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April 2023

Marion Edition - Monthly

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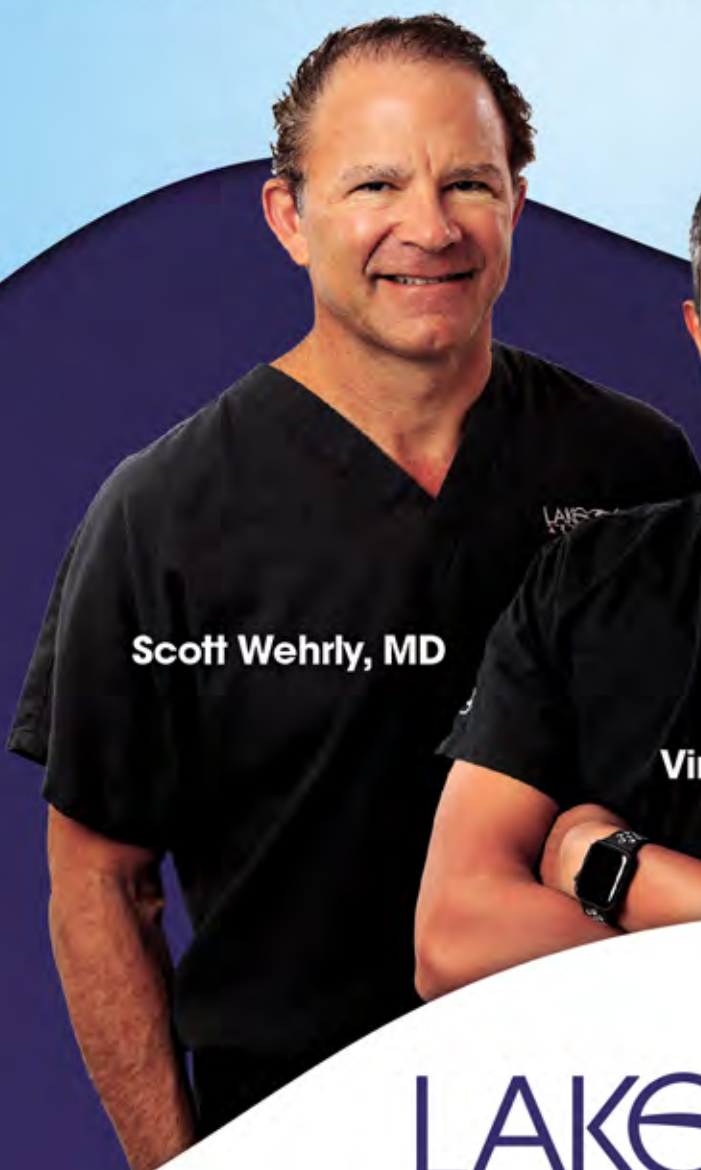
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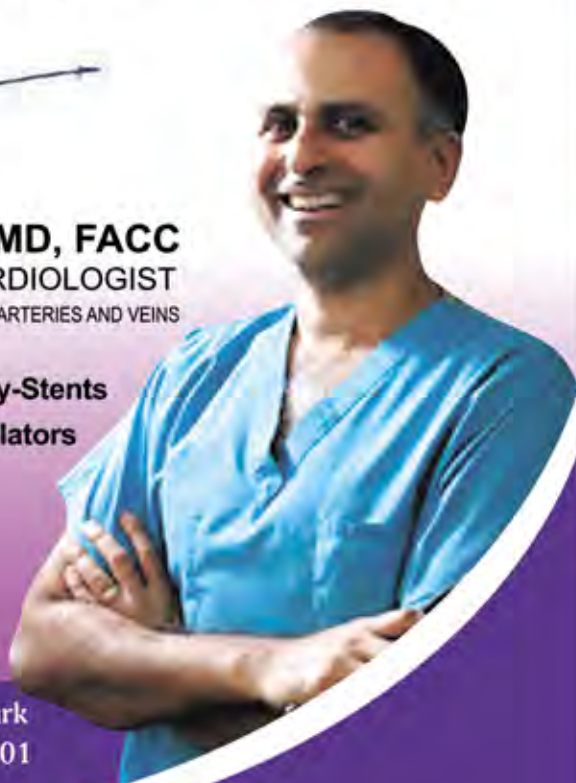
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HOW TO MANAGE WORSENING GLAUCOMA

Glaucoma is a group of eye conditions that damage the optic nerve. Typically, damage to the optic nerve is associated with excess pressure within the eye, though it can occur in people with normal eye pressure. Though glaucoma can affect children and young adults, it is most common in people ages 40 and older, and is a leading cause of blindness in folks 60 and older.

WHY IS MY GLAUCOMA GETTING WORSE?

The answer has to do with your individual case, but let's look at the most common causes of worsening glaucoma:

- **Getting older.** Once we pass age 55, we are more vulnerable to vision issues like glaucoma, and more susceptible to disease progression.
- **Increased intraocular pressure.** Age, time and family history can cause blockages in the channels of the eyes responsible for the healthy flow of fluid called aqueous humor. Once this fluid is unable to exit the eye normally, pressure builds, aggravating glaucoma.
- **Medical conditions.** People with high blood pressure, diabetes, sickle cell disease and other issues may be more vulnerable to advancing glaucoma.
- **Corticosteroids.** Long-term use of corticosteroids, especially eye drops, can worsen glaucoma.
- **Being Black, Asian or Hispanic.** For reasons not quite understood, Black, Asian and Hispanic people tend to develop glaucoma earlier, and may encounter more rapid disease progression.
- **Lifestyle.** A lack of exercise can raise eye pressure and limit healthy blood flow to the nerves of the eye.
- **Skipping doses.** Forgetting to use prescription eye drops or pills exactly as directed by your doctor can allow glaucoma to become more severe.

HOW CAN I MANAGE GLAUCOMA?

Obviously, you can't control getting older or your family history, but you can take positive steps to limit or halt the progression of glaucoma, and help protect your vision.

1. See Your Eye Doctor Regularly. While this is important for everyone, it is especially important if you have glaucoma or elevated risk factors for glaucoma. Comprehensive eye exams can help your eye doctor monitor disease progression and employ treatment to help prevent or delay vision damage. Your eye doctor will advise you on your exam frequency, but general recommendations are:

- Ages 40-49: every three years
- Ages 50-59: every two years
- Ages 60+: at least once a year



- 2. Take Your Glaucoma Medications on Schedule.** Eye drops and/or oral medications need to be taken as prescribed. If you're prone to forgetting, set a daily reminder on your calendar, phone or computer, or place post-its somewhere you will see them.
- 3. Get Regular Exercise.** Regular aerobic exercise, including walking, cycling and dancing, encourages healthy blood flow and may help reduce eye pressure.
- 4. But Maybe Avoid Certain Exercises.** While they may not be proven to make glaucoma worse, exercises such as powerlifting, inverted sit-ups, and yoga positions like downward-facing dog may raise eye pressure. If you're in doubt about your exercise routine, talk to your eye doctor.
- 5. Monitor Caffeine Intake.** Excess caffeine can raise eye pressure, especially in sensitive people. Try not to go overboard with coffee, tea, sodas and energy drinks.
- 6. Quit Smoking.** Smoking can affect circulation, raise eye pressure and increase eye inflammation.
- 7. Avoid Rubbing.** Glaucoma and related conditions like dry eye can make eyes feel itchy and irritated. Rubbing your eyes can aggravate glaucoma, so take steps to enhance eye comfort and moisture. Talk to your eye doctor about safe options for relief.
- 8. Ask Your Doc About Contact Lenses.** While many people with glaucoma can continue to wear contacts, some conditions, medications and surgical procedures may make them less safe for you.

TREATMENT FOR GLAUCOMA

Getting timely treatment for glaucoma can go a long way toward limiting and even preventing permanent vision damage. Treatment options include:

Prescription Eye Drops – Usually the first line of treatment, eye drops work by lowering eye pressure either by improving fluid drainage (prostaglandins, miotic or cholinergic agents) or reducing the amount of fluid produced by your eyes (beta blockers, carbonic anhydrase inhibitors, rho kinase inhibitors). Some help limit excess fluid and promote fluid outflow (alpha-adrenergic agonists). They may be prescribed singly or in combination.

Oral Medications – When eye drops are insufficient to lower eye pressure, you may need an oral medication like a carbonic anhydrase inhibitor to encourage healthy levels.

Glaucoma Surgery – When glaucoma fails to respond adequately to other treatments, or is posing a significant risk to vision, advanced, state-of-the-art surgeries can safely improve drainage and lower eye pressure.

• **Minimally invasive glaucoma surgery (MIGS).** For mild to moderate glaucoma, there is the option for stent placement to keep drainage channels open and working more smoothly.

• **Selective laser trabeculoplasty.** This outpatient surgery uses laser energy to clear blockages within the eye's meshwork so fluid can drain more normally.

• **Trabeculectomy.** More advanced cases of glaucoma may require the surgical creation of a new drainage opening in the sclera (white of the eye).

HOPE FOR A GLAUCOMA CURE

Recent research conducted by Massachusetts Eye and Ear and MIT may reveal a promising outlook for glaucoma patients. Their findings suggest that glaucoma-related vision loss may be caused by an immune system malfunction, leading to the damage of retinal neurons. While this research requires much deeper investigation, it creates potential pathways toward prevention, targeted treatment and, perhaps one day, a cure for glaucoma.

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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.
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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.



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ALCOHOL AWARENESS MONTH: How it Affects Your Health and Your Heart

T.E. Vallabhan, MD, FACC

In our social culture, drinking with family and friends is common for celebrating special occasions and in some instances coping with life. Drinking alcohol has become extremely accepted in our society, and with that acceptance and desensitization of the harmful effects, comes a lot more alcohol abuse than most people are aware of, or willing to acknowledge.

We all know the guidelines of the healthy version of drinking. A glass of wine or liquor for women and two for men is usually the allotted daily amount recommended for the health benefits to transpire. Despite the health claims in moderate drinking, not everyone should drink.

Alcohol damages the liver, kidneys, brain, and heavy drinking also damages the heart, which can lead to heart palpitations and irregular beating, high blood pressure, heart attack, stroke, and cardiomyopathy.

According to a study titled *Effects of Alcohol on the Heart* reported the following, Some evidence suggests that light to moderate alcohol consumption protects against cardiovascular diseases. However, this cardioprotective effect of alcohol consumption in adults is absent at the population level. Approximately 20 to 30% of patients admitted to a hospital are alcohol abusers. In medical practice, it is essential that patients' levels of consumption are known because of the many adverse effects that might result in the course of routine care. Ethanol damage to the heart is evident if alcohol consumption exceeds 90 to 100 g/d. Heavy ethanol consumption leads to increased risk for sudden cardiac death and cardiac arrhythmias.¹

In patients with coronary heart disease, alcohol use was associated with increased mortality. An early response to drinking was an increased ventricular wall thickness to diameter ratio, possibly proceeding with continuous drinking to alcoholic cardiomyopathy, which had a worse outcome compared with idiopathic dilative cardiomyopathy if drinking was not stopped or at least reduced (< 60 g/d). In the ICU, patients with chronic alcoholism have more cardiac complications postoperatively. These complications probably are caused by biventricular dysfunction, particularly with the occurrence of severe infections or septic shock, events that are three to four times more frequent among chronic alcoholics



than occasional drinkers or nondrinkers. To prevent further complications from drinking and for long-term management of drinking, patients with alcohol abuse and heart failure should be treated in brief intervention and follow-up programs. Prognosis is good even in patients with New York Heart Association class IV heart failure caused by cardiomyopathy if complete abstinence is accomplished. Noncompliance to smoking and alcohol restrictions, which are amenable to change, dramatically increases the risk for hospital readmissions among patients with heart failure.¹

Alcohol plays a significant role in your bodies overall health. A full 24 hours after an episode of drinking, your immune system is more susceptible to disease and infection and the entire body and it's organs experience an inflammatory response.

The functions that are damaged by alcohol abuse are often longstanding. If you stop drinking, some of the damage will lessen, or improve like problem-solving, memory recall, attention span, and motor functions, but this will take time. Researchers usually see improvements to the brain after several months or years after abstinence takes place.

There are benefits to moderate drinking, but the problem is that with the acceptance and social aspect of alcohol, many people are at risk of becoming dependent on it for one reason or another. It's quite common to start out drinking socially and to then need it more often as your tolerance level increases.

April is Alcohol Awareness Month, and the National Council on Alcohol and Drug Dependence shines a light on the first weekend in April every year as the weekend of abstinence. If you have trouble avoiding alcohol for those three days, they encourage you to speak to your physician or therapist about getting help.

Source: 1. <https://www.ncbi.nlm.nih.gov/pubmed/11505330>

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DO YOU NEED HIP REPLACEMENT SURGERY?

What Are Your Options?

By Sergio Martinez, DO, AOA, AOA

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, AOA

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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- ✓ 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-tention. 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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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

Contact our team at
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SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

Your New, Hassle-Free Lifestyle

You have lived a life of work and service to others; it's about time for you to kick back and relax. Shed your worry about the challenges and demands of home ownership—with the hassle, upkeep, and maintenance that go along with upkeeping your environment.

In honor of National No Housework Day and Stress Awareness Month, consider how senior living can take care of the day-to-day challenges, so you can spend time with the people who mean the most to you and do the activities that bring you joy.

NEVER LIFT A FINGER AGAIN

Don't let the daily upkeep of life get tiring and wear you down. Instead, focus on picking up that hobby you have always wanted to try or making friends with your neighbors. That's the beauty of senior living—housework becomes a thing of the past. Say goodbye to chores and hello to the new life of freedom that is waiting for you. Now is the time to enjoy all the simple pleasures life has to offer.

LEVELS OF CARE

Senior living can be beneficial for any older adult, regardless of the level of care they could use. With health concerns at the forefront for seniors, it's important to consider the care that individuals need. According to The World Health Organization, older adults are more likely to experience hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. Geriatric syndromes are often the result of various factors, such as falls and frailty that contribute to further long-term issues. Senior living can help older adults receive the proper care they need, wherever they are in their journey.

Sumter Senior Living offers Independent Living, Assisted Living, and Memory Care, with the ability to adjust your living situation as your needs change. For those who want a taste of our lifestyle, respite stays are the ideal option—providing both short-term care and an opportunity to explore the host of amenities available to our residents. Regardless of your needs, there are opportunities to receive care aligned with your health goals in our community.

SERVICES AVAILABLE

Live your life comfortably and effortlessly with the countless resources available in senior living. Help yourself to restaurant-quality dining, perfectly crafted by our in-house chefs. Enjoy nourishing, delicious food without experiencing the stress of cooking and deciding what to make. Senior living offers you the opportunity to put you and your health first without all the hassle.

Keep yourself healthy and mobile by taking advantage of available on-site therapy services. Our occupational, physical, and speech therapy professionals can help you maintain an active lifestyle and stay sharp on daily self-care tasks that may otherwise become more challenging with age. With the help of a therapist, you can even stay on top of chronic conditions to maintain and improve your quality of life.

According to The American Occupational Therapy Association Inc., "Therapy targeting health management in frail older adults and older adults with osteoarthritis or muscular degeneration improves physical functioning and occupational performance." Having access to various therapies can help seniors take care of chronic conditions as well as serve as preventive care, allowing for all to age gracefully.

AMENITIES AT SUMTER

Sumter Senior Living provides all the necessities for day-to-day life, so you can live stress-free. Enjoy the luxury of having your housework, laundry, and everyday essentials taken care of for you.

Fun-filled events are always happening on-site, and transportation is offered, so you can travel to medical appointments or enjoy the restaurants and shops of the greater community. With so much to do, there is never a dull moment at Sumter.

We want you to live your life exactly as you want, which is why we are a proud, pet-friendly community. Moving into senior living doesn't have to mean saying goodbye to your furry companion; bring your pet with you to our welcoming community!

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



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.

<https://www.bassettpremierrealty.com>

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6 Reasons to Avoid Knee Replacement Surgery

By Regenxx at New Regeneration Orthopedics

Knee replacements are occurring far too often today and the simple truth is that they may be entirely unnecessary. This is mostly due to the fact that effective nonsurgical options now exist and that in some cases, the knee pain may actually be stemming from another part of the body, such as the spine. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers. When knee pain is legitimately caused by a knee condition, many knee-replacement candidates seek out alternatives to surgery. There are many regenerative medicine options, such as autologous (coming from one's own body) stem cell injections, that could potentially relieve pain and increase activity levels without "amputating" the knee, sawing bones, snipping away pieces of meniscus or frayed cartilage, and replacing the knee with a foreign device. If it is determined that your knee pain is due to a spinal condition, there are also nonsurgical options for spinal treatment to consider.



Knee replacement surgery should really be a last resort in only the most extreme cases. For those who are still considering knee replacement despite the risks that it presents, here are six reasons to avoid knee replacement surgery.

1. Chronic Knee Pain

Ultimately, chronic knee pain is the main reason that most people finally decide to have a knee replacement. They simply want relief. Unfortunately, knee replacement surgery may possibly come with even more pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Some even rate their pain as greater than or equal to their pain prior to surgery. Even after two, three, or four years post-surgery, patients have reported that their pain is worsening.

As we mentioned previously, one explanation of chronic knee pain could be that the source of the knee pain is not actually a knee condition. This could be one of the reasons that the pain does not subside after surgery. It stands to reason that if the pain in the knee was caused by spinal nerves, for example, that your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the

focus of treatment. You do not want to have surgery on your knee joint if what you truly are experiencing is a condition in your back.

If you are curious to know whether your back is the cause of your knee pain, there are signs to look for, such as hamstring tightness, bunion formation, and if you are experiencing both back and knee pain. Note that it is not guaranteed that you will experience any of these symptoms if your knee pain stems from the low back. A low back condition can present itself solely as knee pain. On the other hand, if your knee pain is accompanied by back pain, it would absolutely be a sign to avoid knee replacement surgery.

2. Expectation May Not Meet Reality

We have all seen the TV commercials and advertisements of middle-aged and elderly people who are running on a beach or playing sports with their families allegedly after knee replacement surgery. Marketers and advertisers really make it appealing to jump on the bandwagon and give people a false sense of reality. The truth, however, is that only 5% or less (1 in 20 people) actually achieve anything close to normal physical activity following knee replacement surgery.

The disturbing trend of marketing knee replacements to those who are 55 years old or younger has also gotten out of hand in recent years. Younger patients expect much more out of their knee replacements in comparison to older patients. Because of this high expectation, 15% of younger patients actually undergo another surgery to fix their knee replacement just five years after their original surgery.

3. Pseudotumors and Tissue Damage Caused by Metal Ions in the Blood

Wear particles are microscopic pieces of metal, ceramic, or plastic that break off of the joint replacement, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many studies and class-action lawsuits. Additionally, the use of new plastics in artificial joints also poses issues if that plastic breaks off of the joint replacement and irritates local tissues and/or enters the bloodstream. It is also notable that minimally invasive knee replacements involve only partial replacements or resurfacing, however, these smaller devices must all be metal to withstand the stresses of the knee joint. This means more metal wear particles and ions in your bloodstream.

Many studies have demonstrated cause for concern regarding metal ions in the blood after knee replacement surgery:

- In Austria, researchers discovered that the size of the prosthesis is directly correlated with the blood concentration of metal ions. This means that the larger the knee replacement device, the more metal ions found in the bloodstream.
- In Italy, a group of researchers found more metal ions present in knee replacement patients who had a loose prosthesis. This is due to the fact that in some patients, the knee replacement device may not be seated tightly or did not bond correctly to the surrounding bone causing additional wear between the bone and the metal leading to an increased amount of metal particles.
- In Germany, a group found that after a knee prosthesis was implanted, metal ions in the blood increased precipitously.
- Other German researchers discovered higher serum levels of chromium and cobalt in knee replacement patients when compared to patients without knee replacements.

Why do these discoveries matter? These wear particles and metal ions can cause harmful metal toxicity within your body as well as create pseudo-tumors and tissue damage at the genetic level. Additionally, according to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes including sensory changes (auditory, or visual impairments), psychological status change (including depression or cognitive impairment), kidney function impairment, and thyroid dysfunction.

- Even when cross-linked Polyethylene is used instead of metal, a study showed that it caused the knee tissues to produce a much nastier stew of cartilage inflammation and break down chemicals.

4. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

- Those with any type of allergy. Even patients with allergies that are as simple as pollen or dander should avoid knee replacement surgery. People who

are considered "allergic" have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful. If that one thing is a knee replacement device, this drastically affects the outcome of a surgery.

- Those with metal sensitivities. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

Unfortunately, those who consider themselves to be an "allergic person" may experience more pain after a knee replacement because of an allergy related to the replacement device and the chronic inflammation that it causes. Those people who suffer from four or more different allergies may suffer from pain that is more prevalent. The cement used to bond the device to the bone can also cause an allergic reaction. In these cases, the device is more likely to fail, need to be replaced sooner, or causes chronic pain.

5. Increased Risk of Heart Attack, Stroke, and Bleeding Stomach Ulcers

Knee replacement patients aged 60 and up are 31 times more likely to experience a heart attack in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. This leads to extreme stress on the body and a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain. Clots are fairly common. According to one study, blood clots in the legs that produced symptoms were found in 34% of patients.

Men are at an even greater risk of having a heart attack after knee replacement surgery. One research study discovered that the risk of heart attack in men who have had a knee replacement increases by 79% in the years that follow the procedure. Additionally, the stress of undergoing the joint removal alone may be enough to trigger a stroke or a heart attack. Bleeding stomach ulcers can also occur following knee replacement. Study results show a three-times increase in stomach bleeding for up to six weeks post-surgery.

6. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A Swedish study observed the medical records of the "entire Swedish population born between 1902 and 1952." The risk for hip fracture for those who received knee replacements before surgery was

relatively low. In total, 3,221 patients suffered a hip fracture within 10 years following knee replacement surgery. This accounted for a 4% increase in the risk of hip fracture after knee replacement. In addition, we are also seeing bone density loss in hips. There could be a correlation between the two.

Alternatives to Knee Replacement Surgery

Although many patients have tried steroid injections or gel shots to increase the lubrication of their knee joints, this is not the best approach. Steroid shots actually kill off stem cells, cartilage cells, and increase cartilage breakdown. Even the commonly used local anesthetics used in the knees can be toxic to stem and cartilage cells. Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage. The Regenexx protocols allow for the ability to produce better and more individualized platelet products than the typical PRP centrifuge. If you suffer from moderate or severe arthritis, precise guided injections of your own stem cells may be a better choice to provide relief.

Since there are alternative options and a great number of risks associated with knee replacement surgery, you may want to just say no while you explore your options. Our Regenexx Procedure Candidate Form is a great place to start understanding if regenerative orthopedic medicine is right for you.



James Leiber, DO | Ron Torrance II, DO FAOASM
Ignatios Papas, DO | Lisa Valastro, DO

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

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

New, Effective Weight Loss Peptide SEMAGLUTIDE

Real Weight Loss Results With Our Semaglutide Program

Generic Compound Semaglutides:

1. Semaglutide B-12
2. Semaglutide B-6
3. Semaglutide L-Carnitine
4. Semaglutide 2.5



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

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

Are you constantly hungry? Even after you have just eaten. Always thirsty? Are you tired soon all the time? Does obesity run in your family lineage? Do you tend to carry extra fat around your abdomen?



once weekly
mounjaro
(tirzepatide) injection 0.5 mL

People taking Mounjaro lost up to 25 pounds†

Mounjaro is not a weight loss drug.

Individual results may vary.

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

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

These are all signs of insulin resistance or pre-diabetes. Even with cutting out carbs and processed food from your diet, do you still struggle to budge the scale? Mounjaro could help. It is NOT a stimulant. You can't become addicted. You can however see results with this metabolic game changer. Some have even reversed their diabetes.

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

- **Mounjaro helps the body release insulin when the blood sugar is too high.** Your body needs insulin to use sugar for energy. In the body, the hormone insulin helps your body use or store the blood sugar it gets from food. If you have Type 2 diabetes, your body doesn't make enough insulin, doesn't use insulin well, or both.
- **Mounjaro helps the body remove excess sugar from the blood.** In type 2 diabetes, since the sugar is not being used for energy, it stays in your blood. This leads to high blood sugar. Over time, this could hurt your eyes, kidneys, nerves, heart, and blood vessels.
- **Mounjaro helps stop the liver from making and releasing too much sugar.**
- **Mounjaro helps reduce how much food is eaten.** Being overweight can increase your risk of having type 2 diabetes. Being overweight can lead to your body having a harder time using the insulin it makes because it has trouble using sugar in the blood. Your pancreas keeps making insulin, but your body doesn't respond to insulin like it used to. Losing weight could help improve how your body responds to the insulin it makes and help lower blood sugar.

According to the American Diabetes Association (ADA), sometimes, losing just 5%-7% of your body weight is enough to improve diabetes control. For someone who weighs 200 lbs., this is a weight loss of just 10-15 lbs.

- Mounjaro helps slow down digestion and how quickly food leaves the stomach.

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

There are several different medications other than Mounjaro that can be used such as:

- Dulaglutide (Trulicity) (weekly)
- Exenatide extended release (Bydureon bcise) (weekly)
- Exenatide (Byetta) (twice daily)
- Semaglutide (Ozempic) (weekly)
- Liraglutide (Victoza, Saxenda) (daily)
- Lixisenatide (Adlyxin) (daily)
- Semaglutide (Rybelsus) (taken by mouth once daily) (2)

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

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COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Richard W. Rozensky, DDS, D.ABDSM

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

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

DENTAL VENEERS

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

TEETH WHITENING

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

DENTAL CROWNS

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



DENTAL BONDING

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

DENTAL IMPLANTS

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

INLAYS AND ONLAYS

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

DENTURES

Dentures are an affordable tooth replacement option for those who are not a good candidate for implants. Dentures provide facial support, improved nutrition, and improved confidence. Dentures can be a full set or a partial that replaces a group of teeth generally from an injury. Some dentures are designed to improve a person's bite, eliminating headaches, jaw pain, and other

TMJ symptoms. The bases of most removable dentures today are made of polymethylmethacrylate (PMMA) and the teeth themselves can be made of PMMA or ceramic material like that used for porcelain veneers.

WHY CHOOSE LAUREL MANOR DENTAL?

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

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- **Digital Impressions** — No more gooey impressions! Digital impressions also provide more detailed information and a speedier turnaround time in the creation of restorations.
- **Digital X-rays** — Digital radiographs reduce the patient's exposure to radiation while giving the dental team sharper, clearer images that are produced almost instantaneously.
- **Cone Beam 3D Imaging** — Using cone beam technology, we can map underlying bone structure, nerve pathways, and soft tissue for more detailed treatment planning.
- **Intraoral Camera** — The intraoral camera puts you in the driver's seat. You can see exactly what the doctor sees, allowing the doctor to explain your treatment plan tooth by tooth.

Meet Dr. Rozensky

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

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BENEFITS OF IV THERAPY

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

What is IV therapy?

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

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

Why IV therapy?

- Allows you to bypass your GI system by providing direct administration to the bloodstream making nutrients instantly available without any loss through absorption.
- Allows medications/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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The Consequence of Waiting for Permission in a Crisis

By Janice Martin, Senior Living Specialist

For years, I have been preaching to families to understand that the likelihood of their loved one giving them permission to move to an assisted living will not happen. Often, a parent has asked their children to never put them “in one of those places” at a time when their health was not a concern. Or a spouse makes the promise of “until death do us part.” Years later when they realize that it is no longer physically or emotionally possible to care for that person, they put off the decision to make a move to assisted living because of that promise. Now, they want their loved one to understand that things have changed beyond what they could have imagined. So, they ask for permission and they are devastated and uncertain what to do when they are not able to receive it.

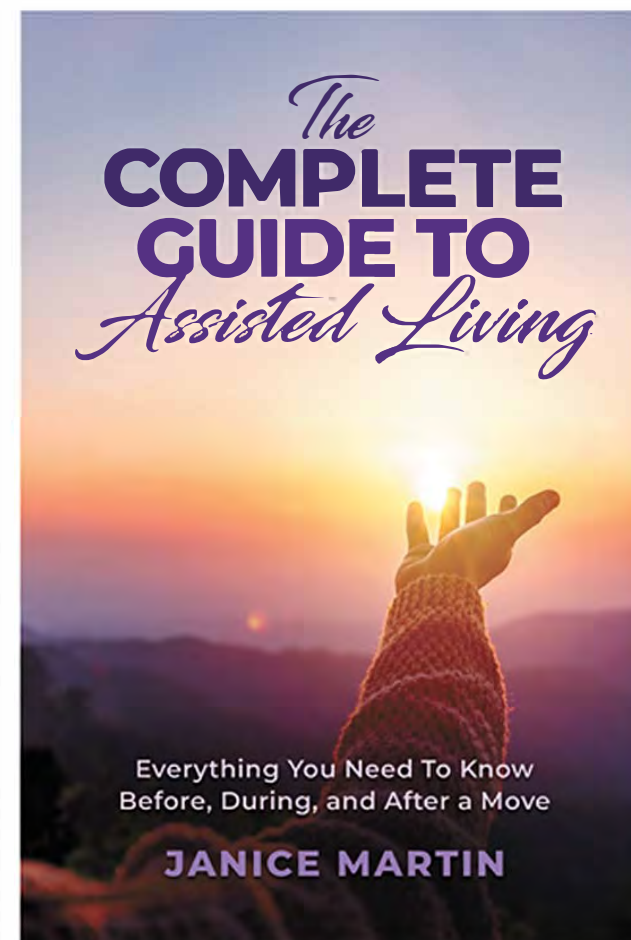
I had a recent health scare that put the subject of waiting for approval into perspective for me. I got up one morning a few weeks ago and I was dizzy and my left arm and hand felt as though they were asleep. I went back to bed and soon realized that I couldn’t move or speak. I couldn’t call out to my husband for help or sit up in bed. I lay there for a long time before he came to check on me and realized I was in a crisis. In my mind I was thinking if I could just sit up, I’d be fine. If I could just get to the kitchen table and have a cup of coffee, I’d be fine. But I was clearly NOT fine. My husband, in fear, asked me what I wanted him to do. Did I want him to call the ambulance? Should he drive me to the hospital? I was in complete denial of how critical the situation was. Finally, after waiting far too long I was able to ask him to take me to the hospital where I learned that I’d had a TIA, or mini stroke. Thankfully I had no damage, but the experience had a profound effect on me.

What I realized is that we must give our loved ones the confidence to make good decisions for us when we are no longer in a position to do so. We must talk with them beforehand and let them know what we want them to do in a crisis. But we also need to take that one step further. We need to tell them that if we do get to that point, the natural instinct is to deny how critical the situation is. Our loved ones must be strong and confident enough to understand that regardless of what we say in that moment, they must not wait for our permission to act.



This was true in my situation, and it also holds true when our loved ones are no longer safe in their current situation. They will not realize they are in a crisis situation and thereby not in a position to be making good decisions for themselves. They will not give you permission. You must act boldly on their behalf.

I recently spoke with a 90 year old client who has the power of attorney for her 82 year old friend. Her friend was in rehab and had been told she had to go to assisted living. My client took her to visit a community and her friend agreed to the move. However, she did not have the money to pay for more than two or three months. I explained that by moving there, she would exhaust all of her funds and would soon have to move again. Instead, I could help her find a place within her means with financial assistance, but it was on the far side of town. Her friend insisted that she wouldn’t move there because her friends wouldn’t visit her. I reminded my client that her friend had trusted her to be her power of attorney. That trust was put into place so that she would act in her friend’s best interest in the event that she was no longer able. Her friend could no longer make good decisions for herself and could not grasp the consequence of her refusal to act in a financially responsible manner.



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I urge you to have a conversation with your loved ones. Develop a plan before a crisis. And in the event that the opportunity for that conversation has passed, I encourage you to move forward with love, compassion, and confidence to firmly decide for them.

Janice Martin of Senior Liaison of Central Florida Inc is available to help guide you through difficult decisions related to a move to assisted living. She is a senior living specialist, community resource liaison, and family advocate. She is also the author of “*The Complete Guide to Assisted Living: Everything You Need to Know Before, During, and After a Move*”. The book is now available on Amazon.com. For more information or for a free consultation, please call 352-477-1866 or email SeniorLiaisonCFL@gmail.com.

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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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How Much Omega-3 Do You Need for Results?

By Anne-Marie Chalmers, MD

If you pop a daily fish oil capsule, it can be tempting to think you’re all set in the omega-3 department.

But research tells a different story: 4 out of 5 supplement users have low omega-3 levels.

Consuming enough omega-3s is associated with a myriad of benefits, from improved heart health to reduced inflammation. But to fully cover your omega-3 needs, it often takes a higher dose than many anticipate to experience benefits.

Exactly how much fish oil are we talking about? Let’s take a closer look at the research, and how to calculate the correct serving size based on your product.

Why Omega-3s Are Beneficial

Omega-3 fatty acids play many roles in our bodies. They’re critical for fighting inflammation, supporting the microbiome, keeping the cell membranes flexible, and promoting healthy cell signaling (to name a few functions).

Because of these effects, scientists have extensively researched omega-3s for a variety of health issues, including cardiovascular disease, mood disorders, joint problems, dry eyes, and more.

Most Americans Do Not Get Enough Omega-3s

In spite of the many benefits of omega-3s, an estimated 95% of Americans do not have optimal levels.

Even regular omega-3 supplement users often fall short, as a study from Grassroots Health demonstrated. Of 494 supplement users, only 19% achieved adequate omega-3 index scores.

While the reasons for the low levels can vary from genetic differences to poor compliance, one big culprit is the surprisingly small servings of omega-3s found in most products. Indeed, fish oil capsules typically only contain 10 – 15% the amount of EPA and DHA used in successful clinical trials!

These low EPA/DHA doses are problematic since the effectiveness of omega-3s depends on the amount consumed.

Research has consistently shown that at least 2000 mg of EPA/DHA daily may be necessary for anti-inflammatory effects. Similarly, scientists have estimated that the average American adult needs 2000 mg of EPA/DHA daily to reach a healthy omega-3 level.

For certain conditions – like rheumatoid arthritis and hyperlipidemia – studies typically find that 3000 mg of EPA/DHA daily and up are required for positive results.

How Much EPA and DHA Is in Regular Fish Oil Supplements?

Fish oil capsules often advertise that they provide 1000 mg of fish oil. That sounds like a big dose...until you realize that fish oil is only partially made up of omega-3s.

Natural (ie. non-concentrated) fish oils contain a maximum of 30% EPA and DHA combined. With a regular 1000 mg fish oil capsule, that means you’re only getting 300 mg of EPA/DHA.

Concentrated omega-3 products contain higher levels of EPA and DHA per serving. But even with concentrated capsules, you typically have to swallow a small handful of pills to get a meaningful amount of EPA/DHA per day.

How to Calculate Your Dosage

To make sure you get an effective dose, check the amount of EPA and DHA per serving listed in your product’s supplement facts.

While the exact levels of EPA and DHA will vary by brand and source, the below table shows the normal ranges:

How Many Pills Do You Need to Get 2000 - 3000 mg EPA/DHA?		
Product Type	~ Omega-3 Dose Per Unit	Servings Needed
Regular fish oil capsule	300 mg EPA/DHA	7 - 10 capsules
Concentrated fish oil capsule	600 mg EPA/DHA	3 - 5 capsules
Krill oil capsule	75 mg EPA/DHA	27 - 40 capsules
Teaspoon of cod liver oil	1000 mg EPA/DHA	2 - 3 teaspoons
Serving of wild salmon	2000 - 3000 mg EPA/DHA	4 - 6 oz
Omega Cure Extra Strength	3000 mg EPA/DHA	1 vial (13.4 ml)

Alternatives to capsules are better choices for many people. Liquid cod liver oil makes it easy to get more omega-3s in a few teaspoons (and may be better absorbed by the body too).

Eating fatty fish – like sardines, salmon and herring – multiple times a week is another great way to get more EPA/DHA. If you go that route, pay attention to how you prepare your fish (so you don’t lose the majority of omega-3s during cooking).

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

<https://omega3innovations.com/blog/how-much-omega-3-fish-oil-daily-will-produce-results/>



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About Anne-Marie Chalmers, MD

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

Why Choose a Certified Hand Therapist or CHT for Your Upper Extremity Injury?

A Certified Hand Therapist (CHT) specializes in treating upper extremity disorder for the shoulder, elbow, wrist and hand. A CHT requires a high level of specialization including postgraduate education and extensive clinical experience. They work closely with orthopedic and general surgeons who specialize in the hand to maximize rehabilitation outcomes with acute functional return of upper extremity use after an injury or chronic condition.



Figure 1
1 Dynamic Hand Wrist Orthosis Splint
Figure 2
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



Figure 6

6 Digit Extension Orthosis

Innovative Therapies Group also offers occupational therapy to help patients learn to use their new glove for daily living activities. Our Occupational Therapist, CHT (Certified Hand Therapist) is Certified in Saebo fittings and training.

Innovative Therapies Group

If you often experience pain, stiffness, immobility, or balance issues, being proactive about physical therapy treatments and techniques can help to alleviate or lessen these circumstances.

For patients suffering from pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Innovative Therapies Group offers Hand Therapy Specialists, Occupational Therapy, Physical Therapy, Speech Therapy and Massage Therapy. They embrace alternative methods 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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By Compton Chiropractic Care

When you have suffered an injury, Compton Chiropractic Care LLC can help you on the road to recovery. Our golf cart accessible facility located in The Villages, FL offers a variety of services to people just like you who are suffering with many different ailments. No matter what condition you are suffering from, the experienced team of professional Chiropractors at Compton Chiropractic Care LLC will work with you to properly diagnose and develop a personalized treatment plan to meet your needs.

Chiropractic care can help solve a wide range of problems that just don't include back and neck pain, we can also help patients who suffer from headaches, migraines, shoulder pain, arthritis, hip pain and personal injuries like car accidents. Our experienced physicians are also highly skilled in decompression therapy.

All four of our doctors are graduates from the Palmer College of Chiropractic. No matter what type of care you need, if you live in The Villages, you can certainly come to Compton Chiropractic Care and expect your needs to be met!

But don't just take our word for it—Find out what our patients have to say:

Patient Testimonials

"Doc thanks! My back is better than it has been for years." - Male Patient

"I wish I would have found your clinic years ago. I am playing the best golf of my life and without that lousy pain. Thanks again Doc. See you soon." - Female Patient

"Dr. Compton, I cannot begin to thank you enough for helping my husband and myself. We can actually enjoy our retirement now pain free." - Female Patient

"Doctor, I must be sure to mention again how very grateful i am for the care i was given at Compton Chiropractic. I am back north for the summer and I am feeling excellent. I will be making an appointment as soon as I return to Florida." - Female Patient

"I have been going to Chiropractors my entire life and I have never experienced a more genuinely sincere Doctor than yourself. I was very impressed with your extensive examination and ability to correct my pain so swiftly." - Male Patient

"Dr. Compton and staff have impressed me from the first phone call all the way to check out. The entire staff is pleasant and made me feel welcome. They were able to explain each step of my care and asked AND WAITED for response if I wasn't clear about an explanation. Dr. Compton explained what he was doing and why throughout my entire examination. He didn't seem bothered by my questions or long explanations that required more than yes or no responses. The therapist was great as well and she follows the same practice of explaining the hows and whys. I am very comfortable with Dr. Compton and staff and will continue with them for my chiropractic care. Great job!!!" -Female Patient

"I am happy with the sophistication and good "bedside manners" of the doctors and pleasant, effective service offered by the office personnel. In my two years as patient, I also have been satisfied with their handling the payments with fairness and full disclosure. This is an important part of chiropractic care which reimbursement by insurance is usually very difficult." -Male Patient

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- Call Today For A Free Consultation

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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

Walking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too.

The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?

Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

Physicians Rehabilitation's Knee Therapy

Program Includes:

- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more

Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.



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Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, and is covered by Medicare and most insurances.

PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

Research studies and clinical practice have shown PRP therapy is very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

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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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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.

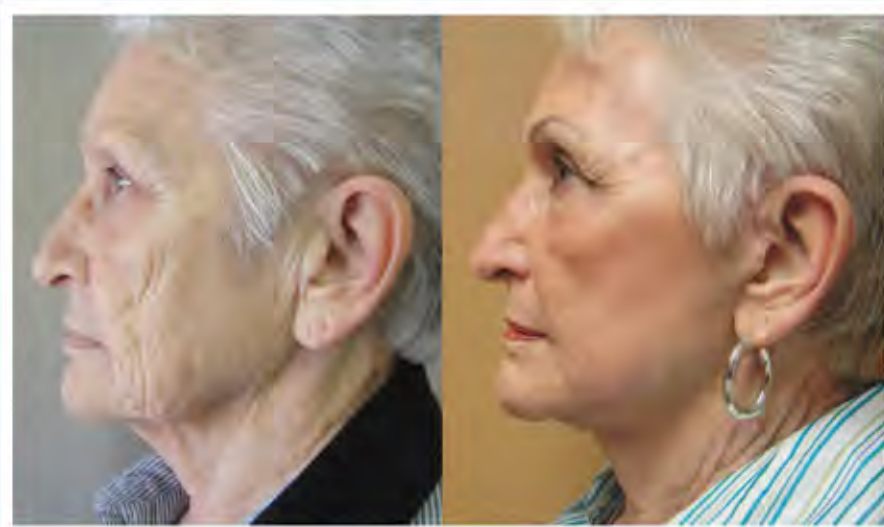
When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your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