

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

June 2023

Marion Edition - Monthly

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Empowering Men's Health

Unveiling the Potential of Emsculpt Neo and Core to Floor

Do You Know Your Testosterone Level?

Achieving a Full Active Lifestyle

Key Steps to Recovery After Knee Replacement Surgery

Suffering From Memory Loss?

Could it be Alzheimer's Disease?

Metabolic Analysis for Weight Loss

The Power of a Clear Mind

Get Your Legs in Shape for Summer

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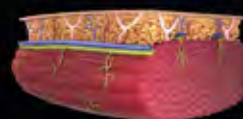
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EXCELLENCE IN PATIENT-CENTERED CARE

Do You Know Your Testosterone Level?

Tired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer “yes” to at least one of these questions after age 40. Common symptoms of low testosterone, they can also result from a myriad of lifestyle, social, emotional and behavioral issues.

It is a physician’s goal to “treat the whole patient,” so we try to identify those issues that are most relevant to the symptoms. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was “normal” as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as “metabolic syndrome” is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It’s estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that’s required to restore sexual function.

The good news is managing low testosterone is easier and simpler than ever before. Just a decade ago, almost all testosterone replacement was by a painful, deep-muscle injection with oil-based testosterone administered every two weeks. Levels were difficult to manage and had dramatic swings with levels too high for the week immediately following the injection and too low for the week prior to the injection.



Today, testosterone is applied via a cream or gel that is applied to the skin daily. These preparations provide even absorption and steady testosterone levels. Small implants that release a steady, consistent level of testosterone in the bloodstream for eight to 10 months are also available.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Additionally, testosterone treatment should be considered only if prostate

cancer is not present, or has been successfully treated. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels.

Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream. Every man should know his testosterone level. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.

If you have any questions regarding your testosterone level, you can contact Advanced Urology Institute at (855) 298-2273.



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CANCER SURVIVORSHIP

The American Cancer Society projects that nearly two million new cases of cancer will be diagnosed in the U.S. during 2023. The top three cancers among men are prostate, lung and colon. For women, the top three cancers are breast, lung and colon.

Thanks to ongoing scientific research, however, medical professionals have a much greater understanding of cancer and many more effective options to fight the disease than ever before.

"Increasingly, we are curing cancer or modifying its course to avoid complications. Patients are living longer with cancer more like a chronic disease and enjoying a better quality of life," said Ibrahim Sadek, M.D., Board-certified medical oncologist with Florida Cancer Specialists & Research Institute. "Even patients with stage 4 and metastatic cancers are in or beyond remission and their cancers are gone for good."

Each June, people around the world come together to recognize and celebrate everyone who is living with a history of cancer and raise awareness of the ongoing challenges faced by cancer survivors. This includes the more than 18 million Americans, just over 5% of the population, who are able to call themselves cancer survivors.

Three Phases of Survivorship

By definition, a person becomes a survivor at the time of diagnosis and continues to be a survivor through the rest of their life. Survivorship is looked at in three distinct phases: diagnosis, treatment and life after treatment.

Though many patients go on to lead very healthy, normal lives, it is important to acknowledge that, for some, life may never be the same as it was before diagnosis. There can be long-term and late effects of chemotherapy and radiation, including ongoing emotional stress, as well as the patient's desire to prevent cancer recurrence.

Survivorship: Care Beyond Cancer Treatment

Most patients diagnosed with early-stage cancer can expect their overall health and functioning to return to near normal levels, while others with certain types of cancer and those diagnosed at later stages may face other challenges.

According to the National Cancer Institute (NCI), survivorship focuses on "... the physical, mental, emotional, social and financial effects of cancer that begin at diagnosis and continue through treatment and beyond." The goal throughout survivorship is to experience as high a quality of life as possible.

While the end of successful cancer treatment is a time for celebration, it can also mean new challenges. Milestones such as returning to work, managing emotional issues and managing the ongoing physical effects of cancer and treatment can also present unanticipated changes for patients and their families.

The key to returning to a normal life after cancer treatment may be found in establishing new habits of diet and exercise or learning ways to cope with a range of emotional and physical challenges.

Nutrition and Exercise

Cancer survivors typically should turn first to their care team for information and advice about nutrition, physical activity and dietary supplements to improve quality of life and long-term survival.

In times past, doctors often advised patients to rest and reduce physical activity to avoid fatigue associated with cancer and treatment. If patients experience pain, shortness of breath or rapid heart rate, this is good advice; however, recent research indicates that exercise during and after treatment can be safe and beneficial. Your cancer team is the best resource for beginning or resuming a more active post-cancer lifestyle, and they can refer patients and family caregivers to other professionals for a personalized post-treatment plan.

Physical and Emotional Challenges

The aftereffects of chemotherapy, surgery or radiation therapy should not be underestimated. Pain, fatigue and nausea are not unusual. More serious conditions can include anemia, lymphedema (a buildup of fluid in fatty tissues just beneath the skin) and even severe infections. For both men and women, cancer and cancer treatment can cause changes in fertility and side effects in sexuality.

Your oncology team is trained to monitor and manage the short- and long-term effects of treatment, so it is important to discuss your concerns with your team and then follow their instructions and recommendations.

The emotional side of cancer survivorship touches patients, families and others close to them. The stress associated with a cancer diagnosis and the physical effects of treatment are often still fresh in memory. Survivors and their families can feel a complicated mixture of relief and yet still worry about the future. Some people suffer episodes of anxiety and even depression. All these are matters to discuss with your oncology team, who can help you achieve balance or refer you to another appropriate professional if needed.

Health Care After Cancer

In the rush to put cancer in the past, it is important to remember that the end of treatment does not mean the end of seeing your cancer team. Most often, long-term follow-up appointments and tests, followed by routine checkups and health screenings, will continue for many years. It is important to keep your follow-up appointments and undergo tests and screenings as recommended by your oncologist. There is no absolute certainty that seeing your oncologist will prevent cancer from returning, but it will help make sure that any recurrence is detected and treated early.



The **National Cancer Survivors Day Foundation** reminds us this month, "Surviving cancer is something to celebrate, but it is not the end of the story. Cancer changes your health and your life forever." CancerCare is a national organization providing free, professional support services and information to help those who have completed cancer treatment manage the emotional, practical and financial challenges. To learn more, visit CancerCare.org.

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EMPOWERING MEN'S HEALTH: UNVEILING THE POTENTIAL OF EMSCULPT NEO AND CORE TO FLOOR

By Dr. Tina Chandra

Men's Health Month is an opportune time to address the unique challenges that men face regarding their well-being. This article focuses on two innovative technologies, Emsculpt Neo and Core to Floor, which offer promising solutions for improving men's health. By combining cutting-edge advancements in body contouring and pelvic floor strengthening, these revolutionary treatments aim to enhance men's physical fitness, boost confidence, and promote overall wellness. Join us as we explore the transformative potential of Emsculpt Neo and Core to Floor in empowering men to take charge of their health and enjoy a better quality of life.

Emsculpt Neo: Sculpting a Stronger Physique

In recent years, Emsculpt Neo has revolutionized the field of body contouring by utilizing high-intensity focused electromagnetic (HIFEM) technology combined with radiofrequency (RF) energy. This non-invasive procedure stimulates muscle contractions, leading to muscle building and fat reduction simultaneously. Emsculpt Neo is particularly beneficial for men who struggle with stubborn fat deposits or desire a more toned and sculpted physique.

One of the primary advantages of Emsculpt Neo is its ability to target multiple muscle groups, including the abdomen, buttocks, arms, and legs. By undergoing a series of Emsculpt Neo sessions, men can strengthen their core, develop defined abdominal muscles, and enhance overall muscle tone. Additionally, Emsculpt Neo's unique ability to stimulate deep muscle contractions surpasses what can typically be achieved through regular exercise alone, making it an appealing option for those seeking efficient and noticeable results.

Furthermore, Emsculpt Neo's fat reduction capabilities contribute to overall body contouring, helping men achieve a more chiseled appearance. By reducing fat deposits, this technology allows the underlying muscles to become more visible, providing men with a leaner and more sculpted physique. With minimal discomfort and no downtime, Emsculpt Neo provides a convenient and effective solution for enhancing men's physical fitness and body confidence.

Core to Floor: Strengthening Men's Pelvic Health

While pelvic floor health is often associated with women, men can also benefit greatly from maintaining strong pelvic muscles. Core to Floor is an innovative treatment designed to target the male pelvic



floor muscles, promoting urinary and sexual health while addressing common issues such as erectile dysfunction, incontinence, and pelvic pain.

The Core to Floor procedure utilizes advanced electromagnetic technology to stimulate and strengthen the pelvic floor muscles. By strengthening these muscles, men can experience improved bladder control, enhanced sexual performance, and reduced discomfort in the pelvic area. This treatment is particularly beneficial for men recovering from prostate surgery or those seeking to prevent or manage pelvic floor-related conditions.

The advantages of Core to Floor extend beyond the treatment itself. With a targeted approach and customizable treatment plans, Core to Floor provides men with the opportunity to reclaim control over their pelvic health, boosting their self-confidence and overall well-being. Moreover, the non-invasive nature of the procedure ensures minimal discomfort and downtime, allowing men to seamlessly incorporate it into their busy lifestyles.

As we celebrate Men's Health Month, it is crucial to highlight groundbreaking advancements in men's wellness. Emsculpt Neo and Core to Floor have emerged as remarkable technologies that cater to the unique health needs of men. By harnessing the power of Emsculpt Neo for body sculpting and utilizing Core to Floor to strengthen pelvic health, men can redefine their physical fitness, improve self-confidence, and enjoy a more fulfilling and active life. Embracing these innovative treatments, men can prioritize their health and well-being, empowering themselves to thrive in all aspects of life.

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.

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.

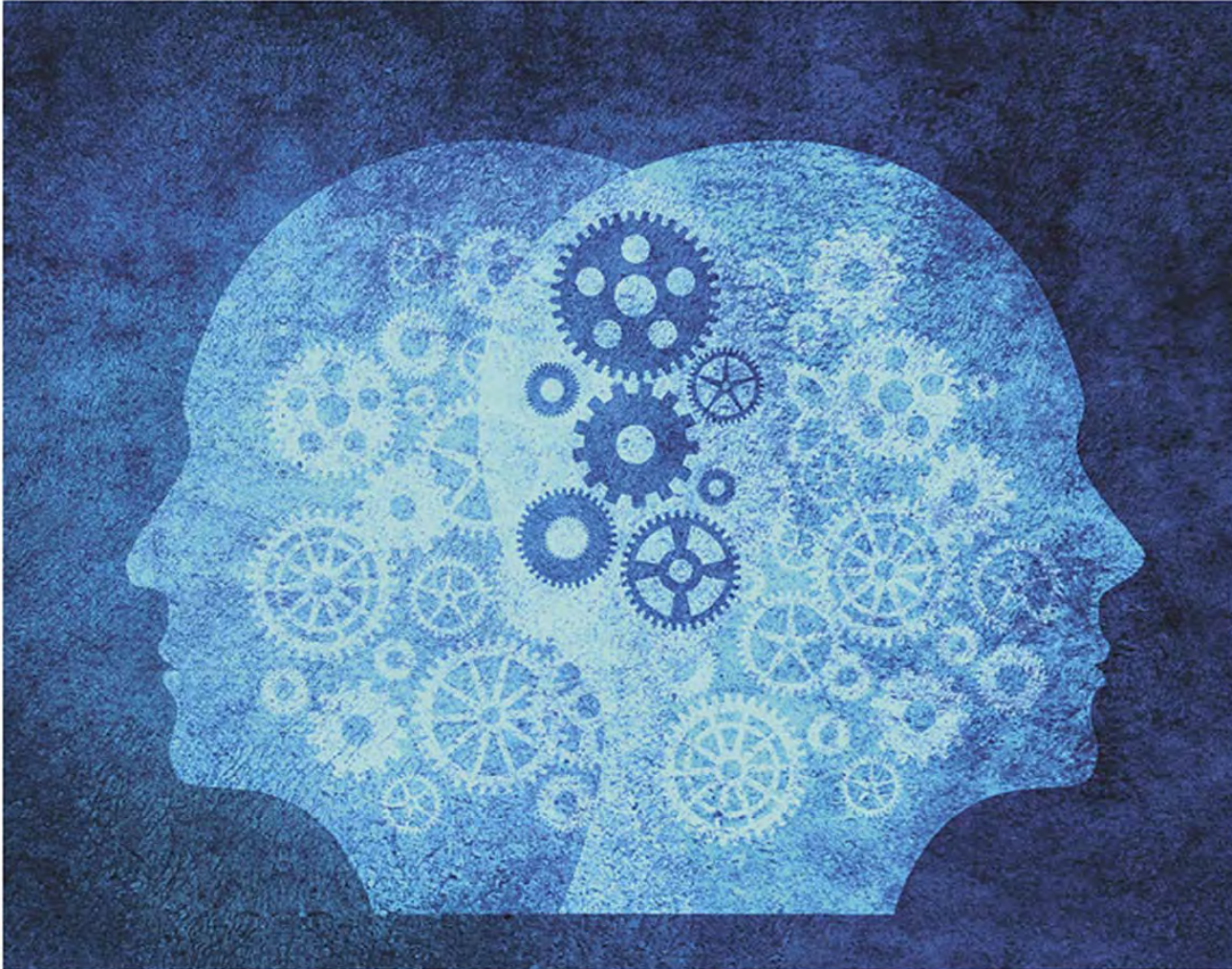


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The Power of a Clear Mind

By Elisha Lopez



In the whirlwind of my life as a real estate broker, mom, and community leader, maintaining a clear mind has become my secret weapon. The demands of these roles can be overwhelming, but I've discovered that by focusing on eating right, managing stress, and practicing self-care, I can conquer daily challenges with finesse. Join me as I share my personal journey and the transformative power of a clear mind.

Finding Clarity through Nutrition: As the saying goes, "You are what you eat." I have found this to be true in my own life. Nurturing a clear mind starts with fueling my body with the right nutrients. I prioritize a balanced diet filled with fresh fruits, vegetables, lean proteins, and whole grains. Mindful eating has become a daily practice, allowing me to savor each bite and appreciate the nourishment it provides. By making conscious choices about what I consume, I ensure that my mind stays sharp, my energy levels remain sustained, and my ability to focus is enhanced.

Stress Management: The Art of Balancing Priorities: Juggling multiple responsibilities can easily lead to mental overload. However, I have learned the art of stress management, which has been instrumental in maintaining a clear mind. Effective time management, setting realistic expectations, and practicing mindfulness have become my allies. Regular exercise, whether it's a morning run or a yoga session, has been a game-changer in releasing tension and rejuvenating my mind. By proactively managing stress, I am able to tackle challenges head-on without feeling overwhelmed, making thoughtful decisions and preserving the clarity of my mind, even in the face of adversity.

Self-Care: The Secret Ingredient: In the midst of life's chaos, self-care is often the first thing to be neglected. However, I have discovered that it is the secret ingredient to my success. I prioritize activities that nourish my well-being, such as indulging in a warm bubble bath, immersing myself in a captivating novel, or spending quality time with my loved ones.

By taking care of myself, I replenish my mental and emotional reserves, allowing me to show up fully for my clients, family, and community. It is through self-care that I maintain a clear mind that effortlessly navigates through life's complexities.

In the realm of real estate, motherhood, and community leadership, a clear mind is the key to success. I have personally experienced the power of nurturing my mind through proper nutrition, effective stress management, and self-care. By focusing on these pillars, I have unlocked my true potential and can confidently face any challenge that comes my way.

So, whether you're a real estate mogul, a busy parent, or an aspiring leader in your community, I invite you to embark on the journey of cultivating a clear mind. Embrace the wisdom of balanced nutrition, master the art of stress management, and prioritize self-care. In doing so, you will discover the strength to excel in every facet of your life. Trust me, the rewards are worth it.

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



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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 to learn more and schedule a free in-office memory evaluation. There is no cost for the memory evaluation. Please do not delay.



CRAIG CURTIS, M.D.
US NAVY VETERAN 

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.

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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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GET YOUR LEGS IN SHAPE FOR SUMMER

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

Varicose veins are veins that have become enlarged and twisted. They usually occur in the legs and can be painful and unsightly. The veins in our legs have one-way valves that help to keep blood flowing toward the heart. When these valves become weak or damaged, blood can flow backward and pool in the veins, causing them to stretch and bulge.

Spider veins are smaller, thinner veins that are often red or blue in color. They can appear in a web-like pattern on the legs, face, or other parts of the body. Like varicose veins, spider veins occur when the valves in the veins become weak or damaged, allowing blood to pool and the veins to stretch.

Factors that can increase the risk of developing Varicose Veins and Spider Veins include:

- **Age:** As we age, the valves in our veins may weaken, increasing the risk of varicose veins.
- **Gender:** Women are more likely to develop varicose veins than men, possibly due to hormonal changes.
- **Pregnancy:** Pregnant women are at increased risk of varicose veins due to increased blood volume and pressure on the veins.
- **Family history:** Varicose veins tend to run in families.
- **Obesity:** Excess weight can pressure the veins, increasing the risk of varicose veins.

Prevention tips for varicose and spider veins include:

- Maintaining a healthy weight
- Getting regular exercise
- Elevating the legs when sitting or lying down
- Avoiding sitting or standing for long periods of time
- Wearing compression stockings
- Eating a high-fiber, low-salt diet

If you have varicose or spider veins, several treatment options are available. Phlebectomy is a surgical procedure that involves removing the affected vein through small incisions in the skin. Sclerotherapy is a minimally invasive procedure that involves injecting a solution into the affected vein, causing it to collapse and fade over time.



Phlebectomy is a surgical procedure typically performed on varicose veins that are larger in size. The procedure involves making small incisions in the skin and removing the affected vein through these incisions. It is typically performed on an outpatient basis under local anesthesia. The general steps involved in a phlebectomy procedure are:

1. **Preparation:** The patient is positioned on the operating table and the area to be treated is cleaned and sterilized.
2. **Anesthesia:** Local anesthesia is administered to numb the area around the affected vein.
3. **Incisions:** The surgeon makes a series of small incisions in the skin around the affected vein. These incisions are typically less than 1/4 inch in length.
4. **Removal:** The surgeon uses a small hook or needle to gently remove the affected vein through the incisions. Depending on the size and location of the vein, it may be removed in one piece or in smaller segments.
5. **Closure:** Once the affected vein has been removed, the incisions are closed with sutures or sterile strips.
6. **Recovery:** The patient can typically go home the same day as the procedure. Recovery time varies depending on the size and location of the treated veins, but patients are usually advised to avoid strenuous activity for a few days and to wear compression stockings to aid in healing.

Phlebectomy is an effective treatment for varicose veins that are larger in size. It is typically associated with minimal scarring and a relatively quick recovery time. However, it is important to note that the procedure may not be appropriate for everyone. Your doctor will determine if it is the best treatment option for you based on your individual needs and medical history.



WELCOME

KSENIA ORLOVA, MD, PhD, RPVI

Dr. Ksenia Orlova, MD, PhD, RPVI is a board-certified vascular surgeon who joins

Dr. Ravi Chandra, MD, FACS at Surgical Specialists of Ocala, P.A., located in Ocala, Florida. Dr. Orlova possesses more than six years of advanced expertise in open and endovascular surgery, which she brings to the Marion County and Sumter communities. Prior to moving her family to Ocala, she was an associate professor of vascular surgery at Geisinger Medical Center, Danville, Pennsylvania. Dr. Ksenia Orlova has extensive minimally invasive experience with aortic aneurysms, aortic dissections, vascular trauma, carotid artery disease, peripheral vascular disease, dialysis access surgery, pelvic congestion syndrome, spine exposures, and venous disorders. Graduating from the University of Pennsylvania with both MD and PhD degrees, she was the first integrated vascular resident at the Hospital of the University of Pennsylvania. Dr. Orlova is eager to utilize her extensive training and expertise in vascular surgery to benefit the Marion and Sumter communities.

Sclerotherapy is a non-surgical procedure for treating spider and small varicose veins. The procedure involves injecting a sclerosant solution into the affected vein, causing it to collapse and fade over time. It is typically performed in an outpatient setting and does not require anesthesia. Here are the general steps involved in a sclerotherapy procedure:

- 1. Preparation:** The patient is positioned on the operating table, and the area to be treated is cleaned and sterilized.
- 2. Injection:** The doctor uses a fine needle to inject the sclerosant solution into the affected vein. The solution irritates the vein's lining, causing it to collapse and stick together.
- 3. Compression:** After the injection, the doctor applies compression to the treated area to help prevent blood from flowing back into the collapsed vein. This is typically done using a compression bandage or stocking.
- 4. Multiple injections:** Depending on the size and number of veins being treated, multiple injections may be needed to achieve the desired results.
- 5. Recovery:** The patient can typically go home the same day as the procedure. Recovery time varies depending on the size and location of the treated veins, but patients are usually advised to avoid strenuous activity for a few days and to wear compression stockings to aid in healing.

Sclerotherapy is a safe and effective treatment for spider and small varicose veins. It is minimally invasive, and most patients experience minimal discomfort during the procedure. However, it is important to note that sclerotherapy may not be appropriate for everyone. Your doctor will determine if it is the best treatment option for you based on your individual needs and medical history.

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

Patricia D. Hurst, ARNP-BC

In addition to our physician, physician assistants and nurse practitioners, we also have two full-time RVTs (certified vascular techs) to serve you. The Vein Center of North Florida is International Accreditation Commission (IAC) accredited for vascular testing. The IAC develops standards for evaluating quality of care and provides peer review processes. Maintaining IAC accreditation is our way of pursuing the highest level of excellence in patient care.

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

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



ASSISTED LIVING FOR MEMORY CARE: UNDERSTANDING THE BENEFITS

By Zachary Gray, Executive Director

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

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

A Safe and Secure Environment

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

Specialized Care

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

Structured Activities

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

Nutritious Meals

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

Socialization Opportunities

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

24/7 Monitoring

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

Peace of Mind for Family Members

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

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

Memory Care Services Include:

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



Choosing a Memory Care Community

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

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

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

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

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

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

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



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ACHIEVING A FULL ACTIVE LIFESTYLE:

Key Steps to Recovery After Knee Replacement Surgery

By Sergio Martinez, DO, AOA, AOA

Undergoing knee replacement surgery is a significant step towards improving mobility and reducing pain for individuals suffering from severe knee conditions. However, the success of the surgery relies heavily on the postoperative recovery process. In this article, we will explore five essential aspects of recovery after knee replacement surgery: the importance of pain control, immediate ambulation, physical therapy, the use of a walker for safety and stability, and ultimately, the return to a full, active lifestyle.

1. The Importance of Pain Control

Pain management is crucial after knee replacement surgery. Effective pain control not only ensures patient comfort but also promotes a faster recovery. Patients are typically prescribed pain medications to alleviate postoperative pain. It is essential to adhere to the prescribed dosage and timing while being mindful of potential side effects. Open communication with healthcare professionals about pain levels and medication effectiveness is crucial to optimize pain control during the recovery period.

2. The Importance of Immediate Ambulation after Surgery

Early ambulation, or getting up and walking as soon as possible after surgery, is a vital component of the recovery process. While it may seem challenging at first, immediate ambulation offers numerous benefits. It helps prevent blood clots, improves circulation, reduces swelling, and enhances joint flexibility. Healthcare professionals will guide patients through specific exercises and provide assistive devices like crutches or walkers to ensure safe ambulation during the initial stages of recovery.

3. The Importance of Physical Therapy

Physical therapy plays a significant role in the rehabilitation process following knee replacement surgery. It focuses on restoring strength, range of motion, and overall function of the knee joint. Physical therapists design personalized exercise programs tailored to each patient's specific needs and goals. These programs typically include a combination of stretching, strengthening, and balance exercises. Attending regular physical therapy sessions and diligently following the recommended home exercises are vital for optimal recovery outcomes.



4. The Use of a Walker for Safety and Stability

During the early stages of recovery, many patients rely on a walker for added safety and stability. Using a walker helps reduce the risk of falls, supports weight-bearing, and provides a sense of security. Healthcare professionals will assist patients in selecting and adjusting the appropriate walker. Proper usage and technique are taught to ensure patients are comfortable and confident while mobilizing with the aid of a walker.

5. Return to a Full Active Lifestyle after Knee Replacement

The ultimate goal of knee replacement surgery is to enable individuals to regain an active and fulfilling life. As the recovery progresses, patients gradually regain strength, flexibility, and mobility. Engaging in regular physical therapy exercises, following the recommended postoperative guidelines, and maintaining a positive mindset are crucial for a successful recovery. With time and patience, many individuals are able to return to activities they once enjoyed, such as walking, swimming, cycling, and even low-impact sports, allowing them to lead a full, active lifestyle once again.

Recovering after knee replacement surgery requires dedication, commitment, and patience. By prioritizing pain control, embracing early ambulation, engaging in physical therapy, utilizing a walker for safety, and

maintaining a positive outlook, individuals can maximize their chances of achieving a successful recovery. Remember to consult with healthcare professionals for personalized advice and guidance throughout the recovery journey. With determination and the right approach, individuals can regain their mobility, reduce pain, and reclaim an active lifestyle after knee replacement surgery.

SERGIO MARTINEZ, DO, AOA, AOA

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



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MEN'S HEALTH MONTH

By Katie Keel, APRN-C

When it comes to skin care, men have traditionally kept it simple. However, more men are now pursuing healthier, younger-looking skin, making it a great time for men to evaluate their skin care routine and learn more about how to take care of their body's largest organ. Although there are key differences between men and women's skin — for example, men's skin is thicker than women's — the basic elements of an effective skin care plan remain the same.

To help men develop healthy skin care routines, dermatologists recommend the following tips: Consider product labels and ingredients. The skin care products you choose will depend on your skin type. If you have acne-prone skin, look for cleansers and moisturizers that say "oil free" or "non-comedogenic," as these won't clog your pores. If you have sensitive skin, use mild, "fragrance free" products, as products containing fragrances can leave skin feeling irritated and dry. However, beware of products labeled "unscented," as many of these contain masking fragrances that can still irritate your skin.

Wash your face daily and after exercise. Because regular bar soap often contains harsh ingredients that can be drying to the skin, wash your face with a mild facial cleanser and lukewarm — not hot — water.

Watch your shaving technique. For some men, multi-blade razors can work too well or shave too closely to your skin. If you often experience razor bumps, razor burns, or ingrown hairs, use a single- or double-blade razor instead and do not stretch your skin taut while shaving. Before you shave, wet your skin and hair to soften it. Use a moisturizing shaving cream and shave in the direction of hair growth. Rinse after each swipe of the razor, and change your blade after five to seven shaves to minimize irritation.

Moisturize daily. Moisturizer works by trapping water in your skin, which can help reduce the appearance of fine lines and make your skin look brighter and younger. For the best results, apply moisturizer to your face and body immediately after bathing, showering or shaving while the skin is still damp.



Check your skin regularly. New spots or moles that itch, bleed, or change color are often early warning signs of skin cancer. If you notice any suspicious spots, make an appointment to see a dermatologist. Men over age 50 have a higher risk of developing melanoma, the deadliest form of skin cancer, than the general population. However, when caught early, skin cancer is highly treatable.

Wear sunscreen whenever outdoors. To help prevent sun damage that can lead to wrinkles, age spots and even skin cancer, before going outdoors, apply sunscreen to all exposed areas of skin, including your scalp, ears, neck and lips. For best protection, use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher and reapply every two hours or immediately after swimming or sweating. You can also protect your skin by seeking shade and wearing sun-protective clothing, such as a lightweight and long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection, when possible. For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) label.

Every man's skin is different, and there is no "one size fits all" approach to skin care. If you aren't sure what skin type you have, or if you have questions about how to take care of your skin, see one of our dermatologists!

Melanoma Strikes Men Harder

Researchers have found yet another way that men and women differ. Melanoma, the most-serious skin cancer, affects the sexes differently. Men are more likely to die of melanoma than women. This is true at any age. White adolescent males and young adult men are about twice as likely to die of melanoma as are white females of the same age.

By age 50, men are also more likely than women to develop melanoma. This number jumps by age 65, making men 2 times as likely as women of the same age to get melanoma. By age 80, men are 3 times more likely than women in that age group to develop melanoma.

One reason Melanoma strikes men harder may be that men know less about skin cancer. A survey conducted by the American Academy of Dermatology in 2016 found that less than 50% of men knew there was no such thing as a "healthy tan", or that skin cancer can develop on skin that gets even minimal sun exposure. With less knowledge, it's natural that men are less likely to protect their skin from the sun. Sun protection can lower men's risk of getting melanoma. While sun protection alone cannot explain why men are hit harder, we know that it can reduce the risk of getting melanoma. Men who dislike applying lotions and creams can still protect their skin from the sun. When outdoors, even on cloudy days, men can:

- Put on a wide-brimmed hat and sunglasses
- Seek shade whenever possible
- Wear long sleeves and pants when possible
- Stay out of the sun when the sun's rays are strongest (from 10 a.m. to 2 p.m.)

It's a proven fact that sunscreen also helps. Sunscreen can protect skin not covered by clothing. To encourage men to wear sunscreen, there are sunscreens formulated just for men. To get the needed sun protection, the AAD recommends wearing sunscreen that offers SPF 30, broad-spectrum protection, and water resistance.



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Vestibular Balance Issues Should Not be Ignored:

A Physical Therapy Method has Helped Countless Individuals Find Restoration

At least 50 percent of the U.S. population will develop a balance issue, at some point in their lives. Balance disorders typically happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular disruptions.

Patients suffering from vestibular related disorders frequently experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular problems in their lifetime, and that number is on the rise.

BPPV: The most common form of vestibular complications is Benign Paroxysmal Positional Vertigo or BPPV.

- Benign - Not life-threatening
- Paroxysmal - Brief spells that come and go
- Positional - Triggered by certain head positions or movements
- Vertigo - A false sense of rotational movement

Tiny calcium crystals (otoconia) in the inner ear that slough off and get lodged in the fluid of the ear canals (labyrinth) usually are the cause of BPPV. Benign Paroxysmal Positional Vertigo

can be effectively treated with one of two simple manual therapies that move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These therapies can be performed in the convenience of Innovative Therapies Group's office.

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a

fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.



Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical & Occupational therapy.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.

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UTILIZING CBD FOR RELIEF OF SYMPTOMS WITH SCHLERODERMA

By Dr. Nathalie Solomon: PharmD, CPH

This article is dedicated to Sophie Doffegnies. Sophie was diagnosed 5 months ago and has been using CBD/CBG drops for the relief of the symptoms caused by schleroderma.

Schleroderma is a chronic autoimmune disease characterized by the hardening and thickening of the skin and connective tissues. Traditional medications like Plaquenil, commonly used to manage symptoms, often come with a range of side effects and can be difficult to tolerate. In recent years, there has been growing interest in exploring alternative therapies for symptom relief. One such alternative is cannabidiol (CBD), a non-psychoactive compound derived from the cannabis plant. This article examines the potential of CBD in alleviating Schleroderma symptoms, while considering its advantages over conventional medications.

Understanding Schleroderma

Schleroderma is a rare autoimmune disorder that affects the body's connective tissues. It leads to the overproduction of collagen, causing skin thickening, organ damage, and circulation problems. Symptoms can vary widely, ranging from localized skin involvement to systemic manifestations affecting internal organs. While the exact cause of Schleroderma is unknown, it is thought to involve a combination of genetic and environmental factors. Managing the symptoms of Schleroderma can be challenging, as conventional treatments often carry significant side effects and may not be well tolerated by all patients.

Limitations of Conventional Medications

One commonly prescribed medication for Schleroderma is Plaquenil (hydroxychloroquine). While it can help manage symptoms and slow disease progression, it is not without drawbacks. Plaquenil may cause adverse effects such as gastrointestinal issues, vision problems, and liver damage. Moreover, not all patients respond favorably to this medication, and some may find it difficult to tolerate due to its side effects. As a result, researchers have been exploring alternative approaches to improve the quality of life for Schleroderma patients.

The Potential of CBD for Symptom Relief

Cannabidiol (CBD), a compound derived from the cannabis plant, has gained attention for its potential therapeutic benefits. CBD interacts with the body's endocannabinoid system, which plays a role in regulating various physiological processes, including inflammation and immune responses. Studies have suggested that CBD possesses anti-inflammatory,



immunomodulatory, and antioxidant properties, which may be beneficial for individuals with autoimmune conditions like Schleroderma. Preliminary research indicates that CBD may help alleviate pain, reduce skin fibrosis, improve vasodilation, and enhance overall well-being in Schleroderma patients.

Advantages of CBD over Conventional Medications

Compared to conventional medications, CBD offers several advantages. Firstly, CBD is generally well-tolerated and has a favorable safety profile, with minimal side effects reported. This is particularly important for individuals who struggle with the side effects of traditional treatments. Secondly, CBD is available in various forms, including oils, capsules, and topicals, providing flexibility in administration and personalized dosing. Additionally, CBD is non-psychoactive, meaning it does not induce the intoxicating effects associated with tetrahydrocannabinol (THC), another compound found in cannabis. This allows patients to experience the potential benefits of CBD without compromising their daily activities or cognitive function.

Cannabidiol Therapy, EHP-101, Put on Fast Track by FDA

Emerald Health Pharmaceuticals, the company developing EHP-101, is opening a Phase 2 clinical trial (NCT04166552) in Australia, New Zealand, and the U.S. This study, yet to start enrolling, will test the therapy's safety, tolerability, pharmacokinetics (its absorption, distribution, metabolism, and excretion) and preliminary efficacy, at low and high daily doses, in an estimated 36 adults with diffuse cutaneous scleroderma.¹

Cannabis sativa as a Potential Treatment for Systemic Sclerosis

Cannabinoids are a group of compounds that can be categorized as endocannabinoids, phytocannabinoids, synthetic cannabinoids, and purified cannabinoids.² They act on the endocannabinoid system, discovered only in the early 1990s, through different types of receptors.³ Two of the most studied receptors are cannabinoid receptor type 1 (CB1) and type 2 (CB2) that immune cells and fibroblasts are able to express.² There has been increasing evidence on the immunomodulatory effects of cannabinoids. Some studies postulate the modulation of Th1/Th2 cells balance towards the enhancement of Th2 cell response, inhibition of the fibroblast activation, and reduction of transforming growth factor-beta (TGFβ) levels, in mouse models of scleroderma.³ In another murine model study, a CB2 agonist prevented the development of skin and lung fibrosis and decreased the levels of anti-DNA-topoisomerase antibodies and fibroblast proliferation.² A novel oral selective CB2 agonist is currently in a phase 3 trial (clinicaltrials.gov, NCT03398837), and has already demonstrated a satisfactory safety profile as well as a statically significant reduction on the modified Rodnan Skin Score in diffuse SSc patients (clinicaltrials.gov, NCT02465437).

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

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DIAGNOSING PROSTATE CANCER: PSA Level Blood Tests are Essential

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

Prostate Cancer Symptoms

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

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



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BENEFITS OF HYPERBARIC OXYGEN THERAPY (HBOT)

By Sandra Reddick

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

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

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

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

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

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

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



Why it's done

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

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

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

Reference:

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

Ocala Infectious Disease and Wound Center

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

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

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

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Metabolic Analysis for Weight Loss

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

Have you ever heard someone bragging about their “fast metabolism” saying they can eat anything they want and not gain weight? Or have you heard a friend say she just can’t lose weight because her metabolism is too slow? Let’s look at what metabolism is and the impact it has on our life.

What is metabolism?

The process by which the body converts food and drink into energy is called metabolism. It is a process in which the calories that we ingest mix with oxygen to make the energy we need to function.

Even when we are at rest, our body needs energy for all that it has going on inside. Breathing, moving blood, maintaining hormone levels, growing and repairing cells are just a few of the activities that our bodies are continually performing. The number of calories we use at rest is called the basal metabolic rate (BMR) or basal metabolism.

Although muscle mass is the primary factor in BMR, it also depends on:

- **Body size and composition.** Larger people or have more who have more muscle burn more calories.
- **Sex.** Men tend to have less body fat and more muscle than women of the same age and weight. Therefore, men burn more calories.
- **Age.** As we grow older, our body loses muscle and gain fat. This slows the burning of calories.¹

Reference:

1. Can you boost your metabolism? (2022) Mayo Clinic. Available at: <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/metabolism/art-20046508>.

How basal metabolic rate is calculated

Knowing our basal metabolic rate (BMR) helps us determine the estimated baseline number of calories our body needs to function and serves as a starting point to determine how many calories we may want to consume based on our goals.

Our BMR is the total number of calories the body needs to perform essential, life-sustaining functions. These basal functions, mentioned above, require a minimal number of calories. Using a mathematical formula, we can determine our BMR.

The equation for calculating BMR is known as the Harris-Benedict Equation. It is different for women and men.

Men: $BMR = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$

Women: $BMR = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$

If you are not a mathematician, this can get complicated and can cause us to throw up our hands and head toward whatever fad diet all of the online influencers are raving about this week. For this, and a plethora of other reasons, heading to a trained and licensed professional is a much more effective, and often safer, way to control our weight.

PNOE

The most complete picture of human biology lies in the breath.

PNOE is the gold standard for analyzing your metabolism and determining the ideal calorie and macronutrient intake as well as your optimal workout plan that your body needs to increase your metabolism and lose weight sustainably.

PNOE analyzes breath and how the body works at a molecular level to determine the nutrition, exercise, and lifestyle that can help us perform at our peak. It analyzes metabolic, cellular, lung, and heart fitness in one simple test.

Whether your goal is to drop a few pounds, run a marathon, or simply optimize your lifestyle for longevity, success is about biology, not psychology. PNOE scans all elements of your biology that matter and provides nutrition, training, and a breathwork program that will lead you to success.

Weight loss: PNOE measures your metabolism, calorie needs, fat, and carb burn with clinical precision and determines the optimal workout plan, calorie, and macronutrient intake that will increase your metabolism and lead to sustainable weight loss.

Endurance: PNOE measures how well your heart, lungs, and cells work and determines your limiting factor along with the plan to overcome it. It also provides the metrics to guide your training and race, such as movement economy, personalized training zones, optimal bike position, fat & carb needs.

Longevity: PNOE measures with clinical accuracy your VO2max, cellular health, and metabolic efficiency, the strongest predictors of how long and well you are going to live. It also detects risk factors of heart, lung, and metabolic syndrome allowing you to act early.

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MYASTHENIA GRAVIS: Understanding the Rare Autoimmune Disease and What Treatment is Available

Myasthenia Gravis (MG) is a rare autoimmune disease that affects the neuromuscular junction, leading to muscle weakness and fatigue. MG is estimated to affect approximately 20 per 100,000 people worldwide, and it can affect people of any age, gender, or ethnic group. MG symptoms vary in severity and can affect any muscle group in the body. However, the most affected muscles are those that control eye and eyelid movement, facial expression, chewing, swallowing, and breathing.

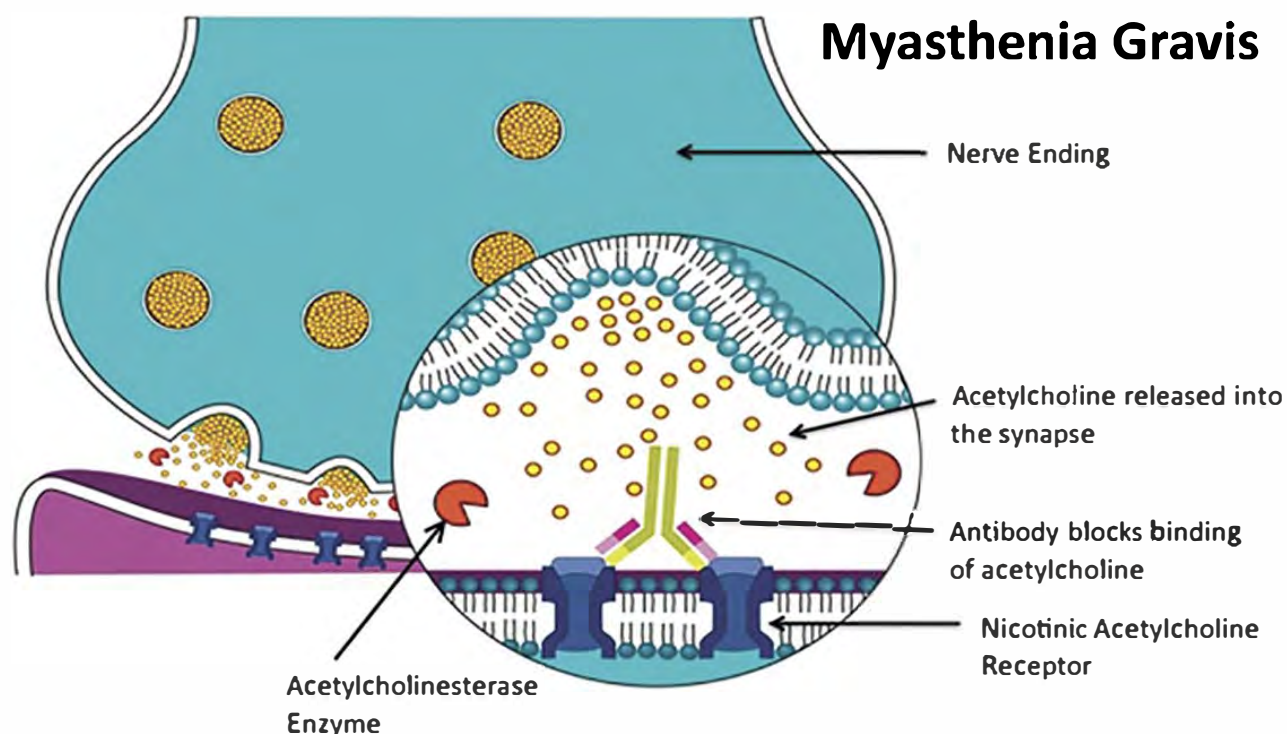
MG symptoms include drooping eyelids, double vision, difficulty chewing or swallowing, weakness in the arms or legs, and respiratory problems. These symptoms can be mild initially, but they can worsen over time and lead to life-threatening respiratory failure.

The cause of MG is still unknown, but it is thought to be related to an immune system malfunction, which produces antibodies that attack the acetylcholine receptors at the neuromuscular junction. Acetylcholine is a neurotransmitter that transmits nerve impulses to the muscles. When the acetylcholine receptors are damaged or destroyed, the muscles cannot receive the nerve impulses, leading to muscle weakness and fatigue.

While there is no cure for MG, several treatment options are available to manage symptoms and improve quality of life. The frequency of infusions varies depending on the severity of symptoms and individual response to treatment. Patients usually start to see improvement within 4 weeks. There are a few medications that have shown to be effective include IVIg, Soliris, Ultomiris, and Vyvgart.

Intravenous immunoglobulin (IVIg) is a blood product made from the plasma of healthy donors and contains high levels of immunoglobulins, which are antibodies that help the immune system fight infections and diseases. IVIg therapy blocks the antibodies that attack the acetylcholine receptors, reducing the severity of MG symptoms.

Soliris (eculizumab) is a monoclonal antibody that blocks the activation of the complement system, a part of the immune system that can cause inflammation and tissue damage. Soliris is approved for treating MG in adults who have anti-acetylcholine receptor antibodies and have not responded to other therapies.



Ultomiris (ravulizumab) is a monoclonal antibody that inhibits the activation of the complement system by binding to the C5 protein. Ultomiris is approved for treating MG in adults who have anti-acetylcholine receptor antibodies and have not responded to other therapies.

Vyvgart (efgartigimod) is a that targets the neonatal Fc receptor (FcRn), which is responsible for recycling immunoglobulins in the body. By targeting FcRn, Vyvgart increases the clearance of the antibodies that attack the acetylcholine receptors, reducing the severity of MG symptoms. Vyvgart is approved for treating MG in adults with anti-acetylcholine receptor antibodies.

The above mentioned therapies are generally well-tolerated and have shown to help patients manage symptoms and improve their quality of life. There are always side effects, such as headache, fever, nausea, and allergic reactions. It is essential to discuss the potential benefits and risks of any therapy with a healthcare provider before starting treatment to find the best solution for you.

Sage Infusion Can Help

At Sage Infusion, we provide expert patient-centered infusion care in a contemporary boutique environment. Sage Infusion has experience working with MG patients and administering either IVIg, Soliris, Ultomiris, or Vyvgart per your doctor's request.

Sage also eases your medical burdens by handling the care coordination process, including insurance authorization and patient progress updates. Our flexible scheduling meets our patient's needs with extended hours. Day, night, and weekend appointments are available. Our physician assistants and nurse practitioners follow the National Infusion Center Association guidelines and our proprietary clinical protocols. Sage Infusion offers a variety of comforting amenities, and patients can choose to receive treatment in the open lounge or private room.

With locations in The Villages – Lake Sumter, Fort Myers, Clearwater, Orlando, Sarasota, and Tampa. Sage Infusion offers the best infusion and administration facilities in the Sunshine State. At Sage Infusion, we've reimagined patient care. From a quick start, to upfront pricing and financial assistance to compassionate care by our clinical experts in a serene environment, you will experience infusion therapy like never before.



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When It's Time to Worry About Your Memory

Submitted by Hospice of Marion County

Have you ever had a 'senior moment' -- momentarily forgetting why you walked into a room, forgetting where you put something? You laugh about it, calling it an age-related problem, but later wonder was it really a temporary lapse in memory or could it be something more serious? You're not alone. We all do that from time to time and it's usually nothing to worry about. However, there are things to look for when it's time to take a closer look at your memory issues.

When is it a serious memory problem?

If you don't remember your own phone number or address, or forgetting things on a regular basis that your spouse or family member has noticed is an increasing frequency, then you may want to seek further evaluation from your physician. These scenarios could be an indication of memory decline versus a momentary senior moment:

- You lose your car in the parking lot because you forgot the color, make and model
- You have always had a remarkable memory and now you can't remember anything
- You get lost in places you should know well
- You repeat yourself or ask the same questions over and over
- You are unable to follow directions
- You are confused about people you should know
- You are confused about time, unable to tell time or understand what time it is

Serious memory problems usually worsen over time with lapses becoming the norm. With mild cognitive impairment (MCI), patients are more likely to develop dementia. Although there are many different



types and causes of dementia, the four most common are: Alzheimer's, Vascular, Frontotemporal, and Lewy Body. Depending on which one is diagnosed, the progression varies.

How the brain stores memories

Information we take in goes through three stages: 1) encoding, 2) storage and 3) retrieval. Our brains are a wonderful "computer" that stores memories in different categories: **recent**—what you ate for breakfast; **short-term**—the name of a person you met moments ago, and **long-term**—memories of your childhood. It's the most complex organ of the body that controls every process that regulates our body and consists of about 86 billion neurons. Scientists estimate that the human brain will hold up to 1 quadrillion pieces of information over the course of a lifetime.

Aging affects our memory and begins in our 20s. A few cells at a time are lost, with fewer chemicals produced that help the brain function. The older you are, the more these changes affect the memory. There are also changes in the way memories are stored, making it harder to recall information. It's our short- and long-term memories that usually are not affected by aging. Other conditions that can affect memory include depression, side-effects of drugs, strokes, head injuries and alcoholism.

There are some things to help improve memory such as:

- Make lists, use notes
- Stick to routines and use calendars
- Make associations—connect things in your mind
- Put frequently used items in the same place each time
- Learn new things, do brain games, learn a new language
- Exercise, meditation, and deep breathing
- Hydration is very important
- Preventative measures such as stop smoking, drink alcohol in moderation
- Sleep is especially important, regenerative and restorative

Living with a loved one's dementia

Hospice of Marion County offers Dementia Caregiver Workshops along with sensitivity training which enables caregivers to have a better understanding of what it's like to be someone living with dementia. This training includes the *Virtual Dementia Tour*® which helps caregivers understand the challenges people living with dementia face on a daily basis, including *Teepa Snow's Positive Approach*® techniques which teaches HOW to live in a relationship with someone living with dementia.

If you are interested in going through this workshop, simply contact Dementia Education RN DJ Ryan, who is a Virtual Dementia Tour® Certified Instructor. DJ can be reached at (352) 291-5138 or at dryan@hospiceofmarion.com. Classes are offered monthly in the Elliott Center.



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THE NUMBER ONE FEAR OF GOING TO ASSISTED LIVING

By Janice Martin, Senior Advisor / Family Liaison

I have worked with thousands of people who know in their hearts that they need assisted living and yet they resist. They are lonely and isolated in their homes, experiencing frequent falls, are not eating well, not taking their medications properly – and yet they resist. There are many reasons for this including the undeniable expense and the feeling of being overwhelmed of where to begin after years in one house. But there is one reason that overrides all others with few exceptions. It is the fear of losing their independence. These are people who have lived a long and successful life making decisions for themselves and others. Sometimes those decisions had good results, and others perhaps not as good. But as Frank Sinatra sings, “I did it my way”.

In most cases, the harder life becomes, the more firmly they dig in. And, as people age there are more and more people telling them what they “should” do. Their children, their neighbors, their doctor all have very strong opinions. I have a saying that has proven to be consistently true without a single exception: “The greater the need, the greater the resistance.” As more and more people are telling you what to do and your abilities are becoming less and less manageable, the only thing remaining is the power to say “no.” And to prove will all your might that you can do this on your own.

But what does independence mean? It generally means the ability to make our own decisions. The ability to come and go as we choose. The ability to have a voice in the care we wish to receive or deny. But independence comes with a cost. In order to remain in your home, you must pay for food as well as have the ability to get to the store to shop for it and prepare it yourself or have someone prepare it for you, the cost of utilities, and perhaps a mortgage or rent. There is also the cost of NOT receiving good nutrition and care. Of not performing good hygiene. The cost of personal care and the upkeep of the home and yard. Cleaning the house, cutting the grass, trimming the bushes, doing laundry, taking out the trash, replacing the batteries in the smoke detector, changing the lightbulbs and the filter in the refrigerator. There is also the cost of isolation. There is no denying that it is exhausting. When you are 80-some years old, struggling physically, perhaps alone, it is stressful.

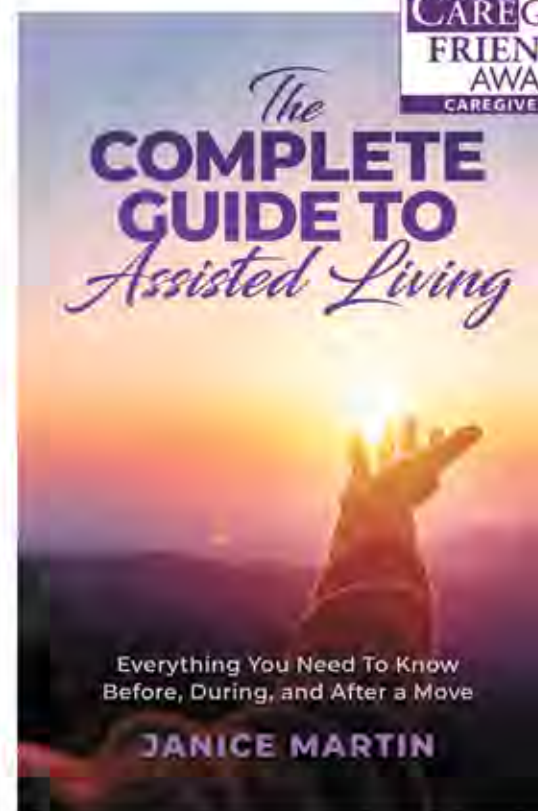


Is that truly independent? I encourage you to consider that a move to assisted living and thereby releasing these responsibilities to others allows you to save the mental and physical exhaustion and to instead use that energy to enjoy the things that bring you peace and happiness!

People living in assisted living are free to come and go as they wish, whenever they wish. They can still have their car and drive. They can volunteer, go on vacation (how about a cruise?), spend the holidays with family, eat when and where they want, go shopping, listen to music or dance at the square, and be included in decisions for their care. They can make new friends, play games, and enjoy entertainment without leaving the property,

Yes, there is a significant cost for assisted living and the first response is that many believe they can stay in their own home and bring in care. But in-home care is expensive. Home care agencies require a four hour minimum. That’s four hours at a time; not 2 hours in the morning and 2 at night. And most are between \$25 to \$30 an hour. Basically, at least \$100 for just four hours out of 24 hours in a day. What about the other 20 hours in the day?

There are studio and one bedroom apartments with moderate care fees available in The Villages. When breaking down the cost, the reality is that it can be about \$6.60 an hour. For everything 24 hours a day, 7 days a week, 30 days a month, 365 days a year. Someone to provide the food and prepare all your meals, cover the cost of utilities, make sure you take your medicine at the right time, do your laundry, clean your apartment, provide maintenance, offer transportation if needed, help with showering and making sure there is help if you need it. Indeed, many seniors truly cannot afford the cost of paying privately for assisted living. However, there may be some financial assistance options available worth investigating.



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Independence does have a cost, but it doesn't mean freedom.

Janice Martin, president of Senior Liaison of Central Florida Inc is available to help guide individuals through difficult decisions related to a move to assisted living. She is an educator on senior living options, a community resource liaison, and senior advocate. She is also the author of the #1 bestselling and award winning book, “*The Complete Guide to Assisted Living: Everything You Need to Know Before, During, and After a Move*”. The book is available on Amazon.com in eBook and paperback.

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



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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

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

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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

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

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

www.quickcaredmed.com

4 Locations in Ocala

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

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

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

2205 N Young Blvd, Chiefland, FL 32626

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

844-797-8425

www.quickcaredmed.com

When You Are At Your Wits End

By Pastor Tim Neptune

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

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

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

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

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

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

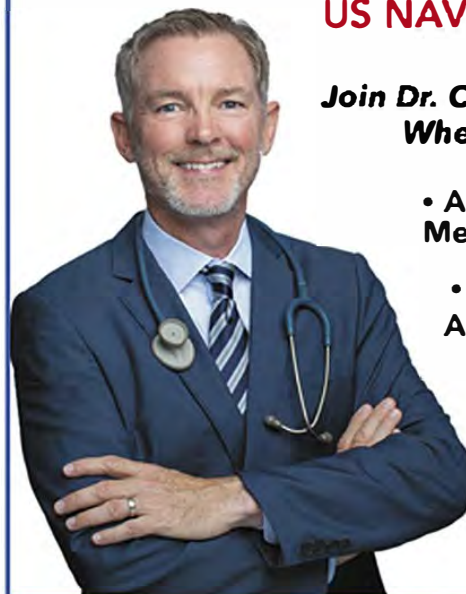
And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

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

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

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