

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2023

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FREE 

Treating Venous Insufficiency

Are You at Risk?

Identity Theft

Protect the Health of Your Financial Accounts

Feeling Stressed? It Shows

Do You Need Hip Replacement Surgery?

What Are Your Options?

ASSISTED LIVING FOR MEMORY CARE

Understanding the Benefits

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TREATING VENOUS INSUFFICIENCY ARE YOU AT RISK?

By Ravi Chandra, MD, FRCS - The Vein Center of North Florida

Venous insufficiency is a condition that affects the veins in the legs, causing them to become weak or damaged and unable to properly circulate blood back to the heart. This condition can lead to a range of symptoms and complications, including swelling, pain, skin changes, and even ulceration. However, with early diagnosis and treatment, many people with venous insufficiency can find relief from their symptoms and prevent further complications.

Warning Signs and Symptoms of Venous Insufficiency

One of the most common warning signs of venous insufficiency is the appearance of varicose veins - twisted, bulging veins that may be visible on the surface of the skin. Other symptoms may include:

- Swelling in the legs, ankles, or feet
- Aching or heaviness in the legs
- Itching or tingling sensations in the legs
- Skin changes, such as discoloration, thickening, or ulceration

If you are experiencing any of these symptoms, it is important to seek medical attention as soon as possible. Your doctor can perform a physical exam and other tests to determine if you have venous insufficiency and recommend appropriate treatment.

Risk Factors for Venous Insufficiency

Certain factors can increase your risk of developing venous insufficiency. These include:

- **Age:** As you get older, the valves in your veins may become weaker and less effective at circulating blood.
- **Family history:** If other members of your family have had venous insufficiency or varicose veins, you may be more likely to develop them as well.
- **Obesity:** Carrying excess weight can put added pressure on your veins and increase your risk of developing venous insufficiency.
- **Pregnancy:** Hormonal changes and the added weight of a growing fetus can also put pressure on your veins and lead to venous insufficiency.
- **Sedentary lifestyle:** Sitting or standing for long periods of time can also increase your risk of developing venous insufficiency.

Treatment Options for Venous Insufficiency

There are several treatment options available for venous insufficiency, depending on the severity of your symptoms and the underlying cause of your condition. Two common procedures used to treat venous insufficiency are Medtronic's Closure Fast and Boston Scientific's Varithena.

Closure Fast is a minimally invasive procedure that uses radiofrequency energy to close diseased veins. During the procedure, a small catheter is inserted into the affected vein, and radiofrequency energy is used to heat and collapse the vein. The procedure typically takes about an hour to complete and requires only local anesthesia. Patients can usually return to normal activities within a few days.

Varithena is a foam sclerosant that is injected into the affected vein to collapse and seal it. This procedure is also minimally invasive and typically takes about an hour to complete. Patients may experience some discomfort or swelling after the procedure, but can usually return to normal activities within a few days.

In addition to these procedures, other treatment options for venous insufficiency may include:

Compression stockings: These special stockings apply pressure to the legs and help improve blood flow.

Lifestyle changes: Maintaining a healthy weight, exercising regularly, and avoiding prolonged sitting or standing can help prevent venous insufficiency from getting worse.

Procedures we offer: Radiofrequency Ablations, Chemical Foam Ablations, Phlebectomy, and Sclerotherapy procedures.

If you are experiencing symptoms of venous insufficiency, it is important to seek medical attention as soon as possible. With early diagnosis and appropriate treatment, you can find relief from your symptoms and prevent further complications. Talk to your doctor about the treatment options that may be right for you, including Medtronic's Closure Fast and Boston Scientific's Varithena.

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Ravi Chandra, MD, FRCS

Ocala's leading vascular surgeon, Dr. Ravi Chandra, is the only local surgeon certified by the American Board of Surgery, the American Board of Phlebology, and the American Board of Vascular Medicine as a diplomat in Endo-Vascular medicine. Dr. Ravi Chandra leads a team of medical professionals who take a personalized approach with each patient. The Vein Center of North Florida's staff takes their time to listen to patient concerns and develop a customized treatment plan to address each patient's medical concerns. Our goal is to perform the safest and least invasive procedure possible and get you back to living life at its fullest!



Patricia D. Hurst, ARNP-BC

Patricia Hurst is a Board Certified Nurse Practitioner earning her Master's Degree at the University of South Alabama. She has worked with Dr. Chandra and the SSO team for more than 20 years. She sees patients in the office, hospitals and has extensive training assisting in the operating room. She earned a certificate of first assisting from the National Institute of First Assisting (NIFA) and became a Certified Perioperative Nurse (CNOR) as a commitment to providing quality care for her patients during their surgical experience. Patty was raised in Ocala and takes great pride in serving her local community. She enjoys spending time with her family, antique shopping, and refurbishing furniture.

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ESOPHAGEAL CANCER

Esophageal cancer is rare, but for several reasons, it deserves our attention.

Because it is usually diagnosed at later stages when it is more difficult to treat, about 20% of patients diagnosed with the disease will survive five years or more. Treatment and survival rates have improved in recent years.

The chance of developing esophageal cancer increases with age; the average age at diagnosis is 68. The lifetime risk in the United States is about 1 in 125 in men and about 1 in 417 in women, according to the American Cancer Society. Men are about three times more likely than women to have esophageal cancer, and white men develop the disease at higher rates than black men.

The number of people diagnosed with the disease has been on the rise in recent years. Between 2012 and 2019, the rate of esophageal cancer among adults age 45 to 64 nearly doubled in the U.S. Soaring rates of unhealthy eating, obesity and heartburn, in addition to smoking and alcohol use, appear to be contributing factors.

Understanding the Esophagus

The esophagus, commonly referred to as the food pipe, is a hollow, muscular tube about 10" – 13" long that connects the throat to the stomach. It is located in the center of the chest, behind the trachea (windpipe) and in front of the spine, and it functions as part of the digestive system, carrying food and liquid from the throat to the stomach.

At its upper opening is a ring-shaped muscle known as the upper esophageal sphincter. It opens to allow food to enter. Once inside, the food is pushed downward through a series of muscular contractions (called peristalsis) through the diaphragm, into the lower esophageal sphincter and through to the stomach.

Several conditions can occur when the sphincter muscles do not work properly. The most common is acid reflux, when stomach acid and digestive juices flow back into the esophagus and cause heartburn or inflammation.

Gastroesophageal reflux disease, or GERD, is a more severe form of acid reflux that can cause serious damage over time. Long-standing GERD can trigger a change in the cells that line the lower esophagus, causing Barrett's esophagus, which is associated with an increased risk of developing esophageal cancer.

Warning Signs of Esophageal Cancer

Cancer occurs when cells develop changes in their DNA and form a mass, called a tumor. Esophageal cancer starts in the inner layer of the esophagus wall and grows outward. Cancerous cells can also divide and spread to other parts of the body.



The exact causes of esophageal cancer are not clear. However, researchers believe that chronic acid reflux or GERD may be contributing factors. Other risk factors include smoking, drinking alcohol, obesity, improper nutrition, or undergoing radiation treatment to the chest or upper abdomen.

The Esophageal Cancer Action Network recommends talking with your doctor if you experience any of the following:

- More than occasional heartburn symptoms
- Worsening heartburn symptoms
- Pain or difficulty swallowing
- A persistent, unexplained cough or sore throat
- Coughing or choking when lying down
- Speaking with a hoarse voice over several weeks
- A family history of esophageal cancer or Barrett's esophagus

These symptoms can signal other health problems. Taking proactive steps is vital to diagnosing problems early when prevention or treatment can be more effective.

There is no screening test for esophageal cancer. If your health care provider suspects cancer may be present, a variety of exams, tests and biopsies can help to confirm a diagnosis.

Treatment Options for Esophageal Cancer

There are two main types of esophageal cancer, in addition to a few very rare types. Squamous cell carcinoma, which usually develops in the upper and middle part of the organ, is the most common worldwide. Adenocarcinoma, which begins in the lower part of the esophagus where it meets the stomach, is the most common in the U.S. and primarily affects white men.

Treatment options depend on a number of factors, including the specific type and stage of cancer, possible side effects, and the patient's overall health and personal preference. Esophageal cancer treatment can include surgery, chemotherapy, radiation, endoscopic therapy or a combination of these.

Increasingly, immunotherapies that strengthen and use the body's own immune system to attack cancer are yielding positive outcomes. New types of immunotherapy drugs have been approved in recent years to treat the most common types of esophageal cancer.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing clinical research. Clinical trials have played an important

role in these advancements, which are now saving more lives. Patients who participate in these safe and carefully supervised groundbreaking research studies are receiving the latest treatments available, which can have positive impacts on their outcomes.

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Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute offers patients access to more clinical trials than any private oncology practice in Florida. In the past four years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation.* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

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

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ASSISTED LIVING FOR MEMORY CARE: UNDERSTANDING THE BENEFITS

By Zachary Gray, Executive Director

Assisted living communities are designed to provide a comfortable and supportive environment for seniors who need assistance with daily activities. Memory care, which is a specialized form of assisted living, is designed for individuals who have been diagnosed with memory-related conditions such as dementia or Alzheimer's disease. Here at AdviniaCare at Paddock Ridge, we provide a secure and structured environment that is tailored to meet the unique needs of residents with memory loss.

AdviniaCare at Paddock Ridge offers many benefits to seniors with memory-related conditions, including:

A Safe and Secure Environment

We provide a secure environment that is designed to prevent residents from wandering or getting lost. AdviniaCare at Paddock Ridge has locked doors and security features that prevent residents from leaving the community without assistance. This provides peace of mind for family members who may worry about their loved one's safety.

Specialized Care

We provide specialized care that is tailored to meet the unique needs of residents with memory loss. Staff members are trained to provide assistance with activities of daily living, such as bathing, dressing, and grooming, as well as specialized care for individuals with memory-related conditions.

Structured Activities

We provide structured activities that are designed to engage residents and promote cognitive function. These activities may include memory games, music therapy, art therapy, and other activities that are specifically tailored to meet the needs of individuals with memory loss.

Nutritious Meals

We provide nutritious meals that are designed to meet the unique dietary needs of residents with memory loss. Many memory care facilities also offer snacks and hydration stations throughout the day to ensure that residents are properly nourished.

Socialization Opportunities

We provide socialization opportunities that are designed to promote social interaction and engagement. Many communities have common areas where residents can gather, as well as planned activities and events that promote socialization and community.

24/7 Monitoring

We provide 24/7 monitoring to ensure that residents are safe and secure at all times. Staff members are trained to recognize the signs of memory-related conditions, such as confusion or disorientation, and to provide appropriate support and care.

Peace of Mind for Family Members

AdviniaCare at Paddock Ridge provides peace of mind for family members who may worry about their loved one's safety and well-being. Knowing that their loved one is receiving specialized care and support can alleviate the stress and worry that often comes with caring for someone with memory loss.

In addition to these benefits, AdviniaCare at Paddock Ridge also provides support and resources for family members. Many communities offer support groups, educational resources, and other services that are designed to help family members cope with the challenges of caring for someone with memory loss.

Memory Care Services Include:

- Assistance setting appointments and coordinating outside health care needs
- Daily verbal prompting for meals, activities of daily living, and life enrichment programming
- Daily bed making and routine night checks
- Coordinate diagnostics testing/scheduling transportation for doctor visits
- Daily personal assistance with grooming and/or dressing
- Personal assistance with bathing
- Personal escort to meals and activities
- Personal assistance with dining and menu selections
- Assistance with behavioral expressions
- Medications management is included



Choosing a Memory Care Community

When choosing a memory care community, it's important to consider the needs and preferences of the individual with memory loss. Some factors to consider include:

Location: Choosing a community that is close to family members and loved ones can make it easier to visit and stay connected.

Size: Some individuals may prefer a smaller community with a more intimate environment, while others may prefer a larger facility with more amenities.

Services: Consider the services and amenities offered by the facility, such as specialized care, structured activities, and nutritious meals.

Staffing: Ask about the staff-to-resident ratio and the qualifications and training of staff members.

Cost: Memory care communities can vary widely in cost, so it's important to consider the budget and financial resources of the individual with memory loss and their family.

We at AdviniaCare recognize that caring for loved ones with memory loss can both be a pleasure and a challenge at times. With our memory care programs, we can relieve some of the burden off of your shoulders and create a beneficial experience for both you and your loved one.



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Advanced Treatment for OVERACTIVE BLADDER

Have you tried treatment for overactive bladder and still suffer from any of the symptoms below?

- ✓ Urgency to get to the restroom in time
- ✓ Increased frequency of urination
- ✓ Getting up at night 2 or more times to urinate
- ✓ Wearing adult protective undergarments or pads
- ✓ Inability to empty your bladder completely
- ✓ Curbing your usual activities because you must be near a restroom at all times

If you are a man or woman who said yes to any of these, then you should know about some of the advanced therapies that are available and can drastically improve your quality of life.

Commonly used therapies such as behavioral modification, bladder training and medications are a first line of therapy for overactive bladder (OAB). Unfortunately, in many patients, these do not work or don't work well enough. Some patients may even be unable to tolerate the common side effects of medications such as dry mouth, dry eyes or constipation. If you or someone you know has OAB, the use of sacral neuromodulation or Botox may be the answer. In a specialty trained urologists' hands these treatments can succeed where others have failed.

SACRAL NEUROMODULATION

Sacral neuromodulation (SNM) allows regulation of the nerves that go to the bladder. This works by sending messages back to the brain to regulate the "on-off" switch for bladder function. A simple way to think of SNM is as a pacemaker for the bladder. It can help to bring your bladder function back to normal function if it is too active or even underactive.

SNM is approved by the FDA for the treatment of refractory OAB, urge incontinence and urinary re-tenion. Currently one company (Medtronic Inc., Minneapolis) produces this SNM device for international use under the name InterStim®. In Europe, it is also



used successfully to treat bowel dysfunction including severe constipation, fecal urgency, frequency and fecal soiling. This is possible because there are nerves in the pelvis that work on both the bladder and bowel.

SNM is a very appealing option to patients due to its high success rate (up to 80%) and a unique trial phase. This trial phase of 3 to 7 days is called a percutaneous nerve evaluation (PNE) and is a simple procedure that places a thin temporary lead next to the nerve that controls bladder function. This can be placed using local anesthesia or light sedation and takes minutes to perform. This gives the patient the ability to "test drive" the device without going through the full implant. It also helps patients to gain insight on just how much the InterStim could help them. At the end of the trial, the leads are removed in the office without damaging the nerve.

If the PNE is successful in reducing symptoms, it is likely that the full implant will work in these patients. The InterStim uses an implantable lead and small battery that are placed for long-term treatment of OAB or urinary retention. Once placed, the InterStim can last up to ten years depending on its use. The battery can be easily changed under local anesthesia. After implan-

tation, the InterStim is virtually undetectable even in a bathing suit. This device can drastically improve a patient's quality of life.

BOTULINUM TOXIN (Botox)

Botox injections are another option in the treatment of OAB. The Botox is placed directly in the bladder muscle for treatment of OAB and urge incontinence.

This is done with a simple cystoscopy (small telescope) and can be done under local anesthesia or sedation. It works by binding to nerve endings allowing for relaxation of the bladder muscle. This has been shown to improve symptoms in up to 70% of patients and up to 60% of patients will have complete resolution of their OAB or urge incontinence. Botox, however, only lasts 6 to 9 months and needs to be repeated. The FDA considers this an off-label use even though it has been used successfully for years. Use of Botox in the bladder carries no greater risk to the patient than cosmetic procedures.

These are only a few of the many options that can significantly improve quality of life. A full range of treatments for OAB and any other urologic concerns are offered at Advanced Urology Institute.



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Work(out) Smarter, Not Harder with Emsculpt NEO

By Dr. Tina Chandra

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

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

How does Emsculpt NEO work?

As mentioned above, 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.

What can I expect in an Emsculpt NEO session?

During a 30-minute session, an applicator is strapped to the area being treated, the abdomen, for example. The technician then slowly increases the RF heat and the HIFEM pulsing depending on the client's comfort level. Throughout each session and in future sessions, the applicator will get warmer and the pulses will increase in intensity.

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



What areas can be treated?

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

What results can be expected?

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

Is Emsculpt NEO too good to be true?

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

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

DR. TINA CHANDRA

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



The Chandra Wellness Center is an excellent addition to her unique qualifications. We are excited to introduce this advanced technology for a Better healthy YOU! *Strong and Healthy is the new SEXY!*

DR. RAVI CHANDRA

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



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



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DO YOU NEED HIP REPLACEMENT SURGERY?

What Are Your Options?

By Sergio Martinez, DO, AOA, AOAO

Hip replacement surgery is a common procedure performed to alleviate pain and restore function to the hip joint. The surgery involves replacing the damaged hip joint with an artificial joint made of metal, plastic, or ceramic materials. Hip replacement surgery is typically recommended for patients who suffer from severe arthritis, have had a hip injury, or have a hip deformity that causes pain or difficulty walking. In this article, we will explore the different options available for hip replacement surgery and how to choose the best option for your individual needs.

Traditional Posterior Approach Hip Replacement Surgery

Traditional posterior approach hip replacement surgery involves making an incision in the posterior lateral aspect of the hip to access the joint. In this approach an incision is made through the gluteus muscle and the muscles posterior to the hip are cut to access the joint. The damaged bone and cartilage are removed, and the artificial joint is inserted.

Traditional posterior approach hip replacement surgery has been performed for over 50 years and is a safe and effective procedure. Most patients experience significant pain relief and improved mobility after surgery. However, traditional posterior approach hip replacement surgery requires a longer recovery period than other options and may not be suitable for patients with certain health conditions or who have had previous hip surgery.

Anterior Approach Hip Replacement Surgery

Anterior approach hip replacement surgery is a newer technique that uses an incision in the anterior aspect of the hip to access the joint. In this approach the incision is made between muscle groups and does not cut muscles to access the joint. This approach results in less tissue damage and a quicker recovery time.

Anterior approach hip replacement surgery may be a good option for patients who want to return to normal activities quickly. However, the procedure requires a highly skilled surgeon and may not be suitable for all patients. In addition, the smaller incision may limit the surgeon's view and access to the joint, potentially increasing the risk of complications.



Partial Hip Replacement Surgery

Partial hip replacement surgery, also known as hip resurfacing, involves replacing only the damaged surface of the hip joint with a metal cap. The rest of the joint is left intact. This procedure is typically recommended for younger patients with hip arthritis who have good bone density.

Partial hip replacement surgery offers several benefits over traditional hip replacement surgery, including a shorter recovery time, less blood loss, and a lower risk of dislocation. However, the procedure requires a highly skilled surgeon and may not be suitable for patients with certain types of hip arthritis or deformities. This surgery is also associated with higher failure rates which may lead to revision surgery.

Robotic-Assisted Hip Replacement Surgery

Robotic-assisted hip replacement surgery is a newer technique that uses a robotic arm and computer guidance to perform the surgery. The surgeon uses a computer tomography (CT) scan of the patient's hip joint to plan the surgery and the robot to assist with the actual procedure. The robot assists with inserting the artificial joint with greater accuracy than traditional methods. Either an anterior or posterior approach can be used for robotic-assisted surgery.

Robotic-assisted hip replacement surgery may be a good option for patients with complex hip conditions or deformities. The procedure offers greater precision and accuracy, potentially reducing the risk of

complications and improving outcomes. However, the procedure requires specialized training and equipment and may not be available at all hospitals.

Hip replacement surgery is a safe and effective procedure that can help to improve pain and mobility in patients with severe hip joint damage or disease. With advances in surgical techniques and implant materials, there are more options than ever before for patients considering hip replacement surgery.

SERGIO MARTINEZ, DO, AOA, AOAO

Sergio Martinez, D.O. is a board certified orthopedic surgeon. Dr. Martinez earned his bachelor's degree in Psychology with a minor in Chemistry from the University of Miami, Coral Gables. He received a certificate in Biomedical Sciences from the Philadelphia College of Osteopathic Medicine and then received his Doctorate of Osteopathy from the same.



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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

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Protect your Identity

- **Keep your information private.** Before disclosing any personal information, ensure you know why it is required and how it will be used.
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 - Request to see a privacy policy. A legitimate business should have a privacy policy explaining why personal information is collected, how it's used, and who will have access to it.
- **Destroy old documents.** Shred information you no longer need that contains personally identifiable information and account numbers. For example, credit card receipts, billing statements and pre-approved credit offers should be shredded before you discard them.
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- Use only secure websites when entering personal information or making online purchases. Secure websites can be recognized by the prefix <https://> and a padlock icon in the web browser's status bar.
- Avoid accessing your financial accounts online from public computers at libraries, hotel business centers or airports. These are prime target areas for thieves using keystroke monitoring tools to steal your usernames and passwords.

- Create unique passwords and personal identification numbers (PINs) using letters, characters and numbers.
- Use firewalls, anti-spyware and anti-virus software to protect your home computer and regularly update these programs.
- Educate yourself. There are educational materials about many of the online scams at onguardonline.gov.
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- Contact one of the three major credit bureaus and request a "fraud alert" be placed on your file. The alert instructs creditors to verify your identity via phone before opening any new accounts or changing your existing accounts.
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THE ULTIMATE GUIDE TO GETTING YOUR HOME READY TO SELL

SPRING CLEANING AND STAGING TIPS

By Sharon A. Bassett

Spring is here, and with it comes the perfect opportunity to give your home a deep clean and prepare it for sale. Whether you're planning to sell your home soon or just want to freshen things up, spring cleaning and staging can help you attract potential buyers and make a strong impression.

HERE ARE SOME TIPS FOR GETTING YOUR HOME READY TO SELL THIS SPRING:

Start with a Deep Clean

Spring cleaning is all about deep cleaning and decluttering your home. Start by going through every room and getting rid of anything you no longer need or want. This can include clothes, books, toys, and any other items that are taking up space. Be ruthless and donate, sell, or throw away anything that you haven't used in a while.

Once you've decluttered, it's time to deep clean. This means scrubbing floors, walls, and ceilings, cleaning windows and mirrors, and dusting every surface. Pay special attention to the kitchen and bathrooms, which can quickly become dirty and cluttered.

Make Repairs and Updates

Before you put your home on the market, it's important to make any necessary repairs and updates. This can include fixing leaky faucets, repairing damaged walls or floors, and replacing outdated fixtures or appliances. If your home is in need of a major renovation, consider making updates that will add value, such as a new kitchen or bathroom.

Depersonalize and Neutralize

When staging your home for sale, it's important to depersonalize and neutralize the space. This means removing personal items like family photos, knick-knacks, and other personalized decor. You want potential buyers to be able to envision themselves living in the space, and personal items can be a distraction.

In addition to depersonalizing, it's important to neutralize the space by removing any bold or bright colors and sticking to a neutral color palette. This will help create a calming and inviting atmosphere that will appeal to a wide range of potential buyers.



Highlight Your Home's Best Features

When staging your home, it's important to highlight its best features. This can include things like a beautiful view, a cozy fireplace, or a spacious backyard. Make sure these features are easily visible and create a focal point in each room. This will help potential buyers remember your home and make a strong impression.

Add Some Finishing Touches

Finally, it's time to add some finishing touches to your staged home. This can include fresh flowers, new throw pillows, or a decorative area rug. These small details can make a big difference in how your home is perceived and can help create a warm and inviting atmosphere.

Spring cleaning and staging are essential steps in preparing your home for a successful sale. By deep cleaning, making repairs and updates, depersonalizing and neutralizing, highlighting your home's best features, and adding some finishing touches, you can create a space that appeals to potential buyers and

makes a strong impression. With these tips, you'll be on your way to a successful sale and a fresh start in your new home.

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.

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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

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

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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

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FEELING STRESSED? IT SHOWS

By Allison Weber, APRN-C

You may know what stress feels like, but do you know what it looks like? It's not new news that stress can take a toll on our physical and psychological health. But did you know that stress can also be seen visibly, as the effects wreak havoc on your skin, hair, and nails?

We live a world where stress has become our norm - ranging from small inconveniences, like traffic jams, to COVID health scares, to the threat of a world war. Society is so stressed, we even have a Stress Awareness Month (yes, it's April!).

Some stress can actually be a good thing. In fact, stress is an important part of human evolution's response to danger. When stressed, our bodies create more stress hormones, like cortisol, which triggers our bodies physiological process to fight or flight.

Humans need cortisol to help us respond to danger, like say, a burglary. But, when your brain encounters chronic stress, your body reacts like there's danger lurking in the shadows all day, every day. The resulting surplus of cortisol is where things start to go wrong.

SKIN

Acne: Cortisol stimulates excess sebum, our skin's natural oil, which clogs our pores. Increased oil production means more breakouts - whether you're acne prone or not.

Psoriasis, Eczema, Rosacea: When too much cortisol is released due to chronic or severe stress, it can dysregulate the immune system. The result is an inflammatory skin flare up common in psoriasis, eczema, and rosacea. To make matters worse, the stress that caused your flare up also contributes to the slow down of your skin cell recycle, affecting how quickly you will be able to recover from the scaly, itchy, red patches.

Aging: Remember that when we are stressed, our body focuses on keeping us alive - not youthful. While the exact mechanisms are still unknown, recent research has shown that stress decreases the amount of lipids your skin secretes, causing dryness and sagging. Under stress, your skin also produces less of the proteins that hold your skin cells together, leading to lines and wrinkles. And since stress slows down the recycling of skin cells, expect to appear dull and tired.



HAIR

Stress levels are high, and for some, that might mean a change in the hair on your head.

Telogen effluvium: Hair follicles have growth and resting stages. Recent research has determined that cortisol acts on cells underneath the hair follicle. A serious stress event (pregnancy, chronic illness, psychological trauma) can temporarily push the cells into a "resting" phase, when 70 percent of your hairs are shed all at once. The hair loss can occur up to three months following the stressful event, after which you can thankfully expect it to grow back.

Greying: The idea that stress causes gray hair was a myth - until science said otherwise. Hair color is determined by melanocyte cells, which live at the base of the hair follicle and produce the pigment melanin. As we age, these cells gradually disappear. The hair that regrows from hair follicles that have lost melanocyte cells has less pigment and appears gray. Science has shown that stress hormones are released in our hair follicles, causing the melanocyte cells to die. With no remaining cells, no new pigment can be made, and any new hair becomes gray, then white.

NAILS

Nails are not immune to showing outward signs of stress.

Breakage and peeling: A healthy nail will appear pink in color and will be free of imperfections, like ridges. Healthy nails also need nutrients like biotin, zinc and iron and protein. Stress stops the absorption of nutrients to the nail, causing them to become dry, brittle and to sometimes peel.

Beau's lines: Ever lose a nail? It seems to take a century to regrow. In fact, a fingernail takes approximately six months to fully grow out - a toenail may take a year.

Stress can further disrupt the regrowth of the nail plate, causing horizontal lines across the nail. Known as, "Beau's lines," they are literal markers of stress. If fingernails take 6 months to grow, that Beau's lines in the middle of your nail means you were pretty stressed three months ago.

Nail biting/picking: Stress-induced behaviors can also affect your nails. Nail biting, in particular, is especially common. Science actually tells us that there's a connection between nail biting and an emotional release. Translation: the more we bite, the more relaxed we feel. When we're stressed, we're also known to chronically rub or pick at the cuticle around the nails. Both behaviors damage the nail plate, can cause open sores, and a risk of infection.

STRESS CYCLE

It's like the question of the chicken or the egg - what causes what? Stress causes a flare up of eczema. Visible patches of itchy dry skin cause us to - you guessed it - stress more. Stress causes us to lose hair. Sudden baldness causes us to - yet again - stress more. It's a cycle that has to be broken, so it's important to work with your healthcare provider and a dermatologist to break the cycle of stress that can make your dermatological health worse.

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THE IMPACT ON CANNABIDIOL ON MENTAL HEALTH DISORDERS

By Dr. Nathalie Solomon: PharmD, CPH

Occasional feelings of anxiety or depression are nothing to be alarmed about. Nearly everyone will experience these unwanted feelings at some time or another. However, when the frequency and intensity of either begins to interrupt your day-to-day life, it may be time to get help. While avoiding certain places, people, and situations may be helpful, sometimes it is impossible. Living in a bubble just isn't possible or healthy. Having something to help calm your fears and worries can be beneficial.

Cannabidiol (CBD) is a cannabinoid from the Cannabis sativa plant. It, along with tetrahydrocannabinol (THC), has been researched extensively and has been shown to bind to cannabinoid receptors in the brain. CBD, unlike THC, does not produce a "high" and offers a variety of health benefits. Among those benefits is the treatment of mental health disorders such as depression and anxiety.

Benefits of CBD

CBD acts on opioid and glycine receptors in the body. These receptors are mostly found in the central and peripheral nervous systems. They regulate pain in the body. It also acts on the neurotransmitter serotonin, which helps us feel good in general. Low serotonin levels are closely associated with depression and may also cause anxiety.

Research has shown that some of the benefits of CBD can include:

- Reducing seizures
- Reducing inflammation
- Reducing pain
- Regulating the immune system
- Reducing anxiety

Conventional medicines generally used to treat low serotonin are called serotonin reuptake inhibitors (SSRI). Their common trade names are Zoloft and Prozac. These are only available by prescription. However, some studies have shown that instead of using SSRIs to treat anxiety, some patients may be able to manage their condition with CBD instead. (Always speak to your doctor before making any changes to prescribed medications.)

Cannabinoids for depression

Experts believe that CBD's potential benefits for depression are related to its positive effect on serotonin receptors in the brain.

Low serotonin levels are likely connected to depression. CBD doesn't necessarily boost serotonin levels, but it may affect how your brain's chemical receptors respond to the serotonin that's already in your system.

Cannabinoids for anxiety

Depression and anxiety commonly occur together, and people with one are more likely to have the other. CBD does appear to help with both.

One study found that people who took 600 milligrams (mg) of CBD experienced significantly less social anxiety than people who took a placebo. Another study used a smaller dose of 300 mg, which reduced levels of anxiety.¹

Anxiety may also have a link to low serotonin, so CBD's effect on serotonin receptors might partly explain these beneficial effects.

How to use CBD for depression and anxiety

Since CBD has not yet been given clear FDA guidance, the best way to use CBD for anxiety and depression varies from person to person. Someone may find that a certain type and certain dosage works, while the same type and dosage has little effect on someone else. A bit of trial and error may be necessary in order to reach optimal effectiveness. (This is also true with conventional medicines too, so no need to be alarmed.)

The following are some of the forms in which CBD is available:

- Vapes heat CBD oil giving off an inhalable vapor.
- Flowers (dried hemp plants) can be smoked.
- Gummies are chewable and sweet like the popular candies.
- Oils and tinctures are consumed orally usually from droppers.
- Sprays can be sprayed into the mouth, usually under the tongue.
- Capsules or tablets are taken orally.
- Creams and gels are absorbed through the skin.

Again, trying different types and doses may be necessary. For example, you may find that vaping is more effective than gummies while another may find smoking to be most effective. Trying the different types will help you find what is right for you.

1. Holland, K. (2019) CBD for depression: What are the benefits?, Healthline. Healthline Media. Available at: <https://www.healthline.com/health/cbd-for-depression#for-anxiety>.

Usually the effects of oral CBDs, such as gummies or capsules, are felt within 30 minutes or a little more. Smoking or vaping usually has a more immediate effect.

These various forms can be used throughout the day to relieve anxiety. Some find it helpful to take them in the morning with breakfast.

If you are interested in learning more, **The Greene Pharmacist** offers a full consultation on any Hemp Extract needs you may have. Worried about dosages? Worried about drug interactions? Not sure if Hemp Extract can help you? Under the expertise of a licensed pharmacist, each product comes with the service of cannabis consultations, drug-drug interaction checks, assistance of product selection or dosage recommendations. With topical, oral, and pet products we have something for everyone in your household. Send us an email or message our Facebook page to speak to our pharmacist Dr. Solomon.



Dr. Nathalie Solomon: PharmD, CPH

Dr. Solomon is our licensed on staff pharmacist. She graduated from the University of Florida college of pharmacy and has 15 years of combined pharmacy experience. As a wife, mother, and provider to her family she discovered the medicinal value of cannabis. She decided to devote her career in creating valuable Hemp Extract products that are safely formulated and tested. She also wanted to guarantee that her Hemp Extract products came with the opportunity to be counseled by a pharmacist to ensure the consumer receive a product that can be trusted. There are not many companies that have a direct link to this kind of knowledge right at the customers fingertips and we are so lucky to have her!



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DIAGNOSING PROSTATE CANCER: PSA Level Blood Tests are Essential

Prostate cancer typically affects men over the age of 45. Don't ignore your symptoms, ask your primary care provider to run the appropriate testing and screening done on a regular basis. If you are symptomatic, there are several distinctive tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells—the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells; this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

Prostate Cancer Symptoms

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

Early diagnosis is the key to survival; however, it's never too late. Getting a prostate cancer screening on a regular basis saves lives.



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BENEFITS OF HYPERBARIC OXYGEN THERAPY (HBOT)

By Sandra Reddick

Hyperbaric oxygen therapy (HBOT) is a medical treatment that involves breathing in pure oxygen in a pressurized chamber. The therapy has been used to treat various medical conditions, including decompression sickness, carbon monoxide poisoning, and diabetic foot ulcers. In recent years, HBOT has gained popularity as a treatment for a range of other conditions. Here are some of the potential benefits of hyperbaric oxygen therapy:

1. Improved wound healing: HBOT increases the oxygen supply to damaged tissues, which promotes the growth of new blood vessels and helps to repair damaged tissues. This can be particularly beneficial for people with slow-healing wounds, such as diabetic foot ulcers or radiation-induced skin injuries.

2. Reduced inflammation: Inflammation is a key driver of many chronic diseases. HBOT has been shown to reduce inflammation in the body, which may help to improve symptoms in people with conditions like rheumatoid arthritis, Crohn's disease, and ulcerative colitis.

3. Enhanced cognitive function: HBOT has been shown to increase blood flow to the brain, which may help to improve cognitive function. Studies have suggested that the therapy may be helpful for people with conditions like traumatic brain injury, stroke, and dementia.

4. Increased athletic performance: Some athletes use HBOT as a way to enhance their performance. The therapy has been shown to increase the amount of oxygen in the blood, which can improve endurance and reduce fatigue.

5. Reduced symptoms of depression and anxiety: HBOT has been shown to have a calming effect on the body, which may help to reduce symptoms of depression and anxiety. Some studies have suggested that the therapy may be helpful for people with post-traumatic stress disorder (PTSD).

While hyperbaric oxygen therapy has many potential benefits, it is important to note that the therapy is not appropriate for everyone. People with certain medical conditions, such as a collapsed lung or a history of seizures, may not be able to undergo the therapy. Additionally, HBOT can have side effects, including ear pain and temporary changes in vision. It is important to talk to a healthcare provider before undergoing hyperbaric oxygen therapy.



Why it's done

Your body's tissues need an adequate supply of oxygen to function. When tissue is injured, it requires even more oxygen to survive. Hyperbaric oxygen therapy increases the amount of oxygen your blood can carry. With repeated treatments, the temporary extra high oxygen levels encourage normal tissue oxygen levels, even after the therapy is completed.¹

Hyperbaric oxygen therapy is used to treat several medical conditions. And medical institutions use it in different ways. Your health care provider may suggest hyperbaric oxygen therapy if you have one of the following conditions:

- Severe anemia.
- Brain abscess.
- Bubbles of air in your blood vessels, known as arterial gas embolism.
- Burns.
- Carbon monoxide poisoning.
- Crushing injury.
- Deafness, sudden.
- Decompression sickness.
- Gangrene.
- Infection of skin or bone that causes tissue death.
- Nonhealing wounds, such as a diabetic foot ulcer.
- Radiation injury.
- Skin graft or skin flap at risk of tissue death.
- Traumatic brain injury.
- Vision loss, sudden and painless.

Reference:

1. <https://www.mayoclinic.org/tests-procedures/hyperbaric-oxygen-therapy/about/pac-20394380>

Ocala Infectious Disease and Wound Center

Ocala Infectious Disease and Wound Center, the largest private center of its type in the Ocala, Florida, area, provides exceptional same-day and next-day care to patients from the Ocala area, The Villages, and the neighboring counties of Citrus, Lake, and Sumter. Haris Mirza, MD, and the team of infectious disease physicians have extensive experience diagnosing and treating infectious diseases and providing intensive care for slow-healing wounds and infections.

Managing an infectious disease and providing adequate care for a wound pose a major challenge to most patients. These health challenges often cause days off from work, high health care costs, and an uncertain prognosis. Patients find the care and support they need at Ocala Infectious Disease and Wound Center. The team goes a step beyond treating patients to provide disease education, increase social support, and improve the quality of life for patients and their families.

Infectious disease and wound specialists treat a vast number of conditions. The team at Ocala Infectious Disease and Wound Center take care of acute and chronic infections and wounds, frequently treating diabetic wounds, HIV, Lyme disease, venous leg ulcers, urinary tract infections, and lung conditions. Patients also receive the most advanced and effective therapies. Wound care incorporates specialized dressings and bioengineered tissue substitutes. At Ocala Infectious Disease and Wound Center, hyperbaric oxygen therapy is provided using the industry's largest and most comfortable chambers. They also offer infusion therapy and extensive lab work on-site, giving patients the convenience of comprehensive care in one location.

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April is National Healthcare Decisions Month

Submitted by Hospice of Marion County

Making your healthcare wishes known is a win for everyone involved in your care. That's why during National Healthcare Decisions Month, healthcare organizations across the country highlight the importance of having advance directives. April 16 is celebrated as National Healthcare Decisions Day.

This is a national program designed to inspire, educate and empower the public about the importance of advance care planning, which is why each year Hospice of Marion County obtains proclamations from the Marion County Board of Commissioners and the Ocala City Council recognizing the importance of planning ahead for the unexpected medical crisis.

Making your healthcare decisions a priority is important and what better time than during National Healthcare Decisions Month. It's better to have the discussion sooner than later when it may be too late. Talking with your loved ones about what you want to happen should you not be able to speak for yourself and identifying who you want to speak for you is a gift that only you can provide. Having advance directives in place provide peace of mind and avoids burdening families with wondering what loved ones would have wanted.

Just as preparing a will is optimal when we are of sound mind and body, so is preparing for future healthcare needs. Having to make decisions for others is complicated, especially when that person can no longer speak for themselves. However, many seem to procrastinate, especially when it comes to talking about end of life matters as only about one

third of Americans have completed one. It's one of those topics most people would rather not discuss, but should to provide certainty that their medical wishes will be carried out.

What are advance directives? These are legal documents that include a living will or a durable power of attorney for healthcare, also known as a healthcare proxy. Either document allows you to give directions about your future medical care; think of it as a road map for your family and doctors. It's your right to accept or refuse prolonged medical care if you have a serious, sometimes terminal illness. Advance directives can protect this right if you ever become mentally or physically unable to choose or communicate your wishes due to an injury or illness. By law, the decision belongs to the patient – make your wishes known to your family, healthcare providers and caregivers; it can be changed or updated at any time.

An advance directive can be as simple as a two-page Living Will or as lengthy as the Five Wishes, a detailed user-friendly booklet. In Florida, an advance directive requires neither an attorney nor a notary, just the writer's signature and that of two witnesses.

In summary, advance directives can:

- protect your rights to make your own medical choices, especially if you're unable to communicate;
- help families avoid the stress of making difficult decisions;

- assist physicians and caregivers by providing guidelines for your care; and
- limit life-prolonging measures when there's little or no chance of recovery, if that's your choice.



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Tinnitus: Is There a Cure?

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

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

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

What is Tinnitus?

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

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

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

How is Tinnitus Caused?

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

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

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

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

Is There a Cure for Tinnitus?

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

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

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

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

How to Get Rid of Tinnitus?

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

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

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

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

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

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

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Figure 1
1 Dynamic Hand Wrist Orthosis Splint
2 Dynamic Digit Extension Orthosis

Guidance by a CHT will help patients' regain range of motion, strength, nerve function, fine and gross motor skills and can also provide post-operative wound care and overall rehabilitation of the hand. A CHT is also able to fabricate onsite custom orthotic static, splints; dynamic traction splints, static progressive splints and casts individuals dependent on the diagnosis and their needs for recovery.



Figure 3

3 Single Digit/Finger Extension Orthosis



Figure 4

4 Dynamic Wrist Extension MCPJ Flexion and Thumb Abduction Orthosis

Furthermore, an accurate assessment performed by a Qualified Certified Hand Therapist will eliminate the need for multiple medical providers and help facilitate faster recovery, decreased medical costs and faster return to work and productive lifestyles and leisure activities.



Figure 5

5 Dynamic Custom Orthosis

6 Digit Extension Orthosis



Figure 6

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Parkinson's Disease Awareness

Parkinson's is a complex disease that progresses over the years, and to date, has no cure. It is a neurodegenerative disease that wreaks havoc on the brain, which in turn interferes with the body's fine motor skills. The brain's neurons (nerve cells) are what create dopamine and the deterioration of this process is the cause of Parkinson's disease.

In Parkinson's patients, the dopamine chemical production is slowed down and over time it can be completely diminished. Some of the first symptoms of early Parkinson's disease are impaired sense of smell, constipation and sleep disorders. These early signs are found in the medulla and the enteric region of the brain. Some patients will have diminished voices, develop rigid muscles and show little to no expression on their faces within the middle stages of the disease.

As the disease progresses, it eventually reaches the substantia nigra region of the brain, which controls the bodies movements. Once this stage is reached, patients have a difficult time controlling their bodily functions, and they develop tremors and have jarring irrepressible movements.

Nearly 1 million people in the U.S. have Parkinson's Disease (PD), a chronic and progressive disorder. 100,000 Americans are diagnosed with PD each year, and 15% of those are under the age of 50.

TREATMENT OPTIONS

Because there is no cure, the main treatments are given through traditional pharmaceutical medications, which are available to slow down the disease's



development. Many of these drugs increase the dopamine in the brain, and in some cases, replaces the dopamine altogether.

Along with medication management, physical therapy for balance and stretching is helpful for fine motor function. Speech pathology is also very effective in maintaining and improving speech related issues that the disease so commonly causes. In advanced cases there is the option for surgery.

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When You Are At Your Wits End

By Pastor Timothy Neptune

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

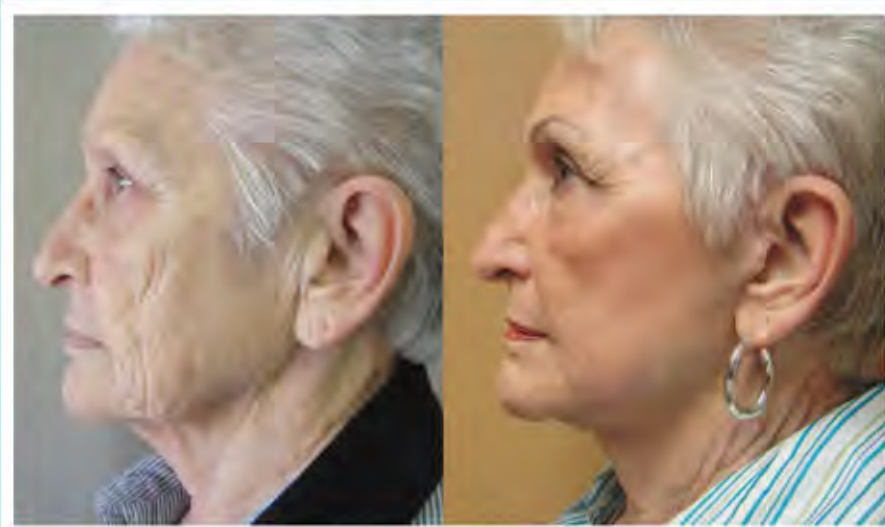
When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, *"Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."*

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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April 27th - Affairs in Order Workshop

Join us every Thursday morning
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*Staying current and informed is an
investment in your future!*

WEEKLY ECONOMIC UPDATES

Wednesdays at 6:30pm

and

Thursdays at 10:30am

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

Presented by Dale Cebert, Private Wealth Advisor



A private wealth advisory practice of Ameriprise Financial Services, LLC



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To join online via WEBEX:  www.cebertevents.com

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