

CENTRAL FLORIDA'S

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

February 2023

Marion Edition - Monthly

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Management  
Tips**

**Core to Floor**  
Strengthen Your Core  
and Pelvic Floor Without  
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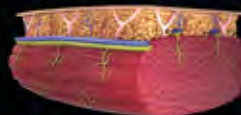
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# 6 TIPS FOR A HEALTHY HEART

Everyone hopes for a healthy heart, one that vigorously keeps pace with all of life's demands. However, despite our earnest wishes, heart disease remains the country's number one killer. Heart disease doesn't differentiate based on gender, race or income. It can develop into a serious problem without warning. Sometimes the first and only sign of heart disease is a heart attack, so it's crucial to start taking care of your heart now, before symptoms arise.

Hearts are strengthened by commonsense habits, some of which you have likely heard before. But reminders never hurt, especially not ones this vital. Adopting better habits today can make all the difference in your heart health going forward.

**1. Eat better.** There are a lot of eating plans out there, some of which seems to contradict each other, which can get confusing. But it is safe to go with natural, unprocessed or minimally-processed foods containing plenty of dietary fiber, such as vegetables, fruits and whole grains like brown rice, oatmeal and whole wheat, if you're not gluten-sensitive. Vegetables are your heart's best friend, so include them in your daily intake. Whole fruits contain fiber and encourage satiation, unlike fruit juices, which can contain as much sugar as soda pop, so they should be consumed in moderation. Added sugar has been proven to clog arteries, so use it sparingly. Limit sodium, especially if you have high blood pressure.

**2. Move more.** Some people love to exercise and some cringe at the very word. But, like the rest of the body, the heart depends on frequent movement to keep it running smoothly. Like any muscle, the heart needs regular challenges to maintain and grow strength. For many people, a brisk walk, a bike ride, a game of tennis or some time on the dance floor is enough to get the heart pumping. There's no need to endure suffering – you just need to find a place where your heart is getting regular challenges so it doesn't become prone to atrophy.

Beginners can start slow, with 10 minutes of movement a day, working up to 30 minutes or more, 4-7 times a week. If 30 minutes feels like a lot, you can break it up into three 10-minute sessions. What begins as a walk around the block can lead to longer treks as your endurance improves. If you haven't engaged in exercise in a while, it's wise to first consult with your clinician, who may work out a personalized program for you. Beginning is always the hardest part – but as your heart grows stronger, movement will become enjoyable. On average, it takes about 8 weeks for something to become a habit, so set a goal. After eight weeks, you may be amazed at how comfortable and energetic you feel.



**3. Manage your numbers.** Weight, blood pressure, cholesterol and blood sugar play major roles in heart health. Excess weight and elevated blood pressure and cholesterol, as well as diabetes, can greatly increase one's chance of heart attack. It is important to get your blood pressure checked regularly and monitored carefully if it is high. Cholesterol levels should be checked at least once every 5 years. Diabetes must be monitored and managed daily. If diet and exercise aren't enough to get your numbers in line, enlist the help of a health professional.

**4. Drink less.** There has been much debate about whether alcohol (specifically red wine) may improve heart health, but in truth, alcohol in all its forms contributes to heart disease. Yes, this is disappointing – but for your heart's sake, drink in moderation or, better yet, not at all.

**5. Address stress.** Life naturally comes with stressors, sometimes many all at once. Unfortunately, it's nearly impossible to live a completely stress-free life, but you can find ways to manage it so that it doesn't take its toll on your heart. Whether it's through deep breathing, meditation, exercise, therapy or some other means, figure out what helps you feel calm and make it a part of your health routine. It is an irony that exercise is used to speed the heart up and stress management to slow the heart down, but the duality helps to keep your heart pumping strong.

**6. Quit smoking.** No matter how many times you've tried to quit, try again. Talk to your clinician about the latest or different types of cessation aids. Even if you have smoked for years, quitting smoking can produce dramatic health benefits, even among older people. And do your best to avoid second-hand smoke, which can be every bit as toxic.

## Factors That Elevate Risk

These risk-elevators are obvious from the previous information, but bear repeating. All the elements below increase your risk of heart disease:

- Poor diet
- Lack of physical activity
- High cholesterol, high blood pressure, diabetes

- Drinking alcohol, particularly if more than one serving per day for women, or two for men
- Smoking

## Other factors include:

- **Age** – As with everything related to the body, age can have an impact. Women over 55 and men over 45 may be at increased risk.
- **Family history** – If your mother or sister had heart disease before age 65, or your father or brother had heart disease before age 55, it may suggest a higher family susceptibility to heart disease.

## Detecting Heart Disease Before it Strikes

A key element in many cases of heart disease is the presence of calcified plaque in the coronary arteries. This buildup of cholesterol, fats and other deposits adheres to arterial walls, hardening and narrowing them over time. Atherosclerosis typically produces no symptoms as it develops over the years, but as it becomes more severe, plaque may rupture into a blood clot or close off an artery completely, causing heart failure.

Cardiac scoring is a heart computerized tomography (CT) scan used to discover calcium deposits in arterial plaque. This score can identify atherosclerosis before symptoms develop or heart failure has a chance to occur. While no single test can catch all types of coronary disease, cardiac scoring is highly effective at determining the presence, location and extent of calcified plaque so that steps can be taken to reduce or prevent its impact on heart health and function.

The test itself takes only a few minutes and is painless and noninvasive. You simply lie back comfortably on the scanning table while your technologist applies several small adhesive electrode patches to your chest. These patches send your heart's electrical measurements to an electrocardiograph monitor. The table slides into a ring-shaped scanner, where a series of images are captured and sent to a specialized computer software system for review by your RAO radiologist. Your radiologist will report to your referring clinician any discovered calcified coronary plaque and your overall calcium score, along with any appropriate recommendations for care.

If you're curious about your risk of heart disease, talk to your healthcare provider about recommendations for heart disease prevention and early discovery of disease development. When deeper information is needed to create a more complete picture, RAO is here to provide fast, accurate diagnostic care. Better health thrives with an open mind and a ready heart.

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# CORE TO FLOOR - STRENGTHEN YOUR CORE AND PELVIC FLOOR WITHOUT HITTING THE GYM

By Dr. Tina Chandra

The innovative combination of BTL Industries' most sophisticated technologies has given rise to the latest and only non-invasive core conditioning treatment. The "Core to Floor" combination utilizes HIFEM and radiofrequency energy (Emsculpt NEO only) from the Emsella and Emsculpt NEO devices to strengthen primary core musculature.

Emsella targets the pelvic floor muscles, while Emsculpt NEO works to tone and strengthen the abdominal area. When done in conjunction, these two treatments allow people to improve neuromuscular control, muscular strength, sexual pleasure, and vitality.

## Emsculpt NEO

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.

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.

## Emsella

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

Emsella has been jokingly referred to as the "Kegel throne" because each 30-minute treatment is equivalent to doing more than 10,000 Kegels. It contracts the muscles by emitting HIFEM to stimulate the muscles of the pelvic floor that have become too weak to control urination. Even with physical therapy and being very disciplined in doing Kegel exercises, it would be humanly impossible to mimic this type of treatment and its results.

## How does "Core to Floor" work?

Combining Emsculpt NEO and Emsella technologies into a singular form of core therapy has delivered a 95% satisfaction rate among patients.

## Emsculpt Neo for the Abdomen

Core to Floor uses Emsculpt NEO to strengthen the abdominal muscles, stimulating an average of 25% muscle development. An additional bonus is Emsculpt NEO's fat reduction capability, allowing patients to reap the benefits of a 30% fat reduction in the abdominal area.

## Emsella for the Pelvic Floor

Emsella is utilized in core to the floor for its innate capability to strengthen the foundation of the core faster and more effectively than any alternative treatments or exercises. These two state-of-the-art technologies together provide a painless and non-invasive solution to anyone struggling with or looking to prevent issues related to a weak core.

## Why Choose Core to Floor Therapy?

The core is a grouping of the back, pelvic, glute, hip, abdominal, and diaphragm muscles—all of which stabilize the trunk and support the spine. Sufficient core strength is crucial for any physical activity, from running or swinging a golf club to simple everyday tasks such as grabbing something from the top shelf. A weak core can cause a multitude of physical impairments, from chronic back pain to lack of mobility and balance. Core to Floor therapy helps train the muscles of the pelvis and abdomen to work in harmony, restoring one's quality of life and helping achieve fitness goals.

The combination of two advanced technologies helps to strengthen, tone, and firm the abdominal and pelvic muscles. The primary benefits of this therapy include:

- Increased Muscle Mass
- Enhanced Core Strength
- Restoration of Neuromuscular Control
- Improved Balance, Mobility, and Posture
- Improved Blood Flow
- Correction of Abdominal Separation
- Correction of Incontinence<sup>1</sup>

If you are interested in learning more about "CORE TO FLOOR" using Emsella and Emsculpt NEO from trusted professionals with years of experience, contact Chandra Wellness Center today.

1. Soleiman, D. (2022) Core to floor: EMSculpt Neo & Emsella are an excellent combo, Cosmetic Injectables Center Sherman Oaks, Los Angeles, California. Available at: <https://cosmeticinjectables.com/blog/core-to-floor-emsculpt-neo-and-emsella>.

## 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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## DR. RAVI CHANDRA

Ravi Chandra, MD, Ocala's leading vascular surgeon is the only surgeon in Ocala, Florida with outstanding credentials and is quadruple Board certified by the American Board of Endovascular Medicine, American Board of Vascular Medicine, the American Board of Surgery, and the American Board of Phlebology. Dr. Chandra 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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# GALLBLADDER CANCERS

**G**allbladder cancer is a rare disease. The American Cancer Society estimates that in the United States, 6,570 women and 5,750 men will be diagnosed with cancer of the gallbladder or nearby large bile ducts in 2023. It occurs more frequently in women than in men, and the incidence is higher for Latinos, Mexican Americans and Native Americans. It is most often found in people over the age of 65; the average age at diagnosis is 72.

## A Closer Look

The gallbladder is a small, pear-shaped organ under the liver, located behind the right lower ribs. By adulthood, it is usually about three to four inches long and no wider than one inch. Its basic function is to store bile, a fluid produced by the liver that helps break down fatty foods as they pass through the small intestine.

Interestingly, while the gallbladder helps to digest food, we don't need the organ to live. Many people have their gallbladders removed due to chronic inflammation and go on to live normal lives.

Nearly all gallbladder cancers are adenocarcinomas that start when cells in the inner layer of the gallbladder grow out of control and spread through the outer layer. It is not usually found until it has become advanced and spread outside of the gallbladder and causes symptoms. In fact, only about one of five cases are found in the early stages.

## Chronic Inflammation: A Common Risk Factor

Many of the risk factors that make a person more likely to develop gallbladder cancer are related to chronic inflammation in the gallbladder.

The majority of people with gallbladder cancer have gallstones at the time of diagnoses. People with porcelain gallbladder, a condition in which the wall of the gallbladder becomes covered with calcium deposits after long-term inflammation often caused by gallstones, have a higher risk of developing gallbladder cancer.

Even though gallstones are very common, most people with gallstones never develop gallbladder cancer.

## Detecting & Diagnosing Gallbladder Cancer

Because there are no signs or symptoms in the early stages, gallbladder cancer is difficult to find and diagnose before it becomes advanced. Its location deep inside the body does not allow for early tumors to be seen or felt during routine physical exams, and there are no blood tests or other screenings that reliably detect early gallbladder cancers.

Symptoms of gallbladder cancer often become known when bile ducts become blocked, and the most common symptoms include:

- Pain in the stomach, often in the upper right part of the belly.
- Jaundice (yellowing of the skin and whites of the eyes).
- Nausea and/or vomiting.
- Lumps in the abdomen.
- Fever.



## Other less common symptoms can include:

- Weight loss and/or loss of appetite.
- Abdominal swelling.
- Dark urine.
- Light-colored or greasy stools.
- Itchy skin.

It's important to remember that gallbladder cancer is rare, and many of these symptoms can occur with other more common illnesses. Regardless, it is important to contact your health care provider if you experience any of these problems.

If your doctor suspects gallbladder cancer is present, a complete health history and medical exam will be among the first steps. Blood tests may be ordered to measure liver function and/or the presence of certain substances that can signal disease. A variety of imaging tests, such as CT scan, ultrasound or magnetic resonance imaging (MRI), may also be helpful to confirm a diagnosis.

## Treatment

When gallbladder cancer is confirmed and the stage is determined, it is placed into one of two treatment groups.

If cancer is localized, meaning it is found in the wall of the gallbladder, it may be treated with a cholecystectomy, a surgical procedure to remove the organ and some of the tissue around it. If the cancer has spread and cannot be removed, other surgical procedures may be used to drain bile and help relieve symptoms. Radiation therapy and chemotherapy can also be used to destroy cancer cells.

Treatment decisions are also dependent on the age, general health and personal preferences of each patient.

## New Treatment Options Through Clinical Trials

Researchers are constantly seeking new ways to treat and prevent cancer, and an important part of that research is informed by clinical trials. These studies, supervised by clinicians who are cancer experts, can offer patients access to safe and effective new treatments that may be better than the existing standard treatments and not available elsewhere. Doctors can guide patients to identify whether a clinical trial exists and may be recommended.

## An Ounce of Prevention

Many of the known risk factors for gallbladder cancer are things we cannot control, such as gender, age, ethnicity and bile duct conditions. However, lifestyle habits and choices can help minimize the risk for all forms of cancer:

- Stay physically active and maintain a healthy weight.
- Follow a healthy diet that includes plenty of vegetables, fruits and whole grains, and limits highly processed foods, sugar and red meat.
- If you drink alcohol, limit consumption.
- If you don't smoke, don't start, and if you do smoke, do your best to quit.

Staying in tune with your body and regular checkups with your health care provider increase your chances of staying healthy and identifying cancer and other illnesses early, when treatment options are at their best.

## World-Class Cancer Treatment

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## Does Converting to a ROTH IRA Make Sense for You?

Health and Wellness magazine was able to sit down for a heart-to-heart about Roth IRA's with Mr. Dale Cebert, Private Wealth Advisor and President of Cebert Wealth with Ameriprise Financial. Dale is passionate about finances and his clients. Dale offers advice in simple terms to those of us who need more than just catchphrases.

**H&W asks: What are the benefits of a Roth IRA?**

**Dale Cebert:** A Roth IRA offers you tax-free withdrawals. When your money is in a Roth IRA for at least 5 years, you will not pay income taxes on the money you take out.

**H&W: How does a Roth IRA work if I receive Social Security?**

**Cebert:** Roth distributions are tax-free. They do not count towards the income threshold for Medicare premiums, Social Security taxation or taxable net income.

**H&W: Do I have to take out a mandatory amount each month?**

**Cebert:** No. There are no required minimum distributions with a Roth IRA. Your account can continue to grow over time, which means you can still earn retirement income even after retirement.

**H&W: What if I pass before I have drawn out all the amount in the IRA?**

**Cebert:** The Roth IRA can be good way to share your legacy. There are some distribution requirements for non-spouse beneficiaries, but beyond that, distributions are free of income taxes and penalties.

**H&W: Sounds like a great plan. So how does converting to a Roth work?**

**Cebert:** If you have money from an IRA or an employer-sponsored plan, my team and I can help you convert it to a Roth IRA. Earnings and any money that was contributed pretax are subject to income tax for the year you convert. Converting an employer-sponsored plan to a Roth IRA could be especially beneficial if you have after-tax money in a 401(k) plan. You may be able to convert after-tax money to a Roth IRA tax-free. Your plan administrator and tax adviser can check to see if this is possible for you.

**H&W: What would be an example of an "employer-sponsored plan"?**

**Cebert:** A 401(k) would be one example. Converting an employer-sponsored plan to a Roth IRA could be beneficial if you have after-tax money in a 401(k) plan. You may be able to convert after-tax money to a Roth IRA tax-free.

**H&W: What would be an example of an "employer-sponsored plan"?**

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I talk with a lot of teachers who are worried their state teachers' retirement account may not be enough or may not be fully funded by the time they retire. A 401 (k) could be an effective way to protect the money teachers, police officers, firefighters, and other public servants have worked so hard to earn.

**H&W: Thank you, Mr. Cebert, for these interesting facts.** This is excellent information that I, as someone who isn't super well-versed in finance, can understand. Any closing thoughts?

**Cebert:** Sure! Ask yourself these questions and see if a Roth IRA conversion may make sense if you:

- Do you expect to be in the same or higher tax bracket in retirement?
- Do you have a long period of time before you intend to access the funds?
- Do you have money outside your retirement account(s) to pay the taxes?
- Would you like to leave a tax-free inheritance to your heirs?
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# STRESS INCONTINENCE IS NOTHING TO SNEEZE AT

**“Stress incontinence” is a reality for millions of women in America today.** The “stress” is not emotional or mental pressures. Rather, it’s physical pressure put on the bladder that can cause urine leakage. Something as simple as a sneeze or a cough might trigger a leak. Standing up suddenly, lifting something heavy, exercise—sex; anything that puts pressure on a bladder can be problematic.

Stress incontinence is the most common form of incontinence in women. It’s an unwelcome embarrassment for 1 in 4 women aged 15 through 44—1 in 3 women aged 45 to 64. It is so embarrassing in fact, that *fully two out of three women never mention it to their doctors.* Those who do, wait an average of *over six years* before seeking help.<sup>1</sup>

The good news is, when they finally do speak up they discover that their problem is, for the most part, easily cured. Often all it takes are a few lifestyle changes—exercise, lose weight, quit smoking, forgo the diet soda refills—and voilà—no more problem! Here’s why....

The root cause of stress incontinence comes from weak pelvic floor muscles, simple as that. How you came to *have* those weakened muscles could be from pregnancy and/or childbirth, carrying excess weight, decreased estrogen levels due to peri-menopause or menopause, or simply aging.

## SO, HOW DO YOU FIX IT?

Weight loss may be one of the most effective ways to drastically improve or even “cure” stress incontinence. According to Kristene Whitmore, M.D., chair of urology and female pelvic medicine and reconstructive surgery at Drexel University College of Medicine in Philadelphia, “Dropping pounds eases the pressure on your bladder and pelvic floor.... In one study, women who lost 17 pounds reduced leaking episodes nearly 50%. Even those who lost a mere three pounds were 28% drier.”

1. <http://www.goodhousekeeping.com/health/a13570/urinary-symptoms/>

Also, watch what you drink—sip don’t chug—and you can also make a huge difference. Coffee is a major culprit. If you must drink it, think moderation. Water or herbal teas are better but even those need to be sipped over time. Finally, cut back or eliminate those elements in your diet that are known to irritate bladders: caffeine, carbonation, alcohol, artificial sweeteners, citrus and tomato juice.

One word—*kegels!* Many are already familiar with these go anywhere, exercise anytime little gems. Kegels are pelvic floor strengthening exercises. A doctor or physical therapist can show you how to perform the moves correctly to derive the most benefit. Keep at it daily for six to eight weeks to give the exercises the best chance to work.

All of the above are steps you can take to mitigate the effects of or even cure stress incontinence on your own. If those prove less than satisfactory, treatment can become more aggressive with a little help from your doctor. There are devices available he or she can prescribe to help.

A vaginal pessary is a specialized device shaped like a ring with two bumps on it. It is placed around the urethra to support the bladder and reduce leakage during activities. A urethral insert is another choice. Similar to a small tampon, it’s inserted for extra help when certain physical activities are anticipated—though it can be worn all day if desired.

Surgery is the final choice available to someone suffering from the effects of stress incontinence. There are several procedures that can be performed. Consult with your doctor to see which one he or she may recommend.

The bottom line is, stress incontinence is more inconvenient and embarrassing than it is life threatening. Clearly, there are options out there. Most are non-medical lifestyle changes a person can adopt to take control of their particular situation. Many will greatly reduce or even eliminate the problem altogether. And while stress incontinence is nothing to sneeze at...it’s not a condition you’ll have to live with, either.



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# SENIORS AGING IN PLACE

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



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

## IT FIGHTS ISOLATION

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

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

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

## HOME HEALTH CARE CAN HELP

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

## HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

## OUR PROMISE

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

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

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## Stress Management Tips from Quick Care Urgent Care

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

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

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

### Take Time for Yourself

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

### Get Moving

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

### Meditation

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

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

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

### Quick Care Med Urgent Care

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

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

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

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# Stress Less for a Healthier Heart

## Happy brain, healthy heart.

**W**e've all heard eating healthy and getting enough exercise is good for our heart, but your mental health can impact your heart as well. Research shows that conditions like chronic stress, depression and anxiety can lead to an increased risk of heart attack or stroke, according to the American Heart Association. With half of U.S. adults reporting COVID-19 has negatively impacted their mental health, right now it's critical that we take time de-stress for both our mental and physical health.

### How can stress effect my heart's health?

Too often in our society stress is considered one of the costs of having an active and productive life. But when we're under stress, we often lean on unhealthy habits to cope such as smoking, overeating, not exercising or eating unhealthy foods. In addition to those unhealthy habits, letting stress affect us too much can lead to serious health problems over time that increase our risk for heart attack and stroke, such as:

- High blood pressure
- Reduced blood flow to the heart
- Irregular heart rate and rhythm
- Obesity

Studies show that people with positive mental health, including manageable stress levels, are more likely have lower blood pressure, lower cholesterol, and less inflammation.

### How do I manage my stress and take care of my heart?

We'll never eliminate stress, but we can prevent long-term health problems by training our body and mind to react positively to whatever life throws at us.

**Just breathe.** Even short breaks focused on breathing can help you relax, which in turn helps your heart. Breathing exercises can also reduce anxious feelings and regain calm and balance.



**Keep moving.** Exercise releases endorphins which is our body's feel-good chemical. This helps relieve stress and improve our mood.

**Hit the hay.** Evidence suggests that poor sleep can exacerbate depression and other mental health issues. Try to get seven to nine hours of sleep a night.

**Stay connected.** Social connections with people we trust are important. Take a 60-second break to call or message a friend – even if it's just to say, "hello!"

**Find your jam.** Music can have a profound effect on our emotions and brain function. Listen to your favorite soothing songs to help your mind and body relax. Or crank up something high energy if you need to dance off some frustration.

If you're struggling with high levels of stress, high blood pressure or other conditions that put you at risk for heart attack or stroke, it's important to also consult with your doctor on additional steps you can take to improve your heart health and mental well-being.

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# Tinnitus: Is There a Cure?

**Many people who experience tinnitus find it annoying, distracting, or even distressing. If there's a problem, there has to be a cure, and we're aiming to find it.**

**L**ike many other conditions that affect the hearing, tinnitus can also affect your quality of life. Many people who have tinnitus claim that they find it hard to think, sleep, concentrate, or enjoy silence. Untreated tinnitus can wreak even more havoc on your life, leading to irritability, insomnia, and even depression.

With so many people struggling, audiologists around the world have been looking for solutions that might cure tinnitus, or at least lift some of the burden. However, in order to diagnose and treat tinnitus, the condition has to be studied and understood. If you have tinnitus, or know someone who does, this information might help you come up with some solutions.

## What is Tinnitus?

Tinnitus is an issue that can take many forms. While most people characterize tinnitus as a “ringing” in the ears, the sound can vary between high-pitched buzzing or hissing, to low roars. The pitch and tone of the tinnitus depends on the person experiencing it. The volume and intensity of this sound can also vary, but cases of tinnitus are often always present.

Many people are capable of blocking it out, while others have to turn on music or white noise in order to sleep and focus. The louder your tinnitus, the less enjoyable silence becomes. In extreme cases, tinnitus can even limit your regular hearing, drowning out other sounds and making it difficult for you to understand others.

Contrary to popular belief, tinnitus isn't a condition on its own. It's actually a symptom of a larger problem: usually hearing loss or circulatory damage. Tinnitus can also be caused by injuries to the ear or ear canal. Before you can treat tinnitus, you have to figure out why someone is experiencing it. Discovering the underlying issue can help you decide on the best solution to the problem.

## How is Tinnitus Caused?

There are a number of causes for tinnitus, but the most common is hearing loss. If you are experiencing tinnitus in both ears, and your doctor has determined that it's subjective tinnitus, then chances are you might be suffering from a form of hearing loss. However, objective cases of tinnitus, the ones that your doctor can physically confirm, are usually caused by circulatory problems.

There are other causes of tinnitus, but these might be rarer. Tumors, earwax blockages, ear injuries, TMJ, and other blood disorders can lead to tinnitus in one or both ears. If you have not sought out a diagnosis for your tinnitus, it is recommended that you seek a doctor as soon as possible. They have the skills and knowledge necessary to officially diagnose you.

Once diagnosed, you can begin seeking solutions for your tinnitus. The treatment for tinnitus varies depending on what is causing it. If you are suffering from tinnitus because of a medication or ear injury, your case should clear up in due time. For those who have TMJ-induced tinnitus, their condition might improve once they've treated their TMJ disorder.

That begs the question: for those who suffer from tinnitus due to hearing loss, what kind of options are available for them? Can their tinnitus be cured?

## Is There a Cure for Tinnitus?

Like many other conditions involving hearing loss, there is no surefire “cure” for tinnitus. The word “cure” has connotations that involve it being a one-time solution that completely solves the problem. However, there currently is no technology that can completely reverse hearing loss. The best we can do is prevent further damage, and offer solutions that will lessen the effects of tinnitus.

However, that is not to say that tinnitus cannot be effectively treated. Many people with tinnitus are able to find satisfaction with their treatment plans. This might involve hearing aids, tinnitus maskers, and other devices. These treatments can help improve hearing loss, or mask the sound of the tinnitus so you can focus.

While many people might feel discouraged by the fact that tinnitus has no “cure”, tinnitus is much like diabetes or other chronic conditions. While there is no clear solution, you do have options for treatment. Once you adapt to your life with tinnitus, it will become easier to deal with and ignore. Any treatment at all is better than going untreated.

In fact, going untreated can increase your chances of worsening your tinnitus. If you don't use proper hearing protection, your hearing loss and tinnitus can get worse over time. It's important to seek diagnosis early, and begin taking precautions when you're around loud noises. On top of getting treatment and preventing further damage, early action can also help with tinnitus-related frustrations, depression, and anxiety.

## How to Get Rid of Tinnitus?

While there is no sure-fire way to cure tinnitus, there are a number of solutions that might help you overcome your condition. These solutions will make life easier for you, so you can focus on what truly matters in your life. These devices can include hearing aids, white noise makers, and tinnitus maskers.

If you're suffering from intense hearing loss, hearing aids can help you hear better again, and improve your tinnitus as well. Because you're able to hear the world around you, your tinnitus will be drowned out. Some hearing aids also come with tinnitus maskers, which will provide noise that masks your tinnitus when you're not speaking or listening to something. Tinnitus maskers work by providing a low-level, white noise, or other forms of sound that overpower the ringing or roaring in your ears.

Simple white noise makers can also be used while you're sleeping, studying, or relaxing in your own home. If you think you might benefit from a white noise maker or tinnitus masker, try to drown out your tinnitus with various sounds around your house. For example, put your ear next to a running faucet. If the sound from the water drowns out your tinnitus, a masker or noise maker might be the best thing for you.

However, if your tinnitus stems from hearing loss, hearing aids might be your best option for treatment. They will solve more than your tinnitus, and give you a chance to hear better again. You might not even know what kinds of sounds you're missing out on.

If you haven't received a tinnitus diagnosis, or want to explore your options regarding maskers and hearing aids, seek out help. A doctor or audiologist will be able to give you the information and guidance you need to begin improving your life.

Source:  
<https://www.signia.net/en-us/blog/global/is-there-a-cure-for-tinnitus/>

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# The Role of Physical Therapy in Cardiac Rehab and Overall Heart Health

**A**ccording to the CDC's website, someone in the US has a heart attack every 40 seconds. That translates to about 805,000 people having a heart attack each year!

A heart attack can be a frightening experience. Still, many people who've had a heart attack go on to enjoy full lives. As part of the recovery process, your doctor may recommend cardiac rehabilitation after a heart attack.

Cardiac rehabilitation is a program designed to improve your cardiovascular health and quality of life after a heart attack or other heart problem. The program is supervised by a team of medical professionals, including:

- Physical therapists
- Registered dietitians
- Doctors
- Nurses

Physical therapy is an important part of the cardiac rehabilitation process. It might help you:

- Lower your risk of having another heart attack by improving blood flow
- Improve your quality of life
- Increase your cardiovascular fitness
- Improve range of motion
- Regain strength and stability in the joints

At the start of your rehab, a physical therapist will assess your ability with a physical exam and possibly fitness tests. They'll then design a custom program that increases in intensity over time.



While you're still in the hospital, your physical therapist may guide you through exercises in bed that are not strenuous. These exercises aim to improve your range of motion and prevent deconditioning and stiffness from extended bed rest.

Once you leave the hospital, a typical exercise session might involve riding an exercise bike, jogging, or using other cardiovascular fitness. Your physical therapist will monitor your heart rate, blood pressure, respiration rate, and oxygen level while you exercise to assess how your body responds. Your individualized program will likely include:

## Aerobic Exercise

Aerobic exercise after a heart attack can help improve blood flow and reduce the risk of further heart disease. A physical therapist will usually recommend low-impact aerobic exercise, such as walking, biking, or swimming.

## Strength Training

Strength training is an integral part of physical therapy after a heart attack. A physical therapist

will usually recommend low-impact strength exercises, such as rows, squats, lunges, and resistance band exercises. Exercises like these can help improve your overall fitness and reduce the risk of future heart problems. Strength training can also help improve your mood and reduce stress levels.

## Stretching

Stretching is an aspect of heart attack recovery that you should not overlook. Stretching properly in physical therapy can help to relieve pain, reduce stiffness, improve blood flow, improve motion and flexibility, and improve your quality of life in general. It can also reduce inflammation.

## Cardiac rehabilitation isn't just for heart attacks

Physical therapy and cardiac rehabilitation are an important part of the recovery for many types of heart surgery or cardiac events. Rehabilitation can help you bounce back from:

- Heart failure
- Heart valve surgery
- Coronary artery bypass
- Stent placement
- Heart transplant
- Chronic stable angina
- Acute coronary artery syndrome

If you are interested in improving your heart health this Valentine's season, contact the trained professionals at Innovative Therapies Group today. At Innovative Therapies Group, our team is trained to do comprehensive and hands-on physical therapy. For more than 10 years, we have been ensuring our patients that they are handled by experienced and caring physical therapists.

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# HOW ARE YOUR NEW YEAR'S RESOLUTIONS GOING?

By Katie Keel, APRN-C

**N**ow that January is behind us it's time to ask – did you keep your New Year's Resolutions? About 50% of adults in the US make New Year's Resolutions but fewer than 10% actually keep them. If you were one of the 90% of those who don't, it's not too late to make a new one. One you can keep and reap the benefits for years to come. One you don't have to wake up at 5am to get to the gym for or miss out on your favorite candy, chip, or baked good. Let's pick one you can do in the comfort of your own bathroom and takes 2-3 minutes, the same amount of time you spend brushing your teeth. Let's take care of our skin!

*"You can't help getting older, but you don't have to get old." – George Burns*

At MidState Skin we like to change that quote a little bit – You can't help getting older but you don't have to **LOOK** old. We will discuss with you how to fight looking older, tooth and nail, but first we need a bit of background to discuss the pathology behind lines, wrinkles, skin discoloration and aging.

Lines and wrinkles form from a combination of sun damage, gravity, smoking, genetics and muscle movement. Although some of these things we don't have control over, the good news is many of these factors we do have control over.

**First, sun damage** – in case you haven't heard, sunscreen is your friend. The key is finding one that is a physical or mineral sunscreen that contains active ingredients like zinc oxide and titanium dioxide. Apply it every morning even if it's raining or you "aren't going anywhere". It is the little bit of sun exposure every day while driving in the car, walking to get the mail or into the store that accumulates and accelerates skin aging.

**Gravity** – darn you Sir Isaac Newton, can't control this one, we will skip it.

**Smoking** – if you never have, never start, and if you currently smoke there are so many options to help quit. On average it takes seven times to successfully stop smoking.



**Genetics** – We all have that friend that uses only water to wash their face and Ponds Cold Cream to moisturize and doesn't have a single spot, line, wrinkle, or acne bump. More likely than Ponds Cold Cream being a miracle, your friend probably is just blessed with that skin genetically.

**Notice we saved the best for last** – muscle movement. Despite great advertising and famous paid spokespeople there is nothing topically that will decrease the muscle movement beneath the skin which is driving the collagen loss and furrows and lines. We call these dynamic wrinkles. Each muscle contraction and facial movement causes the skin to bunch together forming lines between the bulk of the muscle. Dynamic lines include the "frown" lines between your eyebrows, "crows feet" on either side of your eyes, and horizontal forehead lines. Once you see fine lines forming the damage is being done. It is time to seriously think about a sprinkle of Botox. The longer you wait because you "aren't old enough for Botox", the harder and more expensive it is going to be to improve those lines.

Contrary to popular belief, well placed Botox will not make you look fake or frozen. In fact, well placed Botox will result in barely perceptible decrease in expressions and amazing relaxation of the dynamic lines of your face. Your friends and family won't be asking if you got Botox, they will be asking you if you got your hair done or what makeup or moisturizer

you are using. There is a high likelihood your friend that "only washes her face with water and uses Ponds Cold Cream to moisturize" is sitting in our Botox cosmetic chair as we speak.

**But –Botox is too expensive – WRONG.** You can achieve a full face refreshed, natural result from Botox for about 35 – 40 units which will last 3-4 months. For \$25 a week, you can have less lines on your face, look more refreshed and radiant. Remember, the deeper the line, the more Botox will be needed; therefore increased cost if you decide to wait until you are "old enough".

There is no magic age to start but remember, "an ounce of prevention is worth a pound of cure". Why is it no one bats an eye when you start eating healthier, exercising, reading more, drinking more water, highlighting your hair and getting a fun haircut, or getting a well-deserved pedicure but Botox and filler has to be such a taboo subject? Well it's 2023 and it doesn't have to be anymore!

There is no more profitable investment than investing in yourself and an investment in yourself pays the highest dividends.

## MidState Skin Institute Services:



MidState Skin Institute  
Comprehensive Dermatology Care

[www.midstateskin.com](http://www.midstateskin.com)

### Medical Dermatology

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

### Surgical Dermatology

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

### Cosmetic Dermatology

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

### Aesthetics

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



# Attorney Patrick Smith Radio Show Now on 14 Stations

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



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# Considering Senior Living?

## Pacifica Senior Living Goes Beyond Expectation

**N**ot all senior communities are equal. If you are searching for a place to call home or looking to help a loved one find a senior community where they can thrive, Pacifica Senior living goes above and beyond the norm. For starters, our Executive Director is a highly experienced and well-regarded nurse. She makes sure the daily operations are organized and the staff is well-educated on numerous healthcare and dietary needs. Pacifica Senior Care also understands that residents are like family and making sure they are comfortable, and that they have their needs met are at the top of the list every day.

Having the availability to age through different stages or levels of care is an important need that many people overlook. At Pacifica Senior Living, we have independent living, assisted living, and memory care levels. These options are also attractive to couples, who may start out in independent living and discover that their spouse might need skilled nursing for a health need or memory care for cognitive decline or neurodegenerative disorders, which are unfortunately escalating worldwide.

### Independent Living

Our Independent Living program is designed to give residents total freedom over their daily routine, providing peace of mind around activities like dining, driving, and housekeeping. As a part of the Independent Living program, our residents enjoy world-class retirement housing, vibrant life-enrichment programming, gourmet dining, and much more.

Each of our spacious senior living homes features ample living and storage space, kitchenettes with full-sized refrigerators, individually-controlled thermostats, and patios or balconies. We offer cable television and high-speed internet service in each and every home as well.

### Assisted Living

Personalized care is at the heart of Assisted Living at Pacifica Senior Living Ocala. Our compassionate staff members provide customized care according to each resident's needs, and their care plans are created from assessments that help our team members best address each resident's unique daily needs. We offer medication management services and assistance with day-to-day activities, supporting our residents with tasks like bathing, dressing, and grooming.

### Memory Care

Our Legacies™ Memory Care program is specially designed for residents living with dementia and Alzheimer's disease, providing a unique approach to long-term care that is personalized for those navigating a memory-loss journey.

We use a dynamic, resident-centered approach for our Memory Care program to provide tailored care for each person according to his or her needs over time. Our memory care residents have access to caregivers 24 hours a day, with emergency call systems located in each of our safe and secure apartments. We provide a wide range of dementia care and Alzheimer's care for our residents living with memory loss, including dementia-specific programming, guided exercise, mobility assistance, and more.

There are multiple amenities that are available at Pacifica for their residents needs and enjoyment.

### Dining

At Pacifica Senior Living Ocala, dining is an essential part of our commitment to resort-style senior living. Our residents enjoy chef-prepared meals three times per day, served hot and fresh in our beautiful restaurant-style dining room. Our dedicated kitchen staff handcraft meals to each resident's taste and nutritional recommendations, creating a world-class dining experience each time residents sit down to enjoy breakfast, lunch, and dinner at our community.

### Life Enrichment

At Pacifica Senior Living Ocala, we provide a dynamic range of activities and events for residents, encouraging active living through exciting hands-on opportunities. Each day brings new chances for our residents to make friends with their peers and bond over shared interests, with new opportunities on our calendar each morning, afternoon, and evening.

Our team plans and designs activities with residents' interests in mind, including exercise classes, arts and crafts, movie screenings, social hours, group outings, devotional services, and much more.

### Housekeeping

Housekeeping services are included with our Independent Living and Assisted Living programs, offering linen care, laundry assistance, and apartment maintenance to help residents feel at home in their surroundings.

### Transportation

We provide scheduled shuttle services and transportation to help residents navigate the Ocala area. We help residents see doctors, go shopping, and more with total peace of mind about getting to and from their destination. When residents have questions about scheduling rides, our staff members are happy to help.

### PACIFICA SENIOR LIVING OCALA

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

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

### BRAND NEW STATE OF THE ART MEMORY CARE FACILITY COMING SOON

Pacifica Senior Living is proud to announce the newly anticipated memory care facility within our Ocala community. To keep your loved ones safe and to provide them with all of the training, healthcare, daily activities assistance and warm care necessary, Pacifica Senior Living has a state-of-the-art facility dedicated to those with neurodegenerative disorders and cognitive decline.

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

  
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[www.PacificaOcala.com](http://www.PacificaOcala.com)



# Supportive Care Improves Quality of Life

Submitted by Hospice of Marion County

All of us deserve to live as comfortably as possible; however, when an accident, sudden illness or chronic condition takes hold of our lives, comfort may seem impossible or out of reach. In the past decade, hope for relief from acute pain and distressing symptoms has become a reality and within reach, thanks to a growing trend in supportive care.

Supportive Care is comforting, soothing, calming and reassuring. It should not be confused with quick fixes offered in so-called “pain clinic” settings. Supportive Care is specialized medical care for people with serious conditions. Its focus is to provide relief from the symptoms, pain, and stress that entails—whatever the cause or diagnosis. The goal is to improve quality of life for both the patient and the family.

This type of care is provided by a team of doctors, nurses and other specialists, who work together with a patient’s primary doctor and/or specialist to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and can be offered along with curative treatment. Examples of those who have benefited include someone with pancreatitis and a diabetic with neuropathy (nerve pain). Both conditions are chronic but not life-threatening.

**Supportive Care improves healthcare quality in three significant ways. It:**

1. effectively relieves physical symptoms and emotional suffering,

2. strengthens patient-family-physician communication and decision-making, and
3. ensures well-coordinated care across healthcare settings.

As a holistic approach to care, it’s about a person’s whole being, including family and loved ones. It is covered by Medicare, Medicaid and most private insurances. Those with advancing illness can deal with their situation without the added burden of debilitating pain or life-altering symptoms that prevent them from enjoying daily life.

The steady growth in this type of care is primarily in response to the increasing number of people with serious and chronic illness. People are living longer, but not necessarily better. Their needs are many, placing overwhelming caregiving demands on families. We recognize their needs and are addressing these challenges through a strong partnership between patient, family and the Carewell Supportive Care team. A consult is available through one’s own physician or by calling (352) 291-5881 for information about receiving services. They can request treatment if the outcome from surgery, accident or disease has left them in physical or mental distress.

Because patients are carefully regulated by their physicians in collaboration with experts on Carewell Supportive Care team, they can rest assured that symptoms can be managed (most within 24-48 hours) and their condition monitored on an ongoing basis. Many go on to fully regain their lives.

*Feel Better. Live better.*

Chronic illness can be managed with expert pain and symptom control by our specialists, working with you, your physician and your family.

*Live your best life!*



*We can make a world of difference.*



Carewell is an affiliate of Hospice of Marion County  
1528 SW 1st Ave | Ocala, FL 34471  
(352) 291-5881 | Monday-Friday  
[www.carewellsupportivecare.com](http://www.carewellsupportivecare.com)

The Carewell Supportive Care team has two medical directors and six advanced practitioner registered nurses. Together they conduct more than 1,000 consults a year, in hospitals, nursing homes, assisted living facilities and even private homes. Learn how Carewell Supportive Care can help: (352) 291-5881 or visit [www.carewellsupportivecare.com](http://www.carewellsupportivecare.com).

Let us show you how SPECIAL you are.

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# WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2023 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2023.



# *experience*

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these educational events:*

Feb 8th - "Valentines" Happy Hour  
Feb 14th - "Loved Ones Lost" Brunch  
Feb 15th - "Valentines" Happy Hour  
Feb 23rd - First Trust Event  
Feb 28th - Affairs in Order Workshop

*Staying current and informed is an  
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## **WEEKLY ECONOMIC UPDATES**

**Wednesdays at 6:30pm**

and

**Thursdays at 10:30am**

Join us in-person at our Brownwood office! Walk-ins welcome!

Presented by Dale Cebert, Private Wealth Advisor



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