

CENTRAL FLORIDA'S

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

May 2023

Lake/Sumter Edition - Monthly

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

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## 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

## Infusion Treatments

for Crohn's and  
Colitis Disease are  
More Targeted and  
More Effective

## Prolotherapy and Chronic Back Pain

## At the Onset of a Stroke, Prompt Treatment Can Save Lives





# THIS IS NO TIME FOR PAIN

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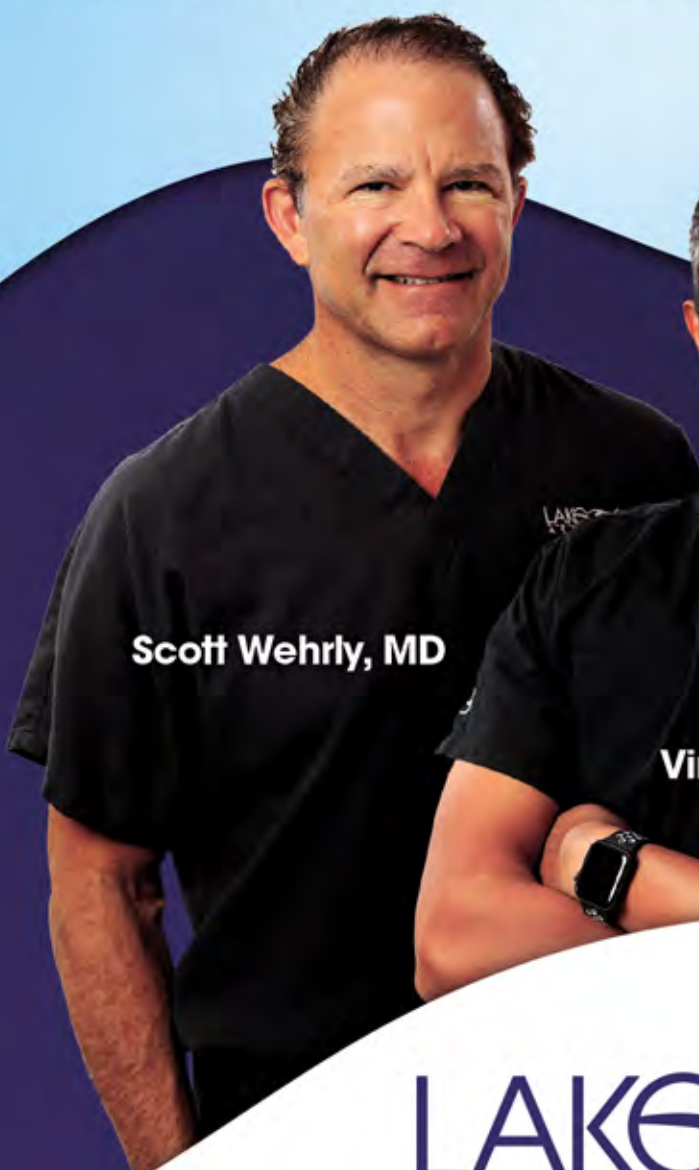
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## Could it be Alzheimer's Disease?

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# It's your heart. It should be personal.

## And that's how I treat it.

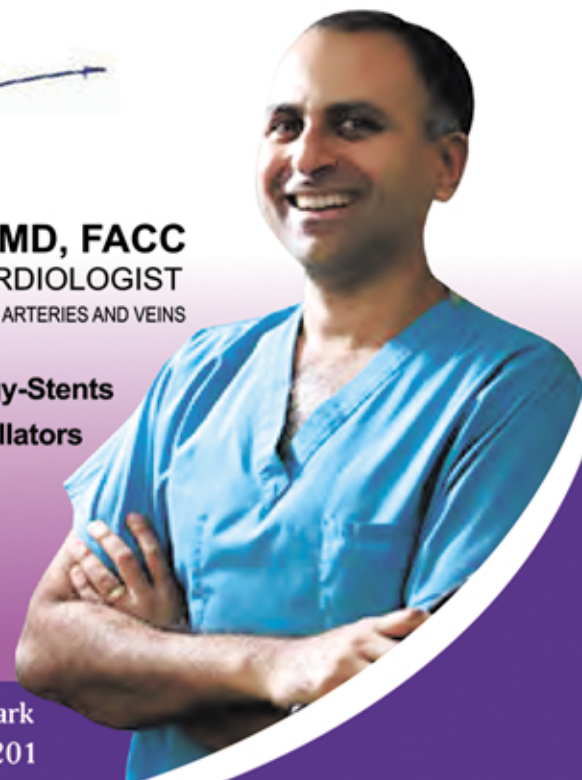
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



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# WHAT ARE THE MOST COMMON RETINAL DISEASES?

**R**etinal diseases are common, especially as people age. These diseases damage the retina, which lies at the rear interior wall of the eye. The retina contains millions of light-sensitive nerves, known as rods and cones, that collect and arrange information sent to the optic nerve, which in turn delivers this data to your brain. This complex and sophisticated system creates vision, and damage to the retina can lead to sometimes-serious vision problems, including blindness.

*The most common retinal disorders are:*

## DIABETIC RETINOPATHY

People with diabetes are at risk of developing diabetic retinopathy (DR), the leading cause of adult blindness in the US. Diabetic retinopathy is a condition in which blood vessels in the retina become damaged or irregular, leading to injury of retinal cells. Left untreated, DR can progress, as follows:

**Stage one:** Mild nonproliferative retinopathy – Early on, the tiny blood vessels of the retina bulge (called microaneurysms) and may bleed. Oftentimes, this stage produces no symptoms, so it's important to have routine comprehensive eye exams to suspend or slow disease progression, and protect vision from possible permanent damage.

**Stage two:** Moderate nonproliferative retinopathy – As DR worsens, retinal blood vessels can become blocked and swell, depriving the retina of healthy blood flow. This condition, called diabetic macular edema, can cause a build-up of blood and fluid in the macula, which controls central vision. About half of people with DR will develop diabetic macular edema, and may need to have eye tests every 3-6 months to help prevent further disease progression.

**Stage three:** Severe nonproliferative retinopathy – Worsening blood vessel damage and blockage not only restrict healthy blood flow, they can lead to scarring and the creation of new, irregular blood vessels, which are weak and prone to bleeding. Complete blockage, called macular ischemia, creates symptoms like blurred or fluctuating vision, empty spaces, and new or more abundant dark spots or strings that drift across vision (floaters). In this stage, vision loss is common and usually permanent.

**Stage four:** Proliferative diabetic retinopathy (PDR) – With PDR, faulty new blood vessels grow on the surface of the retina, often bleeding into the vitreous, the clear gel-like fluid of the eye. This can create scar tissue that pulls the retina loose, a serious condition called retinal detachment, which can lead to permanent vision loss, even blindness.

## MANAGEMENT OF DIABETIC RETINOPATHY

Like all diabetic disorders, management of diabetic retinopathy requires effective monitoring and control of blood sugar levels and blood pressure, and keeping a watchful eye on cholesterol levels. People with diabetes should have routine comprehensive eye exams, particularly if they have been diagnosed with stage one or stage two DR. Halting or slowing disease progression is the key to preventing vision damage and loss.

Sadly, statistics suggest that up to half of Americans living with diabetes don't get regular eye examinations, and are diagnosed and treated too late for vision to be protected.

If you have diabetes and haven't had a comprehensive eye exam in a while, don't wait – make an appointment with an eye doctor today. Medications, implants and laser therapies can successfully stop or delay disease progression and preserve, even help restore, vision.

## RETINAL TEAR

While family history and physical trauma are contributors, most cases of retinal tearing are caused by simple aging.

Over time, the clear gel at the center of the eye (the vitreous) begins to adhere to the retina, contracting and pulling on the fragile tissues, creating tiny retinal tears. Symptoms often include flashes of light, sudden floaters, blurred vision, black spots, and diminished peripheral vision.

Left untreated, the retina may be yanked free from the underlying supportive tissue, a severe condition called retinal detachment.

People with severe nearsightedness (myopia) are many times more vulnerable to retinal tears and detachment than those without it.

Retinal tears that are considered low risk require monitoring to ensure they heal correctly and aren't progressing into detachment. Higher risk tears may necessitate treatments such as laser photocoagulation or, less often, cryotherapy or surgery.

## MACULAR DEGENERATION

With macular degeneration, the macula, which sits at the center of the retina, begins to decline, creating a loss of central vision. While it can occur any age, it is far more common in people over age 60. Age-related macular degeneration, or AMD, is a leading cause of vision loss in adults over 40.

*The two types of AMD are:*

- **Dry AMD.** With age, the macula begins to thin. Early and intermediate dry AMD often produce mild or no symptoms. Caught in time, AMD may be successfully treated and vision protected. There is no available treatment for late-stage dry AMD, so catching this disease early is key.

- **Wet AMD.** This late stage of AMD produces abnormal blood vessels that leak fluids beneath the macula, sometimes leading to sudden central vision blurriness and distortion. Emergency cases can produce sudden vision loss.

## MACULAR HOLES

As we age, the vitreous pulling against the retina can create a hole in the macula, damaging central vision. Compounding the problem, fluid may seep through a macular hole, leading to blurred, warped or darkened central vision. Left untreated, a macular hole can lead to permanent vision loss.

Your risk of developing a macular hole increases if you have high blood pressure, suffered a retinal tear or detachment, experienced trauma to the eye, or have significant nearsightedness.

## RISK FACTORS FOR RETINAL DISEASES

While retinal diseases may affect anyone, the chances of developing one may be affected by the following:

- Aging
- Family history/genetics
- Diabetes
- High blood pressure
- Smoking
- Obesity
- Eye injury or trauma
- Severe myopia (nearsightedness)

## WHEN TO SEE YOUR DOCTOR

Sudden changes in vision, including blurriness, dimness, new floaters, flashes of light, and dark spots or holes in the field of vision require immediate medical attention from your eye doctor or ER personnel. Any damage to the retina may require urgent treatment to help prevent permanent vision loss.

If you have any of the risk factors described here, see your eye doctor for a comprehensive eye exam so problems can be diagnosed before they produce damaging symptoms. When caught early, retinal diseases can be treated to help arrest progress, limit or reverse damage, and protect healthy vision.

## WHY CHOOSE LAKE EYE?

From general eye care to the most technologically-advanced eye surgeries, Lake Eye (a US Eye company) is a local leader in eye and vision care. Our team of experienced, Board-certified eye doctors is committed to preventing, treating and managing a wide range of eye conditions and diseases, and to promoting a lifetime of clear, healthy vision.

If you're 40 or older, have diabetes, high blood pressure, a family history of eye disease, or other risk factors, don't wait. Make an appointment for a comprehensive eye health exam today.



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

Health and Wellness magazine was able to sit down for a heart-to-heart about Roth IRA's with Mr. Dale 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"?**

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

**H&W: Thank you, Mr. 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.*

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

By Dr. Tina Chandra

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

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

## Emsculpt NEO

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

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

## Emsella

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

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

## How does "Core to Floor" work?

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

## Emsculpt Neo for the Abdomen

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

## Emsella for the Pelvic Floor

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

## Why Choose Core to Floor Therapy?

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

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

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

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

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



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# AT THE ONSET OF A STROKE:

## Prompt Treatment Can Save Lives and Lessen Long-Term Side Effects

T.E. Vallabhan, MD, FACC

**W**hen oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures. Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain. TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

### Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

<b>B</b>	<b>Balance:</b> Does the person have a sudden loss of balance or coordination?	
<b>E</b>	<b>Eyes:</b> Is your loved one experiencing double vision or are they unable to see out of one eye?	
<b>F</b>	<b>Face:</b> Is one side of the face drooping? Ask the person to smile.	
<b>A</b>	<b>Arms:</b> Does one arm drift downward? Have the person raise both arms in the air.	
<b>S</b>	<b>Speech:</b> Is he or she slurring their speech or having difficulty getting the words out right? Have the person repeat a simple phrase.	
<b>T</b>	<b>Time:</b> Time to act! Call 9-1-1 and get the person to a certified stroke center immediately, such as Adventist Medical Center.	

**STROKE?**  
**DON'T WAIT!**  
**B.E. F.A.S.T.**



### What You Can Do

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

# Dr. V

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

**It's your heart.  
It should be personal.**

*And that's how I treat it.*

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

To find out more information on the Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, [Drvcardio.com](http://Drvcardio.com)

## Dr. Vallabhan

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# 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).



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# 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.

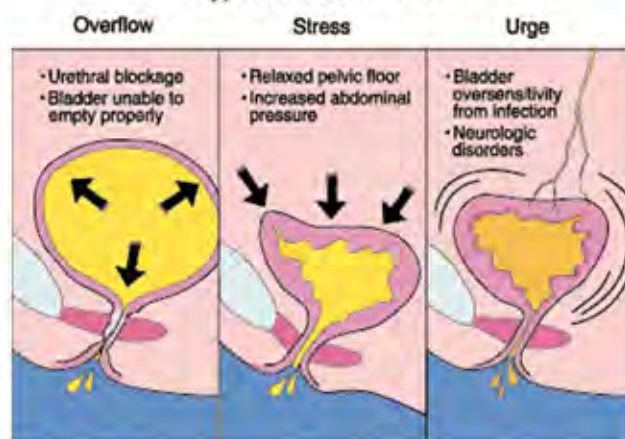
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine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



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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.



# 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:**

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# INVESTING IN REAL ESTATE

By Sharon A. Bassett

**W**hen investing in real estate, the goal is to put your money to work today so you have more money in the future. The profit, or return, you make on your investments must be enough to cover the risk you take and the taxes you pay. There are other costs of owning real estate, such as utilities, maintenance, and insurance. Real estate investing can be quite simple once you understand the basic factors of investment, economics, and risk. You buy properties, avoid going bankrupt, and earn money through rent, all so that you can buy even more properties.

Keep in mind that "simple" doesn't mean "easy." If you make a mistake, the consequences can range from minor inconveniences to major disasters. To manage risk and protect yourself, consider holding real estate investments through special types of legal entities rather than in your name. These include limited liability companies or limited partnerships. You should consult with a lawyer to decide which method is best for you. If the investment goes bust, or someone slips and falls, resulting in a lawsuit, these legal entities can protect your assets. That means the worst that could happen is that you would lose the money you've invested. You will have peace of mind knowing that your retirement accounts and other assets should be out of reach.

## Real Estate Investment Groups (REIGs)

Real estate investment groups (REIGs) are ideal for people who want to own rental real estate without the hassles of running it. Investing in REIGs requires a capital cushion and access to financing. REIGs are like small mutual funds that invest in rental properties. In a typical real estate investment group, a company buys or builds a set of apartment blocks or condos, then allows investors to purchase them through the company, thereby joining the group.

A single investor can own one or multiple units of self-contained living space, but the company operating the investment group collectively manages all the units, handling maintenance, advertising vacancies, and interviewing tenants. In exchange for conducting these management tasks, the company takes a percentage of the monthly rent.

A standard real estate investment group lease is in the investor's name, and all the units pool a portion of the rent to guard against occasional vacancies. To this end, you'll receive some income even if your unit is empty. If the vacancy rate for the pooled units doesn't spike too high, there should be enough to cover costs.



## Pros of REIGs

- More hands-off than owning rentals
- Provides income and appreciation

## Cons of REIGs

- Vacancy risks
- Fees like those associated with mutual funds
- Susceptible to unscrupulous managers

## Real Estate Investment Trusts (REITs)

A real estate investment trust (REIT) is best for investors who want portfolio exposure to real estate without a traditional real estate transaction.

A REIT is created when a corporation (or trust) uses investors' money to purchase and operate income properties. REITs are bought and sold on the major exchanges, like any other stock.

A corporation must pay out 90% of its taxable profits in the form of dividends to maintain its REIT status. By doing this, REITs avoid paying corporate income tax, whereas a regular company would be taxed on its profits and then must decide whether to distribute its after-tax profits as dividends.

Like regular dividend-paying stocks, REITs are a solid investment for stock market investors who desire regular income. In comparison to the types of real estate investment, REITs afford investors entry into nonresidential investments, such as malls or office buildings, that are generally not feasible for individual investors to purchase directly.

More importantly, REITs are highly liquid because they are exchange-traded trusts. In other words, you won't need a real estate agent and a title transfer to help you cash out your investment. In practice, REITs are a more formalized version of a real estate investment group. Finally, when looking at REITs, investors should distinguish between equity REITs that own buildings and mortgage REITs that provide financing for real estate and dabble in mortgage-backed securities (MBS). Both offer exposure to real estate, but the nature of the exposure is different. An equity REIT is more traditional in that it represents ownership in real estate, whereas the mortgage REITs focus on the income from real estate mortgage financing.

## Pros of REITs

- Essentially dividend-paying stocks
- Core holdings tend to be long-term, cash-producing leases

## Cons of REITs

- Leverage associated with traditional rental real estate does not apply

Buying and owning real estate is an investment strategy that can be both satisfying and lucrative. Unlike stock and bond investors, prospective real estate owners can use leverage to buy a property by paying a portion of the total cost upfront, then paying off the balance, plus interest, over time.

Contact Sharon Bassett at Premier Realty, INC for more information today!

*Sharon A. Bassett is the Broker and Owner of Bassett Premier Realty, Inc. With an extensive background of schooling, from Pilot Aviation, 15 years of Construction and Design, Business Management, Entrepreneurship, Over 25 years of Real Estate, Owner/Broker.*

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# COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Richard W. Rozensky, DDS, D.ABDSM

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

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

## DENTAL VENEERS

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

## TEETH WHITENING

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

## DENTAL CROWNS

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



## DENTAL BONDING

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

## DENTAL IMPLANTS

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

## INLAYS AND ONLAYS

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

## DENTURES

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

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

## WHY CHOOSE LAUREL MANOR DENTAL?

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

*In our practice, we utilize the following technology:*

- **iTero Scanner** — The iTero Scanner is a small handheld device that allows us to capture a full 3D image of your teeth and gums. The sharp images mean we can get a better picture of any issues and track any changes in your oral health with a detailed view.
- **Digital Impressions** — No more gooey impressions! Digital impressions also provide more detailed information and a speedier turnaround time in the creation of restorations.
- **Digital X-rays** — Digital radiographs reduce the patient's exposure to radiation while giving the dental team sharper, clearer images that are produced almost instantaneously.
- **Cone Beam 3D Imaging** — Using cone beam technology, we can map underlying bone structure, nerve pathways, and soft tissue for more detailed treatment planning.
- **Intraoral Camera** — The intraoral camera puts you in the driver's seat. You can see exactly what the doctor sees, allowing the doctor to explain your treatment plan tooth by tooth.

## Meet Dr. Rozensky

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

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## SUMTER SENIOR LIVING

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Everyone knows April showers bring May flowers, but do you know what else the fifth calendar month brings? National Fitness Day on the first Saturday of the month and National Senior Health & Fitness Day on the last Wednesday. That's because May is for yoga. May is for evening strolls. May is for Zumba, speed walking, jogging, and stretching. May is for movement.

That's why, at Sumter Senior Living, we celebrate May with an extra spring in our step. Our welcoming community provides the care, programming, and health and wellness resources necessary to thrive. At Sumter, it isn't like home—it is home. So, grab your sneakers and, while you're at it, bring a friend to participate in fulfilling experiences throughout the day—from planned activities to social events—and then rest easy knowing you'll have 24/7 help at your fingertips.

#### AGE ACTIVELY

According to a study on cardiovascular health in older adults, published by the National Library of Medicine, seniors over age 74 experience the largest relative gains in survival and healthy life from physical activity. Regular physical activity has also been associated with lower rates of functional decline, and epidemiologic studies have demonstrated a lower risk of mortality among older adults who are physically active than in those who are sedentary.

The U.S. Department of Health and Human Services' 2008 Physical Activity Guidelines for Americans recommend that adults aged 65 and older engage in at least 150 minutes of moderate-intensity—or 75 minutes of vigorous, aerobic—physical activity per week. The Centers for Disease Control and Prevention (CDC) proposes that older adults apply this routine five days a week for 30 minutes—even if only for a regular, brisk walk. Both the U.S. Department of Health and CDC agree that adults should also perform muscle-strengthening activities, involving all major muscle groups, at least twice a week and take part in activities to improve balance, such as standing on one foot, a minimum of three times a week.

Seniors benefit from physical activity in numerous ways, with advantages including an increased ability to live independently, healthier joints and muscles, and the potential to build community and companionship when practiced in groups. Regular exercise helps reduce fall risk, blood pressure, arthritis, joint swelling and pain, as well as the risk of colon cancer and diabetes. For those who worry about their mental health, physical activity can even ease symptoms of anxiety.

But fitness exists on a spectrum, and older adults are a medically and functionally diverse population. While the guidelines urge seniors to be physically active, individuals should be aware of their limitations and only perform the extent of activity permitted by their medical conditions and impairments—even if they are not able to attain the recommended intensity, duration, and frequency of exercise.

#### A SENSE OF SUMTER

Living well can encompass many aspects. It's seizing opportunities to connect with others, explore interests, grow spiritually, and nurture a healthy lifestyle. It's being part of a community where you feel valued and welcome. Which is why at Sumter Senior Living, we provide all the ingredients our residents need to live up to their full potential and live life to the fullest.

From fitness lessons to therapeutic programs, and a full calendar of life enrichment programs created by listening to and learning from you, everything we do is meant to encourage our residents and teams to lead healthier, more active lifestyles. We help build a culture that celebrates the moments in our journey together—guided by a sense of purpose to provide great sources of joy, excitement, and relaxation each and every day.

We believe creating a community comes from promoting healthy activity and cultivating an environment where you feel like you belong. We're always sure to make time for laughter, connection, and friendship, and we include these ideals in everything we do. Take care of your health in our Fitness Center and indoor, heated therapy pool. Spend time with friends at our Library, Theater, and Arts and Crafts Studio. With Florida sunshine, caring associates, and friendly neighbors, you'll feel the warmth right away.

#### A PLACE WHERE YOU BELONG

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

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



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



# PROLOTHERAPY AND CHRONIC BACK PAIN

By Regenexx at New Regeneration Orthopedics

## What is Prolotherapy?

Prolotherapy is a cutting edge form of medical technology also termed "Regenerative Medicine." These types of procedures are designed to improve acute or chronic injuries ranging from: ankle sprains, knee osteoarthritis, hip pain, low back pain, radicular disc pain in the neck or back, and shoulder injuries, to name a few.

Prolotherapy is a general name that can suggest several different types of injections that are intended to promote healing within the body. Even though Prolotherapy is a specific type of injection often referred to in isolation (more on that as you read on), serves as the most commonly-used blanket term for all regenerative injections, and is based on the presumed "proliferative" effects these injected materials have on acute and chronically injured tissue.

Some other terms that have popped up in the lexicon associated with *Prolotherapy or Regenerative Medicine* include:

- Platelet-rich plasma (PRP) therapy
- Regenerative injection therapy
- Sclerotherapy
- Nonsurgical ligament reconstruction

## What Does Prolotherapy Do?

*Prolotherapy is defined as an:*

*Injection-based procedure designed to help resolve any injury, tearing, chronic or acute pain in the tissues of the musculoskeletal system. Prolotherapy is a non-operative and non-steroidal alternative to help with orthopedic pains in the tissues and/or joints that may not be responding to conservative care, other natural remedies, and/or medications.*

How prolotherapy works is by stimulating an intentional and mild inflammatory response in a targeted area that needs repair. So, although the term inflammation usually has a negative connotation associated with it, causing us to think of injury or pain, inflammation is actually the body's inherent mechanism designed to stimulate repair. Even in the case of an acute sprained ankle, the body's inflammatory response is an attempt to repair the injured tissue.



Now, in the case of acute injury, like the ankle sprain example, the inflammatory response is a generalized inflammatory response. Conversely, a prolotherapy treatment is targeted injection since the physicians at Regenexx at New Regeneration Orthopedics use a combination of ultrasound and fluoroscopic guidance to place the prolotherapy substance precisely into the damaged area. In a targeted injection, the needle is guided with precision to the area of injury with the help of imaging so the procedure is as specific as possible.

Prolotherapy in these cases can refer to a spectrum of substances, including ones that originate from outside of the patient, e.g. dextrose or saline. Prolotherapy injections with dextrose and saline stimulate the mild inflammatory response as described above, but a more modern gold-standard of the "proliferative" prolotherapy injections includes substances derived from the patient being treated.

Platelet-Rich Plasma (PRP) is a great example of this and is a super-concentrated dose of platelets isolated from the patient's blood. The PRP has a little extra as compared to the dextrose/saline versions of prolotherapy because it includes biochemical substances like cytokines and growth factors that give a boost to the proliferation of new, healthy tissues.

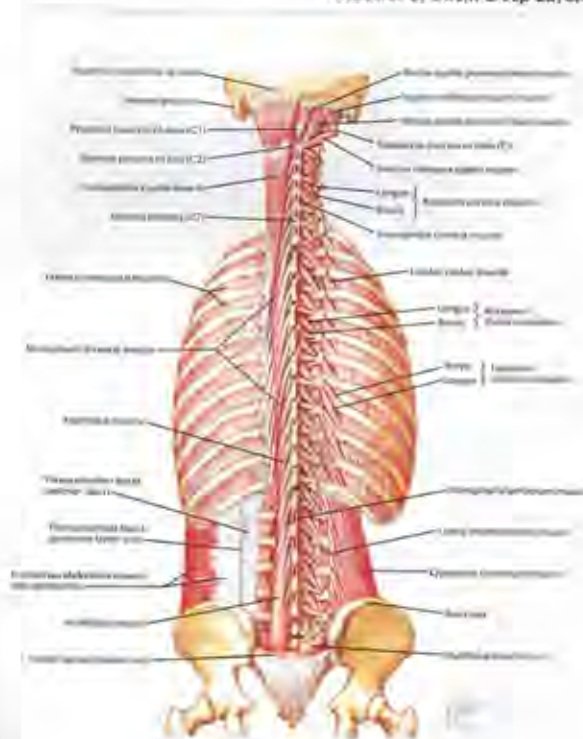
Further, another version of prolotherapy is called Bone Marrow Concentrate (BMAC), and is derived from the patient's bone marrow. This patient-derived substance is the most-potent version of prolotherapy because it contains cytokines and growth factors, but also pluripotent cells that can be signaled by the body to even more effectively repair the area being treated.

## How Can Prolotherapy Help Chronic Low Back Pain?

The list of people who are candidates for medicine injections is long and includes (but isn't limited to) those suffering with:

- Acute or Chronic Neck and Back pain
- Shoulder pain
- Rotator Cuff Injuries
- Shoulder Impingement
- Achilles tendonitis
- Plantar fasciitis
- Ankle Sprains
- Knee pain
- Meniscus Pain
- Bursitis
- Chronic Ligament Sprains with instability
- Elbow Pain and tendinosis
- Degenerative Cartilage
- Those who take NSAIDs regularly to manage pain
- Those who have been doing physical therapy without significant reduction in pain or symptoms.
- Those wanting to decrease any musculoskeletal pain while also avoiding surgery.

Muscles of Back: Deep Layers



Frank Netter, MD; Atlas of Human Anatomy



From this expansive list, we wanted to zoom in on the benefits prolotherapy can provide chronic low back pain, specifically. The back is a very complex network of bones, tendons, ligaments, nerves and muscles. The anatomy of our back is very complex because it is our base of support structurally, as well as from where all force is transmitted outward from our core to our limbs.

Based on the veritable cornerstone our spine is for every movement we perform, it also is vulnerable to repetitive stress. The repetitive stress on our backs makes back pain one of the leading health care costs annual in the US.

At Regenexx at New Regeneration Orthopedics, back pain is a very common area of concern we treat with prolotherapy. Here you can visit our Regenexx Physician Network Registry of data demonstrating patient-reported outcomes from receiving some version of prolotherapy in the spine.

Prolotherapy can be used to treat many components of the spinal complex. The areas commonly treated include:

- The ligaments in the spine to support the overall spinal stability.
- The discs between the vertebrae of the spine.
- The nerves exiting between each of the spinal segments.

These areas, if treated, bring our patients tremendous relief because the targeted injections can decrease chronic inflammation, decrease instability, and improve strength.

#### The Takeaway

Prolotherapy is an industry-standard term referring to any *injection-based procedure designed to help resolve injury, tearing, chronic or acute pain in the tissues of the musculoskeletal system. Prolotherapy is a non-operative and non-steroid alternative to help with orthopedic pains in the tissues and/or joints that may not be responding to conservative care, other natural remedies, and/or medications.*

If back pain affects you or someone you love, please come in and let us perform a detailed evaluation on your spine and make our best clinical recommendation to get the results you seek.



**James Leiber, D.O.** – is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

In 2012, Dr. Leiber was the first to offer Regenexx in Florida and began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).



**Ronald Torrance II, D.O., FAOASM** – Fellowed in Sports Medicine and co-author of Exercise 2.0 for Regenexx and author of the 2018 best paper of the year on The Concussed Athlete. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete. Dr. Torrance spends time with his wife and two children as well as lecturing and instructing throughout the country.



**Ignatios Papas, D.O.** – Specializes in Physical Medicine and Rehabilitation. He is a research collaborator with Columbia and Cornell University on multiple projects. Dr. Papas enjoys spending time with his wife and son, playing soccer, practicing guitar, and listening to historical podcasts.



**Lisa Valastro, D.O.** – Specializes in Physical Medicine and Rehabilitation with a focus on regenerative medicine via orthobiologics. She received her medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania, and her Physical Medicine and Rehabilitation training at Albany Medical Center in Albany, New York. In her spare time, she enjoys hiking, kayaking, weight lifting and volleyball.

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# INFUSION TREATMENTS FOR CROHN'S AND COLITIS DISEASE ARE MORE TARGETED AND MORE EFFECTIVE

**C**rohn's disease is a chronic inflammatory bowel disease that affects the digestive tract. Crohn's is a common disorder affecting more than half a million people. It can cause a wide range of symptoms such as abdominal pain, diarrhea, fatigue, weight loss, and malnutrition. Ulcerative Colitis affects an estimated million people, making it the most common form of inflammatory bowel disease. Ulcerative colitis is a type of inflammatory bowel disease that affects the lining of the colon and rectum. It can cause a variety of symptoms, such as abdominal pain, diarrhea, rectal bleeding, and fatigue. The goals of treatment are to decrease inflammation in the intestines, colon and rectum to prevent flare-ups of symptoms, and to keep the patient in remission. One proven treatment option for Crohn's and Ulcerative Colitis disease is infusion therapy.

Infusion therapies used to treat Crohn's and Ulcerative Colitis disease are called biologic agents. Biologics agents are derived from natural sources, such as human or animal genes or microorganisms, and are designed to act on the immune system, specifically target the parts that contribute to inflammation. Some common infusion treatments with Remicade, Entyvio and Skyrizi.

**Remicade (infliximab)** a type of infliximab agent, is administered as an intravenous infusion. The frequency of infusions depends on the severity of the disease and the individual's response to treatment. The initial few doses are usually followed by maintenance infusions every 8 weeks.

Remicade works by blocking the activity of a type of immune system protein called tumor necrosis factor (TNF). This protein helps your body fight infections. But with some diseases, such as arthritis and Crohn's disease, the body makes too much TNF, or TNF is too active.

**Entyvio (vedolizumab)** is administered as an intravenous infusion in a hospital or clinic setting. The frequency of infusions depends on the individual's response to treatment, but it is typically administered every 8 weeks.

Entyvio addresses the problem of too many white blood cells in the GI tract and blocks the inflammatory cells from getting to the site of inflammation.

**Skyrizi (risankizumab-rzaa)** is a biologic agent used to treat several inflammatory conditions, including psoriasis, psoriatic arthritis, and Crohn's disease. The



frequency of Skyrizi infusions depends on the individual's condition and response to treatment. The initial doses are 3 IV infusions followed by injections every 8 weeks.

Skyrizi works by blocking a protein called interleukin-23 (IL-23), which is involved in the immune system's inflammatory response. By blocking IL-23, Skyrizi helps reduce inflammation in the body and improve symptoms associated with inflammatory conditions. Skyrizi has efficacy in treating moderate to severe Crohn's disease in clinical trials.

Infusion therapy can be an effective treatment option for Crohn's and Colitis disease, but it is important to discuss the potential risks and benefits with a healthcare provider. Infusion therapy may have side effects, such as allergic reactions, infections, or infusion reactions, and it may not be appropriate for everyone.

For many people with Crohn's or ulcerative colitis, infusion therapy can be an effective treatment option that can help manage symptoms and improve quality of life.

## General Tips for Managing Crohn's and Colitis Disease for Infusion Patients:

- 1. Stick to your infusion schedule:** Infusions are typically given regularly, so ensure you keep up with your appointments to benefit from the medication.
- 2. Manage symptoms:** Crohn's and Colitis disease can cause various symptoms, such as abdominal pain, diarrhea, and weight loss. Speak with your healthcare professional about ways to manage your symptoms, such as dietary changes, medication, or surgery.
- 3. Follow a healthy lifestyle:** Maintaining a healthy lifestyle can help to support your overall health and improve your symptoms. This includes eating a well-balanced diet, regular exercise, and enough rest.
- 4. Attend regular check-ups:** Regular check-ups with your healthcare professional can help to monitor your progress and adjust your treatment plan as needed. Make sure to attend all scheduled appointments and report any changes in your symptoms.

**5. Be aware of potential side effects:** Infusions may cause side effects, such as allergic reactions, nausea, and headache. Speak with your healthcare professional if you experience any side effects or concerns.

**6. Seek support:** Crohn's and Colitis disease can be a challenging condition to manage physically and emotionally. Seek support from family, friends, or a support group to help you cope with the challenges of the condition.

**7. Stay informed:** Stay informed about your condition and treatment options by reading reputable sources of information, attending educational events, and asking your healthcare professional any questions.

## Sage Infusion Can Help

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# BENEFITS OF IV THERAPY

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

## What is IV therapy?

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

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

## Why IV therapy?

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

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

## Is IV therapy safe?

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

## What are possible side effects?

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

## How often can I get an IV?

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

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

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



## Who is a candidate?

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

## Who should not get IV therapy?

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

## How do I get started?

Contact Total Nutrition and Therapeutics at 352-259-5190 or go online to [www.TNT4ME.com](http://www.TNT4ME.com) to schedule your appointment today. Initial consultations are always complimentary.

## Total Nutrition & Therapeutics

At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!



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# 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

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# The Importance of Being Realistic About Care Needs

By Janice Martin, Senior Advisor / Family Liaison



It is human nature to want to downplay our care needs. When someone asks how we are, the automatic response is that we're doing fine – even if we're struggling. When a spouse takes their loved one to the doctor, they are often frustrated to hear them tell the doctor that there are no concerns. Rather, they have witnessed significant issues that are not being discussed and they're afraid of saying anything.

Visitors to a senior living community will often insist that they want independent living. Instead, they may have arrived barely able to walk, require oxygen, have macular degeneration, and perhaps some cognitive impairment. Although their desire is to be independent, the reality is that some support is needed. If they did move to independent living, there is the possibility that they would have to move to assisted living in the near future. The goal is to be successful and happy with your decision rather than fail and be disappointed.

Being realistic is also true for those wishing to activate their long term care insurance. It is important to clearly communicate with your doctor about what your needs are so that they can be included in your medical records. Without this, the long term care insurance provider will not approve the need to receive your benefits, resulting in a lengthy delay until several months of documentation validates your request.

When moving to an assisted living community, a nurse will do an assessment to determine what care will be provided and how much it will cost as the care

fees are separate from the room rate. Too often, people will not disclose or downplay their needs in the hopes that their fees will be lower. A follow-up assessment must be done 30 days after moving in to review if their initial expectation of care is accurate. If not, the care fees will change. Families will often become angry if it is increased. However, the frequency of falls, assistance transferring in and out of a chair, or assistance with dressing or toileting may not have been accurately disclosed.

I recently helped a family move their mother to assisted living. Their budget was limited and cost was a critical part of their choice. They visited two communities. The first community assessed that mom would be their highest level of care based on a thorough assessment. They explained that if her needs were less than they anticipated after 30 days, the level of care and fees would be reduced. It is often assumed that a community will not lower the fees because they want more money, but this is not true!

The second community asked the mother a few questions and did not ask her to demonstrate any of her abilities, such as how she was able to walk and get up out of a chair on her own. Based on this assessment, they determined that mom would be their lowest level of care. It was almost certain that her level of care cost would increase quickly once the community understood what was actually needed.

The better choice for this family was to agree to move to the community that fully understood the care needs regardless of the fees so they could properly budget. There would be no negative surprises and the family would not be disappointed that the proper amount of care they expected wasn't done. Although budget is important, having an accurate assessment is the only way to ensure what the true cost will be.

If your loved one has some cognitive impairment, it is important to be with them when the assessment is done when moving to assisted living or to be approved for long term care insurance. As their advocate, you must put aside the fear that your loved one will be angry with you for disagreeing with them to ensure there is a full understanding of what is honestly needed.

My mother was living in assisted living and had an assessment to continue her long term care benefits. An interview was conducted without our participation or knowledge. She was asked if she needed assistance with walking or dressing. She happily reported that she was doing great and needed no assistance whatsoever! In reality, she needed extensive assistance, but the nurse never asked for a demonstration nor ask to see any documentation from the community. She was then denied her benefits because their assessment showed there were no qualifying needs. After an appeal, we had to wait for a second assessment during which time she received no compensation.

Hopefully, it is clear that the only way to ensure receiving the appropriate care that is needed and deserved depends on recognizing those needs, admitting them to yourself and others, and communicating them!

Janice Martin, president of Senior Liaison of Central Florida Inc., is available to answer questions and personally assist in locating an assisted living based on care needs, budget, and location. She is also the author of "The Complete Guide to Assisted Living" available on Amazon.com. For a free consultation, call 352-477-1866 or email [SeniorLiaisonCFL@gmail.com](mailto:SeniorLiaisonCFL@gmail.com). Please also visit our website at [SeniorLiaisonCFL.com](http://SeniorLiaisonCFL.com) or on Facebook at Senior Liaison.

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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

## What is Osteoarthritis (OA) of the Knee?

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

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

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

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

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

### Knee Replacement Surgery is Permanent

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

### Physicians Rehabilitation's Knee Therapy

#### Program Includes:

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

### Viscosupplementation

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



855-276-5989 | [www.PhysiciansRehab.com](http://www.PhysiciansRehab.com)

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

### PRP (Platelet-Rich Plasma)

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# NOT ALL HEADACHES ARE MIGRAINES

By Compton Chiropractic Care

In fact, there are many forms of headaches including classic migraine, non-classic migraine, tensions headaches, cervicogenic headaches and cluster headaches. The key to any headache treatment is a thorough examination to properly identify the headache responsible for a patient's symptoms. Many headaches are misclassified. Each headache can have a unique treatment, so it is imperative to have a proper diagnosis.

**Classic Migraine:** A migraine is a headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so severe that it interferes with your daily activities. For some people, a warning symptom known as an aura occurs before or with the headache. An aura can include visual disturbances, such as flashes of light or blind spots, or other disturbances, such as tingling on one side of the face or in an arm or leg and difficulty speaking.

**Non-Classic Migraine:** Some people develop migraines that don't cause pain. These are often called "silent migraines." Even though they don't cause physical pain, silent migraines may trigger other symptoms that can be debilitating. Silent migraines occur when you have aura symptoms without a headache. They typically last from a few minutes up to an hour. Some people have chronic migraines that last for days, weeks, or months, but this isn't typical for silent migraines.

**Tension Headaches:** A tension-type headache (TTH) is generally a mild to moderate pain that's often described as feeling like a tight band around the head. A tension-type headache is the most common type of headache, yet its causes aren't well understood. Managing a tension-type headache is often a balance between practicing healthy habits, finding effective nondrug treatments, and using medications appropriately. Tension headaches are usually brought on by stress or depression.

**Cervicogenic Headaches:** Cervicogenic headache is referred pain (pain perceived as occurring in a part of the body other than its true source) perceived in the head from a source in the neck. It is a secondary headache, which means that it is caused by another illness or physical issue. In the case of cervicogenic headache, the cause is a disorder of the cervical spine and its component bone, disc and/or soft tissue elements. Numerous pain-sensitive structures exist in the cervical (upper neck) and occipital (back of

head) regions. The junction of the skull and cervical vertebrae have regions that are pain generating, including the lining of the cervical spine, the joints, ligaments, cervical nerve roots and vertebral arteries passing through the cervical vertebral bodies.

People with cervicogenic headaches often have a reduced range of motion of their neck and worsening of their headache with certain movements of their neck or pressure applied to certain spots on their neck. The headaches are often side-locked (on one side only), and the pain may radiate from the neck/back of the head up to the front of the head or behind the eye. The headache may or may not be associated with neck pain.

**Cluster Headaches:** Cluster headaches, which occur in cyclical patterns or cluster periods, are one of the most painful types of headaches.

A cluster headache commonly awakens you in the middle of the night with intense pain in or around one eye on one side of your head. Bouts of frequent attacks, known as cluster periods, can last from weeks to months, usually followed by remission periods when the headaches stop. During remission, no headaches occur for months and sometimes even years. Fortunately, cluster headache is rare and not life-threatening.

Chiropractors are licensed Doctors who work extensively in the Neuro-musculoskeletal system. That means the focus on conditions related to nerve disorders, muscle or ligament disorders and skeletal disorders. Therefore, evaluation and treatment of acute or chronic headaches is a very common reason for patients to seek chiropractic care.

Research shows that spinal manipulation – one of the primary treatments provided by Doctor of Chiropractic – may be an effective treatment option for

tension headaches and headaches that originate in the neck. A 2014 report in the Journal of Manipulative and Physiological Therapeutics (JMPT) found that interventions commonly used in chiropractic care improved outcomes for the treatment of acute and chronic neck pain and increased benefit was shown in several instances where a multimodal approach to neck pain had been used. Also, a 2011 JMPT study found that chiropractic care, including spinal manipulation, can improve migraine and cervicogenic headaches.

If you have pain, or other immobility issues, call Compton Chiropractic Care Today and discover how so many others, just like you are finding long term relief without drugs and without surgery!

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TOP 3 BENEFITS

- ### 1 SATISFACTION

Nearly **36 MILLION** Americans visit doctors of chiropractic (DCs) annually. **80%** of patients report that spinal manipulation, often referred to as a spinal adjustment, significantly reduces pain and disability compared to other drug-free approaches.


- ### 2 EFFECTIVENESS

**3 IN 4 PATIENTS** DESCRIBE CHIROPRACTIC CARE AS "VERY EFFECTIVE"

80% of spinal manipulations in the U.S. are performed by DCs who receive a minimum of 7 years of higher education. DCs are trained to diagnose, evaluate and provide drug-free care to individuals suffering from back and neck pain, headaches and other related conditions.


- ### 3 LOWER RX USE

Adults receiving chiropractic care are **55%** less likely to fill an opioid prescription.



To learn more about the benefits of chiropractic care, visit: [www.NAC.org](http://www.NAC.org)

Chiropractic Progress

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# 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.**



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# Why You Should Get Your Omega-3 Index Measured

By Anne-Marie Chalmers, MD

If you're like most Americans of a certain age, you regularly visit the doctor to get your cholesterol levels checked.

## But what about your omega-3 index?

Since 2004, the omega-3 index has been proposed as a tool for measuring a person's risk of cardiovascular disease. Today, some studies indicate the omega-3 index may be a better predictor of heart health than cholesterol levels.

Let's take a closer look at this important measurement and why it matters to our health.

## What Is the Omega-3 Index?

The omega-3 index measures the amount of EPA and DHA omega-3 fatty acids in the red blood cells.

The higher the number, the better. You want enough EPA and DHA, since these two fatty acids are essential for regulating the flow of nutrients into the cell and reducing inflammation (among other benefits).

Importantly, having a low omega-3 index is considered a risk factor for developing coronary heart disease. Your risk depends on where your number falls on the scale:

- Less than 4% is considered high risk ("undesirable")
- 4 – 8% is considered intermediate risk ("intermediate")
- Above 8% is considered low risk ("desirable")

## What Determines Your Omega-3 Index?

Your omega-3 index mostly depends on how much fish you consume. That's because EPA and DHA are predominantly found in fatty fish.

(You can also get EPA and DHA from fish oil supplements.)

Americans don't eat much fish by global standards, so it's no surprise that the majority have low omega-3 index levels as well. Indeed, an estimated 95% of Americans have an omega-3 index of 4% or below, putting them in the high risk category.

## Why Your Omega-3 Index Matters

Most of us try to eat a healthy diet. But often, it's hard to tell if our efforts are adequate.



That's where measuring your omega-3 index can be helpful. It tells you how much EPA and DHA actually gets integrated into your cells.

This knowledge matters since a person's omega-3 intake can be tricky to estimate. Even if you eat two or more servings of fish weekly (like the American Heart Association recommends), your fish might contain more or less omega-3s depending on the species, whether it's farm raised or wild caught, and how it's cooked.

Taking fish oil supplements isn't always straightforward either. That's because the amount of EPA and DHA you get can be impacted by the quality of the supplement – as well as individual factors like genetics, age, gender, and lifestyle.

## How to Measure Your Omega-3 Index

Some doctors regularly measure their patient's omega-3 index, just like they do with cholesterol levels.

If your doctor does not offer this service, however, several companies provide a quick finger prick test you can take at home.

## Tips to Improve Your Omega-3 Index

Since the omega-3 index came on the scene, it's proved to be a powerful health indicator. One study showed that people with low omega-3 index levels were 10 times more likely to die from sudden cardiac death compared to people with higher omega-3 index levels!

*The good news is that even if your omega-3 index is low, you can improve it by:*

### 1. Eating More Fatty Fish

Salmon and small oily fish, like sardines and mackerel, are great sources of omega-3s.

### 2. Taking an Effective Fish Oil Dose

Studies show that it typically takes between 1800 – 2000 mg EPA/DHA daily to move a person's omega-3 index by 4-5 percentage points.

Unfortunately, most regular fish oil supplements contain just 300 mg EPA/DHA per capsule. At that dose, you'd need to consume 6 - 7 capsules daily!

Taking fresh liquid fish oil can be easier for many people. At Omega3 Innovations, we typically find that when people consume one tablespoon (or a single vial) of Omega Cure® Extra Strength daily, their omega-3 index measures around 11 – 15%. That said, there can be variations between people.

## 3. Waiting At Least 4 Months

Before reassessing your omega-3 index, remember that it takes time for the omega-3s to be fully absorbed into the red blood cells.

## 4. Reducing Your Consumption of Omega-6s

As you work on increasing your omega-3 levels, it's smart to simultaneously decrease your intake of processed omega-6s. This means eating fewer foods rich in omega-6-rich vegetable oils (like pizzas, doughnuts and fries).

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

<https://omega3innovations.com/blog/why-everybody-should-get-their-omega-3-index-measured/>

## About Anne-Marie Chalmers, MD

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



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# SENIORS AGING IN PLACE

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



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

## IT FIGHTS ISOLATION

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

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

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

## HOME HEALTH CARE CAN HELP

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

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

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

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

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

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

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

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

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

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

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

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

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

## OUR PROMISE

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

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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# 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:

*2In vain you rise early and stay up late, toiling 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. *"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: *"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.



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