

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

June 2023

Lake/Sumter Edition - Monthly

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Achieving a Full Active Lifestyle

Key Steps to Recovery After Knee Replacement Surgery

Do You Know Your Testosterone Level?

How to Keep Your Corneas Healthy

Venaseal Cyanoacrylate Adhesive

Now Available to Treat Varicose Veins and Venous Insufficiency in the Villages

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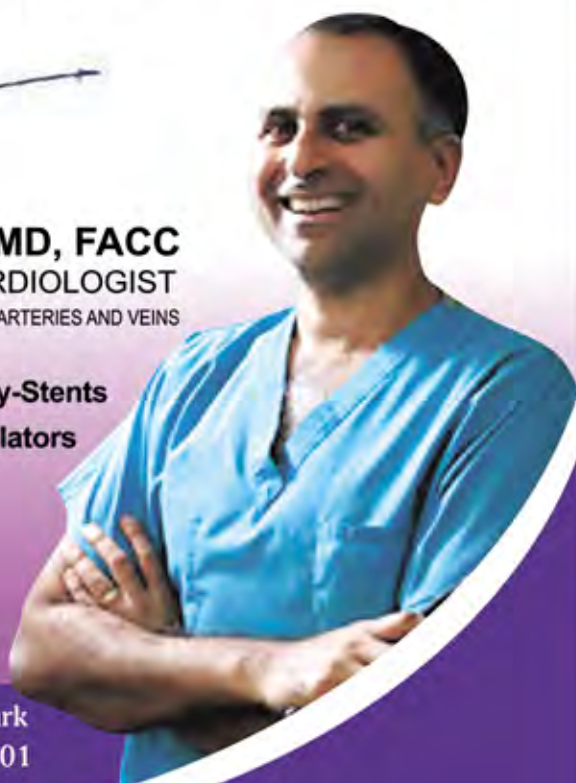
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HOW TO KEEP YOUR CORNEAS HEALTHY

The cornea is the clear, dome-shaped area at the front of the eye, covering the iris and pupil. Light enters the cornea, and its purpose is to refract that light onto the retina, which in turn delivers visual information to the brain.

The cornea is responsible for most of the eye's total focusing power, making it crucial to clear, bright vision. It is composed of five layers: the corneal epithelium, Bowman's layer, the corneal stroma, Descemet's membrane, and the corneal endothelium. Each of these layers is incredibly fine and delicate. The cornea does not contain blood vessels, and relies on tear fluid and the aqueous humor to supply nutrients and oxygen.

Because the cornea contains a dense collection of nerve endings, it is highly sensitive to irritation and injury.

COMMON CORNEAL ISSUES

Corneal problems include inflammation, abrasions, ulcers, infections and diseases, which can cause a variety of symptoms, including:

- Eye pain or discomfort
- Sensitivity to light
- Redness or inflammation
- Blurred, distorted or hazy vision
- Excessive tearing or discharge
- A foreign body sensation
- A halo effect around lights
- Reduced visual clarity
- Corneal swelling or edema

If you experience any of these symptoms, seek medical attention from your eye doctor or health-care provider immediately.

TIPS FOR HEALTHY, HAPPY CORNEAS

With love and a little attention, your corneas should perform well for a lifetime. To keep your corneas - and eyes in general - comfortable and in good working order, we recommend that you follow these practices:

1. Wash Your Hands. Hands can be an excellent source of bacteria, grit, pollen and other irritants. Always wash your hands thoroughly before touching your eyes. It may be a bit of a nuisance, but it is nothing compared to a corneal injury or infection.



2. Rinse Out Irritants. If your eyes are frequently dry or irritated, carry eye drops with you, or talk to your eye doctor about ways to get more lasting results. If you get an irritant in your eye, flush out impurities with sterile eye drops or sterile eye wash. If necessary, you can run a very thin, gentle stream of cool water from the tap across your eye, away from the unaffected eye. If you suffer from allergies that make your eyes itch, consider allergy eye drops. If you wear contact lenses, keep cleaning solution and a case with you.

3. Enjoy a Vitamin-rich Diet. A diet rich in vitamins and minerals, vitamins A, C, and E in particular, can help keep your eyes and corneas healthy. Green leafy vegetables and citrus fruits are good sources of these vitamins.

4. Give Your Eyes a Break. Take routine breaks from staring, whether at screens, reading, writing or intricate work. Blink often, and employ the 20/20/20 rule: Every 20 minutes, look at something about 20 feet away for 20 seconds or more. And for every two hours you spend staring at anything, take a 15 minute break to help avoid fatigue.

5. Wear Protective Gear. Wear protective eyewear such as safety glasses or goggles when participating in sports or performing activities or hobbies that could cause eye injury.

6. Toss Out Old Eye Make Up. Liquid eye make-up, such as mascara and eyeliner, should be thrown away every 3-6 months, and sooner if it has changed in color, consistency or odor. Foundation and concealer may last 6 months to a year. Never share eye make-up with anyone.

7. Quit smoking. Smoking can increase the risk of irritation, dryness and diseases that can damage the cornea.

8. Don't Wear Contacts Too Long. Misusing your contacts, that is, wearing them longer than instructed, wearing damaged lenses, or not cleaning or storing them adequately, can lead to infection. Also, sleeping in contact lenses, even ones rated for continuous wear, increases your risk of eye infection.

9. Visit Your Eye Doctor Regularly. Nearly all eye problems can be prevented or mitigated with routine visits to your eye doctor. Regular comprehensive eye exams can help ensure any problems with your eyes, including your precious corneas, can be addressed before they have a chance to permanently damage your vision.

PROTECT YOUR PRECIOUS CORNEAS

What simple steps can you take to protect the health and function of your corneas? Easy answers are at your freshly-washed fingertips.



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Venaseal Cyanoacrylate Adhesive Now Available to Treat Varicose Veins and Venous Insufficiency in the Villages

Minimally Invasive vein therapies have revolutionized treatment of patients with venous and lymphatic disorders. Percutaneous procedures performed only through needle and catheter access have been developed to resolve varicose veins of any size and improve outcomes in patients with leg swelling and lymphedema. The common procedures to close the saphenous vein, the root cause of venous insufficiency, have up until now used thermal or heat closure of the vein. These procedures, namely EndoVenous Laser Ablation and Radiofrequency Ablation, carry increased discomfort during and after the procedure. More recently Venaseal, a cyanoacrylate adhesive, has been developed to close these veins without the use of high temperature. Venaseal is now available to Villages patients through the Central Florida Vein and Vascular Center.

Many randomized trials have been published comparing Venaseal to thermal techniques and the results are impressive. Venaseal closure of the refluxing veins is as effective as thermal techniques, without the negative side effects. The side effects of thermal ablation include increased pain during and after the procedure, increased bruising and trauma to the surrounding tissues. While not problematic, these side effects make Venaseal a more attractive option for vein ablation. Thermal ablations require that the patient wear compression hose after the procedure, a difficult hardship for patients living in Florida.



Source: VenaSeal Closure System Superficial Vein Products | Medtronic

Four advantages of Venaseal compared to thermal ablation:

1. Only one needle stick. Thermal ablation procedures require tumescent anesthesia to be injected along the course of the vein to help with pain control and to absorb the heat produced. This anesthesia needs to be introduced up the leg with separate injections. While usually very well tolerated with minimal discomfort, it represents an extra part of the procedure not needed during Venaseal ablation. Pain and quality of life scores related to the procedure and immediate recovery were better with Venaseal.
2. Decreased bruising in the post procedure period
3. Reduced recovery time and sooner return to baseline activity/work
4. No post procedure compression stockings needed.

The Venaseal procedure: Patients are first evaluated with a venous reflux ultrasound. This shows the deep veins and the absence of recent or longstanding thrombosis. Once determined that saphenous reflux is the cause of the patient's varicose veins, pain, or swelling the patient is prepared for the office based procedure. On the day of the procedure, a repeat ultrasound is performed to plan where to deposit the adhesive in the vein. Once the procedure is planned, a sterile field is established and ultrasound guidance is used to access the vein being treated. Once a catheter is placed in the appropriate location, a Venaseal adhesive delivery catheter is utilized to deliver small droplets of the adhesive. Pressure is applied for three minutes, the catheter is further withdrawn, and the next segment is treated. The entire vein is treated as planned. When complete, only a small adhesive strip is placed at the entry site. The procedure is completely ambulatory and performed in the office.



The Central Florida Vein and Vascular Center is proud to be the State of Florida's leading experts in Venaseal therapy. The physicians are not only specialty trained and certified in the treatment of patients with venous and lymphatic disorders, they are recognized as the most experienced practitioners in Venaseal therapy. Dr. Rafael Quinones recently relocated from Sarasota, FL and has quickly resumed his expert utilization of Venaseal therapy. Dr. Quinones and Dr. Wroblewski are both physicians in the Villages office and combined continue to lead the vein care community not only in Venaseal therapy, but all modalities to treat venous and lymphatic disorders.

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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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T.E. Vallabhan, MD, FACC

IGNORING COMMON CARDIAC SYMPTOMS LEADS TO CRITICAL ISSUES

John F. Kennedy once said, "The time to repair the roof is when the sun is shining." This statement holds true when we focus on many of the issues in life, especially our health. Some of the most common cardiac risk symptoms are often overlooked. Ideally, individuals should start to be mindful of their heart health from a younger age, but it's never too late to improve your cardiac function or to get the treatment you need to enhance your lifestyle and overall health.

People are living longer, and staying healthy is at the forefront of most our minds. The aging population is primarily concerned about keeping up with their grandchildren and having the capability to freely live an active lifestyle well into their eighties and nineties, but without being proactive about our cardiac health, we set ourselves up for critical heart disorders and issues.

Some of the things we can do are to follow a heart-healthy nutrition plan like the Mediterranean diet. We should also incorporate regular exercise and keep our stress levels down. If you smoke, you **MUST** quit now to help your body heal from the damage to the blood vessels and arteries that have already taken place. It's never too late to stop smoking.

Cardiac Risk Factors & Indicators

- High Blood Pressure
- High Cholesterol
- Tightness in Chest
- Shortness of Breath
- Jaw pain
- Arm Pain
- Back Pain
- Fatigue

These symptoms are significant indicators of heart disease, but the most common warning sign that people have is —Ignoring their symptoms!

It's the familiar adage of denial—If we ignore or avoid the symptoms, then we don't have to deal with any of the accountability. However, just like most things, if you ignore them, they'll go away, but not in a right way.



If left untreated, they will go away through deterioration and damage, and eventually death. Being proactive about your heart's health is imperative.

Unfortunately, many people are more sedentary than they'd like to believe. A limited or lack of physical activity is not going to do your body or your heart much good. In our modernized world, we have grown complacent. We don't walk as much to get from A to B; instead, we drive a car to work, sit at a desk all day, drive home, sit down to eat dinner and then sit in front of the television until we go to bed. If this sounds even remotely familiar, you need to have a consultation with a cardiologist to test your cardiac condition.

Coupled with a sedentary lifestyle, the prevalence of individuals being diagnosed with diabetes is astronomical. Diabetes is a significant risk factor for cardiovascular disease. Very often obesity and diabetes work in conjunction to damage your heart and arteries, deplete your nutrient, oxygen-rich blood, and can cause venous insufficiency and blood clotting issues. If you have diabetes or suspect that you may, it's critical to seek medical attention to get your blood sugar levels to a manageable state and to assist you with an overall healthy lifestyle plan.

Risk Factors For Heart Disease

- Age
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Overweight
- Chronic stress

What You Can Do

- See a cardiologist for important diagnostic testing
- Don't ignore symptoms
- Eat a heart-healthy diet
- Avoid sugar and salt in excess
- Stop smoking
- Exercise daily (at least a 30-minute walk)

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

Dr. V

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

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The Most Common Causes of Cartilage Loss

By Regenexx at New Regeneration Orthopedics

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint ("bone on bone") and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal inflammatory fluid that breaks down tissue in the joint. Determining what's in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn't any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.



Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it's actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Regenerative medicine can improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using regenerative medicine in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving an injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but is also can cause changes in the patient's insulin-response system that can break down cartilage. This is referred to as "metabolic syndrome."

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or bone marrow concentrate procedures.

4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and bone marrow concentrate, in our clinical experience, can help reduce instability whether the ligament is loose or torn (partial or non-retracted). In more severe cases, surgery may be needed.

5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDs, and other drugs when not essential.

7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage. While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and bone marrow concentrate seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.

Experiencing pain from cartilage loss? Find out what Regenexx at New Regeneration Orthopedics can do for you at www.newregenortho.com.



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

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



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



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



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

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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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The Longest Day: Fight to End Alzheimer's

It's nearly time to visit the beach, eat ice cream every week, and soak up the sunshine. Summer is right around the corner with the kickoff of the longest day of the year—the solstice on June 21st. This year, consider spending the longest day fundraising, educating your loved ones and community, and bringing the struggles of Alzheimer's disease to light.

If you or someone you love is facing the impact of Alzheimer's, know you are not alone. The Village Program® at Sumter Senior Living not only offers personalized programming to engage residents in activities that may reflect their former schedules, lifestyles, and interests—it also offers enriching experiences that establish caring personal relationships between our residents and team members.

While the challenges presented by memory loss can be difficult to navigate, our innovative approach to memory care can help you or your loved one find great sources of enjoyment and comfort.

KNOW THE FACTS

Alzheimer's disease is a progressive disease of the brain that often starts with a deterioration in memory and language, eventually impacting all brain functions, including thinking, walking, and swallowing. Recent statistics from the Alzheimer's Association describe the widespread occurrence of the disease, estimating 6.7 million Americans age 65 and older live with Alzheimer's dementia in 2023—with 73% percent of those individuals being age 75 and older. To bring this into perspective, that means roughly 1 in 9 people age 65 and older have Alzheimer's dementia.

Although this disease can feel isolating, you're certainly not alone. Sumter Senior Living proudly partners with the Alzheimer's Association nationwide and offers best-in-class memory care programs.

ALZHEIMER'S DISEASE VS. DEMENTIA

Often, dementia and Alzheimer's are used interchangeably. However, they are not the same. Dementia is not an illness by itself but a series of specific symptoms, such as memory loss and difficulties with language or problem-solving—all of which can be caused by several different conditions.

Alzheimer's, on the other hand, is a disease that may cause an individual to experience dementia symptoms, and it is by far the most common reason for dementia—resulting in 60-80% of cases. Alzheimer's disease ultimately damages neurons in the parts of the brain that control memory, language, and thinking.

The symptoms of memory loss can be frightening for the individual experiencing them, as well as for their family. It's important to know the early signs, which is why Sumter hosts a number of Alzheimer's awareness activities on The Longest Day every year, and we encourage our community's involvement.

NOTICE THE SIGNS

Alzheimer's disease begins neurologically twenty years or more before the onset of symptoms. The Alzheimer's Association lists some of the tell-tale signs to look out for, including memory loss which disrupts daily life, challenges in planning or solving problems, difficulty completing familiar tasks, confusion with time or place, trouble understanding visual images and spatial relationships, poor judgment, lack of engagement in social activities, new problems with words in speaking or writing, and changes in mood, personality, and behavior. These symptoms may be mild at first, but Alzheimer's is a progressive disease. Given time, symptoms will increase in severity as more parts of the brain are affected.



There are three phases of the disease, including preclinical Alzheimer's disease, mild cognitive impairment, and dementia. Getting a PET scan can reveal abnormalities in the brain and act as a great starting point to identify the disease. If you suspect that you or a loved one may be experiencing early-onset Alzheimer's, it's important to be proactive and speak with your health care provider to get the best treatment as soon as possible.

SUMTER SENIOR LIVING

If your loved one is facing the difficulties of Alzheimer's disease or a similar dementia, Sumter Senior Living is here to help. The Village Program® ensures residents dealing with memory loss feel safe and appreciated. Our health care professionals create an environment without excess stimulation and use personal items, landmarks, and sensory cues to ground residents. Our staff also assist with daily tasks, medication management, and getting residents involved in group and one-on-one activities.

At Sumter Senior Living, residents are provided the care and support needed to manage their Alzheimer's disease, including the use of It's Never 2 Late (iN2L™) technology. This innovative tech involves using a touchscreen computer that has over 4,000 programs—accounting for cognitive and therapy activities, games, the ability to do Skype calls with family, and even spiritual content. Our use of iN2L helps keep residents involved and engaged.

The Village Program gives families the peace of mind that their loved one is getting the necessary care and support, while also allowing family members to step down from the primary caregiver role. At Sumter, we value providing residents with a safe and secure lifestyle, allowing them to live an enriching life full of meaningful connections.

A PLACE WHERE YOU BELONG

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

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

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

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.

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

www.CraigCurtisMD.com
352-500-5252

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Sharon L Morse Medical Office Building 500
The Villages, FL 32159

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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Sharon A. Bassett is the Broker and Owner of Bassett Premier Realty, Inc. With an extensive background of schooling, from Pilot Aviation, 15 years of Construction and Design, Business Management, Entrepreneurship, 22 years of Real Estate, Owner/Broker and a Florida Residential Contractor.

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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

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

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HOME SAFETY MONTH:

Preparing Your Florida Home for Potential Hazards

By Sharon A. Bassett

Home safety is of utmost importance, especially in Florida, where the state's unique climate and environmental conditions can pose specific risks to homeowners. With Home Safety Month approaching, it's an ideal time to focus on safeguarding your home from potential hazards. By taking proactive measures and implementing safety precautions, you can ensure the well-being of your family and protect your property. In this article, we will explore various steps you can take to get your Florida home prepared for potential dangers.

Weatherproofing and Hurricane Preparedness

Florida is susceptible to hurricanes and severe weather conditions. Before hurricane season arrives, it is crucial to weatherproof your home. Start by inspecting and reinforcing doors, windows, and garage doors to ensure they can withstand high winds. Consider installing impact-resistant windows and reinforcing garage doors with braces or a hurricane retrofit kit. Trim overhanging trees and secure outdoor furniture, grills, and other loose objects that could become projectiles during a storm. Stock up on emergency supplies, including non-perishable food, water, batteries, flashlights, and a first aid kit. Develop a family emergency plan and establish a designated safe area in your home, such as a windowless interior room or a basement if available.

Fire Safety and Prevention

Fires can occur anywhere, and Florida homes are no exception. Install smoke detectors on every level of your home and test them regularly. Replace batteries at least once a year or when the detector signals low power. Create a fire escape plan and conduct drills with your family, ensuring everyone knows how to evacuate safely. Place fire extinguishers in easily accessible areas, such as the kitchen and garage. Inspect electrical outlets, cords, and appliances for damage, and avoid overloading outlets with multiple devices. Keep flammable materials away from heat sources and never leave candles or cooking appliances unattended. Finally, consider installing a home sprinkler system for added fire protection.

Water Safety Measures

Florida's abundant water sources provide recreational opportunities, but they can also pose risks to homeowners. Install pool safety features, such as fences, gates, and pool alarms, to prevent accidental



drowning, especially if you have children or pets. Ensure all family members learn to swim and understand basic water safety rules. If you have a backyard pond or lake, secure it with a fence and supervise young children around water at all times. Take precautions against flooding by elevating valuable items and installing flood sensors or a sump pump in vulnerable areas. Be mindful of water-related hazards during severe weather and consider investing in a generator to ensure access to clean water in case of power outages.

Security Systems and Burglary Prevention

Protecting your home against burglary is vital. Install a reliable security system that includes motion sensors, door/window alarms, and surveillance cameras. Ensure all entry points, including windows and doors, have secure locks. Consider installing outdoor lighting with motion sensors to deter potential intruders. Establish a routine for locking doors and windows when leaving home or going to bed. If you're away for an extended period, arrange for mail and package deliveries to be held or collected by a neighbor to avoid signaling an empty house. Additionally, join or form a neighborhood watch group to enhance security in your community.

Home Safety Month presents an opportunity to prioritize the well-being of your family and protect your Florida home from potential hazards. By implementing the strategies outlined in this article, including weatherproofing, fire safety measures, water safety precautions, and enhanced security, you can mitigate risks and increase peace of mind.

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

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

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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.

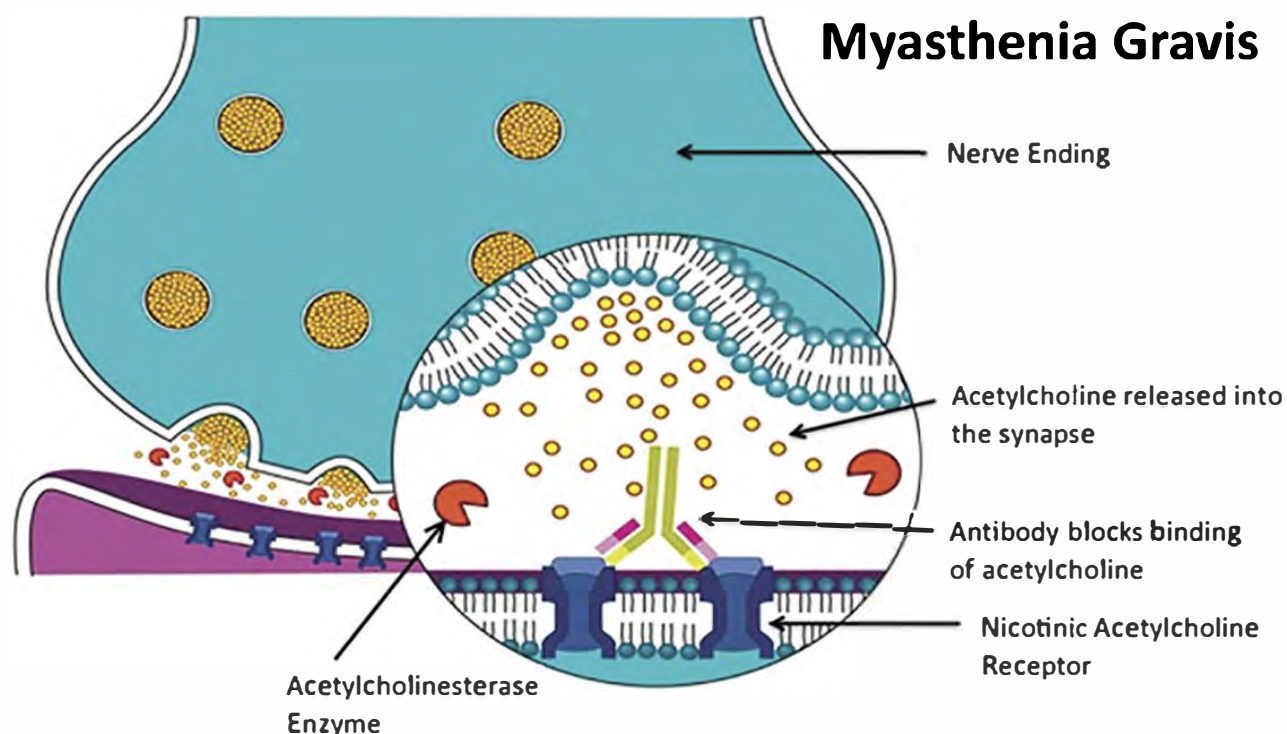
MG symptoms include drooping eyelids, double vision, difficulty chewing or swallowing, weakness in the arms or legs, and respiratory problems. These symptoms can be mild initially, but they can worsen over time and lead to life-threatening respiratory failure.

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 reimaged 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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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

Regenerative Medicine May Play a Larger Role in Healing Than Most People Realize

By Physicians Rehabilitation

We hear so much about Blue Zone centenarians' lifestyles and thoughts on how they age so well without major disease or illness, but when it comes to healthy aging, it's not just about what we eat, exercise, and socialization, although these are definitely critical. However, it is important to mention that the medical treatment you receive is highly subjective to your outcomes, overall health and wellness.

What do we mean by that? Many doctors over prescribe medications to mask your symptoms but these usually fail to get to the root cause of your disorder. If you are injured or suffer from chronic pain, many surgeons will tell you surgical intervention is necessary, but is it? Often these treatment plans leave people sicker, with multiple other symptoms and surgery many times, doesn't relieve the problem long term.

Regenerative medicine is different because it helps the body heal from within on multiple levels. It is never a bandage approach, and it aims to treat the root cause of your condition.

If you want to age well, you might want to reconsider your thoughts on standard treatment. In the case of musculoskeletal conditions, it's always best to start with conservative approaches. Surgery is permanent; there is no going back once you have a knee or shoulder replacement. While those might be necessary in severe cases, they can be treated with regenerative therapies that offer significant optimal restoration.

Regenerative Medicine

The purpose of Regenerative medicine is it to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality. When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative

Medicine should be the first recommendation, and in many cases, it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with sports injuries, physical therapy is also extremely beneficial as an add on treatment.

AT PHYSICIANS REHABILITATION THE TWO PRIMARY REGENERATIVE MEDICAL THERAPEUTICS FOR MOST SPORTS INJURIES ARE VISCOSUPPLEMENTATION AND PLATELET RICH PLASMA (PRP) THERAPIES

Viscosupplementation

Viscosupplementation is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is a high concentration of Hyaluronic Acid (HA) and is used to help protect the joint, act as a cushion and protector against damage and most importantly acts as a lubricant to enable smooth function of the joint. As you age, your body supplements with less Hyaluronic Acid (synovial fluid) and an increasingly less viscous Hyaluronic Acid replaces your thick and very well lubricating HA. This lack of fluid creates dried out joints which leads to cartilage, tissue, muscle, and bone breakdown – leading to Osteoarthritis and making it easier to have tissue and muscle damage within and around the joint.



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The procedure can be done in our office and only takes a few minutes. After locally numbing the area of concern, the procedure is monitored under a fluoroscopic image, which is a live X-ray. This allows us to see the inside of your joint while it is in motion and during the injection process. Using the fluoroscope, the practitioner will have the ability to see exactly where the Hyaluronic Acid is being placed to make sure it is in the joint space – because if it is not, it will do NO GOOD! You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient.



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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.

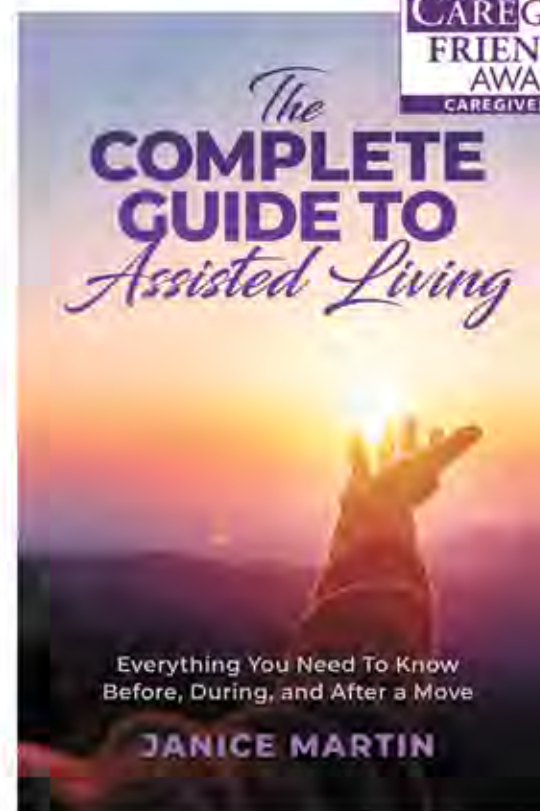


Is that truly independent? I encourage you to consider that a move to assisted living and thereby releasing these responsibilities to others allows you to save the mental and physical exhaustion and to instead use that energy to enjoy the things that bring you peace and happiness!

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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CAN OMEGA-3 FISH OIL PREVENT MUSCLE WASTING?

Muscle wasting. It's a nasty phenomenon that scares many of us over the age of 40 – especially when we stand naked in front of the mirror!

Known more formally as sarcopenia, muscle wasting is a major issue. As many as 25-45% of older adults in the USA suffer from problematic loss of muscle mass and strength. Besides making it harder to carry out everyday physical tasks, sarcopenia is associated with a long list of negative health outcomes, like fractures, hospitalization and early death.

The good news is that there are ways to fight muscle loss. In addition to traditional measures – like regular exercise, getting enough protein, and maintaining healthy vitamin D levels – research indicates that omega-3 fatty acids may also be important for preserving our muscles.

Does Omega-3 Affect Muscle Growth?

A number of studies suggest that omega-3s play a role in muscle growth.

A 2020 study from South Korea found that older women with higher omega-3 levels had a lower risk of sarcopenic obesity.

Another 2020 meta-analysis of 10 randomized controlled trials found that taking more than 2000 mg of omega-3s daily was associated with a 0.73 pound increase in muscle mass in elderly individuals. While such improvements may seem minor, keep in mind that most people after age 50 lose 2% of their muscle mass on a yearly basis. That's why even small improvements in muscle mass can be meaningful.

Notably, these findings reiterate the results from previous trials. For example, one 2015 study gave healthy older adults 3360 mg of omega-3s from

eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) daily for 6 months. When compared to the control group, the adults who received the omega-3 supplements had increased thigh muscle volume, handgrip strength, and one-repetition muscle strength.

The researchers noted that, in functional terms, the omega-3s had prevented 2 – 3 years worth of normal age-associated losses in muscle mass and function.

Why Does Fish Oil Help Build Muscle?

While researchers are still working to understand exactly why omega-3s influence muscle mass, they have some educated ideas:

- **Omega-3s fight "inflammaging."** Inflammaging refers to age-related chronic low-grade inflammation. With inflammaging, the body produces higher levels of pro-inflammatory cytokines that affect muscle anabolism (ie. muscle building) and catabolism (ie. muscle breakdown). Since omega-3s have been shown to reduce inflammatory cytokines, they may help resolve destructive inflammation and make the body more effective at building muscle.

- **Omega-3s protect against oxidative stress.** Oxidative stress – which is generally caused by poor eating habits, inactivity, smoking, pollution, etc. – contributes to sarcopenia by decreasing muscle protein synthesis. Over time, prolonged oxidative stress can reduce muscle mass. Promisingly, omega-3s have been shown to reduce certain oxidative stress markers.

- **Omega-3s may address anabolic resistance.** Anabolic resistance refers to the body's reduced ability to build muscle, even when getting enough exercise, amino acids, protein, etc. Anabolic resistance increases with age, and is considered one of the biggest challenges in fighting sarcopenia. Some researchers believe that adding omega-3s to the mix of interventions could be key to achieving better exercise results in older individuals.

How Much Omega-3 Do You Need?

One of the tricky things about the current omega-3 literature on muscle building is that trials use a variety of supplement sources, exercise protocols, and other variables. Therefore, the findings are not conclusive.

With that said, several reviews have identified that getting at least 3000 mg of EPA/DHA omega-3s daily may be necessary to achieve muscle mass results in older adults. Since most fish oil capsules contain just 10% of that amount (approximately 300 mg of EPA/DHA per gel cap), this dosage can be hard to replicate through regular omega-3 supplements.

For easier-to-swallow alternatives, liquid products like Omega Cure® Extra Strength and Omega Restore provide 3000 mg of EPA/DHA in pre-measured vials. That's roughly the same amount of omega-3s found in a 6 oz fillet of wild-caught salmon.

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

<https://omega3innovations.com/blog/can-omega-3-fish-oil-help-prevent-muscle-wasting/>

About Anne-Marie Chalmers, MD

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



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Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

By Daniel Taylor, DC

It's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted, fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game? Ask one of golf's greatest about chiropractic.



"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing" - Tiger Woods.

Common golf related diagnosis include:

- **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.
- **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.
- **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended.
- **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for

pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

The next time you are on the golf course focus on these things:

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.

At Compton Chiropractic, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.

So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

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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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BENEFITS OF IV THERAPY

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

What is IV therapy?

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

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

Why IV therapy?

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

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

Is IV therapy safe?

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

What are possible side effects?

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

How often can I get an IV?

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

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

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



Who is a candidate?

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

Who should not get IV therapy?

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

How do I get started?

Contact Total Nutrition and Therapeutics at 352-259-5190 or go online to www.TNT4ME.com to schedule your appointment today. Initial consultations are always complimentary.

Total Nutrition & Therapeutics

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



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Obstructive Sleep Apnea & Oral Appliances: A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

Sleep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People that suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities.

What Causes Sleep Apnea?

The short answer to sleep apnea's cause is that the airway collapses during sleep due to one or more of the following conditions, obesity, drinking alcohol, smoking, stress, lung disease like COPD, emphysema or asthma, drugs, and various ailments. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications.

What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders
- Chronic disease
- Diabetes
- Depression
- Behavioral issues
- Stroke
- Brain health impairment

If not treated, over time, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

What are the symptoms of Sleep Apnea?

- Snoring
- Gasping
- Dry mouth
- Choking
- Cognitive decline or brain fog
- Restless sleeping
- Depression and irritability

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy and failed?

The customary first line of treatment for sleep apnea is a PAP device. However, many patients are unable to tolerate the use of a PAP, and therefore are not achieving optimum treatment results. Those patients are candidates for Oral Appliance Therapy, or OAT. Research shows that a custom-fit oral appliance is an effective therapeutic treatment option for Obstructive Sleep Apnea and can also help to eliminate snoring. A custom oral appliance is similar to a nightguard or retainer and is designed to assist in opening the airway. By opening the airway, you increase your oxygen intake, as well as improve your sleep, and your over-all health. The American Medical Association, The American Academy of Sleep Medicine and the American Board of Dental Sleep Medicine, all recommend OAT to be prescribed by a Sleep Physician and fabricated by an ABDSM qualified dentist.

The negative effects of poor sleep are numerous. We all know the short term results of not sleeping well and feeling terrible but what about the more serious health concerns? If left untreated, people may experience poor memory, decreased cognitive function leading to dementia and Alzheimer's disease, cardiovascular disease including high blood pressure, insulin resistance, obesity and worsening symptoms of asthma and COPD due to lack of oxygen to the brain during sleeping hours. The good news is that if properly diagnosed and treated early, the effects of Sleep Apnea can be reversed over time.

COVID-19 and Sleep Apnea

It is the position of the American Academy of Dental Sleep Medicine (AADSMD) that oral appliance therapy (OAT) should be prescribed as a first-line therapy for the treatment of obstructive sleep apnea (OSA) during the COVID-19 pandemic.

Laurel Manor SleepCare
352.430.1710
laurelmanordental.com

1950 Laurel Manor Drive, Suite 180B
The Villages, Florida 32162

This recommendation is being made based on the following information:

- The American Academy of Sleep Medicine (AASM) has indicated that PAP therapy potentially exposes individuals, especially those in proximity to the patient, to increased risk of transmission of COVID-19.
- A number of studies have found evidence that COVID-19 can remain suspended in the air in aerosol particles
- It is unknown whether it is possible for patients to be re-infected from re-using PAP tubing, filters, and/or masks.
- There have been reported shortages of distilled water and other supplies necessary for optimal use of PAP machines.
- Oral appliances do not generate aerosols and can be easily disinfected by patients to kill the COVID-19 virus

Best of all, Laurel Manor SleepCare provides CDC recommended, single use WatchPAT™ ONE contactless, first and only disposable Home Sleep Apnea Test.

At Laurel Manor SleepCare, we not only have the qualifications, but we are also a Medicare approved provider as well. If you have Sleep Apnea, consider improving your health and your quality of life. Your body and mind will thank you.

Meet Dr. Rozensky

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

Laurel Manor SleepCare

At Laurel Manor SleepCare, our dentist Dr. Richard Rozensky and the entire dental team will work closely with you so that you can make informed decisions about your health. In addition to sleep dentistry, we offer all aspects of dental care and treatment including restorative, general, cosmetic dentistry and more.

From the moment you step in the door you will feel at ease. You will be welcomed by a warm and inviting atmosphere, combined with a professional and caring team. You will immediately recognize the emphasis on professionalism and quality, from the people who care for you to the technology used-this is the way dental care should be!

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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• **B-12 Shot**

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• **IV Mini**

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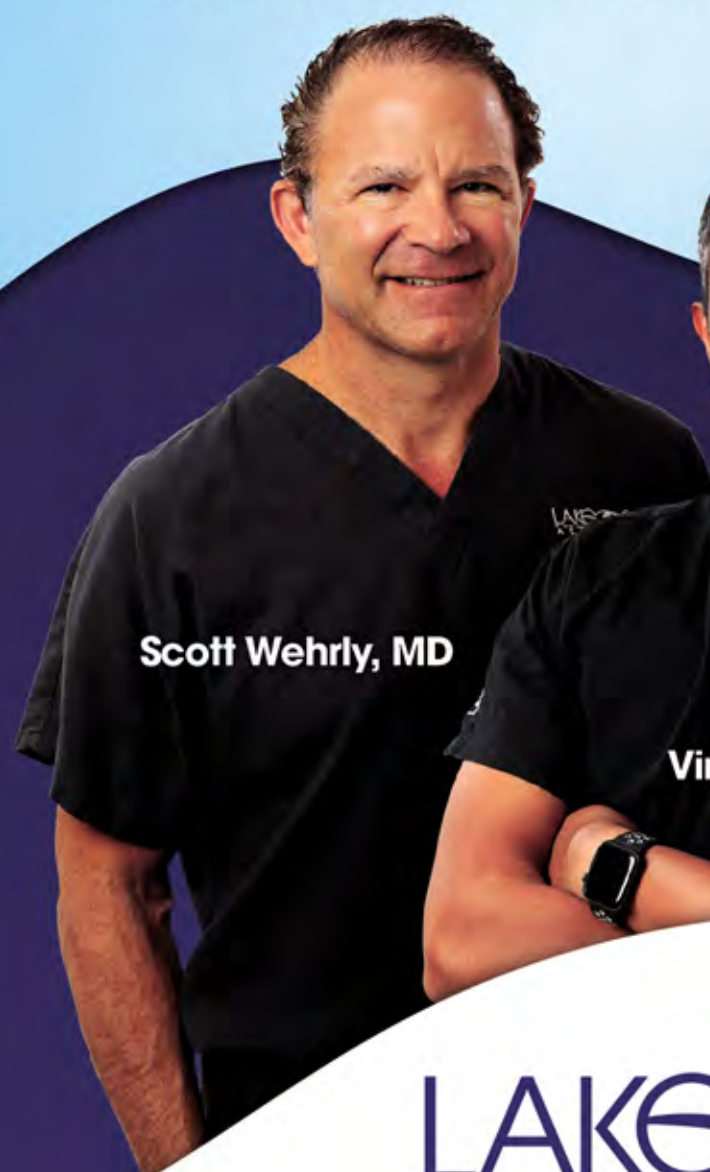
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