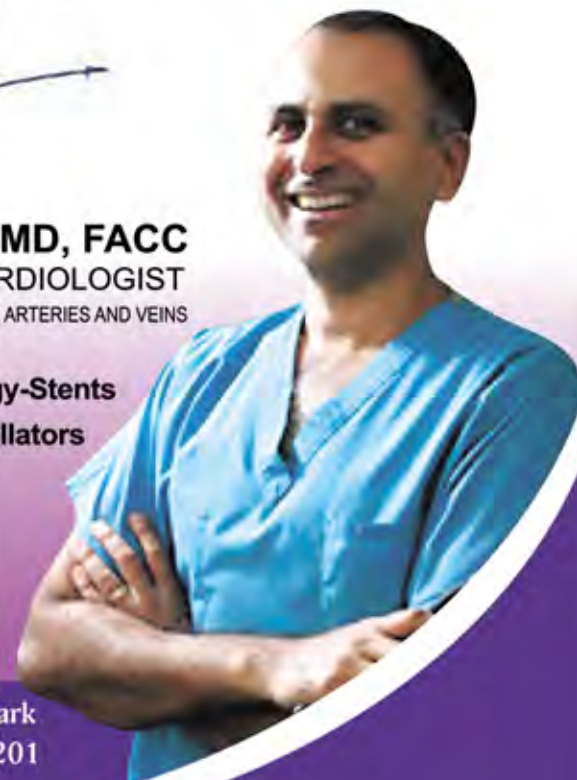
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CONTENTS

JANUARY 2023

6 Shining a Light on Cornea Conditions

8 New Year/New You Made Easier

9 How to Improve Your Heart Health in The New Year

10 When is it Time for Knee-Replacement Surgery?

11 Small Goals Can Lead to Big Changes

12 GLP1 is Liquid Gold for Weight Loss, Insulin Resistance, and Type 2 Diabetes

13 Issues with Incontinence? You Have Options

14 Celebrating Life

15 Show Gratitude in The New Year

16 Happy 2023!

18 Seniors Aging In Place

20 Improve Your Workout with Omega-3 Fish Oil

21 Cosmetic Dentistry is More Than a Pretty Smile

22 Benefits of IV Therapy

23 Overcoming Difficult Relationships When Considering Assisted Living

24 Do You Have Kidney Stones?

25 Adaptogens: What They Are and What You Can Expect?

26 Don't Pay Thousands for Spinal Decompression

28 Attorney Patrick Smith Radio Show Now on 14 Stations

29 Weight Loss and Physical Therapy

30 Healthy Aging: What Does it Really Require?

31 Spiritual Wellness: Your Secret Weapon for the New Year



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SHINING A LIGHT ON CORNEA CONDITIONS

The transparent outer layer covering your iris and pupil is the cornea. Its role is to help the eye focus light. Obviously, this thin but tough little canopy is crucial to healthy vision. Any damage to the cornea will affect its ability to bounce light back to the retina, causing what's called a refractive error. Imperfections in the shape of the eyeball and the cornea are the most common reasons folks need glasses, especially as they pass age 40.

In case you want to know a little nerdy science stuff about the cornea, it is made up of five layers:

- **The epithelium:** this rugged gatekeeper drinks up vital nutrients from tears so it can keep stuff from entering your eye.
- **Bowman's membrane:** this layer is composed mainly of collagen fibrils (tiny fibers) to provide structure and stability to the cornea.
- **The stroma:** the thickest layer of all, the stroma is strong, flexible and responsible for the cornea's dome shape.
- **Descemet's membrane:** this layer helps control corneal equilibrium, clarity and hydration. Oh, and (nerd alert!) it modulates TGF- β -induced posterior corneal fibrosis, just in case you were wondering.
- **The endothelium:** this monolayer of cells at the back takes all the moisture the stroma can't absorb and directs it to a space behind the cornea called the anterior chamber. This chamber is full of essential fluid called aqueous humor, which regulates eye pressure.

That might be more than you needed to know, but it highlights just how amazing this little window to bright, clear vision is. Any damage, disease or deformity involving the cornea will impact vision to some degree, from needing glasses to becoming completely blind. Luckily, there are effective ways to protect corneal health, and address problems if they become more serious.

Common Corneal Conditions

1 Dry Eye. When the eye doesn't produce enough tears or the tear layer is compromised due to allergies, disease or other factors, or the glands dotting the eyelid margins are blocked, the eyes can get dry. It is yet another thing that becomes more common as people get older. Chronic dry eye is not only uncomfortable, it can cause injury to the moisture-loving cornea, including abrasions and ulcers that can lead to vision loss.



2 Abrasions. While minor scratches usually heal on their own, a deeper injury can result in scarring, which can warp the cornea.

3 Keratitis. This inflammatory condition is caused by infection, injury, entry of a foreign body, allergies, dryness, or overexposure to UV light. Keratitis can result in eye pain, redness, a foreign body sensation, light sensitivity and/or distorted vision. The number one cause of bacterial keratitis is improper use of contact lenses: wearing or reusing them for too long, or not cleaning and storing them properly.

4 Corneal dystrophies. These 20+ eye diseases, which typically run in families, change or damage the cornea. While some can produce symptoms like discomfort and/or distorted vision, most are discovered only during a dilated eye exam. Many, like Fuch's dystrophy, can be managed using prescription eye drops, and treated via surgery.

5 Keratoconus. When time or disease causes the cornea to thin, it can bulge outward, leading to visual problems. In advanced stages, the cornea can swell and scar, requiring a corneal transplant to restore vision.

Preventing Corneal Problems

While some corneal issues aren't preventable, many are. Commonsense prevention tips include:

1 Practice smart hygiene. Replace your contacts when recommended. Wash them thoroughly and store them in a clean case in between uses. And, even if they are FDA-approved for overnight wear, it is wise not to sleep in contact lenses. Wash hands thoroughly before touching your eyes or eyelids. Gently rinse/wash eyes (preferably with a sterile eye wash or solution) should dirt, allergens or other foreign matter get into them.

2 Keep eyes moist. If you suffer from chronic dry eye, don't ignore it. Dry eyes can cause corneal abrasions and become a playground for infection-causing bacteria. See your eye doctor for ways to help keep eyes moist and healthy. Occasional and minor dryness can usually be resolved with OTC moisture drops.

3 Wear sunglasses. Protect your precious peepers with quality sunglasses rated UV 400, which blocks 99-100% of UVA and UVB rays.

4 Wear protective eyewear. From basketball to darts to beach volleyball, lots of sports and activities invite blunt force trauma or foreign matter injury to eyes. Injury can also come from things like home/car repairs, yardwork, certain hobbies, and handling household cleaners or harsh chemicals. Wearing the appropriate protective eyewear may feel dorky, but safeguarding your vision is just plain smart.

5 Get regular eye exams. Unlike a vision exam for glasses, a comprehensive (dilated pupil) eye exam lets your eye doctor see deep into the structures of your eye. This uncovers a wide range of often-stealthy eye diseases, including dry eye, glaucoma, cataracts, corneal dystrophies and others, before they produce symptoms and can severely damage vision, sometimes irreparably.

Urgent Care of the Cornea

Acute corneal problems, like blunt force trauma, an embedded foreign body, or a serious eye infection can't wait. See your eye doctor or head straight to the ER immediately if you experience:

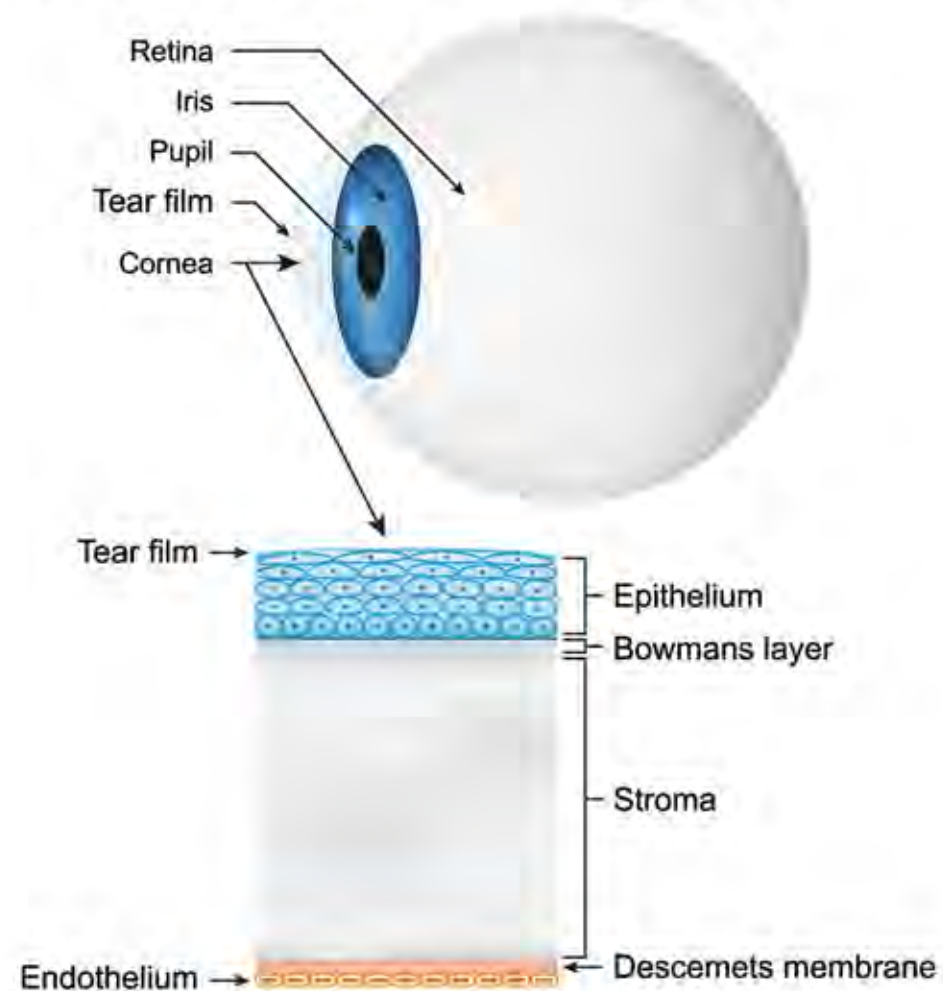
- Intense eye pain
- Severe redness, wateriness
- Sudden changes in vision
- An object stuck or trapped in the eye
- Serious trauma to the eye or surrounding orbital socket

Treatment and Management of Cornea Conditions

During your regularly-scheduled comprehensive exam, your eye doctor will investigate all the areas and structures of your eyes, and, within the long list of services, check for corneal abnormalities, abrasions, signs of chronic dry eye, and other eye health conditions. Should you have a corneal disease or injury, effective treatments include:

Prescription medication. Most corneal issues, including irritation, mild injury and infection, can be easily treated with prescription eye drops and/or oral medication.

Structure of the Cornea



Dry eye therapy. Most cases of chronic dry eye are caused by a dysfunction of the meibomian glands, the oil glands in the eyelid margins. Lake Eye offers a gentle, drug-free treatment to help unplug blocked glands and restore healthier function. Other cases can be treated using specialized eye drops to provide lasting moisture to help protect corneas from irritation and infection.

Laser treatment. More advanced issues may require a procedure called phototherapeutic keratectomy, or PTK, to reshape the cornea and remove scar tissue to restore vision.

Partial corneal transplant. For conditions like Fuch's dystrophy, a partial corneal transplant procedure, Descemet Stripping Endothelial Keratoplasty (DSEK), or Descemet Membrane Endothelial Keratoplasty (DMEK), replaces damaged endothelial cells and membranes with healthy donor graft tissue.

Cornea transplant. When damage to a cornea is irreparable, the entire cornea can be replaced using human donor corneas. For those who can't

receive or tolerate donor tissue, an artificial cornea, or keratoprosthesis, is a newer approach to vision restoration.

Your Eye Health Leader

Lake Eye (a US Eye Company) is here to diagnose and treat diseased and damaged corneas with the latest medicines and advanced, state-of-the-art procedures like DSEK, DMEK and partial or total cornea transplantation.

Remember, the early diagnosis and treatment of disease can protect, and in some cases restore, vision. So, if you haven't had a complete eye exam in a while, or you have noticed changes in your vision, make an appointment to see one of our experienced, friendly eye doctors today.

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New Year/New You Made Easier

By Dr. Tina Chandra

New Year's resolutions are a big part of US culture. Nearly half of us set goals at the start of every new year. However, studies show that less than half of us keep those resolutions for even as long as six months. So, what can you do if every year you have the same goal and it never works out? What if you've been trying year after year to lose weight and get in shape but your efforts fall short? Is there an easier way?

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

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

How does Emsculpt NEO work?

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

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

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

What can I expect in an Emsculpt NEO session?

During a 30-minute session, an applicator is strapped to the area being treated, the abdomen, for example.



The technician then slowly increases the RF heat and the HIFEM pulsing depending on the client's comfort level. Throughout each session and in future sessions, the applicator will get warmer and the pulses will increase in intensity.

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

What areas can be treated?

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

What results can be expected?

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

Is Emsculpt NEO too good to be true?

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

DR. TINA CHANDRA

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



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Ravi Chandra, MD, Ocala's leading vascular surgeon is the only surgeon in Ocala, Florida with outstanding credentials and is quadruple Board certified by the American Board of Endovascular Medicine, American Board of Vascular Medicine, the American Board of Surgery, and the American Board of Phlebology. Dr. Chandra has the extreme honor of being appointed to the Florida Board of Medicine by Governor Ron DeSantis on April 4, 2021.



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



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HOW TO IMPROVE YOUR HEART HEALTH IN THE NEW YEAR

T.E. Vallabhan, MD, FACC

The health of the heart and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of heart disorders are being overweight, poor dietary habits, having high blood sugar levels and living a sedentary lifestyle.

Too Much Sugar

High blood sugar and cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's critical that you see a cardiologist because it's not a matter of, "will I have heart issues," but rather "when."

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Too Much Salt

When we ingest excessive salt, inflammation takes effect in our entire bodies and water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.

Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy. Eating whole foods is imperative to keeping your sodium

levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

Improve Your Diet

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt in the center isles. There are exceptions of course, like frozen no salt added vegetables and fruit and dried spices to take the place of your saltshaker. For the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs and some dairy.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

When you shop, check the labels on your food and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces of condiments on the side and use sparingly. Also, order steamed vegetables, lean meat and in general make wise choices.

Exercise

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, 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.

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO₂) is three times greater in water than on land. Working large muscle groups

leads to this uptake of oxygen or VO₂, but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

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When is it Time for Knee-Replacement Surgery?

By Dr. Nam Dinh, MD, FAAOS

Most people take their knees for granted until it gets too difficult to climb a flight of stairs or go for a walk. Knee pain, usually associated with arthritis, is common among older adults.

But is it time for surgery?

Knee-replacement procedures are among the most common bone surgeries in the U.S., with more than 600,000 performed each year. That number is expected to exceed 3 million by the year 2030, according to the American Academy of Orthopedic Surgeons (AAOS).

As an orthopedic surgeon who specialized in hip and knee replacement, I frequently see patients who suffer from pain and want information about surgery. Here are the answers to a few of their most commonly asked questions:

Why does my knee hurt?

The knee is the largest joint in the body, made up of a complex array of bones, tendons, ligaments and cartilage. While several factors can lead to pain, most chronic pain is caused by osteoarthritis (age-related wear and tear on the cartilage), rheumatoid arthritis (a disease in which joints become inflamed), or post-traumatic arthritis caused by an injury.

When should I schedule a consultation?

Follow your body's cues and don't ignore lingering pain. If you experience swelling, stiffness or discomfort following everyday activities such as walking or climbing stairs, it's worth getting a checkup. Also, see a doctor if your knee's shape or appearance changes over time.

If surgery is needed, what should I expect?

The term "knee replacement" is a bit misleading, because your entire joint isn't "replaced." During most surgeries, a surgeon removes the damaged area – usually the cartilage and bone between the thigh bone and the shin bone – and replaces it with an artificial joint made of metal, ceramic or plastic. The knee joint, as the result, is "resurfaced" rather than "replaced." The procedure lasts less than one hour.

Is there an alternative to surgery?

Depending on the condition of your knee and pain levels, there may be an alternative to surgery—activity modification, weight loss, using a cane or physical therapy. Medications such as nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroid injections or viscosupplementation injections may also reduce the need for an operation.



How long before I'm back to my normal self?

With advanced surgical techniques, including minimally invasive LATERAL knee replacement, a majority of our patients are able to walk after surgery and go home the same day. On average, recovery time is six weeks and total recovery can take between nine months to a year. Our patients are released to play sports six weeks after surgery. The vast majority of patients - 90 percent-experience a reduction in pain after surgery, according to the AAOS.

Knee-replacement surgery can be life-changing for patients who have experienced extended periods of pain. Once fully recovered, you'll notice activities like swimming, golfing, biking and walking will become much easier...and, best of all, pain-free!

About Dr. Nam Dinh

Dr. Nam Dinh is a fellowship trained orthopedic surgeon at Optimotion Orthopaedics with special training in minimally invasive LATERAL total knee replacement ANTERIOR hip replacement surgery. To learn more information about Dr. Dinh visit optimotion.com.



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Small Goals Can Lead to Big Changes

There's no health without mental health, which is why we're empowering our members to take small steps that can lead to big changes in their well-being.

One out of five U.S. adults experiences mental illness each year. And over time, poor mental health can impact our physical health. This link between mental and physical health is important to help you reach a more positive state of well-being.

Every year I make New Year's resolutions and every year, I break them. Do you have tools to help me be successful?

Yes! Florida Blue Medicare can help.

Many of us make resolutions for the new year and are frustrated if we don't meet them. These feelings of failure can cause stress and stop us from trying again. This year try micro-goals: small actions that you can accomplish that take you toward a larger goal.

For example, instead of trying to set a goal to exercise an hour a day every day in 2022, consider starting with a smaller and time-bound step, like: for the next month I'm going to take a short walk at lunchtime five out of seven days. Once you accomplish a micro-goal you move on to the next one.

This approach allows you to take small steps that can lead to big changes in all areas of your life. You can find articles, skill-building activities and other tools on goal setting on **meQuilibrium**, our digital mental well-being program that helps you build the resilience you need to meet life's challenges. meQuilibrium is available at no extra charge to all BlueMedicare Advantage members. Once you've created your logged in to My Health Link™ member account on floridablue.com, make sure to read **10 Resolutions for a Happier You** on your meQuilibrium app.

Once you start taking the first small steps, your own imagination will lead you to the next small step -- and the next. Before you know it, you will have achieved your end result!

*meQuilibrium is an independent company contracted by Florida Blue to provide health and wellness services and resources to members. This benefit is available to Florida Blue Medicare members in 2022 Medicare Advantage plans.



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GLP1 is LIQUID Gold for Weight Loss, Insulin Resistance, and Type 2 Diabetes

The newest prescription Type 2 Diabetes management on the market has weight loss experts abuzz with excitement. Mounjaro is an injectable prescription medicine that is used along with diet and exercise to improve blood sugar (glucose) in adults with type 2 diabetes mellitus. Mounjaro is the first and only approved single molecule that activates the glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptors in the body. Other earlier medications in its class target one glucose receptor, but Mounjaro is the only drug that targets two insulin receptors.

once weekly
mounjaro[®]
(tirzepatide) injection 0.5 mL
2.5 mg | 5 mg | 7.5 mg | 10 mg | 12.5 mg | 15 mg

Mounjaro is not insulin. Instead, it helps your body utilize its own insulin. Some diabetics produce too much insulin, but their insulin is “broken”. With type 2 diabetes, your body’s own insulin doesn’t work to give the cell energy. Mounjaro “mends” your body’s own insulin chains to help it be more effective.

Mounjaro is also the latest weight-loss rock star. Predicted to hit the shelves as an FDA-approved weight loss drug in February 2023, Mounjaro will be the number one weight loss drug on the market. Currently, Mounjaro is only approved for “insulin resistance” and Type 2 diabetes. But the current results are clear and are a game changer for those who haven’t been able to lose weight with diet and exercise alone.

Are you constantly hungry? Even after you have just eaten. Always thirsty? Are you tired soon all the time? Does obesity run in your family lineage? Do you tend to carry extra fat around your abdomen? These are all signs of insulin resistance or pre-diabetes. Even with cutting out carbs and processed food from your diet, do you still struggle to budge the scale? Mounjaro could help. It is NOT a stimulant. You can’t become addicted. You can however see results with this metabolic game changer. Some have even reversed their diabetes.



Source: <https://www.mounjaro.com>

Mounjaro is a comprehensive approach to weight loss as it covers FIVE different areas in the insulin cycle.

- Mounjaro helps the body release insulin when the blood sugar is too high. Your body needs insulin to use sugar for energy. In the body, the hormone insulin helps your body use or store the blood sugar it gets from food. If you have Type 2 diabetes, your body doesn’t make enough insulin, doesn’t use insulin well, or both.
- Mounjaro helps the body remove excess sugar from the blood. In type 2 diabetes, since the sugar is not being used for energy, it stays in your blood. This leads to high blood sugar. Over time, this could hurt your eyes, kidneys, nerves, heart, and blood vessels.
- Mounjaro helps stop the liver from making and releasing too much sugar.
- Mounjaro helps reduce how much food is eaten. Being overweight can increase your risk of having type 2 diabetes. Being overweight can lead to your body having a harder time using the insulin it makes because it has trouble using sugar in the blood. Your pancreas keeps making insulin, but your body doesn’t respond to insulin like it used to. Losing weight could help improve how your body responds to the insulin it makes and help lower blood sugar. According to the American Diabetes Association (ADA), sometimes, losing just 5%-7% of your body weight is enough to improve diabetes control. For someone who weighs 200 lbs., this is a weight loss of just 10-15 lbs.
- Mounjaro helps slow down digestion and how quickly food leaves the stomach.



People taking Mounjaro lost up to 25 pounds‡

Mounjaro is not a weight loss drug.

Individual results may vary.

‡In studies with or without other diabetes medications, weight loss in adults ranged from 12 lb (5 mg) to 25 lb (15 mg).

Mounjaro comes in a single-dose pen that you inject yourself once a week. Of course, there are potential risks and side effects. The most common side effects of Mounjaro include nausea, diarrhea, decreased appetite, vomiting, constipation, indigestion, and stomach (abdominal) pain. These are not all the possible side effects of Mounjaro. Your doctor can discuss these with you, and you should visit www.mounjaro.com to read about the potential side effects yourself before making your decision. You also need to be ready to make some lifestyle modifications long term for your results to be sustainable. You must be willing to commit to cutting sugar and processed foods out of your life forever. Losing weight and having a healthy body doesn’t come with merely swallowing a pill. When you are ready to make some serious changes and shed the pounds that are weighing you down, visit Diamond Medial Clinic to discuss how Mounjaro can help.

Dr. Shristi Shrestha, MD is a family physician who was raised in Kathmandu, Nepal. Surrounded by the snowy Himalayas and forested hills naturally sparked her interest in biology. Her passion for helping people led her to attend medical school in Cambridge, UK. She later completed her residency in Family Medicine at the University of South Carolina, Greenville. When not treating patients, Dr. Shrestha enjoys being creative through her artwork. She also enjoys spending time and traveling with her family.

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MEDICAL CLINIC

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ISSUES WITH INCONTINENCE?

YOU HAVE OPTIONS

What are the causes of urinary incontinence?

Urinary incontinence is caused by problems with the nerves and muscles that help the bladder to pass or hold urine. The pelvic floor muscles that support your urethra, bladder, uterus, and bowels may become damaged or weak after pregnancy, childbirth, or menopause. With weakened muscles, your bladder and urethra are forced to work harder to hold urine.

Unfortunately, the extra pressure or stress on the bladder and urethra can cause urinary leakage or incontinence. Urinary incontinence may also have other causes. You may experience incontinence due to aging of the bladder muscles, being overweight, nerve damage, or surgery in the reproductive organs, such as a hysterectomy.

Certain medications, caffeine, or infection may cause temporary incontinence as well. Furthermore, the condition may also be a result of urinary tract infection, multiple sclerosis, stroke, a brain tumor, Parkinson's disease, spinal injury, or urinary stones.

While urinary incontinence can happen for both men and women, it is twice as common for women. Women can have urinary incontinence at any age—though it is more frequent in older women due to hormonal changes during menopause. Plus, since the female urethra is shorter, any damage or weakness to it will likely cause urinary incontinence.

The 2 Major types of urinary incontinence

• Stress incontinence

As the name suggests, stress incontinence occurs when there is stress or pressure put on your bladder. Because your pelvic floor muscles are weakened, any stress or pressure easily triggers the release of urine.

When you have stress incontinence, everyday actions that use the pelvic floor muscles, such as sneezing, laughing, jumping, lifting heavy objects, or coughing, tend to cause urine leakage. This also includes sudden physical activity and movements.



Stress incontinence is the most common type of incontinence and the most frequent in younger women. The risk of this condition is increased when you are smoking, overweight, or have gone through childbirth.

• Urge incontinence

Also called overactive bladder, urge incontinence occurs when your brain and spinal cord do not work properly with the bladder to allow you to hold urine and release it at the right time. The bladder may suddenly empty itself without warning, or you may feel like you need to pass urine more frequently.

As a rule, urge incontinence is identified by having to pass urine more than eight times a day—and usually passing only a little urine once you get to the bathroom.

It is a common condition in older women and tends to affect those with nervous system disorders, such as stroke or multiple sclerosis.

Treatment Options

The treatment offered for urinary incontinence varies from case to case. For a less severe condition, your female pelvic medicine and reconstructive surgery (FPMRS) physician may advise small changes to your lifestyle.

You may be encouraged to quit smoking, avoid caffeine and alcohol, lose weight, practice urge suppression, retrain your bladder, and perform pelvic floor exercises.

Your urogynecologist may also prescribe medical devices, like urethral insert and vaginal pessary, to help you control stress incontinence.

Additionally, fillers such as carbon beads and collagen may be applied for plumping up the tissues where urine is released from the bladder to help hold it.

In some cases, your FPMRS physician may recommend bladder-relaxing Botox, estrogen replacement therapy, or drugs like pseudoephedrine to help tone up the urethra. Likewise, electrical nerve stimulation procedures, such as sacral nerve stimulation and tibial nerve stimulation, are options that may be considered.

If these do not work, your urogynecologist may recommend surgery, such as the sling procedure or retro-pubic colpo-suspension to correct the underlying problem and relieve symptoms.

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CELEBRATING LIFE

As the start of a new year, January is often associated with new beginnings. But did you know the first month of the year also encompasses Celebration of Life Day and Hunt for Happiness Week? These lesser-known acknowledgments—falling on the first and third weeks of January, respectively—remind us not only to ring in a New Year but also to celebrate life and to take a closer look at what we define as happiness and what it takes to achieve it in our lives.

While there are many things worth celebrating, aging should be on the top of your list. At Sumter Senior Living, our compassionate, skilled care team understands that to find happiness is to celebrate life—yours and the lives of those around you. Though it's not possible to be happy all the time, our community provides the care, programming, health, and wellness resources necessary to thrive in an environment that's not just like home—it is home.

Better With Age

Many factors play a role in happiness—chief among them being our perception as we grow older. Even as physical health and mental sharpness taper off, emotional well-being tends to increase alongside age. Studies have shown that—compared with young adults—those aged 50 and older consistently score higher, or more positively, on a wide variety of daily emotions.

A survey conducted by SeniorLiving.org of 800 American adults in 2022 sought to measure the life satisfaction of older adults. Following in the footsteps of a similar survey from AARP in 2017, SeniorLiving.org found that more than four in five seniors self-reported their “satisfaction with life” is the same, better, or much better than they expected as youths. Both surveys also found that though many younger Americans expressed a negative perception about aging, most older Americans reported feeling good about their lives.

This positive outlook that seems to have developed with age is based on several key factors, including participants reporting that aging means: life has more possibilities, there is more freedom to choose to live how we want to, friends become a bigger part of our lives, we will have healthcare coverage, and we'll know how to better cope with stress.



But happiness is more than just a long-term endeavor; it's also a day-to-day pursuit. And national samples repeatedly show that older adults tend to experience more positive emotions in a given day and fewer negative ones—independent of income or education. Several studies performed by psychologists from the University of California, Irvine, and Stanford University's Center on Longevity have reported that representative samples of adults repeatedly illustrate that older people have more ability than younger adults to soften the edges of a day—by paying for delivery, hiring help, staying comfortably homebound and, crucially, being able to have their needs met within their place of residence.

Celebrate at Sumter

As part of the Grace Management family, Sumter Senior Living believes that celebrating life and curating happiness should be part of every day—not just to kick-off the new year. Which is why at Sumter Senior Living, conveniently located in The Villages® community of the sunshine state, we want you to live life to the fullest and embrace the hunt for happiness as a daily pursuit.

Take care of your health in our Fitness Center and indoor, heated therapy pool. Explore enriching interests at the Library, Theater, and Arts and Crafts Studio. Spend time with friends in our community rooms. And beyond our convenient on-site offerings, you'll also gain access to The Villages® Amenities. Because, at Sumter Senior Living, we provide all the ingredients our residents need to live up to their full potential.

From fitness lessons to therapeutic programs and everyday activities that define our vibrant community, everything we do is guided by a sense of purpose to provide great sources of joy, excitement, and relaxation—each and every day. We're always sure to make time for laughter, connection, and friendship, and include those ideals in everything we do.

A Place Where You Belong

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

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

By Sharon A. Bassett

Life is busy. Yet we make life busy. We say yes and then we regret our decision or dread attending the events we said yes to. In 2023, make a purposeful choice to do only those things that bring you inner joy. And then be grateful for those things and the joy they bring. Be thankful for all the things in your life that make it special. Pause every day to show gratitude to yourself by acknowledging what you are thankful for. Make it a priority to tell at least one other person each day that you are thankful for the joy they bring into your life.

Gratitude is a feeling of appreciation or thanks. It is the recognition of the good things that we have in our lives. When we are grateful, we are acknowledging the gifts, blessings, and positive experiences that we have had. Gratitude can be felt in many ways. It can be a simple "thank you" for something that someone has done for us. It can be a feeling of happiness when we think about the good things in our lives. It can be a sense of wonder and appreciation for the natural world around us. It can be a deep sense of thankfulness for the people and experiences that have shaped our lives.

Gratitude is an important part of our well-being. It can help us to appreciate what we have, focus on the positive, and find meaning in our lives. Expressing gratitude can also help us to build strong and positive relationships, cope with stress and adversity, and increase our overall satisfaction with life.

Gratitude is a feeling that comes from within. It is not something that we can force ourselves to feel. But, by trying to notice and appreciate the good things in our lives, we can begin to open ourselves up to the experience of gratitude.

Ways to Express Gratitude that Fill the Heart

Listening is a key component of showing gratitude. When we take the time to truly listen to someone, we are conveying that we value them and their thoughts. We are showing that we are interested in hearing what they have to say. This can be done verbally, through active listening techniques, or non-verbally, through body language and eye contact.

When we listen, we are sending the message that we care about the person we are talking to. We are showing them that we respect them and their



opinions. This can be a very powerful way to show gratitude, especially in relationships. When we listen to our loved ones, we are showing them how much we appreciate them. We are telling them that we value their thoughts and feelings. This can go a long way toward strengthening our relationships and making the people in our lives feel loved and appreciated.

When we **show concern for others**, it demonstrates our gratitude for their presence in our lives. It can be as simple as asking how their day is going or offering a listening ear when they need to talk. This sends the message that we value them and appreciate their company. Additionally, showing concern for others can also help build strong relationships. By being there for someone during a difficult time, we create a bond that is built on trust and mutual support. This can make all the difference in the world for someone who is struggling. So, the next time you are feeling grateful for someone in your life, take a moment to show them your concern. It will mean the world to them, and you just might find yourself feeling a little more grateful in the process.

Be considerate to strangers and friends. It involves taking the time to think about what another person may need or want and then taking action to help them. This might include doing something nice for them, offering to help them with a task, or simply being thoughtful in your words and actions. Consideration is about trying to show that you care about others and are grateful for their presence in your life. Return the shopping cart. Open the door. Help a young mom. Offer to load groceries for an elderly man. Show the world that small acts of kindness still matter.

Giving compliments can show gratitude by making the recipient feel appreciated. When we feel appreciated, it validates our efforts and lets us know that what we're doing is valuable. This can boost our mood and motivation, which can, in turn, lead to us being more productive. Additionally, giving compliments can help build and strengthen relationships. When we take the time to notice and express appreciation for what others do, it shows that we value them and their contributions. This can make them feel more connected to us and more likely to want to help us in the future.

When we **smile**, we are showing gratitude for the good things in our lives. A smile is a sign of happiness, and when we are happy, we are grateful for what we have. A smile can also be a sign of appreciation. When we appreciate something, we are thankful for it. A smile is a way of showing both happiness and appreciation.

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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HAPPY 2023!

By Dr. Ashley Cauthen

There's so much to celebrate as we reach a new year, and while we all try to focus on the good there is something we need to be aware of that affects our skin, hair and nails. What is one emotion that every single person will experience to some extent every day? You got it, stress. Stress is a physical and emotional reaction that people experience as they encounter changes in life. Stress can result from minor nuances such as getting stuck behind a school bus and being late to work to major life events like navigating a divorce, loss of a job, or dealing with a pandemic. Society is so stressed, we even have Stress Awareness Month (yes, it's April!). However, long term stress can lead to a myriad of health problems.

When you feel stressed, your body releases the stress hormones cortisol and adrenaline. Prolonged elevated levels of these hormones can affect all of our organ systems in different ways. We'll focus on our largest organ, skin.

Elevated levels of cortisol will lead to increased production of oil from sebaceous glands and result in acne. It can also shift our immune system into a more inflammatory state and cause various rashes or hives. Patients with chronic skin conditions like eczema, psoriasis, and rosacea are always at risk of flaring secondary to stress. Autoimmune conditions like vitiligo and alopecia areata (a type of hair loss most commonly presenting with circular patches of baldness), are known to be exacerbated by stressful

life events. Telogen effluvium (a generalized shedding of hair) is another type of hair loss closely tied to stress. Elevated cortisol can also lead to impaired wound healing and resistance to infection. In addition to how the hormones our body releases during stressful situations effects our skin, the habits or coping mechanisms we create while stressed can also affect our skin, hair, and nails. For example, some people touch their face more while stressed leading to increased exposure to microbes and worsening of acne. Nail biting is another common habit that is exacerbated during stressful situations. More severe behaviors include trichotillomania, a type of hair loss due to someone pulling out their hair, or skin picking habits resulting in erosions or bumps on the skin.

I have come to realize that stress is a normal part of living. Stressful situations come in many forms, such as a demanding job, or an argument with a loved one. It can even come from positive experiences like planning a wedding or preparing for a new baby. It's inevitable, we will all experience stressful situations in life. How we allow ourselves to process these situations is typically what will dictate the emotional and physical toll the stress will have on us.

There are many techniques available aimed at reducing stress: meditation, deep breathing, exercise, distraction, self-care, etc. These are useful tools once you already feel stressed. However, what if you could control when you felt stress. What if you had the ability to change whether something provokes stress

for you. What if, instead of constantly reacting to situations, we had the power to change our mindset, which ultimately dictates our feelings. Once I realized that MY THOUGHTS regarding a situation CONTROL MY FEELINGS (i.e., an emotion such as stress) and that I had the POWER TO CHANGE MY THOUGHTS, stress played a much smaller role in my life. It is not simple to rewire our brains to this way of thinking (it will always want to take the path of least resistance) but it is so liberating once you learn the tools to be in control of your emotions. I am far from mastering this but thankfully life provides endless opportunities to practice.

As we move through 2023, be cognizant of your thoughts. If they are negative, replace them with positive ones. Take ownership that you (and only you) are in control of how you react to things. As you work to change your mindset, you'll realize stress doesn't affect you as much. This, in turn, will lead to a healthier mind and body.

Be well friends!

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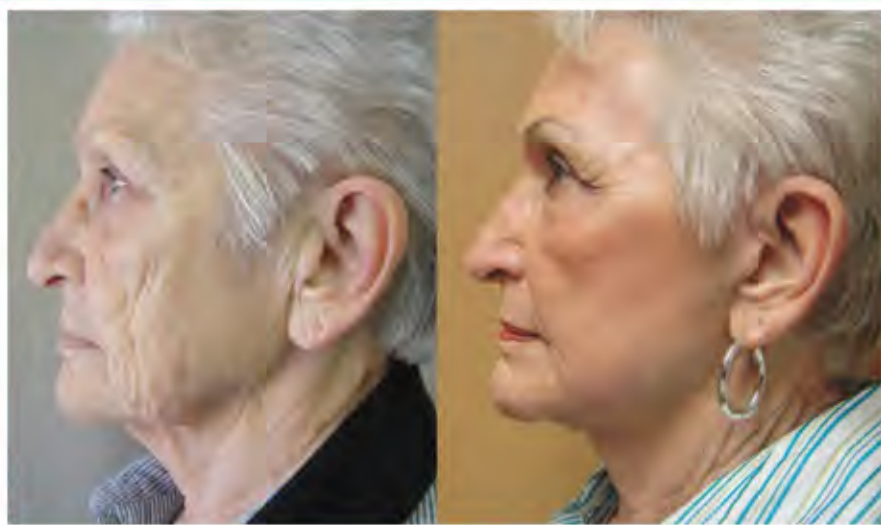
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SENIORS AGING IN PLACE

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.

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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.

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how we can support
you or your loved one

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Bassett

PREMIER REALTY, INC

Sharon A. Bassett is the Broker and Owner of Bassett Premier Realty, Inc. With an extensive background of schooling, from Pilot Aviation, 15 years of Construction and Design, Business Management, Entrepreneurship, 22 years of Real Estate, Owner/Broker and a Florida Residential Contractor.

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Improve Your Workout with Omega-3 Fish Oil

By Anne-Marie Chalmers, MD

Is there a relationship between taking fish oil and exercise performance?

That was our hypothesis when we started giving Well-pride® fish oil to Thoroughbred racehorses nearly two decades ago. The theory held water. Trainers reported that their horses had better endurance and recovered faster after racing.

Today, we know a lot more about how omega-3 fatty acids support the body during exercise (both in animals and people). The growing body of research presents a compelling case for why workout junkies should consider adding omega-3s to their exercise program.

Improved Muscle Mass

Omega-3 fish oil isn't going to land you on any doping drug list, yet there are many reasons why getting an effective daily dose could significantly improve your workout. One of the most surprising benefits is the omega-3 fatty acids' impact on muscle mass and strength:

- A 2012 study from Brazil revealed that women in their 60s experienced greater improvements in muscle strength when they consumed 2000 mg of EPA/DHA and exercised each day. This was compared to women who completed the training without omega-3 supplements.
- A 2015 double-blind study focused on 60 to 85-year-olds found that consuming 3360 mg of EPA/DHA for 6 months increased muscle mass and strength, independent of exercise.

While the above studies focused on older adults, younger individuals may experience similar benefits, too.

One study conducted on healthy adults (aged 25-45) found that supplementing with 4000 mg of EPA/DHA increased muscle protein synthesis. Another study on the same age group discovered that – when they took 3000 mg of EPA/DHA every day – study participants improved the number of bicep curls they could perform.

Reduced Muscle Soreness

Studies have also looked at how omega-3s can impact muscle soreness after exercising, which is known as Delayed Onset of Muscle Soreness (DOMS). Omega-3s



have anti-inflammatory benefits and may reduce the risk of muscle cell injury by improving cell flexibility and elasticity.

A fair amount of research has been done on this topic, so we have picked a few favorites:

- A 2014 study found that healthy college students with higher omega-3 levels had a decreased incidence of DOMS compared to students with lower omega-3 levels.
- A 2018 study from New Zealand found that when professional rugby players took 1500 mg of omega-3s, they experienced less muscle soreness and fatigue compared to when they took a protein-based placebo.
- A 2018 study from researchers at Harvard Medical School explored how omega-3s impacted people with coronary artery disease. After one year, patients who received 3360 mg of EPA/DHA daily had better physical function, fewer joint replacements, less pain and stiffness, and exercised more per week compared to the control group.

What to Consider Before Taking Omega-3s

Before your rush out to buy fish oil capsules, remember that the benefits of omega-3s depend on dose and quality.

In one review, researchers found that supplements providing only EPA or only DHA did not reduce several markers for DOMS. This is likely because these fatty

acids have a synergistic effect in the cells and work together to produce the best results. So it is important to make sure you are getting a full range of omega-3s, rather than just one fatty acid.

Secondly, getting an optimal omega-3 dose matters. In the studies referenced above, the researchers used between 1500 mg to 4000 mg of EPA/DHA daily to achieve positive effects. Unfortunately, many fish oil capsules contain only 300 mg of EPA/DHA. Depending on the brand and concentration, this means that you would have to swallow between 5 – 13 capsules daily to get an effective dose.

Alternatively, fresh, full-spectrum liquid fish oils, like Omega Cure®, can make it easier to get a higher omega-3 dose without having to swallow umpteen capsules. Just remember to read the nutrition facts to ensure you get enough EPA/DHA per serving.

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

<https://omega3innovations.com/blog/improve-your-workout-with-omega-3-fish-oil/>

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 emergency, family, and preventive medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



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COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Richard W. Rozensky, DDS, D.ABDSM

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.

Meet Dr. Rozensky

As a Diplomate of the American Academy of Dental Sleep Medicine and recognized as a qualified dentist by the American Board of Dental Sleep Medicine, Dr. Rozensky earned his Doctorate of Dental Surgery degree from University of New York at Buffalo and then went on to serve our country in the United States Air Force, after which he enjoyed private practice in General Dentistry for over 20 years. Dr. Rozensky now includes his passion for Sleep Dentistry in his practice and finds true joy in the life changing care he is providing.

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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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Overcoming Difficult Relationships When Considering Assisted Living

By Janice Martin, Senior Living Specialist

Family relationships can be tricky – especially when it comes time to consider assisted living.

It's not uncommon to have blended families with adult children from both sides. When the step-parent's children are making decisions, the other side of the family may feel as though decisions are being made without them. Often, I have heard that the side of the family I was helping felt that the other side was resisting because they were spending the other's inheritance. I think it goes without saying that it has the potential to be pretty nasty.

I cannot stress enough how important communication is. You may not like the other family members but I urge you to put away any negative feelings and focus on what is most important – making sure your loved one is safe and well taken care of. And that the one providing care is supported and cared for as well.

I caution you to not text or email during this time. Too much can be read into the written word. You may believe you are coming across as kind and working in everyone's best interest, but it can be completely misconstrued. Pick up the phone and call! Schedule a convenient time when everyone is available and talk to one another by phone or Zoom. It will make all the difference in the world.

If you find that you are unable to come to an agreement with all parties involved, you may want to consider the services of an outside mediator. This person is an unbiased third party who has no relation to any side. They will listen impassively and suggest solutions that are beneficial.

What if you are the only relative of someone who has abused you or hurt you?

It doesn't have to be a parent. It could be an aunt, uncle, cousin, brother, or sister, and there is no other family left. If you are now in this position and need to make decisions for that person, this can be a terrible time for you. Make a list of the things that need to be done. Do what is necessary and move on to the next item that needs to be addressed. Stay focused on the goal and try to remain impartial.



What if you are divorced from your spouse but are still their power of attorney?

I had two situations where the wife, who was power of attorney, wanted nothing to do with her ex-husband. **Wife #1** shared with me that she had no intention of ever visiting him once he moved in and was going to simply walk away. I explained to her that as power of attorney, she had agreed to certain responsibilities for him. She did not ever have to see him again, but it was her responsibility to make payments for him from his funds and to make medical decisions for him.

Wife #2 had the benefit of having her ex-husband's brother as a second person listed as power of attorney. In this circumstance, she was no longer willing to fulfill her legal duties and left the responsibility to her brother-in-law. She could check in with him if she wished to or completely walk away.

You may be surprised to learn that there are professional power of attorneys and guardians who can make decisions for your loved one. A professional guardian is assigned by the courts and will take care of all medical and financial decisions. They will go to doctor visits, pay bills, buy clothing and personal items, and visit on a regular basis. They must appear before the court and report for everything they do and account for what money is being spent.

In order to obtain guardianship, the person must be deemed incompetent. To do this, two doctors must sign a document agreeing to this. If your goal is to

have them go to general assisted living, be sure to check the community's protocol since once deemed incompetent there is the possibility they must go to memory care.

It is critical to get power of attorney papers in place before a crisis, especially if you are helping an individual with dementia. In order to have power of attorney signed, your loved one must understand what they are signing. If they are unable to do this, then a guardianship must be assigned. This is very time consuming and detailed records must be kept and presented to the court on a regular basis. It is far better to be named power of attorney than guardian.

As a senior living specialist, I have helped many families experiencing difficult relationships to remain focused on the goal of finding a safe assisted living for their loved one. For more information, please contact me at Senior Liaison of Central Florida at 352-477-1866, SeniorLiaisonCFL@gmail.com, or visit www.SeniorLiaisonCFL.com.

Senior Liaison
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Do You Have Kidney Stones?

By Ingrid Calliste, MD

The kidneys are a major part of our detoxifying system. These two small bean-shaped organs clean the blood and filter waste and toxins to make urine. If there is an imbalance or insufficient fluids, the waste can build up in the kidneys and cause kidney stones.

Many people are unaware that they've ever had kidney stones because they can easily move through the urinary tract and are passed out with little to no discomfort if they are small enough. However, larger kidney stones do cause irritation, and in severe cases, can be extremely painful. Other symptoms of kidney stones are bloody urine, back pain, nausea, vomiting, fever, pain while urinating, cloudy urine, and a strong odor.

The National Kidney Foundation information clearly explains the following statement on the types of stones and their causes:

There are four main types of stones:¹

1. Calcium oxalate: The most common type of kidney stone which is created when calcium combines with oxalate in the urine. Inadequate calcium and fluid intake, as well other conditions, may contribute to their formation.

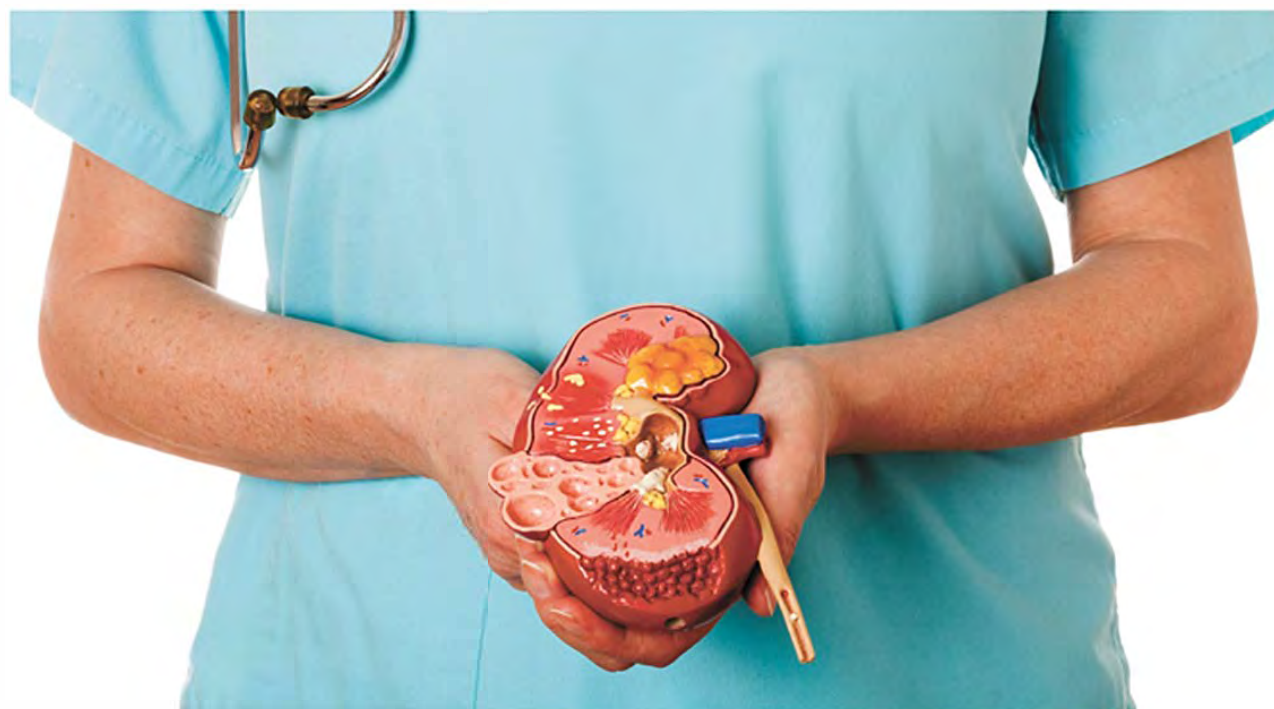
2. Uric acid: This is another common type of kidney stone. Foods such as organ meats and shellfish have high concentrations of a natural chemical compound known as purines. High purine intake leads to a higher production of monosodium urate, which, under the right conditions, may form stones in the kidneys. The formation of these types of stones tends to run in families.

3. Struvite: These stones are less common and are caused by infections in the upper urinary tract.

4. Cystine: These stones are rare and tend to run in families

Kidney Stone Treatment

If the stone is small enough, the physician will want you to try and pass it naturally through urinating. Drinking adequate amounts of water is essential. You may also need IV fluids to help your body pass the stone more quickly and efficiently, and pain medications can be given to ease the discomfort. If the stone is large, has blocked the ureter, and caused urine retention, or if there are signs of infection, surgery may be required.



Noninvasive Treatment to Break up the Stone(s)

Shock-wave lithotripsy is a noninvasive procedure that uses high-energy sound waves to blast the stones into fragments that are then more easily passed out in the urine. In ureteroscopy, an endoscope is inserted through the ureter to retrieve or obliterate the stone. Rarely, for very large or complicated stones, doctors will use percutaneous nephrolithotomy.¹

If you have symptoms such as the following, they are often common warning indicators of kidney disorders:

- Discomfort when urinating
- Foul odor in urine
- Fluid retention in the lower extremities and feet
- Shortness of breath
- Fatigue
- Decreased urine output
- Nausea
- Irregular heartbeat
- Muscle weakness
- Chest pain

Treatment is Critical

In the early stages, there may not be any symptoms. As kidney function decreases further, toxic wastes build up, and patients often feel sick to their stomachs

and throw up, lose their appetites, have hiccups, and gain weight due to fluid retention. If left untreated, patients can also develop heart failure and fluid in their lungs.

What you can do

Controlling blood sugar levels, blood pressure and urinary bladder issues is best to limit the progression of the disease. Avoid over-the-counter pain medications and other medications that damage the kidneys.

Medical Treatment Standards

Once the kidneys fail, three types of treatment can be used. These include kidney transplantation, hemodialysis, and peritoneal dialysis.



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Reference:

1. National Kidney Foundation, Kidney Stones,
<https://www.kidney.org/atoz/content/kidneystones>



Adaptogens: What They Are and What You Can Expect?

By Meredith Murdock, RA, CH



In today's post pandemic world, many of us experience stress on a daily basis. According to the American Psychological Association, over 76% of adults have reported experiencing stress within the past month.

When we experience stress a few things happen to our body. First, our body goes into a fight or flight feeling. When this happens your system releases hormones through your adrenal glands. These hormones include cortisol and adrenaline. Adrenaline can increase your heart rate and elevate your blood pressure. Cortisol can increase the amount of glucose in your bloodstream and increase the chemical substances that help repair tissues in your body. Cortisol also alters immune system responses and can also suppress other systems of the body such as the digestive system, reproductive system and can alter your mood.

When you experience this type of stress on a short term basis, your hormones go back to normal after the stressful event. However, when the body is in a

constant state of stress, these reactions can do damage to the body including but not limited to headaches, digestive problems, weight gain, muscle tension, memory and mood disorders and others. Over time, chronic disease can settle in.

This where Adaptogens can prove helpful to help regulate stress of the body. An adaptogen is a herb that has been studied and in many cases clinically tested to support the body's reaction to stress. An adaptogen targets different areas of your body to bring your body back to a state of balance, otherwise known as homeostasis.

Adaptogens have been studied extensively in the last 10 years. Most adaptogens can be taken with pharmaceutical medications and over time their use will help your body adapt to stress, making the physical reactions not as severe and support the release of cortisol and adrenaline during times of stress.

There are quite a few adaptogens in the herbalist toolbox. While all the following herbs fall under the "adaptogenic" umbrella, they all have different qualities that they target.

Some of the most popular adaptogens on the market are:

- Ashwagandha
- Astragalus
- Ginseng
- Tulsi
- Rhodiola
- Schicandra
- Eleuthero

Many of these herbs can be taken daily as an infusion or decoction. Another way is to purchase an extract of the herbs, where the strong concentration can be taken as a dropper full daily.

Studies have shown that taking these plants and herbs on a regular basis have other benefits besides just reducing your body's effect of stress. Other benefits include supporting restful sleep, calmed mind, stronger memory and focusing, less musculo-skeletal pain and possible reduction of fatigue.



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By Compton Chiropractic Care

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

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

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



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

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

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

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



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

WE WORK WITH YOUR CURRENT PHYSICIAN:

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

WHAT IF I DON'T HAVE A PCP?

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

WE CAN REFER YOU OUT IF NECESSARY:

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

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

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

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

Patient Testimonial

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

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

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Our Philosophy

- Treat patients as individuals identifying their unique needs and set of problems
- Perform a thorough Orthopedic and Neurologic examination with all new patients
- Use the highly reliable and world-renown Palmer "hands on" technique of Chiropractic care
- Provide patients with non-surgical alternatives to pain
- Avoid long-term treatment plans or large out-of-pocket expenses

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Weight Loss and Physical Therapy

Here we are in a brand-new year and many of us are thinking about the goals we want to set as we start 2023. The majority of New Year's resolution made by Americans revolve around health and weight loss. Sadly, less than half of those who make such resolutions will keep them even a full month! This is often because we set goals that are unrealistic and unsustainable. That's why many of us make the same resolutions year after year, never really attaining our goals.

Everyone's journey with losing weight is different, but increasing your physical activity is a great starting point. Some people exercise alone, some take workout classes, and others enlist the help of a physical therapist. Weight plays a big role in a person's overall well-being. Physical therapists can work with you on your journey to lose weight, so be sure to communicate your goals to your PT so the both of you can work together.

How Physical Therapists Aid in Weight Loss

Physical therapists are experts in movement, mobility, and exercise. They know exactly what you need to do to get your heart rate up, burn fat, and build muscle. When it comes to weight loss, their goal is to get their clients on the right track so that they can continue to exercise effectively once the therapy has ended.

When you work with a physical therapist, they'll create an individualized activity plan for you. Everything in your plan will be adjusted to your goals and your current abilities. While online resources and workout classes at the gym can be great ways to get inspired and start exercising, not all of the movements may be right for you at this time. Physical therapy is specific to you, so



you may see better results with this treatment than you would if you start exercising on your own.

Physical therapists understand the health issues and other obstacles that may get in your way, too. Being overweight or obese puts you at risk of developing a number of other health conditions, which may make it harder to exercise safely and comfortably. Because physical therapists are so knowledgeable about these concerns, they can help you find the forms of exercise that are effective without putting you at risk.

Weight Loss Decreases Body Pains

Our bodies are amazing machines that can do so much, but only when we challenge it and keep it shape. Like anything else, if you neglect it, it can fall into disrepair. In this case, your body will start to react differently depending on how much weight you gain and there might be limitations to what can be done.

Some common issues that those overweight might experience include:

- Decreased movement and flexibility
- Decreased endurance for daily activities
- Shortness of breath
- Loss of strength resulting in fatigue
- Hip, knee, ankle, or general joint pain
- Foot pains

Changing your diet is the first thing you need to do, but often pushing back from the table just isn't enough. The other part of weight loss is an exercise plan. Movement is important. Your body will thank you for it, and you'll feel better about it too.

For both children and adults who are overweight, physical therapy can help restore flexibility, increase strength and cardiovascular endurance, reduce pain, and get at any posture and balance issues. You PT will also work to prevent any disabilities caused by excess weight from settling in.

There are many wonderful uses and benefits of physical therapy, some that people aren't even aware of.

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.

Types of Treatment Available with Physical Therapy

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

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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

Regenerative Medicine May Play a Larger Role in Healing Than Most People Realize

By Physicians Rehabilitation

We hear so much about Blue Zone centenarians' lifestyles and thoughts on how they age so well without major disease or illness, but when it comes to healthy aging, it's not just about what we eat, exercise, and socialization, although these are definitely critical. However, it is important to mention that the medical treatment you receive is highly subjective to your outcomes, overall health and wellness.

What do we mean by that? Many doctors over prescribe medications to mask your symptoms but these usually fail to get to the root cause of your disorder. If you are injured or suffer from chronic pain, many surgeons will tell you surgical intervention is necessary, but is it? Often these treatment plans leave people sicker, with multiple other symptoms and surgery many times, doesn't relieve the problem long term.

Regenerative medicine is different because it helps the body heal from within on multiple levels. It is never a bandage approach, and it aims to treat the root cause of your condition.

If you want to age well, you might want to reconsider your thoughts on standard treatment. In the case of musculoskeletal conditions, it's always best to start with conservative approaches. Surgery is permanent; there is no going back once you have a knee or shoulder replacement. While those might be necessary in severe cases, they can be treated with regenerative therapies that offer significant optimal restoration.

Regenerative Medicine

The purpose of Regenerative medicine is it to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality. When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative Medicine should be the first recommendation, and in many cases, it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with sports injuries, physical therapy is also extremely beneficial as an add on treatment.



AT PHYSICIANS REHABILITATION THE TWO PRIMARY REGENERATIVE MEDICAL THERAPEUTICS FOR MOST SPORTS INJURIES ARE VISCOSUPPLEMENTATION AND PLATELET RICH PLASMA (PRP) THERAPIES

Viscosupplementation

Viscosupplementation is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is a high concentration of Hyaluronic Acid (HA) and is used to help protect the joint, act as a cushion and protector against damage and most importantly acts as a lubricant to enable smooth function of the joint. As you age, your body supplements with less Hyaluronic Acid (synovial fluid) and an increasingly less viscous Hyaluronic Acid replaces your thick and very well lubricating HA. This lack of fluid creates dried out joints which leads to cartilage, tissue, muscle, and bone breakdown – leading to Osteoarthritis and making it easier to have tissue and muscle damage within and around the joint.



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The procedure can be done in our office and only takes a few minutes. After locally numbing the area of concern, the procedure is monitored under a fluoroscopic image, which is a live X-ray. This allows us to see the inside of your joint while it is in motion and during the injection process. Using the fluoroscope, the practitioner will have the ability to see exactly where the Hyaluronic Acid is being placed to make sure it is in the joint space – because if it is not, it will do NO GOOD! You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

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 by spiking your body's natural ability to heal by using your own growth factors and proteins in your blood!

Research studies and clinical practice have shown PRP therapy to be 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

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient.

Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



My Daily Agreement with God's Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20__ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,
Alex E. Anderson
Senior Associate Pastor at
Bayside Community Church

P.S. HAPPY NEW!! If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you. Just go to alexanderson.org

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