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What Does it Really Require?

MEN'S HEALTH

Getting Men in for a
Checkup May Take a Bit
of Reminding from
Their Love Ones

HOW TO PROTECT YOURSELF FROM SCAMMERS

DOES MEDICAL MARIJUANA HELP REDUCE CHRONIC PAIN?



THIS IS NO TIME FOR PAIN

NON-SURGICAL ORTHOPEDICS



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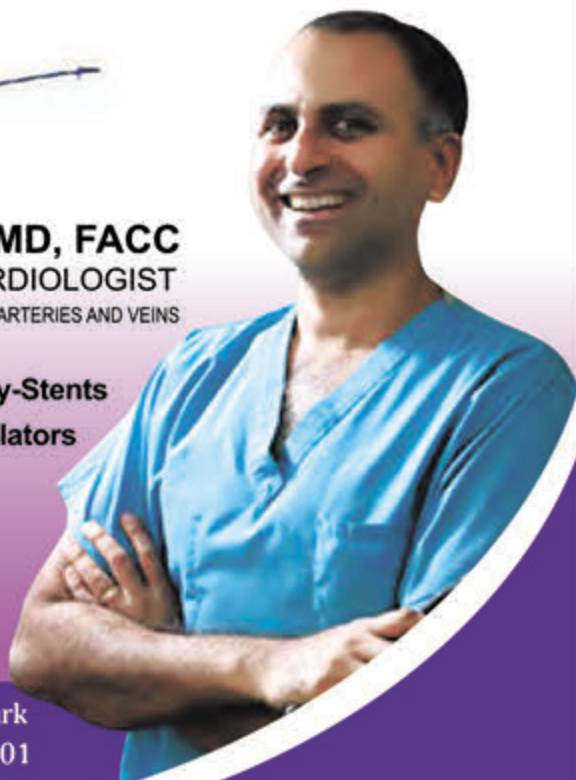
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iLASIK VS. LASIK: WHICH IS BETTER?

More than two decades ago, laser-assisted in situ keratomileusis, or LASIK, surgery was approved by the FDA to provide patients with the option of safe surgical treatment of refractive errors, resulting in permanent vision correction. Today, well over 700,000 LASIK surgeries are performed in the US each year.

Utilizing a laser to carefully reshape the cornea, LASIK improves how the eye bends light onto the retina, making vision crisper, brighter and clearer. LASIK can be used to correct blurriness, near sightedness and farsightedness, in eyes with or without astigmatism.

Some patients may want to permanently improve distance vision, others close-up vision. Some may elect to have monovision (also called blended vision), which is the enhancement of each eye's natural strength. With monovision, the dominant eye is optimized for far vision, and the other for near vision. Your brain blends these two magnifications together, just as it does with your natural vision.

Which vision enhancement you choose depends on your lifestyle goals, current vision, and certain eye conditions, all of which your eye doctor will go over with you. Together, you will decide which optimization choice is best for you.

With all correction types, 90-95% of LASIK patients achieve 20/40 – 20/20 vision or better, and some report having the best vision of their lives.

While the vision correction is permanent, no surgery can prevent the continuation of normal aging of the eye, which typically results in a gradual reduction in close-up vision (age-related presbyopia). Still, the correction is often enough that nearly all patients are able to reduce their dependence on prescription lenses, needing only reading or driving glasses during those activities for years to come.

Who Is Eligible for LASIK/iLASIK Surgery?

Both LASIK and iLASIK come with certain mandates for optimal results. Qualified candidates must:

- Be age 18 or older
- Have stable vision, with no dramatic changes in the past year
- Have good eye health – no infections, cataracts, glaucoma or other serious issues
- Not have chronic dry eye, as it may be worsened by surgery
- Not be pregnant or nursing

LASIK requires that you have sufficiently thick corneas, whereas iLASIK is available to many people with thin or thinning corneas.

LASIK or iLASIK: Which Is Right for You?

Now that you're sick of fumbling for your glasses, dealing with contact lenses, or squinting into the halting glare of bright lights, and are considering a permanent solution, you of course want to know which is better: LASIK or iLASIK.

Both of these outpatient procedures start with a comprehensive eye exam to assess your eye health, take measurements, and review your lifestyle goals and correction options. Your eye doctor will explain everything in detail, and thoroughly answer any of your questions. This interview/exam usually takes about two hours.

The procedure itself takes only a few minutes per eye. First, numbing eyedrops are applied, making the process completely painless. Then your eye is gently stabilized. Next, your ophthalmologist creates a tiny doorway in the surface of the eye called a corneal flap, allowing access to corneal tissue for laser reshaping. Once the cornea has achieved a more desirable roundness and symmetry, the flap is carefully put back in place. Your eye is covered with a sterile patch. You can go home shortly after surgery.

Home care includes prescription eye drops to prevent infection and resting your eyes for the remainder of the day. Most patients wake up the next day to remarkably clearer, brighter vision, with improvements continuing through the coming days and weeks.

The iLASIK Difference

Here's what sets iLASIK apart from traditional LASIK vision correction surgery.

With LASIK, the corneal flap is created using a specialized blade called a microkeratome, and a laser is used to remove excess or misshapen corneal tissue. While this procedure has been used for many years on millions of patients, it requires the cornea to be thick enough to accommodate the bladed incision. Even in younger people, clinically thin corneas are common, especially among women. In all people, corneas can thin with age.

While both LASIK and iLASIK use eye mapping to ensure accuracy and safety, iLASIK utilizes advanced wavefront technology to create a unique, 1,200 data

point map of your cornea that captures how light is directed to your retina. An advanced FDA-approved high-speed laser is used to create the corneal flap, making the surgery exceptionally exact and 100% blade-free. The precision and controlled depth of the laser incision make it perfect for people with thinner corneas. iLASIK is customizable to each patient, giving it ultimate corneal reshaping and corrective capabilities.

Since both procedures cost about the same, it makes sense to choose the superior precision, customized vision correction and ultimate safety of iLASIK.

Why Doesn't Everyone Choose iLASIK Over LASIK?

Because iLASIK is a newer technology, not all eye surgeons are specifically trained to perform it, and others may not have extensive experience with it. When it comes to your eyes and vision, you obviously want an ophthalmologist with a very high level of training and surgical experience. More eye doctors are trained in LASIK than iLASIK, making LASIK a more common – and somewhat less sophisticated – procedure.

Why Choose Lake Eye for iLASIK?

Lake Eye's Dr. Vinay Gutti has performed many thousands of eye surgeries and was the area's first eye surgeon to master the iLASIK system. Going beyond the standard eye-mapping involved in traditional LASIK, Dr. Gutti utilizes FDA-approved iDESIGN, an advanced wavefront analysis system that captures even tiny imperfections, and generates a precise, one-of-a-kind map of your unique eye.

Vinay Gutti, MD - Board-Certified iLASIK, Laser Cataract, Lens Replacement and Corneal Surgeon



Dr. Gutti is highly experienced in the use of the hyper-fast iFS femtosecond laser, for the thinnest and most exact corneal incision without blades or cutting. Dr. Gutti uses live topography scanning to guide a state-of-the-art excimer laser to

gently treat imperfections and improve the shape of the cornea.

And, unlike other providers, Dr. Gutti is happy to schedule your laser surgery for the same day as your consultation and eye exam, so there's no need for separate appointments.

From evaluation to recovery, iLASIK is the most advanced laser vision correction surgery in the industry. Most people awaken to dramatically clearer, crisper vision the very next day, and can drive themselves to their first follow-up appointment the day after surgery.

If you're ready to limit or eliminate your dependence on glasses or contact lenses, call your local Lake Eye for more information about iLASIK or to set up an appointment today.

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How to Protect Yourself from Scammers

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Did you receive an offer that's too good to be true? It probably is. Be aware of the red flags associated with these common scams and learn how to protect yourself against them.

According to the FBI's Internet Crime Complaints Center:¹

- Victims collectively lost \$71,289,089 to lottery and sweepstakes scams in 2021.
- Victims collectively lost \$350,328,166 to real estate and rental scams in 2021.

Lottery Scams

How do I know what a scam looks like?

An alleged lottery representative of a sweepstakes organization contacts you, claiming you've been randomly selected as the winner of a large sum of money, a car, or a free vacation. This representative tells you that you must pay an initial fee or tax to collect your winnings. However, if you do not respond to demands for payment, the representative may apply pressure and resort to intimidation tactics or even threats.

Red flags to be aware of:

- You did not purchase a lottery ticket or enter for a chance to win. If you didn't play, you didn't win. Additionally, it is illegal to enter a foreign lottery or sweepstakes.
- Sweepstakes organizations will not contact you directly. State lotteries publish winners online or broadcast results on television.
- The representative claims a deadline to pay the fee or initial tax. In reality, the scammer is trying to get you to act before you see that there is no prize.
- The scammer does not want you to tell friends or family of your good fortune.
- Some scammers send a check as the prize, indicate an overpayment, and request that the difference be returned. The check will eventually bounce, and you will be on the hook to pay the bank.
- Messages contain errors and typos.

Timeshare Resale Scams

How do I know what a scam looks like?

A third party contacts you regarding the sale or rental of your timeshare in Mexico for more than it's worth. The third-party guarantees you will have a buyer/renter for your timeshare. However, they require upfront fees to affect the sale. The buyer/renter requires a wire payment for closing costs, taxes, and other expenses in an escrow account in Mexico before the completion of the sale. Once the fees are paid, the promised funds for the sale/rental are not paid to you, and the scammer discontinues all communication.

Red flags to be aware of:

- Promise of a buyer who is willing to pay more than the timeshare is worth.
- Payments for taxes, closing costs, and other fees must be sent in a wire transfer before completing the sale/rental.
- The third party does not exist at the address they claim.
- The phone numbers have US area codes, but the calls come from Mexico.
- Messages contain errors and typos.
- In some cases, an alleged law firm will contact you to help recover lost funds and require an upfront retainer fee. However, this may also be related to the scam.

Inheritance Scams

How do I know what a scam looks like?

Someone claiming to be an attorney or customs official informs you that an inheritance has been bestowed to you by an unknown or "distant" relative. The deceased either share the same last name as you or did not identify a beneficiary before their death, giving you a claim to their inheritance. You are asked to pay an initial fee or tax due to supposed governmental or banking restrictions to collect your inheritance.

Red flags to be aware of:

- The individual that contacts you claims to be associated with a law firm or financial institution. In fact, the letter appears to be from a legitimate organization (uses the organization's letterhead). However, the contact information listed contains a public email domain such as Gmail or Hotmail.
- The individual is eager to share personal documents with you to validate the inheritance claim. However, a legitimate organization never shares another client's personal documents with you.
- You are asked to immediately contact the individual for more information on receiving your inheritance before the government claims it.
- There is no return address on the letter addressed to you.
- Messages contain errors and typos.

How to Protect Yourself Against Scams

- Never share your account information, Social Security number, bank account information, or other sensitive financial information with anyone.
- Conduct an internet search using the exact names, wording, and contact information provided by those requesting the money to check for associated scams.
- Do not reply to or click on spam text messages or links.
- Stop communication and block the sender.
- Register your phone number with the National Do Not Call Registry.
- Do not respond to offers that sound too good to be true.
- Be aware of secondary scams, including someone promising to find your scammer and recover funds sent.
- Do not offer to receive funds on behalf of a third party in exchange for a payout.
- Be wary of websites or correspondence claiming to be from a business organization or U.S. government agency with a public domain.

Source:

1 Federal Bureau of Investigation Internet Crime Complaint Center, 2021 Annual Report, p. 22, pdf/AnnualReport/2021_IC3Report.pdf, accessed March 2022.

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EMSCULPTNEO® for Back Pain

By Dr. Tina Chandra

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

EMSCULPTNEO®

How does Emsculpt NEO work?

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

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

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

How can Emsculpt NEO help my back?

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

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

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

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

What can I expect during an Emsculpt NEO session?

During a 30-minute session, an applicator is strapped to the area being treated, in this case, the patient's back. The sessions do not require the use of anesthetic or sedatives and the patient will typically be lying on their side or back. The technician then slowly increases the RF heat and the HIFEM pulsing depending on the client's comfort level. Throughout each session and in future sessions, the applicator will get warmer and the pulses will increase in intensity.

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

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

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

References:

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

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HOW DOES SHOCKWAVE THERAPY AFFECT BONE AND CARTILAGE?

By Regenxx at New Regeneration Orthopedics



SHOCKWAVE THERAPY

Extracorporeal Shockwave Therapy (ESWT), has been used more and more for musculoskeletal conditions ranging from tendon tears to fractures, arthritis and swollen bones. The use of ESWT over the past 10 years has skyrocketed in both Europe and North America. As a result, there is a wide range of studies that have been compiled to examine the effects of shockwave on various tissues. One extensive systematic review published in 2022¹ summarized the results from many different publications on how ESWT affects the cells directly, including bone and cartilage.

In total, 100 studies within the systematic review addressed shock wave effects on cartilage and bones. Fifty-one percent of these studies were published within the last ten years and the vast majority, 85% of studies, looked at focused shock waves specifically.

The findings of these studies included numerous benefits to the treated bones and cartilage including:

- Increased mineral apposition rates, trabecular bone volume, number, and thickness.

- Increased bone/tissue volumes.
- Increased bone strength, bone mineral density, trabecular thickness, and bone /tissue volumes.
- Increased osteoblastic activity and improved pain score.
- Increased number of proliferative chondrocytes (cartilage producing cells) of growth plate's cartilage
- Increased cell viability; decreased number of pro-inflammatory, cartilage degradation markers
- Reduced synovitis and cartilage damage
- Increased contents of sulfated glycosaminoglycans and hyaluronic acid
- Reduced arthritic area of injury joint, enhanced bone mineral density and bone strength, improved subchondral plate thickness with reduced cartilage damage
- More mature bone formation, better healing, higher density of the cartilage

What is the Clinical Significance of Shockwave Therapy?

Osteoarthritis can involve degenerative changes to the bone and cartilage as well as inflammation or synovitis. The studies summarized in this review paper show that shockwave therapy can improve the bones, cartilage, and inflammation at a cellular level and appear to stimulate the regenerative capabilities of these tissues. Therefore using shockwave by itself or in combination with other treatments may be a good option for patients with pain involving degenerative joints and bones.

Patients should always be evaluated thoroughly before and should be made aware of all options before embarking on a treatment plan. If you have any questions or wish to set up a consultation, please do not hesitate to contact us.

References:

Wuerfel, T., Schmitz, C., & Jokinen, L. L. (2022). The effects of the exposure of musculoskeletal tissue to extracorporeal shock waves. *Biomedicine*, 10(5), 1084. <https://doi.org/10.3390/biomedicine10051084>



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Pain Awareness Month: Understanding Joint Pain in Sports Like Pickleball, Tennis, and Golf

By Dr. Nam Dinh, MD, FAAOS

March is Pain Awareness Month, a time to raise awareness and educate the public about the various forms of pain and their impact on daily life. One common type of pain is joint pain, which can be particularly prevalent among individuals who participate in sports such as pickleball, tennis, and golf.

Joint pain is a common issue that affects many individuals who participate in sports, such as pickleball, tennis, and golf. These sports can put stress on the joints, particularly the hips, knees, and shoulders, leading to pain, swelling, and reduced range of motion. If joint pain is severe or persistent, it can impact an individual's ability to participate in physical activities and enjoy their favorite sports.

Orthopaedic surgeons are medical doctors who specialize in the treatment of bones, joints, and muscles. They provide a range of treatments for individuals with joint pain, including both surgical and non-surgical options.

Non-surgical treatments for joint pain include physical therapy, chiropractic care, and pain management techniques, such as corticosteroid injections, to relieve pain and improve joint function. In some cases, orthopaedic surgeons may also recommend medications, such as non-steroidal anti-inflammatory drugs (NSAIDs), to reduce pain and swelling.

If non-surgical treatments are not effective, orthopaedic surgeons may recommend surgical intervention. Joint surgery can range from minimally invasive procedures, such as arthroscopy, to more complex procedures, such as joint replacement surgery.

Arthroscopy is a minimally invasive surgical procedure that involves the use of a small camera and instruments to diagnose and treat joint problems. This procedure is often used to treat joint conditions such as meniscal tears, rotator cuff tears, and osteoarthritis.

Joint replacement surgery is a procedure in which a damaged joint is replaced with an artificial joint, called a prosthesis. Joint replacement surgery is typically recommended for individuals with severe joint pain and limited joint function. The most common joint replacement surgeries include hip replacement, knee replacement, and shoulder replacement.

Orthopaedic surgeons will evaluate the individual's specific needs and recommend the most appropriate treatment option. The goal of treatment is to relieve pain, improve joint function, and help individuals to return to their favorite sports activities as quickly and safely as possible.

Thankfully, most injuries are overuse injuries and can be treated with non-surgical measures such as ice, anti-inflammatory medicines, and rest. If an injury is more serious, it should be treated quickly. Prompt treatment can minimize long-term damage. Visiting an orthopedic specialist who has experience in treating sports injuries will result in accurate diagnosis and proper treatment of your condition.



CONSIDER THE FOLLOWING SAFETY TIPS WHEN PLAYING PICKLEBALL:

- Be aware of your playing area and any obstacles that might cause a hazard.
- Avoid backpedaling on the pickleball court to avoid backward falls.
- Stretch and warm up before you play.
- Wear proper court shoes and eye protection. Use appropriate equipment.
- Listen to your body and give it time to rest.
- Communicate with your partner to avoid confusion.
- Improve your balance and learn to fall without injury.
- Do not play on a wet court.
- Work with a professional to improve your fundamentals.
- Have an emergency plan in case of injury on the court.



Joint pain is a common issue for individuals who participate in sports, such as pickleball, tennis, and golf. If joint pain is severe or persistent, individuals should seek the advice of an orthopaedic surgeon for further evaluation and treatment. Orthopaedic surgeons provide a range of treatments, including both surgical and non-surgical options, to relieve pain and improve joint function, allowing individuals to return to their favorite sports activities and maintain an active and healthy lifestyle.

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.

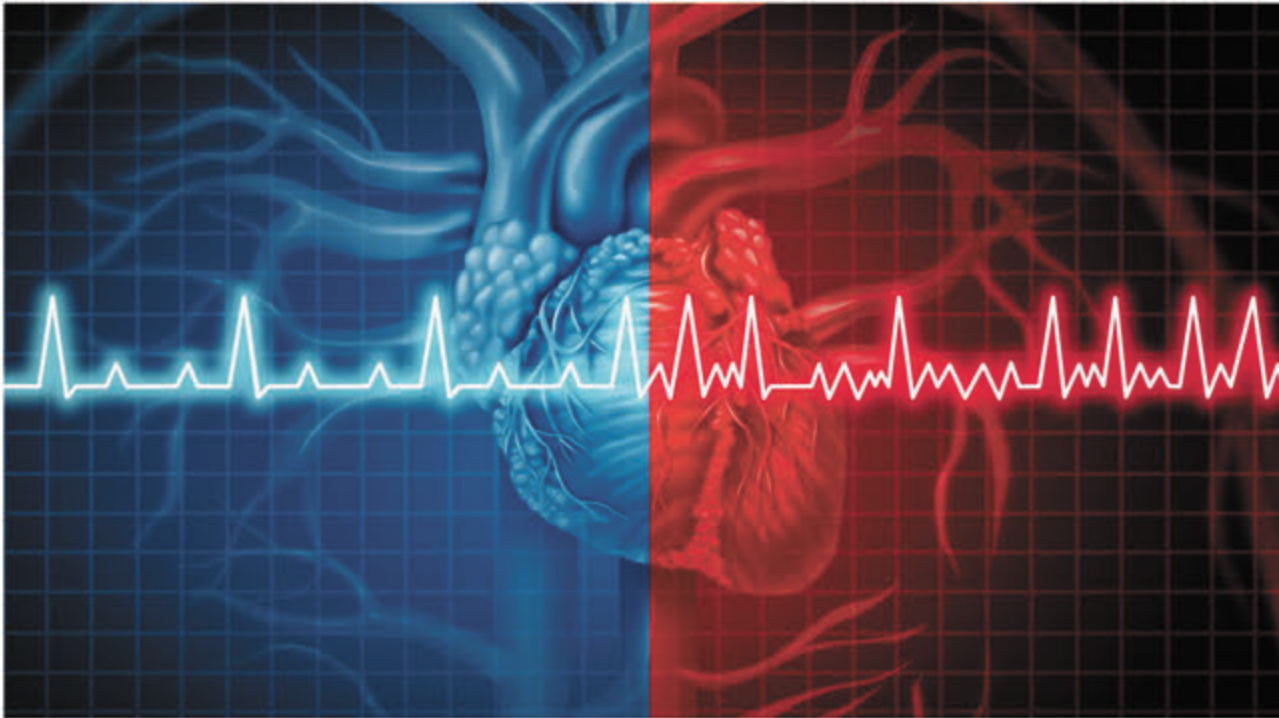


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T.E. Vallabhan, MD, FACC

ARE YOUR SYMPTOMS RELATED TO ATRIAL FIBRILLATION (AFIB)?



A Fib is an irregular heart rate that is often rapid with palpitations and causes insufficient blood flow. More than 6 million individuals in the United States have AFib. Hereditary heart disease usually causes the disorder, but other factors contributing to heart arrhythmias are high cholesterol, high blood pressure, obesity, heavy alcohol use, and more. A disruption to the top chamber of the heart, prompting the heart's rhythm and rate to fluctuate, causes an arrhythmia.

The two sides of the heart work in opposition to each other. The right side of the heart takes in deoxygenated blood from the body and feeds them to the veins and lungs; the left side carries the oxygen and nutrient-rich blood from the lungs and feeds it back to the body. Four chambers make up the heart. The top chambers are called the atria, and the lower are the ventricles. Without proper functioning, the heart will begin to cause damage to major organs, and without maintenance, your heart can cause adverse effects very quickly.

Most of us are very familiar with symptoms of coronary heart disease, but AFib symptoms often go overlooked and are not taken as seriously as they should be. Atrial Fibrillation takes over 130,000 lives each year.

The symptoms of an atrial heart arrhythmia are:

- Dizziness
- Shortness of breath
- Racing heart
- Fluttering heart
- Palpitation
- Uneven heartbeat
- Chest pain

If left untreated, AFib can cause blood clots to form in the heart. These clots are produced due to the restricted pumping of the chambers, which causes the blood to pool in the atria and form clots. If the blood clots break off, they can reach the brain and cause a stroke. Patients with AFIB are seven times more likely to have a stroke than those with normal heart rhythm.

Treatment for AFib

- Medications to regulate the heart's rhythm (antiarrhythmic drugs)
- Blood-thinners to reduce the risk of stroke
- Surgery (i.e. Catheter ablation, MAZE procedure)

It's critical to seek medical attention from a respected cardiologist if you are experiencing any of the symptoms related to atrial fibrillation. Do not wait, the heart muscle, rhythm, rate, and ability to pump correctly, is what is keeping you alive.

Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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Does Medical Marijuana Help Reduce Chronic Pain?

According to the CDC, over 50 million adults live with chronic pain in the United States.

Chronic pain is a high-impact condition that decreases the quality of life and increases the prevalence of psychiatric issues, such as depression and anxiety. However, medical marijuana has been extensively researched by scientists worldwide to answer the question: **does medical marijuana help reduce chronic pain?**

Below, we'll discuss everything you need to know about medical marijuana and how it works with your mind and body to assist with various forms of chronic pain.

What is Chronic Pain and How Does Medical Marijuana Help?

Chronic pain is defined as pain that persists for more than 12 weeks and can be caused by various conditions such as arthritis, fibromyalgia, and nerve damage.

Medical marijuana, also known as medical cannabis, is a treatment option that has been gaining attention in recent years for its ability to relieve chronic pain.

One of the main active compounds in medical marijuana is tetrahydrocannabinol (THC), which is responsible for its pain-relieving properties. THC binds to receptors in the brain and spinal cord, known as CB1 receptors, which are involved in pain perception. When THC binds to these receptors, it can reduce the sensitivity to pain and increase the release of natural pain-relieving chemicals in the body.

Another active compound in medical marijuana is cannabidiol (CBD), which has also been found to be effective in reducing chronic pain. Unlike THC, CBD does not bind to CB1 receptors; instead, it interacts with other receptors in the body, such as the vanilloid receptor (TRPV1), which is involved in the perception of pain.

Studies Reveal How Medical Marijuana Reduces Chronic Pain

A review of studies published in the Journal of Clinical Pharmacology in 2018 found that medical marijuana can effectively reduce chronic pain caused by conditions such as neuropathy, fibromyalgia, and rheumatoid arthritis.



The review included 29 studies involving more than 2,500 patients and found that, on average, medical marijuana reduced chronic pain by 30%.

Another study published in the European Journal of Pain in 2017 found that medical marijuana can effectively reduce chronic pain caused by nerve damage. The study included 57 patients and found that those who received medical marijuana significantly reduced pain compared to those who received a placebo.

Lastly, a study published in the Journal of Pain in 2016 found that medical marijuana can effectively reduce chronic pain caused by conditions such as multiple sclerosis. The study included 48 patients and found that those who received medical marijuana significantly reduced pain compared to those who received a placebo.

Overall, these three medical studies are only a drop in the bucket regarding medical marijuana research.

What are the Best Medical Marijuana Strains for Chronic Pain?

If you live in a state that allows medical marijuana — you'll notice everything is sold under a medical banner.

However, not all cannabis strains are created equal. With this in mind, you'll want to search for specific marijuana strains geared toward chronic pain relief. To the surprise of many, it's not the highest THC content you should seek — it's the terpene content.

We'll dive into the basics of terpenes and how they can assist you in finding the best medical marijuana strain for chronic pain.

How to Use Terpenes to Find the Best Medical Marijuana Strains for Chronic Pain

Terpenes are a class of organic compounds found in many plants, including cannabis.

Although terpenes are responsible for the unique aroma and flavor of different cannabis strains — they have a hidden characteristic that's catapulted them in importance among medical marijuana patients.

Some studies have shown that certain terpenes, such as caryophyllene and linalool, have anti-inflammatory and pain-relieving properties. These terpenes interact with the body's endocannabinoid system, which helps regulate pain, inflammation, and other physiological processes.

Should You Consume Medical Marijuana for Chronic Pain?

Chronic pain is a life-altering condition that forces individuals to choose — to take prescription medication or try medical marijuana.

The downsides of prescription painkillers are:

- Increased risk of dependency/addiction
- Overdose
- Sedation
- Nausea
- Depression

Alternatively, medical marijuana is not linked to dependency or overdose risk. Furthermore, medical marijuana sold in Florida is natural and lab-tested, making it a much less risky option for reducing chronic pain.

Ultimately, it's your decision to consume medical marijuana for chronic pain. From consulting your primary physician in Florida to contacting a medical marijuana doctor, you'll gain everything you need to make an informed decision.



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KIDNEY AWARENESS MONTH

Did you know that 37 million adults have kidney disease and the majority of people do not know they have it? One out of 3 three people are at risk for kidney disease. The kidneys are our primary source of detoxification. These two small organs clean the blood and filter waste products and toxins from the body through the urine.

The National Kidney Foundation Explains How The Kidneys Work Below:

- Blood enters the kidneys through an artery from the heart
- Blood is cleaned by passing through millions of tiny blood filters
- Waste material passes through the ureter and is stored in the bladder as urine
- Newly cleaned blood returns to the bloodstream by way of veins
- Bladder becomes full and urine passes out of the body through the urethra.¹

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts are eliminated from the body in the form of urine, while the remainder, about 198 quarts, is retained in the body. The urine we excrete has been stored in the bladder for approximately one to eight hours.¹

There are several key warning indicators of kidney disease. While many of these get confused with other conditions or get ignored completely, if you have any of the following symptoms, it's imperative to see your healthcare provider and to get additional testing done.

According the National Kidney Foundation, these are the 10 most common signs of kidney disease:¹

1. Fatigue—You're more tired, have less energy or are having trouble concentrating. A severe decrease in kidney function can lead to a buildup of toxins and impurities in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anemia, which can cause weakness and fatigue.

2. Trouble Sleeping—When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep. There is also a link between obesity and chronic kidney disease, and sleep apnea is more common in those with chronic kidney disease, compared with the general population.

3. Dry, Itchy Skin—Healthy kidneys do many important jobs. They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease, when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

4. Frequent Urination—If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection or enlarged prostate in men.

5. Blood in Urine—Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signaling kidney disease, blood in the urine can be indicative of tumors, kidney stones or an infection.

6. Foamy Urine—Excessive bubbles in the urine—especially those that require you to flush several times before they go away—indicate protein in the urine. This foam may look like the foam you see when scrambling eggs, as the common protein found in urine, albumin, is the same protein that is found in eggs.

7. Puffy Eyes—Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be due to the fact that your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

8. Swollen Feet and Ankles—Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of heart disease, liver disease and chronic leg vein problems.

9. Poor Appetite—This is a very general symptom, but a buildup of toxins resulting from reduced kidney function can be one of the causes.

10. Muscles Cramps—Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramping.

Advanced Urology Institute

A partnership of highly qualified, board-certified urologists practicing in the state of Florida AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients. We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

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- Kidney Stones
- Da Vinci Robotic Assisted Surgery
- Prostate Cancer Treatment
- Vasectomy & Vasectomy Reversal
- Urinary Tract Infection
- Pediatric Urology
- Women's Urological Health

We Value Patient-Centered, Evidence-Based Care

As a patient, you can be certain that you are a critical member of our treatment team. We will answer your questions and strive to provide the best services and the best care, based on your individual needs, preferences, and choices. AUI Physicians emphasize the use of proven treatment guidelines within our specialty, to optimize clinical decision making. Through our internal measures, our involvement in research studies, and our passion for continuous learning, you can be confident that our treatment team is providing you with the best treatment options.



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Reference:

1. The National Kidney Foundation, Kidneys and Your Health, <https://www.kidney.org/phi/form?version=health>



SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

Spring Into Senior Programming

Birds are chirping. Flowers are in full bloom. It's time to celebrate the beginning of spring and all the good that comes with it, including national and world observances focused on self-growth, such as Plant a Flower Day, Music Therapy Day, and Write Down Your Story Day.

Senior living communities provide programming catered toward these interests and beyond. While there are plenty of things to do off-site, and senior living grants transportation to allow for those adventures, there are also many activities to do right at your fingertips. Programming can help older adults maintain their sharpness, build a sense of community, and foster personal friendships.

Consider using this spring as the perfect opportunity to try something different. Who needs January 1st when you have March 20th to start fresh?

THE PHYSICAL BENEFITS

Programming can offer physical and mental activities for seniors, both of which are vital to health and longevity. The Centers for Disease Control and Prevention highlights the importance of movement, especially as we age, for maintaining health and wellness, by saying, "The loss of strength and stamina attributed to aging is in part caused by reduced physical activity." Not only is staying on the move important for our general well-being but it's also shown that seniors benefit from staying active as a means of injury prevention.

Implementing more exercise into your lifestyle doesn't necessarily mean you have to do anything drastic. Consider activities you already enjoy or ones you have been interested in trying.

In celebration of National Plant a Flower Day on March 12th and the start of spring, maybe you'll feel inspired to try out your green thumb. You never know how you might enjoy a new hobby before you give it a go!

POSITIVE MENTAL IMPACT

Programming helps keep residents' minds sharp and engaged. Considering the number of seniors who live with a mental or neurological disorder, it's important to implement techniques to stay mentally-well. The World Health Organization's most recent statistics show more than 20% of adults aged 60 and over suffer from a mental or neurological disorder. As a means to stave off the onset of a condition, and as a general strategy to help live your best life, consider sticking to a routine and keeping an active lifestyle. Communicating with others, stimulating the brain, and feeling the joy of spending time as a community are all ways that seniors can help protect their mental well-being.

Many seniors, unfortunately, experience mental health concerns without ever receiving a diagnosis. According to Pan American Health Organization, as many as two-thirds of seniors with mental health concerns don't receive the treatment they need because their conditions go undetected while living at home. Moving into a senior living community means gaining easy access to health care professionals and the chance to seek higher support if needed. Residents enjoy a caring, supportive environment designed to help them live healthily and happily.

PROGRAMMING AT SUMTER

As a preventative measure for physical and mental deterioration—and to combat feelings of isolation—programming at Sumter Senior Living is designed to ensure that all residents are welcomed into our community and always have new, exciting activities to participate in. We offer on-site activities and the ability to go off-site into town through our transportation services. Residents enjoy the freedom to come and go as they please to take advantage of shopping, restaurants, and local attractions.

Our Life Enrichment Calendar invites Independent Living, Assisted Living, and Memory Care residents to pursue their interests and goals and socialize. Some of our favorite activities include Bingo, Happy Hour, morning exercises, and more. Our vibrant, active community keeps residents involved and always allows for the opportunity to meet new friends.

A PLACE WHERE YOU BELONG

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

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



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



NATIONAL NUTRITION MONTH

HEALTHY YOU, HEALTHY HOME

By Sharon A. Bassett

Nutrition and real estate are two seemingly unrelated topics, but they both play a crucial role in shaping the quality of life. A well-balanced diet can improve our health, while owning a home provides us with security and stability. In this article, we'll explore how these two areas intersect and how they contribute to our overall well-being.

Nutrition is essential for good health. The food we eat provides our bodies with the necessary energy, vitamins, and minerals to function properly. A balanced diet should include a variety of food groups, including fruits, vegetables, whole grains, lean protein, and healthy fats. These foods help maintain our weight, boost our immune system, and prevent chronic diseases such as heart disease and diabetes.

Good nutrition also affects our mental health. The food we eat can impact our mood, energy levels, and cognitive abilities. A diet high in processed and junk food can lead to feelings of sluggishness, irritability, and decreased focus. On the other hand, a diet rich in nutrient-dense foods can increase our energy levels, improve our mood, and enhance our cognitive function.

Real estate is also a critical factor in shaping the quality of life. Owning a home provides a sense of security and stability. It gives us a place to call our own, where we can make memories and create a comfortable living environment. Homeownership is also a good investment and can increase in value over time, providing financial security for the future.

In addition to the personal benefits, the state of the housing market can have a significant impact on the overall economy. When the real estate market is strong, it creates jobs and drives economic growth. On the other hand, a weak housing market can result in a sluggish economy and high unemployment rates.

There are also environmental benefits to consider when it comes to real estate. Green and sustainable housing can reduce the impact on the environment and lower energy costs. This not only helps the planet, but it can also save homeowners money on utility bills.



Both nutrition and real estate play a vital role in our overall well-being. A balanced diet helps maintain good health and mental well-being, while owning a home provides security and stability. Investing in green and sustainable housing can also have a positive impact on the environment and our wallets.

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, Over 25 years of Real Estate, Owner/Broker.
<https://www.bassettpremierrealty.com>.

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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.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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Men's Health

Getting Men in for a Checkup May Take a Bit of Reminding from Their Loved Ones

If you ask a man to make a list of things he least wants to do, going to the doctor is likely near the top. In fact, many men don't even like talking about their health and some will avoid going to the doctor until their condition is so serious that it can't be ignored.

It's important to remember that ignoring what seems like a minor symptom now could allow it to develop into something bigger down the road. And some conditions can have no obvious symptoms until they've gotten serious.

For example, heart disease is the leading cause of death for men in the U.S. And half of men who die suddenly of heart disease had no previous symptoms to alert them there was a problem.¹ A major risk factor for developing heart disease is having high blood pressure, which is sometimes called the "silent killer," because it, too, sometimes shows no symptoms.² All of this shows us how important it is for men to keep track of their health. So, what's a loving partner, mother, sister or friend to do? Remind the men in your life to get a checkup – over and over until they agree to go.

Here's a suggestion: Tell them to think of it like car maintenance. We don't wait until there's smoke coming out from under the hood. We take the car in for regular oil changes and diagnostics to keep it running smoothly. A primary care doctor can do an exam, check lab work and ask questions about symptoms and lifestyle that may contribute to certain health conditions, like heart disease. If an issue is found, they'll make a plan to treat it, so it doesn't progress to something serious. Seeing a doctor may seem scary or inconvenient the first time, but it's worth it!

And if going to a doctor is too big for a first step, he can check his blood pressure for free at many local grocery stores or pharmacies. A normal blood pressure is less than 120 over 80.³

References:

1 <https://www.cdc.gov/heartdisease/men.htm>

2 https://www.cdc.gov/bloodpressure/communications_kit.htm?adlt=strict

3 <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>



Our Florida Blue Center teams can also check their blood pressure and help them find care, like a low- or no-cost clinic or other resources that may be available nearby. We also host events online and in person that are open to the community. You can find upcoming events at floridablue.com/center or call 352-353-3399.

You can read more about heart disease, its risk factors and healthy lifestyle choices at floridablue.com/MensHealth.

Florida Blue and Florida Blue Medicare are Independent Licensees of the Blue Cross and Blue Shield Association.

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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.

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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.

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- **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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Tips for Choosing an Assisted Living Community

By Janice Martin, Senior Living Specialist

Use care with online research

If you are researching a specific community and enter its name in your search, look carefully that the link you are selecting is for that community! Companies and services buy keywords and the link often takes you to another site. This can be large national placement services that have never visited the communities and are merely a database. They know nothing of care and safety concerns. Without your knowledge or consent, they will broadcast your contact information to every community in your area and you will immediately receive phone calls regardless of your situation or needs.

Look at everything

Look at more than the fancy front entry and the welcome gift. What do the residents' clothes and hair look like? Are the carpets dirty? Look at the tile or carpet that butts up to the baseboard. Keep in mind that electric wheelchairs and scooters wreak havoc on baseboards, and they may show unavoidable marks from the tires. Does the furniture show unusual wear and tear or stains? Is the paint fresh? Do the staff uniforms look neat and presentable? Is there appropriate music at a nice volume? Are staff shouting at each other down the hall or across the dining room? How do care staff talk to the residents and each other? How does the community smell? A heavy, flowery or chemical smell is suspicious.

Staff relationships

Your first relationship will be with the sales counselor; however, they will not be providing the care for your loved one! They may be able to help with communication after a move, but they must pass your relationship on to the other managers now involved in care. Meet with these managers at one of your visits. Talk with the director of nursing about staffing and your loved one's care needs and your expectations. Talk with the director of food services about any dietary restrictions or allergies. Talk with the executive director to get a sense of whether they are more interested in resident care than building operations.

Schedule a visit

Don't show up for a visit unexpectedly and risk getting angry if you're made to wait or can't be seen. Sales counselors have multiple tours scheduled each day. It's not a positive experience to have a rushed tour if they try to fit you in between

scheduled appointments. A good sales counselor will plan a visit around an activity so you can observe residents and staff. Allow yourself to have time when you can relax and have all your questions and concerns addressed.

Safety measures

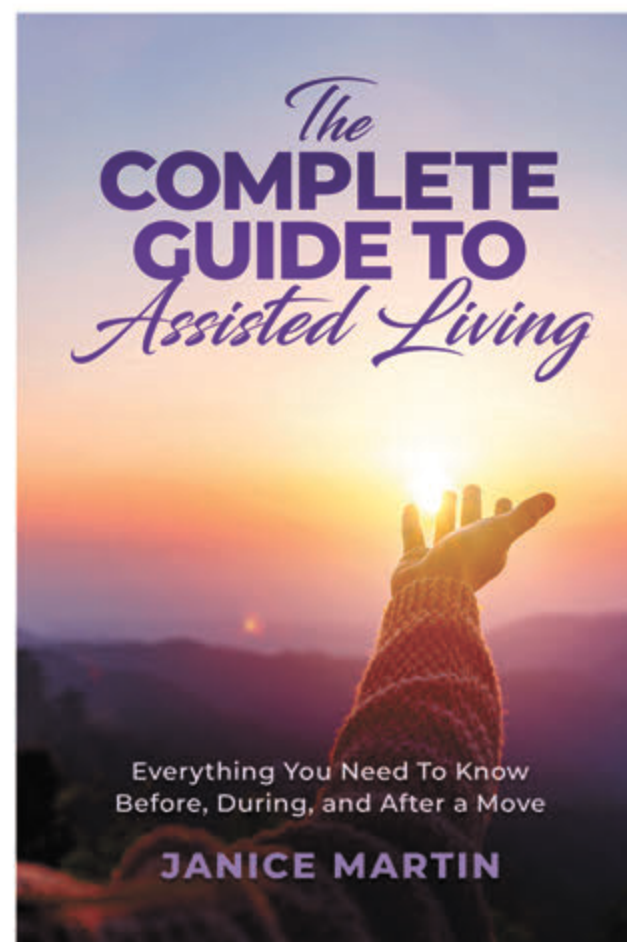
Make sure there are at least two elevators. Older communities may only have one, and there is no alternative for residents on upper floors to get to meals in the dining room or to exit the building if it's out of service. One elevator means that residents may have to stand and wait for extended periods during mealtimes. Ask for a report of when the fire drills were held. These must be held during all shifts. Ask a caregiver during the tour what they would do in the case of a fire. This will show if they've been properly trained. Lost resident drills are conducted in the memory care neighborhood. These are especially important so that staff know what to do in an emergency. The director will take a resident to another area of the community for a snack to see how long it takes someone to report them missing. Staff must then look everywhere - in closets, the showers, behind curtains, under beds, in the bushes outside the community, and inside the cars in the parking lot. It is then reported how long the entire operation takes. Staff training may need to be put in place to make sure improvements are made. Ask for a report of the last drill.

Staffing ratios

Rather than a specific number of staff to residents, Florida regulations state that there must be "enough qualified staff to provide resident supervision and arrange for services in accordance with the residents' scheduled and unscheduled service needs." If the majority of the residents do not have a high care level, a minimum number of staffing hours will suffice. However, if the community has a considerable number of residents needing a high level of care, the community must staff accordingly.

Seek good resources

Using the help of a local placement service to personally guide you can be a tremendous help. They understand the differences between communities, saving you time, energy, stress, frustration - and gasoline - from doing your own research. Senior Liaison of Central Florida Inc will walk beside you each step of the way through the entire journey.



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They research communities to uncover any complaints or fines that may have been placed since the last state survey. Additionally Janice Martin, owner of Senior Liaison has just written a book titled, *"The Complete Guide To Assisted Living: Everything You Need to Know Before, During, and After a Move."* It's available now on Amazon.com in paperback (ISBN: 979-8-88759-430-9) and ebook (ISBN: 979-8-88759-431-6). This, combined with their personalized service will ensure you have the confidence to make an educated decision.

For more information, call 352-477-1866 for a free consultation or email SeniorLiaisonCFL@gmail.com.

Please visit our website at

www.SeniorLiaisonCFL.com or Facebook at Senior Liaison. Janice Martin is a senior living specialist, community resource liaison, and family advocate.

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BENEFITS OF IV THERAPY

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

What is IV therapy?

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

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

Why IV therapy?

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

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

Is IV therapy safe?

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

What are possible side effects?

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

How often can I get an IV?

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

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

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



Who is a candidate?

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

Who should not get IV therapy?

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

How do I get started?

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

Total Nutrition & Therapeutics

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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Does Taking Fish Oil Lower Cholesterol?

By Bo Martinsen, MD

Many people believe that incorporating omega-3s into their diet will solve their cholesterol woes. But the truth is much more nuanced; it's not as simple as taking a daily fish oil capsule or drinking a teaspoon of cod liver oil.

In this article, we'll uncover how these essential fatty acids impact your lipid profile – plus look at how much omega-3 you need to reap the benefits.

Cholesterol Is More Than One Thing

The term "cholesterol" often gets tossed around as though it were a single concept. But really, cholesterol includes several measurements. When you take a lipid test, the results are broken down into a few main components:

Triglycerides: Our bodies convert the extra calories, fat and sugars we eat into triglycerides. Having too high triglyceride levels is bad.

LDL: LDL, or low-density lipoproteins, is commonly referred to as the "bad" cholesterol. It builds up plaque in the arteries. LDL can be further analyzed by particle size. Small, dense particles are considered more harmful than large, fluffy particles.

HDL: HDL, or high-density lipoproteins, are the "good" cholesterol. Having a higher number is better.

Total Cholesterol: Your total cholesterol number is based on the other three components. Here's the formula: HDL + LDL + 20% triglycerides = total cholesterol.

Omega-3s impact these numbers in different ways. Let's take a closer look at what the science shows.

Triglyceride Levels

Studies show that taking omega-3s will consistently lower triglyceride levels. But the effect depends on how much you consume.

Higher doses of EPA and DHA omega-3s are needed to significantly reduce triglyceride levels. For example, a 2020 review from researchers in Norway highlighted the following trend:

- 850 mg of EPA/DHA lowered triglycerides by only 3.4%.

- 2400 mg of EPA/DHA lowered triglycerides by 16%.

- 5100 mg of EPA/DHA lowered triglycerides by 27%.

On average, studies report that taking between 3000 – 4000 mg of EPA/DHA will translate to a 25% drop in triglyceride levels.

Of course, the actual impact for any individual will depend on many factors, like genetics, age, gender, and your baseline triglyceride levels. There's also the quality of the omega-3 product to consider, including the freshness level of the oil.

Can Fish Oil Pills Lower Triglyceride Levels?

Most regular fish oil capsules contain only 300 mg of EPA/DHA. With that serving size, you would need to take 10 or more capsules every day to get an adequate dose.

Concentrated omega-3 products can deliver higher doses of EPA and DHA in fewer servings. But even with prescription omega-3 oils aimed at managing hyperlipidemia, you have to take at least 4 capsules daily.

At Omega3 Innovations, we offer 3000 mg EPA/DHA in a pre-measured, drinkable single serving. This liquid form makes it easier for people to meet their omega-3 needs and experience beneficial effects.

LDL Cholesterol

While the benefits of omega-3s for triglyceride levels are widely known and accepted, their effects on LDL levels are more complex.

Again, there are different types of LDL cholesterol. On a lipid panel, people typically pay the greatest attention to the LDL-C value. Most studies show that omega-3s don't really impact LDL-C. However, one exception seems to be for people with very high triglyceride levels (>500mg/dl). For these people, omega-3s may increase LDL somewhat.

There's also Lp(a), or a type of low-density LDL that can create plaque in your arteries. Most studies (but not all) note a modest decrease in this value with omega-3s, which is good.

Finally, omega-3s seem to facilitate a shift from small dense LDL particles to bigger and lighter large buoyant LDL. This is positive, since small dense LDL is more likely to create arterial plaque. Indeed, shifting from small dense to large buoyant LDL is associated with lower heart disease risk.

HDL Cholesterol

When it comes to HDL cholesterol, research suggests that omega-3s have little effect in general.

The exception is again for people with very high triglycerides. In these cases, omega-3s may increase the HDL levels by more than 10%. This is positive, since HDL is the "good" cholesterol.

What's the Best Measure of Heart Disease Risk?

Many studies show that your ratio of triglycerides to HDL may be a more important number than looking at your total cholesterol. Having a high triglyceride:HDL ratio is associated with heart disease, insulin resistance, and low testosterone levels in men. Interestingly, the risk seems to be independent of bad cholesterol numbers or medication use.

Taking sufficient doses of omega-3s will typically reduce the triglycerides to HDL ratio. This improvement could be one of the reasons for the purported heart health benefits of these fatty acids.

For the full article and references, please visit:

<https://omega3innovations.com/blog/does-taking-fish-oil-lower-cholesterol/>

Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several medical food products that combine effective doses of omega-3s with fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for over 20 years.



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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.



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3417 Tamiami Trail, Unit A, Port Charlotte, FL 33952
5668 Strand Court, Naples, FL 34110

March is Pain Awareness Month

According to the US Pain Foundation, research tells us that 50 million Americans live with chronic pain, or pain that lasts most days or every day for three months or more. Of this group, 20 million experience high-impact chronic pain, or pain that interferes with basic functioning and activities of daily living. Pain is the number one reason that Americans access the health care system and costs the nation up to \$635 billion each year in medical treatments, disability payments, and lost productivity.¹

There are a multitude of treatments available for chronic pain: medication, massage, exercise, acupuncture, and a wide variety of other treatments. Physical therapy (PT) for chronic pain is also an option, and it may help you manage your pain and regain normal mobility.

If you have chronic pain, working with a physical therapist can help your pain go away, and your therapist can give you strategies to keep the pain away. So, what does physical therapy for chronic pain look and feel like, and what can you expect from PT for chronic pain?

Physical therapists (PT) are experts not only in treating pain, but also finding its source. Your PT will look for areas of weakness or stiffness that may be adding stress to the places that hurt. They will treat those areas with certain exercises to ease pain and help you move better.

What to Expect from Physical Therapy

When attending physical therapy for chronic pain, your first session will be an initial evaluation. During this session, you will meet your physical therapist and discuss your condition. Your therapist should ask questions about your pain and how it behaves. Is your pain present constantly or intermittently, and how does it affect your life? What makes it better or worse? Your physical therapist should also ask about any previous treatments you have received and the effect those treatments have had.

He/she might do a review of your overall medical history and will perform various tests and measures to get a sense of any impairments that may be contributing to your pain, including:

- Range of motion
- Posture
- Strength
- Balance
- Endurance



Some of these tests may increase your pain, while others may cause your pain to decrease. Be sure to communicate with your physical therapist how you are feeling and how sensations are changing during your evaluation.

Once your PT evaluation is complete, your physical therapist should work with you to develop realistic and attainable goals for therapy. Goals may include pain relief, extended range of motion, increased strength and improved functional mobility. Your goals should be personal and should give you a plan to follow during your rehabilitation program. Following this initial evaluation, your treatment can begin.

PT Treatments

When you attend physical therapy for chronic pain, you may experience various treatments that may be used to decrease pain, improve your mobility, and help you fully function. Common treatments used by physical therapists for chronic pain patients include:

Exercise: Exercise should be your main PT tool in the treatment of chronic pain because it can help your body improve strength and mobility. When you can move with little or no pain, you are telling your brain that the movement is not going to hurt. This positive feedback allows you to move more with less pain. So, while you are getting stronger and improving mobility, you are also training your sensitive nervous system to trust that the movement is safe.

TENS and Electrical Stimulation: Transcutaneous electrical nerve stimulation (TENS) is a therapeutic modality that uses electricity to decrease pain signals coming from your body to your brain.

Massage: Some physical therapists employ massage techniques to decrease pain by improving muscular blood flow and relieving tightness.

Dry Needling: Dry needling is a newer treatment employed by some physical therapists to decrease painful muscle knots and trigger points. This treatment involves using small needles (like acupuncture needles) to pierce muscle tissue and knots, relieving the pain in these spots.

Heat or Ice: Modalities like heat and ice are often used by PTs to help decrease pain and inflammation. These treatments have not been proven to be effective with patients dealing with chronic pain, but they are often used as adjunct treatments during your PT sessions.²

Each of these treatments is designed to achieve a specific goal. It is important that you discuss with your physical therapist the intent of the treatment, so you know what to expect.

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

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

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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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Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

Chiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.


You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

What about sciatica? Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or



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opiates are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

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We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.

TESTIMONIALS

See what some of our patient's had to say about our practice:

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

"I thought I would live with this pain for the rest of my life, but thankfully I was wrong and Doc was right." - M.M.

"Dr. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!" - J.J

"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc" - C.C.

"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning" - B. D.

"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone" - M.C.

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Maintaining Healthy Friendships

By Pastor Timothy Neptune - venturechurchnaples.com

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, "As iron sharpens iron, so one person sharpens another." Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, "A man who has friends must himself be friendly..." Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4



Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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