

CENTRAL FLORIDA'S

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

May 2023

Marion Edition - Monthly

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

**FREE** 

## Core to Floor

Strengthen Your  
Core and Pelvic  
Floor Without  
Hitting the Gym

## Suffering from Memory Loss?

Could it be Alzheimer's  
Disease?

## Is Arthritis Keeping You from Being Active?

## Stop Overlooking Signs of Incontinence

## Walk Yourself Away from Pelvic Congestion Syndrome (PCS)





# cWc

CHANDRA  
WELLNESS  
CENTER

*Strong & Healthy  
is the New Sexy*

**Contact us  
today!**

**352-861-0224**

1920 SW 20th Place • Suite 202  
Ocala FL 34471

**StrongAndHealthyOcala.com**

# EMSCULPT neo®

The  
**one**  
in  
Body  
Shaping

30-min.  
Procedure

LESS Fat

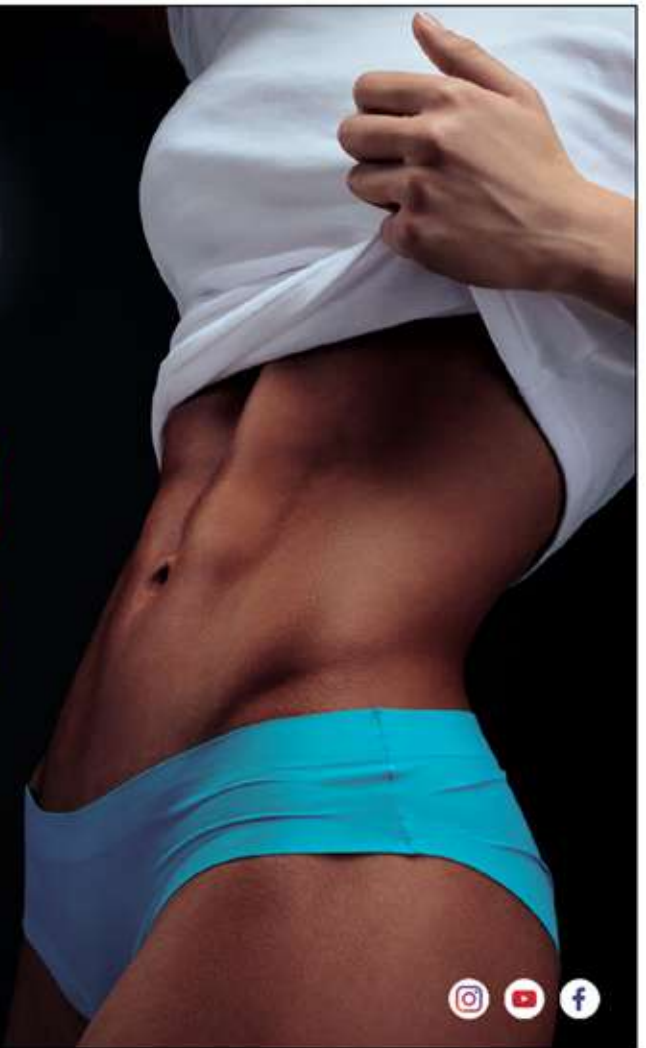


Muscle MORE

MORE for LESS



1 MONTH AFTER THE LAST TREATMENT. COURTESY OF: BILLY AESTHETICS



EXPERIENCE. INTEGRITY. COMPASSION.  
**The Leaders of General and Vascular  
Surgery In Ocala, FL**

**Ravi Chandra, MD, FRCS**  
**Patricia Hurst, APRN-BC**

- Minimally Invasive Techniques
- Thoracic Surgery • Endocrine Surgery
- Vascular Surgery • General Surgery

**COMPREHENSIVE VEIN CARE**



1920 SW 20th Place, Suite #201  
Ocala, Florida 34471

**352-237-1820**

**www.veincenternorthflorida.com**



## SURGICAL SPECIALISTS of Ocala

**surgicalspecialistsocala.com**

The team at Surgical Specialists of Ocala understands the apprehension that comes with a surgical procedure. We take our role in your care very seriously. We do not accept minimum as a level of training worthy of our patients. We operate at a level above the standard protocol required by having a team directed by Ocala's leading vascular surgeon, Dr. Ravi Chandra is the only Ocala, Florida surgeon certified by the American Board of Surgery, the American Board of Phlebology, and the American Board of Vascular Medicine as a diplomat in Endo-Vascular medicine.

Surgical Specialists of Ocala employs two full-time RVTs (certified vascular techs) and has obtained IAC accreditation for vascular testing.

As your Ocala vascular surgeon, we take a personal approach to caring for our patients and take the time needed to listen to your concerns. Our goal is to choose the safest and least invasive procedure possible to get you back to living your life as soon as possible.





# Advanced treatments personalized to you.

Through next-generation sequencing, we take a deep look into your genes to create treatment plans personalized to you.

This provides a road map for immunotherapies that strengthen the way your cells fight cancer. Our patients also have access to the latest clinical trials delivering quality treatment and expertise in communities across Florida. We take care of the big things in cancer care, so you can make the most of the little moments—every step of the way.



**FLORIDA CANCER**  
**SPECIALISTS**  
& Research Institute

[FLCancer.com/LittleThings](http://FLCancer.com/LittleThings)





# TRUSTED HOMECARE SERVICES



OUR MISSION IS TO ASSESS THE  
NEEDS OF EACH CLIENT TO HELP  
THEM MAINTAIN THEIR  
INDEPENDENCE WHILE LIVING  
IN THEIR OWN HOMES  
AND COMMUNITIES.

## Services

- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits

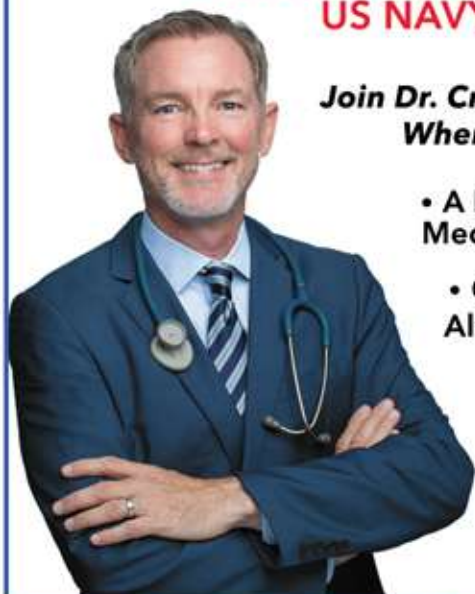


**352.240.7522** [WWW.TRUSTEDHCS.COM](http://WWW.TRUSTEDHCS.COM)

SUFFERING FROM MEMORY LOSS?

**Could it be Alzheimer's Disease?**

**CRAIG CURTIS, M.D.**  
US NAVY VETERAN



Join Dr. Craig Curtis for a **FREE Seminar**  
Where You Will Learn About:

- A New, Novel, FDA Approved Medication to Slow Alzheimer's
- Current Understanding of Alzheimer's Science/Causes

With over 20 years experience studying Brain Health, Dr. Curtis's goal is to educate the community on how to live a longer, healthier life and it all starts with a happy mind!

To learn more about Dr. Curtis please visit his website:

**[www.CraigCurtisMD.com](http://www.CraigCurtisMD.com)**

1400 North US Hwy 441 Sharon L Morse Medical Office Building 500 The Villages, FL 32159  
Located in Suite #537 on the third floor

**TO RSVP FOR A FREE SEMINAR CALL: 352-500-5252**

**AdviniaCare**  
Paddock Ridge  
Assisted Living • Memory Care

**WELCOME TO THE  
NEIGHBORHOOD**



**30**  
**BRAND-NEW  
APARTMENTS**

EXCLUSIVE **GOLD MEMBER PRICING** AVAILABLE NOW!  
ACT NOW - SPOTS ARE LIMITED.



JOIN US AT  
ADVINIACARE PADDOCK RIDGE!

*We're Here  
For You!*

CHECK FACEBOOK  
FOR EVENT  
UPDATES!



4001 SW 33RD COURT OCALA, FL 34474 (352) 512-9191



# CONTENTS MAY 2023

- |  |   |
|--|---|
| <b>6</b> Walk Yourself Away from Pelvic Congestion Syndrome (PCS)                      | <b>16</b> Skin Cancer Prevention  |
| <b>7</b> Bladder Cancer  | <b>18</b> The Impact on Cannabidiol on Mental Health Disorders            |
| <b>8</b> Core to Floor - Strengthen Your Core and Pelvic Floor Without Hitting the Gym | <b>19</b> Diagnosing Prostate Cancer: PSA Level Blood Tests Are Essential |
| <b>9</b> From Adrenaline Rush to Exhaustion: How to Avoid Burnout                      | <b>20</b> Benefits of Hyperbaric Oxygen Therapy (HBOT)                    |
| <b>10</b> Does Converting to a ROTH IRA Make Sense for You?                            | <b>21</b> Mirror Therapy - Hope for Pain and Stroke Sufferers             |
| <b>11</b> Stop Overlooking Signs of Incontinence                                       | <b>22</b> IV Vitamins and Additional Hydration                            |
| <b>12</b> Seniors Aging in Place   | <b>23</b> Mental Health Matters More Than Ever                            |
| <b>13</b> Suffering from Memory Loss? Could it be Alzheimer's Disease?                 | <b>24</b> Stress Management Tips from Quick Care Urgent Care              |
| <b>14</b> Assisted Living for Memory Care: Understanding the Benefits                  | <b>26</b> Pacifica Senior Living: 5 Tips to Destress                      |
| <b>15</b> Is Arthritis Keeping You from Being Active?                                  | <b>27</b> Spiritual Wellness: Slowing the Pace of Your Life               |

## CONTACT US

Owner  
**Cristan Gensing**  
cristan@gwhizmarketing.com

CREATIVE DIRECTOR  
**Sonny Gensing**  
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

**Central Florida's Health & Wellness Magazine** can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

**To get your article published and for ad rates, call 239-588-1200**  
**cristan@gwhizmarketing.com**

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2023. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



# TAKE CONTROL OF YOUR HEALTH TODAY!

## TOP UROLOGISTS IN FLORIDA DEDICATED TO YOUR HEALTH

Advanced Urology Institute is the largest urology practice in Florida. We are dedicated to improving the lives of our patients by providing excellent Patient-Centered Care.

For those in need of compassionate and best-in-class Urology care and treatment, visit [advancedurologyinstitute.com](http://advancedurologyinstitute.com)

**THE VILLAGES**  
**(352) 259-4400**

**OCALA**  
**(352) 351-1313**

**The Villages**  
12109 CR 103  
Oxford, FL 34484

**Leesburg**  
210 S Lake St, Suite 9  
Leesburg, FL 34748

**Timber Ridge**  
9401 Southwest St. Rd. 200  
Suite 3001  
Ocala, FL 34481

**Windsor Oaks**  
1901 SE 18th Ave, Bldg. 300  
Ocala, FL 34471

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

**EXCELLENCE IN PATIENT-CENTERED CARE**





# WALK YOURSELF AWAY FROM PELVIC CONGESTION SYNDROME (PCS)

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

**P**elvic Congestion Syndrome (PCS) is a chronic condition that causes pain to the pelvis, a condition prevalent among the female population. When left untreated this condition can potentially lead to significant debilitating symptoms. Pelvic Congestion Syndrome occurs when ovarian or pelvic veins become dilated and enlarged, therefore creating incompetent veins. These diseased veins cause retrograde flow of blood in the pelvis, causing increased amount of blood in the veins, thus leading to increased pressure and congestion in the pelvic region. Pelvic Congestion Syndrome can result in a range of symptoms, including:

- Dull, aching or “dragging” pain in the pelvis or lower back, particularly on standing and worse around the time of your menstrual period.
- Bloating
- Irritable bladder that sometimes leads to stress incontinence
- Irritable bowel (recurrent abdominal pain and diarrhea alternating with periods of constipation)
- Deep dyspareunia (discomfort during or after sexual intercourse)
- Vaginal or vulvar varicose veins (bulging veins around the front passage)
- Varicose veins of the top of the inner thighs or back of the thighs

PCS can be challenging to diagnose and treat, but with the right approach, most patients can find relief from their symptoms.

One of the primary risk factors for PCS is hormonal changes. Fluctuations in estrogen levels can cause the veins in the pelvis to dilate and become more susceptible to reflux. This is why PCS is more common in women than in men and is often associated with pregnancy, menstruation, and menopause.

Other risk factors for PCS include a family history of the condition, obesity, and a sedentary lifestyle. Obesity can increase pressure on the veins, leading to reflux and congestion. A sedentary lifestyle can also contribute to PCS by reducing blood flow and weakening the muscles that support the veins.



To help prevent Pelvic Congestion Syndrome, it is essential to maintain a healthy lifestyle. This includes regular exercise, maintaining a healthy weight, and eating a balanced diet. Avoiding prolonged periods of sitting or standing can also help prevent PCS. For those who sit for long periods, taking breaks to stand up and move around can help improve circulation and reduce the risk of PCS.

For women, taking hormonal contraceptives can help regulate estrogen levels and reduce the risk of PCS. Women who are pregnant or have recently given birth should speak with their healthcare provider about any potential risk factors for PCS and ways to prevent the condition.

The Vein Center of North Florida provides a treatment option for Pelvic Congestion Syndrome that aims to alleviate its debilitating symptoms. This option involves pelvic Venography, a minimally invasive procedure that not only diagnoses but also treats the condition. Our skilled vascular surgeons carry out this procedure in our on-site vascular laboratory. During the Venography procedure, a catheter is introduced into the venous system either from the groin or neck, and contrast dye is subsequently administered into the veins of the pelvis. This enhances the clarity of the X-ray images of the veins, enabling the healthcare provider to identify any blockages or other issues that may be contributing to PCS symptoms. Once the underlying cause of PCS is identified, our physicians proceed to employ stent intervention to treat the affected veins. Patients receive follow-up care at our facility, and their progress is closely monitored by our staff of highly trained vein professionals.

Overall, pelvic Venography treatment is considered to be a highly effective treatment option for Pelvic Congestion Syndrome. This minimally invasive procedure helps diagnose and treat the condition, allowing patients to find relief from their symptoms and improve their quality of life. If you are experiencing symptoms of PCS, speak with your healthcare provider about whether Venography may be right for you.

## The Leaders in Comprehensive Vein Care

### Ravi Chandra, MD, FRCS

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



### Patricia D. Hurst, ARNP-BC

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

**The Vein Center of North Florida:**  
**Your Partner in Vein Management**



The Vein Center of North Florida  
1920 SW 20th Place, Suite #201  
Ocala, Florida 34471

**352-237-1820**

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





# BLADDER CANCER

**B**ladder cancer typically affects older adults and is very rare in children. About 90 percent of all bladder cancer is diagnosed in people over 55; the average age at diagnosis is 73.

There are some definite gender differences as well. In the U.S., bladder cancer is among the most common cancers in men, according to the American Cancer Society. Overall, the chance men will develop bladder cancer during their lifetime is about 1 in 28. For women, the chance is about 1 in 91.

## The Basics of Bladder Cancer

The bladder is part of the body's urinary tract. The main job of the bladder, a hollow organ located in the lower pelvis, is to store urine. When we urinate, the muscles in the walls of the bladder contract, forcing urine out of the bladder through a tube called the urethra.

The wall of the bladder has several layers made up of different kinds of cells. When the DNA in these cells changes, the cells can grow out of control and form a tumor. These abnormal cells can break away and spread.

Most bladder cancers, about 90 percent, start in the cells on the surface of the innermost lining of the bladder. The most common form of bladder cancer is called urothelial carcinoma, a non-muscle invasive cancer in which the tumor stays within the bladder's inner lining.

Invasive bladder cancers grow into deeper layers of the bladder wall and may spread to nearby lymph nodes or other organs and parts of the body, such as the bones, lungs or liver.

## Warning Signs & Symptoms

The symptoms of early-stage bladder cancer are often obvious, which can lead to early detection and more effective treatment.

The early stages can cause bleeding but no pain. Blood in the urine can appear pinkish, brown or bright red. Blood in the urine does not always mean bladder cancer is present, but it should be reported to your doctor promptly.

Sometimes no blood is visible in urine but can be detected through a lab test. Other signs and symptoms can include frequent or painful urination, difficulty urinating, a weak urine stream or back pain.

More advanced bladder cancer can cause other symptoms, including being unable to urinate, lower back pain on one side, swelling in the feet or bone pain, fatigue, loss of appetite and weight loss.

There is no screening test for bladder cancer. If your healthcare provider suspects cancer may be present, various tests can help confirm a diagnosis.

## Bladder Cancer Treatment

When found in early stages, bladder cancer is highly treatable.

Treatment depends on the type, stage and grade of the tumor, as well as the patient's overall health, and may include more than one type. Early-stage tumors are usually removed during a procedure called cystoscopy and transurethral resection of bladder tumor (TURBT). Surgery to remove the entire bladder and nearby lymph nodes may be recommended for patients with muscle-invasive bladder cancer.

Even after successful treatment, bladder cancers can come back. Follow-up tests may continue for years after treatment to detect any recurrence.

## What's Your Risk?

Research has shown that smoking causes about half of all bladder cancers in both men and women. Smokers are at least three times as likely to get bladder cancer as non-smokers due to the harmful chemicals that can accumulate in the urine and damage the bladder's lining.

Certain industrial chemicals have been linked to bladder cancer, and exposure to these chemicals can place people at higher risk. The industries where chemical exposures are more likely include:

- Manufacturing of dyes, rubber, leather and textiles
- Painting and printing
- Photography, if using film-developing chemicals
- Hairdressers (through exposure to hair dyes)
- Truck drivers (through exposure to diesel fumes)

Previous cancer treatment can increase the risk as well. Patients who received radiation treatment aimed at the pelvis or treatment with certain anti-cancer drugs have a higher risk of developing bladder cancer.

Chronic inflammation of the urinary tract or repeated urinary infections may also increase risk. As with many forms of cancer, family history can play a role.

We cannot control some common risk factors for bladder cancer, such as age and gender. However, we can take steps to reduce risk:

- Don't smoke.
- Be careful around chemicals. If you must work with chemicals, know and follow all safety instructions.
- Eat healthy foods. A diet rich in fruits and vegetables may help reduce your risk for many types of cancer.

Talk with your doctor or other healthcare provider for helpful tips and resources to make healthy lifestyle choices and changes.

## New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all forms of cancer continue at a rapid pace, thanks to ongoing

clinical research. Clinical trials have played a significant role in these advancements, now saving more lives. Patients participating in these safe and carefully supervised groundbreaking research studies receive the latest treatments available, which can positively impact their outcomes.

## WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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

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



**Ocala**  
1630 S.E. 18th St.  
Building 600, Suite 602  
Ocala, FL 34471

**Ocala Cancer Center**  
4945 S.W. 49th Place  
Ocala, FL 34474

For more information,  
visit [FLCancer.com](http://FLCancer.com)



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

By Dr. Tina Chandra

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

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

## Emsculpt NEO

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

Radio frequency is used to heat the muscles and the electromagnetic energy then builds muscles. The heating of the muscles is what causes the reduction of fat in the area being treated. While the HIFEM simultaneously causes thousands of muscle contractions in order to improve strength and muscle tone. Combining these two treatments offers optimal results.

## Emsella

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

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

## How does "Core to Floor" work?

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

## Emsculpt Neo for the Abdomen

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

## Emsella for the Pelvic Floor

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

## Why Choose Core to Floor Therapy?

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

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

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

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

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

## DR. TINA CHANDRA

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



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

## DR. RAVI CHANDRA

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



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



**StrongAndHealthyOcala.com**  
**352.861.0224**





# From Adrenaline Rush to Exhaustion: How to Avoid Burnout

By Elisha Lopez

**W**e get caught up in the adrenaline rush going from one deal to the next, the high from a sale, texting clients, emailing negotiations, calling leads and then? Burnout. It's not talked about enough in our industry. How can we stay balanced when real estate is our life?

When my husband and I founded Ocala Realty World, I had three kids: two in diapers and one in Pull-Ups. I was leading a large team as well as our school that serves students seeking licensure. I was barely eating and running on four hours of sleep each night.

My mom told me to slow down, but I was Superwoman: 33 years old and invincible. The market had just crashed and I was handling 100 foreclosure properties at any given time. Small signs of burnout started popping up. I'd get dizzy when I stood up. Then, I experienced panic attacks and was fainting. Doctors didn't know what was wrong with me. They said I was pre-menopausal or pre-diabetic, but I knew intuitively that wasn't it. One day, I was showing a few homes to a nurse who was relocating for work. Her new boss was a doctor that specialized in adrenal fatigue. She could tell something was wrong and asked about my symptoms. Immediately, she suggested I see the doctor she came to work for. My diagnosis? I was burning the candle at both ends. That's when I started to incorporate health and wellness into my career.

I'd never been educated about health, but what I learned from that doctor was so simple: eat, choose whole foods, sleep and rest.

## Eat to Perform

When I'm in the midst of responding to calls, helping agents and showing listings, the last thing I'm thinking about is eating. Maybe I'd grab a bag of chips and a soda at the gas station between appointments, but it wasn't a priority; my clients were. My doctor had me pay attention to how I felt after eating certain foods or if I skipped meals. If I didn't eat, I noticed brain fog kicking in. My insulin was dropping because I wasn't fueling my body to perform basic functions. I created an eating schedule for myself, deciding when to eat meals and snacks. I blocked this time on my calendar and to stick to it, I'd set alarms on my phone to remind me it was time to eat.

I noticed that gluten and dairy made me tired and bloated. They were creating inflammation and high histamine production which caused crashes throughout my day. I got rid of them completely and have cut out processed foods. I'm not recommending this for everyone, but it is a good idea to pay attention to how your body reacts to certain foods.

I started preparing meals at home. If I didn't, I'd end up kicking myself because I'd be in a rush and grab something that wasn't healthy fuel for my body. I would never meet with a seller without preparing a list of homes to show them or CMAs (comparative market analysis). Why would I expect to eat well if I don't prepare the best food for myself and set aside the time to eat it?

Since I learned to prioritize and eat the foods that go with my body, I've been able to perform at a much higher level.

## Sleep

Going to sleep is hard when I still have to plan various trainings for my agents or make several calls to potential clients the next day. I've learned that it's better to go to bed and wake up early than to cram it in at night. I've learned to tune into my circadian rhythm, my body's natural sleep cycle, and follow the setting and rising of the sun. It puts me out of whack if I don't.

We strive to do it all, but to be successful at it, we need time to recover from a busy day. As agents, we get to create our own schedules. We can build in time to sleep, rest, breathe and eat. If I wouldn't have been open-minded to taking care of myself, learning how to fix all the things I was doing to cause burnout, I wouldn't be able to grow my business, agents or take care of my family.

## Our Clients Will Notice

If we are tired, stressed and distracted, our clients will notice. I'm truly grateful the nurse I mentioned earlier asked how I was doing. If she hadn't, I may not have learned to care for myself and I may not be here today. I don't want my clients to wonder if I'm well enough to do the job, or question if another agent has the stamina to do more. If we are vibrant, energized and focused, our clients will notice that, too. This is why I'm an open book with my agents about what I've been through and we make a commitment to having health and wellness as part of our work

culture. I talk about my health struggles and success all the time, but I couldn't share it if I didn't actually take action to improve my overall well-being. That's what makes a good leader. As a result, a good amount of our agents have made life-changing decisions and are no longer skipping sleep or grabbing a bag of chips on the run. Their productivity has increased, they have more energy and feel better about themselves.

We spend at least one-third of our lives at our jobs. Caring for the mind, body and soul should be part of our work atmosphere. If you're reading this and thinking you may need to shift the demands of your career to accommodate your wellbeing, you're not alone. 84% of millennials say they've felt burned out at their job. But, you can be part of that 16% that isn't. To be the best agent you can be, you have to schedule time for yourself.

You don't have to kill yourself to do well. In fact, that mentality will cause you to lose productivity. You just have to commit to listening to your body and managing your time. Life is not easy. Change is not easy! The key is to take baby steps. Plan one meal a day that will fuel your body and go to bed fifteen minutes earlier. A real estate agent's schedule has flexibility. Take advantage it. It's better to be on the beach catching up on emails than stressed out at home.

*Elisha Lopez is the owner of and a real estate broker with Ocala Realty World in Central Florida. Lopez has more than 20 years of experience in real estate with over 10 of them as a broker/owner leading a large team. She's also the founder of the ORW School of Real Estate, which serves real estate students seeking licensure in Florida. In her courses and training sessions, Elisha shares her unique real estate expertise, insider tips and digital marketing strategies. Elisha is a graduate of The Art Institute of Fort Lauderdale, where she earned a bachelor's degree in interior design. Elisha's No. 1 goal in business and in life is to help others. She operates Ocala Realty World with her husband and brokerage partner, Luis Lopez, who first encouraged her to start a career in real estate two decades ago.*



SELLING ALL OF FLORIDA

**Elisha Lopez - Broker/Owner**

License #: 8K3214538

**352-789-6746**

**www.ocalarealtyworld.com**

2709 Sw 27th Ave, Ste. 103, Ocala, FL 34471



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Ceibert Wealth has 2 convenient locations in The Villages:**

**Main Office**  
11714 NE 62nd Terrace, Suite 100  
The Villages, FL 32162-8624  
352.674.4200

**Brownwood Office**  
2765 Brownwood Blvd  
The Villages, FL 32163  
352-674-4200

PAID ADVERTISEMENT

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

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

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

- Do you expect to be in the same or higher tax bracket in retirement?
- Do you have a long period of time before you intend to access the funds?
- Do you have money outside your retirement account(s) to pay the taxes?
- Would you like to leave a tax-free inheritance to your heirs?
- Do you have after-tax money in a 401(k) or traditional IRA?
- Are you burdened with a depressed account value due to a market downturn?

**Let's talk if you answered yes to one or more of these questions!**

We offer a complimentary initial consultation. Schedule a complimentary initial consultation if you're interested in learning more about how we can help you meet your financial goals. Even if you're already working with another professional, we can give you a new perspective and answer your unaddressed questions.

*Dale Ceibert is a financial advisor in The Villages, FL, and has earned his ChFC®, CLU®, and CASL®. Dale earned a Bachelor's Degree in Business from the University of Central Oklahoma. Ceibert Wealth is celebrating its 25th year in The Villages this year.*

*At Ceibert Wealth Management, we aim to help you feel confident, connected, and in control of your financial life. The right financial advice can help prepare you for whatever life brings – both the expected and the unexpected. You receive 1:1 financial advice based on your goals and needs when you work with us. We offer personalized recommendations for a diversified portfolio and solutions to help protect you from uncertainty. We schedule regular meetings to review your goals, progress, and investments. Our team provides you with anytime access to your investments and digital tools to help you stay on track. Ready to learn more? Getting started is as easy as meeting for a complimentary initial consultation whenever it's convenient for you.*

*Ameriprise Financial, Inc. does not offer tax or legal advice. Consult with a tax advisor or attorney.*

*The initial consultation provides an overview of financial planning concepts. You will not receive written analysis and/or recommendations.*

*Investment products are not insured by the FDIC, NCUA or any federal agency, are not deposits or obligations of, or guaranteed by any financial institution, and involve investment risks including possible loss of principal and fluctuation in value.*

*Investment advisory products and services are made available through Ameriprise Financial Services, LLC, a registered investment advisor.*

*Ameriprise Financial Services, LLC. Member FINRA and SIPC.  
© 2023 Ameriprise Financial, Inc. All rights reserved.*

  
Ceibert Wealth

  
Ameriprise  
Financial

A private wealth advisory practice of Ameriprise Financial Services, LLC

11714 NE 62nd Terrace, Suite 100 • The Villages, FL 32162  
(352) 674-4200 • ceibertwealth.com



# STOP OVERLOOKING SIGNS OF INCONTINENCE

**U**rinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

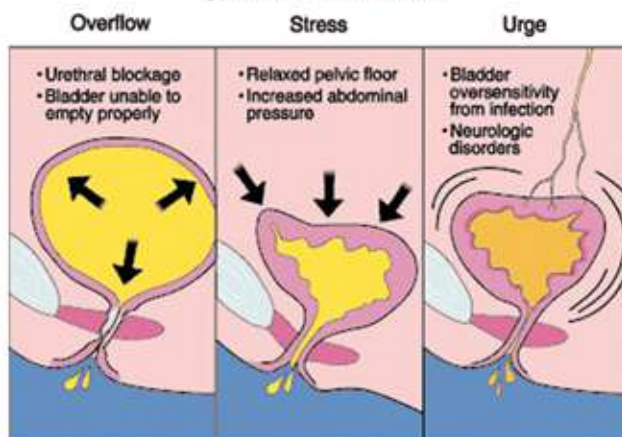
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

#### Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

#### Types of Incontinence



There are two bladder abnormalities that are associated with UII: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



[Advancedurologyinstitute.com](http://Advancedurologyinstitute.com)

**THE VILLAGES** | **OCALA**  
**(352) 259-4400** | **(352) 351-1313**



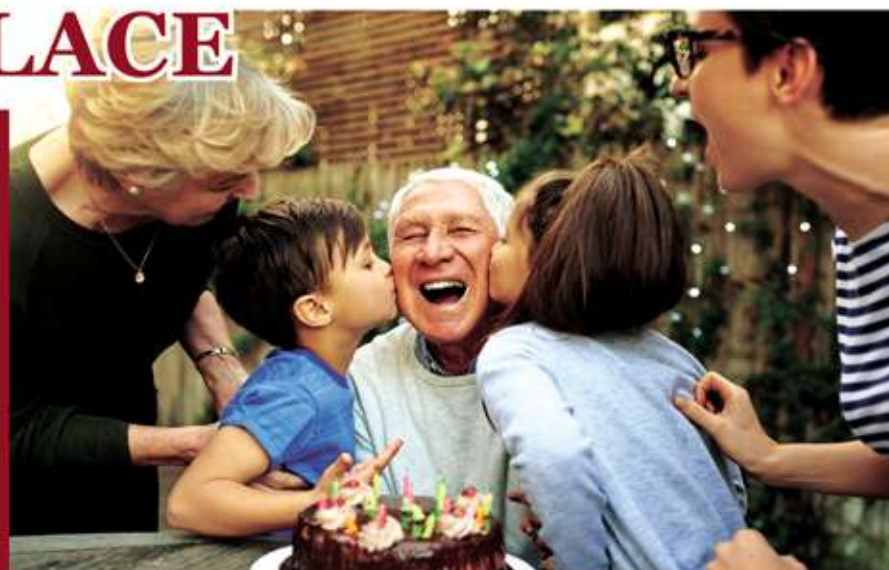
Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.



# SENIORS AGING IN PLACE

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



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

## IT FIGHTS ISOLATION

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

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

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

## HOME HEALTH CARE CAN HELP

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

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

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

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

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

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

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

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

## OUR PROMISE

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

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

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  
Trusted HomeCare and let's discuss  
how we can support  
you or your loved one  
**352-240-7522**



# SUFFERING FROM MEMORY LOSS?

## Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

**Is your memory not what it used to be?  
Are you experiencing or having trouble with:**

- ✓ Forgetfulness
- ✓ Focusing
- ✓ Short term memory
- ✓ Too many "Senior Moments"
- ✓ Friends or family concerned about your memory problems?

It's possible that your memory problems are simply a sign of aging as we all have some normal memory loss with age. But please do NOT ignore these "senior moments" as they could be a warning sign of something much more serious. Alzheimer's Disease currently effects 6.5 million Americans and over 10% of people 65 and older.

If you feel your memory is not what it used to be or seems to be getting worse, then you should know about recent advancements in the field of memory loss (and Alzheimer's Disease). Since Dr. Alois Alzheimer first published his important paper in 1907 describing the hallmark brain changes in Alzheimer's Disease, scientists all over the world have been searching for a treatment. Recently the United States FDA approved the world's first medication to successfully slow the progression of Alzheimer's disease. For the first time ever, a treatment now exists to slow the course of this devastating disease.

The search for a treatment began in 1901 when a patient named Mrs. Aguste Deter was admitted under the care of a brilliant young 37-year-old physician named Alois Alzheimer. Upon her passing, Dr. Alzheimer found abnormal clumps of "plaque" in her brain and theorized that this substance could be the cause of Mrs. Deter's memory problems. A few years later, in 1910, fellow scientists named the disease after the inquisitive Bavarian physician.

Then, in 1984, scientists finally isolated the "plaque" substance initially described by Dr. Alzheimer some 80 years earlier and named it Amyloid. They proposed that Amyloid becomes "sticky", accumulating in the brain leading to brain cell loss, memory problems and symptoms of dementia. Doctors and scientists all over the world then began the hunt for a treatment that would decrease Amyloid in the brain.



Recent research has finally led to a class of medications that successfully remove brain Amyloid and slow the progression of Alzheimer's Disease. Two such medications have recently been FDA approved - however, there is still much to be done to unravel this disease!

### DIAGNOSIS

Diagnosing this disease as early as possible could help preserve precious memories. According to a recent report from the Alzheimer's Association, most patients want a diagnosis, but sadly only 33% of patients receive one – leaving many caregivers and families in the dark while losing precious time to seek treatment that could possibly slow it's progression. Thankfully, there are multiple FDA approved scans that accurately detect brain Amyloid assisting in a rapid diagnosis. Dr. Curtis uses these regularly in the clinic and his research using these scans has been published in international Neurology journals.

### IS ALZHEIMER'S DISEASE ALWAYS THE CAUSE OF MEMORY LOSS?

No. But Alzheimer's is the #1 cause of Dementia in about 80% of cases. There are many causes of memory impairment so a proper evaluation is critical as some causes of memory loss can be diagnosed, treated, and reversed. Two recent high-profile cases of non-Alzheimer's dementia have been in the news: the actor Bruce Willis was diagnosed with Frontotemporal Dementia/Aphasia and the comedian/actor Robin Williams was diagnosed with Lewy Body Dementia.

### CAN ALZHEIMER'S DISEASE BE PREVENTED?

My career has been spent studying prevention of dementia and Alzheimer's disease – and research shows it might be possible with certain diets (Mediterranean) that I will discuss in a future article! So, stay tuned!

### WHAT CAN YOU DO?

If you, a friend, or a loved one are experiencing memory loss, currently taking a medication such as Donepezil or Memantine, or just interested in learning more, please contact Dr. Curtis at (352) 500-5252 or visit [www.CraigCurtisMD.com](http://www.CraigCurtisMD.com) to learn more and schedule a free in-office memory evaluation. There is no cost for the memory evaluation. Please do not delay.



### DR. CRAIG CURTIS

Dr. Craig Curtis, MD, is a national expert on Alzheimer's Disease with 25 years spent researching treatments and brain health. He focuses on prevention and treatment of Alzheimer's Disease and his research has been published in leading national and international medical journals including the New England Journal of Medicine and the Journal of the American Medical Association (JAMA) Neurology. Dr. Curtis is particularly interested in the underlying biology and prevention of memory loss, dementia, and Alzheimer's Disease - and pursuing the science that one day will lead to an effective treatment.

**To learn more about Dr. Curtis  
please visit his website:**

**[www.CraigCurtisMD.com](http://www.CraigCurtisMD.com)  
352-500-5252**

**1400 North US Hwy 441  
Sharon L Morse Medical Office Building 500  
The Villages, FL 32159**





# ASSISTED LIVING FOR MEMORY CARE: UNDERSTANDING THE BENEFITS

By Zachary Gray, Executive Director

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

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

## A Safe and Secure Environment

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

## Specialized Care

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

## Structured Activities

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

## Nutritious Meals

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

## Socialization Opportunities

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

## 24/7 Monitoring

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

## Peace of Mind for Family Members

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

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

## Memory Care Services Include:

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



## Choosing a Memory Care Community

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

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

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

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

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

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

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



352-512-9191

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

4001 SW 33rd Court, Ocala, FL 34474



# Is Arthritis Keeping You from Being Active?

By Dr. Nam Dinh, MD, FAAOS

**A**rthritis is a common condition that affects millions of people worldwide, causing pain, stiffness, and inflammation in the joints. For those who enjoy an active lifestyle, arthritis can be particularly debilitating. However, it is possible to manage the condition and continue to live an active life. In this article, we will explore how having arthritis can affect an active lifestyle and what you can do about it.

## How Arthritis Affects an Active Lifestyle

Arthritis can impact the ability to participate in various activities, including sports, exercise, and outdoor pursuits. The most common types of arthritis are osteoarthritis and rheumatoid arthritis. Osteoarthritis is often associated with wear and tear on the joints, while rheumatoid arthritis is an autoimmune disorder that causes inflammation in the joints.

Regardless of the type of arthritis, the symptoms can make it difficult to maintain an active lifestyle. Joint pain, stiffness, and swelling can make it uncomfortable or painful to move, and activities that involve repetitive motions, such as running or cycling, can exacerbate symptoms.

Additionally, arthritis can lead to a loss of joint function over time, which can further limit the ability to engage in physical activity. For example, if arthritis affects the knees, it may be challenging to participate in activities that require jumping or running.

## What You Can Do About It

If you have arthritis, there are several steps you can take to manage the condition and continue to lead an active lifestyle. Here are some strategies to consider:

**Consult with a healthcare provider:** If you suspect you have arthritis, it's important to seek medical advice. A healthcare provider can help diagnose the condition and develop a treatment plan that may include medication, physical therapy, and lifestyle modifications.

**Choose low-impact activities:** Activities that put less strain on the joints can be beneficial for individuals with arthritis. Swimming, cycling, and yoga are all low-impact activities that can be effective in managing arthritis symptoms. Walking is also a great option, as it can be done at any time and doesn't require any special equipment.



**Incorporate strength training:** Building muscle strength can help support the joints and reduce the risk of injury. However, it's important to work with a physical therapist or personal trainer to develop a strength training program that is safe and effective for individuals with arthritis.

**Practice good posture:** Maintaining proper alignment can help reduce stress on the joints. When sitting, make sure to sit up straight and avoid slouching. When standing, distribute weight evenly on both feet and engage the core muscles.

**Use supportive equipment:** Depending on the type and location of the arthritis, using supportive equipment can help reduce pain and improve function. For example, if arthritis affects the knees, using a knee brace or sleeve can provide support and stability during physical activity.

**Manage weight:** Carrying excess weight can increase the load on the joints, exacerbating arthritis symptoms. Maintaining a healthy weight can help reduce stress on the joints and improve overall health.

**Rest and recover:** It's important to listen to your body and take breaks when needed. If you experience pain or swelling, take a break from activity and rest the affected joint. Applying ice or heat and taking over-the-counter pain relievers can also help reduce inflammation and pain.

Arthritis can be a challenging condition to manage, but it doesn't have to limit your ability to lead an active lifestyle. By working with a healthcare provider and incorporating strategies such as low-impact activities, strength training, and supportive equipment, it is possible to manage arthritis symptoms and continue to engage in physical activity. Remember to listen to your body, practice good posture, and take breaks when needed. With the right approach, individuals with arthritis can maintain an active, healthy lifestyle for years to come.

## About Dr. Nam Dinh

Dr. Nam Dinh is a board-certified, fellowship trained orthopedic surgeon at Optimotion Orthopaedics with special training in minimally invasive LATERAL total knee replacement ANTERIOR hip replacement surgery. To learn more information about Dr. Dinh visit [optimotion.com](http://optimotion.com).



**Optimotion**  
ORTHOPAEDICS  
For a healthy and active lifestyle  
(407) 355-3120  
[www.optimotion.com](http://www.optimotion.com)





# SKIN CANCER PREVENTION:

## Learn How You Can Reduce Melanoma Risk

By Dr. Puja Kathrotiya

**T**here are a number of different types of skin cancer, however, melanoma is the most harmful of them all. Every hour a person dies of melanoma; this year alone, over 130,000 new cases will be diagnosed. Preventative measures and early detection are key. On average, skin cancer screenings take about fifteen minutes. These few minutes of your time could potentially save your life.

Along with melanoma, your dermatologist can detect and diagnose a number of other disorders. A thorough skin cancer screening and examination is able to diagnose up to 3,000 different skin conditions. Screening should be scheduled annually. However, some types of skin cancer grow rapidly. If you notice new lesions, bumps, or moles, schedule a visit with a dermatologist immediately.

Visual changes should never be ignored. Moles or freckles that have changed in color (halo effect), border irregularity with a diameter greater than six mm, any asymmetry, and evolving or ongoing changes, are all signs that require attention.

Because early detection aids in successful treatment, continual emphasis on the importance of regular skin screenings are critical to your health. Preventative measures, like limiting skin exposure to the sun and applying sun screen while outdoors continue to be effective strategies for maintaining healthy skin.

**Wearing protective clothing, like light-weight, long-sleeved shirts and broad-rim hats are great ways to protect your skin from damaging rays that cause skin cancer.**

When you are out enjoying the sun, apply a broad-spectrum sunscreen, which protects against UVA & UVB rays. It's also important to reapply sunscreen at least every 30 minutes, depending on formula strength. Avoiding the sun between 10:00 a.m. and 3:00 p.m., peak times, decreases the risk of over-exposure and skin cancer.



**The symptoms to look for in moles or lesions are outlined in this simple acronym, ABCDE:**

- A—Asymmetry
- B—Border Irregularity
- C—Color-Variiegated or a Halo Effect
- D—Diameter (>6 mm)
- E—Evolving

**In Addition to the symptoms above, there are supplementary signs to look for, which include:**

- A—Amelanotic (Pink or Red Lesion)
- B—Bleeding/Bump (Raised Lesion)
- C—Color Uniformity
- D—De Novo Development  
(A New Development <6mm)

### Wearing SPF Every Day

A commitment to wearing SPF is incredibly important. The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4:00 pm, is due in large part to the sun's harmful UV rays during the time when the sun is the highest in the sky. But just because it's darker, cloudier, and cooler, doesn't mean it's any safer. Reapplying sunscreen every two hours is recommended, and even though you might be inside or driving in your car, UV rays can penetrate glass windows, so be sure you are well protected.

If you find something suspicious, you should go to your primary care provider. If the provider is uncertain what it is, it should be biopsied to be sure.

### MidState Skin Institute Services:



MidState Skin Institute  
Comprehensive Dermatology Care

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

### Medical Dermatology

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

### Surgical Dermatology

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

### Cosmetic Dermatology

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

### Aesthetics

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



# IMAGELIFT FACIAL BEAUTY SEMINARS



\*Results Typical and Do Vary

**Surgical or Non-Surgical**

## UPCOMING SEMINARS

**EXCLUSIVE SEMINAR PRICING**

**BROWNWOOD HOTEL**

**Thursday, May 11th @ 2pm**

3003 Brownwood Blvd

**WATERFRONT INN**

**Thursday, May 25th @ 2pm**

1105 Lake Shore Drive

**FREE AREA OF WRINKLE RELAXER WITH  
COMPLETION OF SEMINAR CONSULTATION**

## DR. RICH CASTELLANO FACIAL SPECIALIST

Facelifts (Surgical and Non Surgical)

Facial Sculpting (Fillers, Wrinkle Relaxers)

Facial Polishing (CO2, IPL, SkinPen Microneedling)



Double Board Certified  
Facial Plastic Surgeon

**Dr. Richard Castellano**



IMAGELIFT®

ImageLift.com

Rich Castellano, M.D.

**+4,000  
Facelifts**

**Double  
Board Certified  
Facial Plastic  
Surgeon**



# 352-227-1501

Follow on [youtube.com/ImageLift](https://www.youtube.com/ImageLift) or [FB.com/ImageLift](https://www.facebook.com/ImageLift)

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

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



# THE IMPACT ON CANNABIDIOL ON MENTAL HEALTH DISORDERS

By Dr. Nathalie Solomon: PharmD, CPH

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

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

## Benefits of CBD

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

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

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

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

## Cannabinoids for depression

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

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

## Cannabinoids for anxiety

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

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

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

## How to use CBD for depression and anxiety

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

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

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

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

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

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

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

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



**Dr. Nathalie Solomon: PharmD, CPH**

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



**THE GREENE  
PHARMACIST**

340 SW 110th Ave,  
Ocala, FL 34481



TheGreenePharmacist

**352-565-7028**

**thegreenepharmacist.com**



# DIAGNOSING PROSTATE CANCER: PSA Level Blood Tests are Essential

**P**rostate 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.**



## STRAIGHT SHOT MOBILE

The Benefit of choosing Straight Shot Mobile:

- No long wait times
- We come to you (don't have to find a ride)
- Safer – in your own environment (for people with special needs)

## About STRAIGHT SHOT MOBILE

Our team of Mobile collectors travel across the state collecting samples for patients and doctors alike! We are offering that at home experience Labcorp and Quest don't offer. With a 24 - 48 hour turnaround time!



## PHYSICIANS & AGENCIES

- Molecular Testing of UTI's
- Wound Care
- Infectious Disease/Covid-19
- Dementia/Alzheimers/Parkinsons(DAP)
- Respiratory Pathogen Panels
- Womens health
- Medication Management(PGx)
- Oral Toxicology Test
- Nail panels
- RPP
- Stool Samples
- Cancer Genomics(CGx)
- Instant PT/INR testing with results on the spot!
- Results faxed or a portal can be set up!
- Mobile services are FREE!

## PATIENTS & LABORATORIES

STRAIGHT SHOT MOBILE offers safe, convenient mobile blood draws and most laboratory services in the comfort of your own home or office. There is no need to travel to a patient service center and wait in long lines. **Let us come to you!**

## We serve all laboratories with all:

- Research blood test
- Blood Draws
- Kit Draws
- DNA collection
- Courier Services
- Research Laboratory Collections
- Specimen Pick Up and delivery

### BEST CBD PRODUCTS

Hemp manufacturer and sales with a focus on:

- Human
- Equine
- Companion Animals

*We are here to help you make the right decision. Available 24/7 to answer any questions or aide with product selections.*

Equigreene Hemp Product For Horses

**352-565-7028**  
**thegreenepharmacist.com**

**The GREENE Pharmacist**

340 SW 110th Ave,  
Ocala, FL 34481  
TheGreenePharmacist

## STRAIGHT SHOT MOBILE

Did you know there's a mobile lab service that services...  
**The Villages**  
We collect specimens from your physician, now offering televisits when they're not available.

**Same day service with a 24hr turnaround time!**

**727-953-5011**  
**470-544-1082**  
**www.straightshotmobile.com**

## MOBILE LABORATORY SERVICES

**TIMELY AND EFFECTIVE LAB SERVICES!**

**OUR MOBILE COLLECTORS COME TO YOU!**



# BENEFITS OF HYPERBARIC OXYGEN THERAPY (HBOT)

By Sandra Reddick

**H**yperbaric 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.<sup>1</sup>

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.

**We put our patients first**



352-401-7552  
www.ocalawoundcare.com

2651 Southwest 32nd Pl  
Ocala, FL 34471



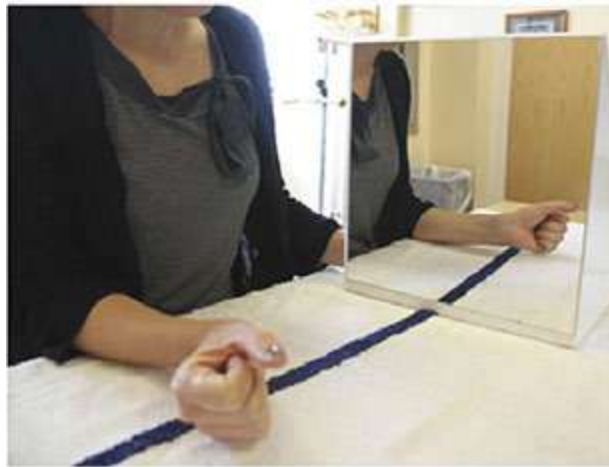
# Mirror Therapy - Hope for Pain and Stroke Sufferers

**M**irror Therapy (MT) is an occupational therapy technique used to help increase motor function and decrease pain in a limb, such as in your hand or wrist. The principle of MT is the use of a mirror to create a reflective illusion of the affected limb in order to trick the brain into thinking movement has occurred and without pain.

Although initially developed for amputees to control phantom limb pain, it is now commonly used for many different conditions, including stroke rehabilitation, complex regional pain syndrome (CRPS), arthritis, and other chronic pain conditions in the limbs.

**The Brain and Pain:** Research tells us there's a complete map of the body's surface in the brain. After a limb injury or in the case of chronic pain in the hand or wrist, the area in the brain mapped to that limb holds on to the memory of the pain. The brain learns to associate movement of the limb to pain, sometimes well after the injury has resolved. This is called, "learned pain". MT uses a reflective illusion of an affected limb in order to trick the brain into thinking movement has occurred without pain and to create positive visual feedback of limb movement.

**Mirror Therapy:** The device is simply a mirrored box positioned so that your unaffected hand is outside of the box and can be visibly seen as a reflection in the mirror. The affected hand is covered and positioned out of site. The Occupational Therapist will guide you through slow and



repetitive hand and wrist exercises of the unaffected hand, while encouraging you to focus on the reflection in the mirror. The goal is to envision that the hand in the reflection is your affected hand. Exercises may include making and releasing a fist, turning your palm up and down, moving fingers individually, or grasping items like a coin or a water bottle.

**Mirror Therapy and the Brain:** From the reflective illusion, the brain is tricked into "seeing" the affected limb moving without pain. With continued practice, the brain will "learn" that your limb is healthy and, therefore, will start to move it more easily.

If practiced regularly, MT has helped many people control their pain independently. Occupational Therapists suggest practicing 3-5 sessions a day for up to 30 minutes each. Once learned, the therapy can continue in your home environment.

## 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

## Innovative Therapies Group, Inc.

352-433-0091 | [innovativetherapiesgroup.com](http://innovativetherapiesgroup.com)



**AFFORDABLE WELLNESS APPROACH  
TO YOUR HEALTHCARE NEEDS**



**Dr. Erum Jiva,**  
DNP, APRN-BC, CLS, FNLA

**352-304-5466**  
[www.atoz.healthcare](http://www.atoz.healthcare)

3120 SW 27th AVE #300  
Ocala, FL 34471

- Primary Care Services
- Medication Management
- Advance Weight Management
- Hydration Therapy
- Skin Care & Wellness
- Educational Classes
- Hormonal Therapy
- Tele Health Services



**Changing lives...  
One patient at a time!**

**352-433-0091**  
[www.innovativetherapiesgroup.com](http://www.innovativetherapiesgroup.com)



- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

Ocala	Summerfield	Lady Lake	Wildwood
2801 SW College Rd Ocala, FL 34474	14031 Del Webb Blvd Summerfield, FL 34491	929 US-27 #301 Lady Lake, FL 32159	805 S. Main St Wildwood, FL 34785



# IV Vitamins and Additional Hydration CAN IMPROVE YOUR PHYSICAL FITNESS!

By Dr. Erum Jiva, DNP, APRN-BC, CLS, FNLA



**M**any people take vitamins to improve their health, but the improved delivery of IV vitamins can have a multifold benefit on your physical fitness.

IV vitamins improve your health, which in turn contributes to improvements in physical fitness. Vitamins such as vitamin C, B vitamins, and magnesium are important for energy production and muscle function, which are essential for physical activity.

For example, vitamin C is an antioxidant that helps protect the body from oxidative stress caused by exercise. This can help reduce muscle soreness and improve recovery after exercise. B vitamins are also important for energy production, and deficiencies in these vitamins can lead to fatigue and decreased physical performance.

There are several vitamins that are essential for improved physical fitness, including:

- 1. Vitamin D:** This vitamin plays an important role in bone health and muscle function. It can help improve balance, coordination, and overall physical performance.
- 2. B vitamins:** B vitamins are important for energy production and can help reduce fatigue during exercise. They also play a role in muscle function and recovery.
- 3. Vitamin C:** This antioxidant vitamin helps protect the body from oxidative stress caused by exercise. It can also help reduce muscle soreness and improve recovery after exercise.
- 4. Vitamin E:** Another antioxidant vitamin, vitamin E can help reduce inflammation and muscle damage caused by exercise.
- 5. Magnesium:** This mineral is important for muscle function and can help improve muscle strength and endurance.
- 6. Iron:** Iron is essential for the production of red blood cells, which carry oxygen to the muscles. Iron deficiency can lead to fatigue and decreased physical performance.

IV (intravenous) vitamins may be better absorbed than oral vitamins because they bypass the digestive system and go directly into the bloodstream.

When vitamins are taken orally, they must first pass through the digestive tract and liver, where they may be broken down and lose some of their potency. In contrast, IV vitamins are delivered directly into the bloodstream, which allows for higher doses of vitamins to be delivered to the body's cells and tissues.

Another advantage of IV vitamins is that they can be customized to an individual's specific needs. IV vitamin therapy can be tailored to provide higher doses of specific vitamins that may be deficient in an individual, which can be more effective than taking oral supplements.

In addition, improving your hydration can help improve your physical performance. Water is essential for many bodily functions, including regulating body temperature, transporting nutrients to the muscles, and removing waste products from the body. When you are dehydrated, your body may not be able to perform these functions efficiently, which can lead to decreased physical performance.

Dehydration can also lead to fatigue, decreased endurance, and reduced muscle strength. Even mild dehydration can negatively impact physical performance, so it's important to stay adequately hydrated before, during, and after exercise.

In addition to water, electrolytes such as sodium, potassium, and magnesium are also important for maintaining proper hydration and electrolyte balance in the body. Electrolyte imbalances can lead to muscle cramps, fatigue, and other symptoms that can negatively impact physical performance.

It's important to note that individual hydration needs can vary depending on factors such as body weight, activity level, and environmental conditions. The best way to ensure adequate hydration is to drink water regularly throughout the day and monitor urine color as a general indicator of hydration status. If you are engaging in intense physical activity, you may also need to replenish electrolytes through sports drinks or other electrolyte-rich fluids.

IV (intravenous) hydration can be a way to quickly and effectively replenish fluids and electrolytes in the body. When fluids and electrolytes are delivered directly into the bloodstream through an IV, they can be absorbed more rapidly than if consumed orally, which may be beneficial in cases of severe dehydration or electrolyte imbalances.

IV hydration therapy may be particularly useful for individuals who are unable to tolerate oral fluids due to nausea or vomiting, or those who require rapid rehydration due to excessive sweating or fluid loss from diarrhea or vomiting.

In general, maintaining adequate hydration through regular oral fluid intake is the best way to support overall health and physical performance. It's important to drink water regularly throughout the day, particularly during exercise or in hot weather when fluid losses can be high. Additionally, incorporating electrolyte-rich fluids or foods such as sports drinks, coconut water, or fruits and vegetables can help maintain electrolyte balance in the body.

**352-304-5466**

[www.atoz.healthcare](http://www.atoz.healthcare)

3120 SW 27th AVE #300, Ocala, FL 34471

If you feel .....

*Relief*

Bloating, irritability, abdominal discomfort and lower back pain

**ALLEVIATE**

Dehydration, fatigue and tired

**REHYDRATE**

Difficulty in burning stubborn fat, lack of energy and slow metabolism

**BOOST**

Low immunity and slow recovery from any illness

**GET UP & GO**

Slow recovery and performance

**BE WELL!**

Low immunity and slow recovery from any illness

**IMMUNITY**

Slow recovery and performance

**RECOVER & PERFORMANCE**

*Enhance*

**Hydration Therapy**

IV THERAPY AND IM SHOTS  
PACKAGE FINANCING AVAILABLE



# Mental Health Matters More Than Ever

Submitted by Hospice of Marion County

**M**ay is National Mental Health Awareness month and this is one of the most important aspects of our lives that we should give special attention to and prioritize. You don't have to be diagnosed with a mental disorder to appreciate the importance of keeping mentally healthy. Just the stress of everyday life can cause us to feel like we need a mental health day to re-evaluate our busy lives and work on how to reduce the chaos.

If you have ever experienced the loss of someone you loved, whether it was a dear friend, a family member or even a beloved pet (who is just like a member of the family), you know the pain of loss and how much it hurts. Loss of any kind can and does affect us emotionally, physically, and mentally.

The feeling of loss could be from any number of things during a normal year – the loss of a spouse, the loss of a job, the loss of celebrating milestones in one's life with family and friends. During Mental Health Awareness month, remember that mental health is as important as physical health. While we may not always have control over our physical health, we do have options when it comes to experiencing grief and loss. Learning how to cope and hold loss and joy side by side is the beginning of hope and healing.

The feelings for that lost loved one never goes away, but remembering the joy they brought and the lives they touched can help one experience the loss, remember and celebrate them at the same time. Here are some poignant quotes to consider:



*"When someone you love becomes a memory, that memory becomes a treasure."*

Anonymous

*"What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes part of us."*

Helen Keller

*"Those we love never truly leave us. There are things that death cannot touch."*

Jack Thorne

If you are experiencing the grief of losing a loved one and the helplessness you feel, you're not alone. Join others who are navigating and adjusting to grief – Finding peace and hope in your grief journey is possible. The Monarch Center for Hope & Healing can help those suffering the loss of a special someone through their expert guidance and trained professionals. Available at no charge to the Marion County community, the center has been offering adult, teen and children's programs, counseling for individuals and in group settings. Programs include providing tips and coping mechanisms to help you express grief through simple art or journaling projects, sharing thoughts with others in a group or in a one-on-one session with a trained counselor. In these sessions you'll learn: 1) What is a normal grief reaction, 2) How can I cope with stress, and 3) What can I use from the past to focus on the future?

The Monarch staff guides people in understanding that grief is natural and necessary to healing. It's essential to feel the pain, not suppress it. Being able to talk about your feelings is the first step to finding peace in your grief journey. Staff are available to work with bereaved families and individuals in person, via phone, email or teleconferencing.

The Monarch Center's phone lines are open Monday-Friday, 8 a.m.-5 p.m. Call (352) 873-7456 to speak with a counselor.

## We put our patients first

Committed to providing each patient with individualized, high-quality wound care.



### SERVICES:

- Lyme Disease
- Diabetic Wounds
- HIV
- Venous Leg Ulcers
- Infusion Centers
- Hyperbaric Oxygen Therapy
- Urinary Tract Infection
- Lung Conditions



352-401-7552  
www.ocalawoundcare.com

2651 Southwest 32nd Pl  
Ocala, FL 34471



## Today...more than ever Mental Health Matters

In times of the loss of a loved one,

TURN TO THE MONARCH CENTER FOR HOPE & HEALING  
programs for adults, teens and children...at no charge to the community



2895 SE 62nd St., Ocala, FL 34480  
(352) 873-7456  
www.monarchcenter-marion.com





## Stress Management Tips from Quick Care Urgent Care

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

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

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

### Take Time for Yourself

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

### Get Moving

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

### Meditation

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

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

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

### Quick Care Med Urgent Care

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

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

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

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

**Quick Care Offers The QCard—Affordable Healthcare for Just \$1 a Day, Ask us How or Visit us Online!**

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

### 4 Locations in Ocala

3415 E. Silver Springs Blvd, Ocala, FL 34470  
(On Silver Springs Blvd. across from Publix)

8119 SW State Rd 200, Ocala, FL 3448  
(Just past Walgreens)

6341 N US 441, Ocala, FL 34475  
(Across from John Deer)

2205 N Young Blvd, Chiefland, FL 32626

**Quick Care Med  
Walk-In Clinic & Urgent Care**

**844-797-8425**

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



# Attorney Patrick Smith Radio Show Now on 14 Stations

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



THE LAW OFFICES OF  
**PATRICK L. SMITH, PLLC**  
*Estate Planning | Elder Law | Probate | Trust Administration*

Unchanged these his last 16 years of practice is Attorney Smith's flat fee model of Estate Planning, including \$75 Wills. He continues to be available free of charge to speak to your church or social club on a wide range of topics, including charitable giving, estate planning for Florida residents, and homestead and tax planning. The previous year's radio content can be found and streamed at [www.AttorneyPatrickSmith.com](http://www.AttorneyPatrickSmith.com).

Let us show you how SPECIAL you are.

Move in today. Offering Assisted Living and Memory Care. Providing the security and comfort you desire.  
**Schedule your personal tour.**  
**(352) 414-2507**

11311 SW 95th Circle, Ocala, FL 34481 [PacificaOcala.com](http://PacificaOcala.com)  
Lic# AL9315

  
**PACIFICA**  
SENIOR LIVING  
OCALA



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

  
**MidState Skin Institute**  
Comprehensive Dermatology Care

**Can you \$POT the difference?**  
Don't worry... we can!

**Deerwood**  
1740 SE 18th St., Ste 1102  
Ocala | FL | 34471  
352-512-0092

**Paddock**  
3210 SW 33rd Rd., Ste 101  
Ocala | FL | 34474  
352-470-0770

**Jasmine**  
7550 SW 61st Ave., Ste 1  
Ocala | FL | 34476  
352-732-7337



# Pacifica Senior Living: 5 Tips to DESTRESS

**L**ife has been a little more stressful for many people over the past year. Along with the “pandemic” which we’re all growing tired of, many people have added stress-related issues and disappointments.

Here are a few tips to help you cope, relax and find inner peace:

## #1 Take Time for Yourself

It might be difficult, but carving out time to relax, take a bath, take a walk or simply shut yourself off in a separate room for 10 minutes to do deep breathing exercises can reduce anxiety significantly and over time. You will most likely notice that these personal care methods will help you to become calmer throughout the day. It’s important to take breaks from social media and news outlets, because these often add to our stress response and can intensify negative feelings.

## #2 Get Moving

With closure and limitations in going to the gym or our favorite yoga studio, most people can benefit from taking a brisk 30-minute walk, bike ride, or doing any type of exercise in doors via YouTube. The good news is those options are all free with the exception of internet service. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength. If you can work out harder, it’s extremely beneficial to get your heart rate up daily with cardiovascular exercise.

## #3 Meditation & Prayer

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

## #4 Sleep

The body produces cytokines, which are protective proteins that block infection and inflammation. When a person gets the recommended, uninterrupted seven to nine hours of sleep, cytokines are produced. Without quality sleep, they are significantly less. Blue light is a significant cause of circadian rhythm interruptions. Blue light emits wavelengths that contribute to sleep disturbances.



Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it’s still daytime, which makes it difficult to fall and stay asleep. Blue light disrupts the circadian rhythm and natural sleep cycles, specifically, the delta and beta wavelengths, leading to increased activity in the brain, less relaxation and exacerbates stress and anxiety.

## #5 Combining Methods is Best

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

## When to Seek Help

If your stress or anxiety are lingering, you should take steps to get treatment. Stress can show itself both physically and mentally. If you feel persistently sad, anxious, or on edge; you start having unexplained physical problems; you’re unable to sleep; feel irritable all the time; or just feel overwhelmed, it may be time to seek help.

## Pacifica Senior Living is Like a Never-Ending Vacation

On the job or at home, you’ve worked hard all your life. Now, it’s your time to enjoy retirement living to the fullest. No grass to mow or home repairs to tend to – simply relax and focus on the things you love to do. It all starts with selecting a luxurious and carefree Assisted Living apartment home.

## PACIFICA SENIOR LIVING OCALA

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

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

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

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

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

*It’s easier than ever to take an initial tour—We have a link on our website to give you and your loved one a virtual tour at [PacificaSeniorLiving.com](https://www.PacificaSeniorLiving.com). We’re always here to answer your questions or to set up a tour of our charming community. Please call us at 352-414-4743.*

Lic#AL9315



**PACIFICA**  
SENIOR LIVING  
OCALA

(352) 414-2507  
[www.PacificaOcala.com](https://www.PacificaOcala.com)



## Slowing the Pace of Your Life

By Pastor Timothy Neptune

**R**emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

*<sup>2</sup>In vain you rise early and stay up late, tolling for food to eat—for he grants sleep to those he loves.*  
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *<sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do everything through him who gives me strength.*  
Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *<sup>6</sup>But godliness with contentment is great gain. <sup>7</sup>For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *<sup>15</sup>Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

- **My life is a rat race.**
- **I don't know how I'm going to get it all done.**
- **I am just so exhausted.**
- **I don't know how much more of this I can take.**
- **I just want to escape.**

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



**PATRICK SMITH**  
ATTORNEY AT LAW

**GET A FREE**  
ESTATE PLANNING CONSULTATION  
**CALL 352-204-0305**

**Wills • Trusts • Probate • Estate Planning**  
[www.attorneypatricksmith.com](http://www.attorneypatricksmith.com)

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

**SICK NOW? SEEN NOW!®**



**From the common cold to a broken bone, Quick Care Med Walk-in and Urgent Care revolves around getting you back to feeling good!**

Providing immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

**Toll Free:**  
**844-797-8425**  
3 Locations in the Ocala Area to serve you.

 **QUICK CARE MED**  
**WALK-IN CLINIC & URGENT CARE**  
[www.quickcaremed.com](http://www.quickcaremed.com)



**THE RIGHT TEAM  
MAKES ALL THE  
DIFFERENCE**



**Elisha Lopez - Broker/Owner**  
License #: BK3214538

**352-789-6746**

**[www.ocalarealtyworld.com](http://www.ocalarealtyworld.com)**

2709 Sw 27th Ave, Ste. 103, Ocala, FL 34471

*Elisha Lopez is the owner of and a real estate broker with Ocala Realty World in Central Florida. Lopez has more than 20 years of experience in real estate with over 10 of them as a broker/owner leading a large team. She's also the founder of the ORW School of Real Estate, which serves real estate students seeking licensure in Florida. In her courses and training sessions, Elisha shares her unique real estate expertise, insider tips and digital marketing strategies. Elisha is a graduate of The Art Institute of Fort Lauderdale, where she earned a bachelor's degree in interior design. Elisha's No. 1 goal in business and in life is to help others. She operates Ocala Realty World with her husband and brokerage partner, Luis Lopez, who first encouraged her to start a career in real estate two decades ago.*

**THINKING  
ABOUT  
SELLING?**

**PUT MY  
EXPERIENCE  
TO WORK  
FOR YOU!**

- ✓ **20+ Years of Experience**
- ✓ **Expert Contract Negotiator**
- ✓ **Leading Real Estate Agent**

**CONTACT ME FOR A FREE  
COMPARATIVE MARKET ANALYSIS**