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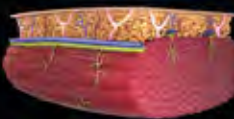
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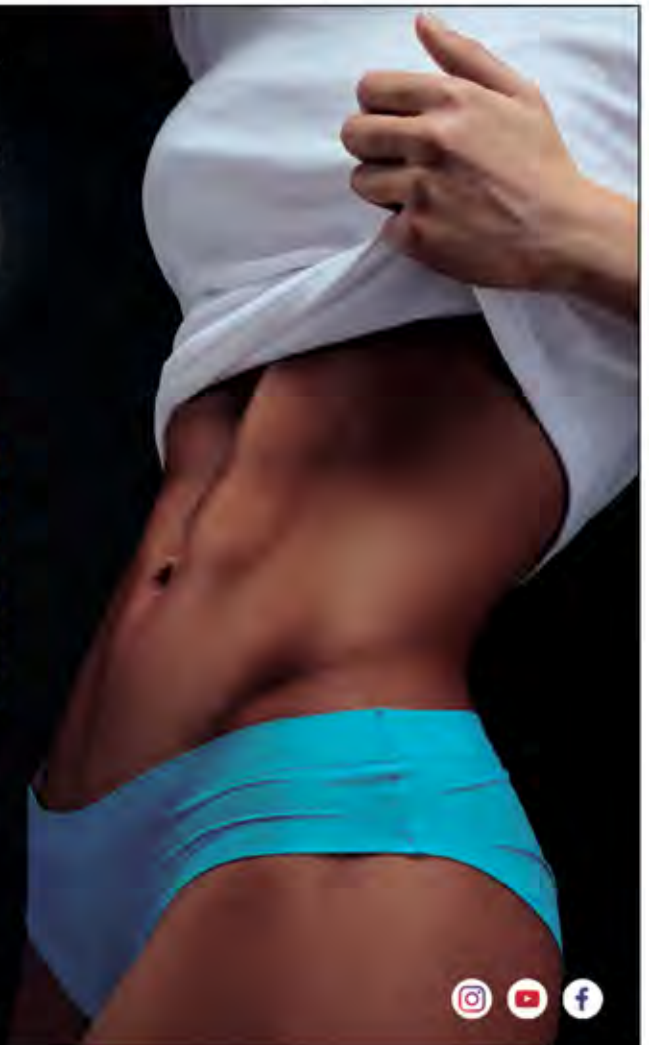


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EXCELLENCE IN PATIENT-CENTERED CARE



From Burnout to Genetic Discovery

My Families Transformative Health and Wellness Journey

By Elisha Lopez

Once upon a time, in a land filled with deadlines and never-ending tasks, I discovered the hard way that my adrenal glands weren't too fond of my workaholic tendencies. They decided to pack up and go on strike, leaving me feeling like a deflated balloon in dire need of some self-care CPR. It was a wake-up call of epic proportions that forced me to embark on a journey of health and wellness, with a side of DNA exploration and a pinch of genetic quirks.

Thirteen years ago, my overachieving self finally hit a wall. My adrenal glands, those sneaky little glands responsible for producing essential hormones, declared, "Enough is enough!" They threw in the towel, leaving me wondering how I managed to burn myself out like a 10-course dinner at a fancy buffet.

As I sifted through the rubble of my exhausted state, I realized that it was high time I learned how to take care of myself properly. I had to bid farewell to my relentless workaholic ways and embrace the art of self-preservation. Cue the dramatic montage of spa days, yoga retreats, and long walks on the beach, accompanied by a soundtrack of birds chirping and soothing waterfalls.

But my quest for wellness didn't end there. Life had a twist in store for us, as my dear husband started grappling with chronic fatigue. Doctors scratched their heads, pondering the mystery of his perpetual exhaustion until one fateful day when we unlocked a secret that would change the course of our lives: a sneaky genetic mutation triggered by stress. Oh, joy!

Armed with this newfound revelation, we embarked on a journey of genetic exploration, peering into the depths of our DNA like a couple of scientific detectives on the trail of the ultimate truth. And guess what? Turns out, I had the same genetic mutation as my husband. The universe has a twisted sense of humor, doesn't it?

Not only that, but our three children also joined the genetic party. We had unknowingly passed down this special mutation, making our little clan a real genetic jackpot. We had front-row tickets to the "MTHFR Show" starring yours truly, the double mutant, and my husband, the original stress-induced superhero.



Armed with the knowledge of our quirky DNA, we dove headfirst into a whirlwind of research and lifestyle transformations. Our pantry morphed into a haven of nourishing wonders, a sanctuary for superfoods and healing ingredients. We bid adieu to processed junk and embraced the vibrant rainbow of fruits, vegetables, and nutrient-rich goodness that danced across our plates.

But our journey went beyond just food. We had to play the role of wellness warriors, exploring the realms of gut health and the mind-body connection. Healing our guts became a mission of biblical proportions, as we learned about the fascinating interplay between our diets and the intricate ecosystems residing within our digestive tracts.

Our minds, too, became a focal point, as we embraced the power of positive thinking and the art of stress management. We found ourselves donning the mantles of meditation masters and gratitude gurus, armed with an arsenal of relaxation techniques to combat the chaos of everyday life.

Of course, our newfound dietary habits raised a few eyebrows and earned us a fair share of bewildered looks from friends and acquaintances. But we simply shrugged it off, knowing that we were taking care of the one and only vessel we've been blessed with in this lifetime. We reveled in our quirks and embraced our unique dietary needs, unapologetically charting our own course toward wellness.

So, here we are, two and a half years into this remarkable journey of reclaiming our health

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



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

By Dr. Tina Chandra

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

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

Emsculpt NEO

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

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

Emsella

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

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

How does "Core to Floor" work?

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

Emsculpt Neo for the Abdomen

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

Emsella for the Pelvic Floor

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

Why Choose Core to Floor Therapy?

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

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

- Increased Muscle Mass
- Enhanced Core Strength
- Restoration of Neuromuscular Control
- Improved Balance, Mobility, and Posture
- Improved Blood Flow
- Correction of Abdominal Separation
- Correction of Incontinence¹

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

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

DR. TINA CHANDRA

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



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

DR. RAVI CHANDRA

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



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



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HOW AGE AFFECTS VEIN HEALTH

COMMON VEIN PROBLEMS IN OLDER ADULTS

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

As we age, our bodies undergo various changes, and our vascular system is no exception. Vein health becomes increasingly important as we grow older, as age-related factors can contribute to the development of common vein problems. In this article, we will explore how age affects vein health and discuss the most common vein problems experienced by older adults.

The Impact of Aging on Veins

The older we get the walls of our veins gradually lose their elasticity and become less efficient at pumping blood back to the heart. This decreased elasticity, coupled with the natural wear and tear of the veins, can lead to a variety of vein-related issues; such as, leg swelling, cramping, fatigue, restlessness, achiness, and ulcerations. Additionally, age-related conditions such as weakened muscles, reduced mobility, and increased body weight can further strain the veins, increasing the risk of developing vein problems.

Common Vein Problems in Older Adults

Varicose Veins: Varicose veins are enlarged, twisted veins that usually appear on the legs and feet. The weakening of vein walls and valves, combined with prolonged periods of standing or sitting, can contribute to the development of varicose veins. Older adults are more prone to this condition due to the cumulative effects of aging on vein health.

Deep Vein Thrombosis (DVT): DVT occurs when a blood clot forms in a deep vein, typically in the legs. Aging increases the risk of developing DVT due to reduced blood flow, sluggish circulation, and decreased mobility. Older adults who are sedentary, have a history of blood clots, or undergo certain medical treatments are particularly susceptible.

Spider Veins: Spider veins are similar to varicose veins but are smaller and closer to the skin's surface. They often appear as red or purple web-like patterns on the legs and face. Aging can contribute to the development of spider veins through weakened vein walls, hormonal changes, and sun damage.

Chronic Venous Insufficiency (CVI): CVI occurs when the valves in the veins do not function properly, leading to blood pooling and venous congestion. Older adults are more likely to

develop CVI due to age-related changes in vein structure and function. Symptoms may include leg swelling, pain, and ulcers.

Prevention and Management

While some age-related changes in vein health are inevitable, there are several measures older adults can take to promote healthy veins and minimize the risk of developing vein problems:

Regular Exercise: Engaging in low-impact exercises such as walking, swimming, and cycling can help improve circulation, strengthen leg muscles, and reduce the risk of vein-related issues.

Weight Management: Maintaining a healthy weight can alleviate the strain on the veins and reduce the risk of varicose veins and CVI. A balanced diet rich in fiber, fruits, and vegetables can contribute to overall vein health.

Avoid Prolonged Sitting or Standing: Taking regular breaks to stretch and move around can help improve circulation and prevent blood pooling in the legs. When sitting or standing for extended periods, elevating the legs and wearing compression stockings can provide relief.

Stay Hydrated: Drinking an adequate amount of water throughout the day can help maintain optimal blood viscosity and prevent blood clots.

Quit Smoking: Smoking damages blood vessels and impairs circulation, increasing the risk of vein problems. Quitting smoking can significantly improve vein health and overall well-being.

As we age, it becomes crucial to prioritize vein health and be aware of the common vein problems that older adults may face. Understanding the impact of aging on vein health and adopting preventive measures can help maintain healthy veins and minimize the risk of developing varicose veins, DVT, spider veins, and CVI. By staying active, maintaining a healthy weight, and following lifestyle recommendations, older adults can enjoy improved vein health and a higher quality of life.

Remember, if you experience any concerning symptoms or have pre-existing vein issues, it is always advisable to consult a qualified healthcare professional or a vein specialist for proper diagnosis and treatment options.

The Leaders in Comprehensive Vein Care

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

Patricia D. Hurst, ARNP-BC

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

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



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Urinary Incontinence

Having an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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

HEAT SAFETY PRECAUTIONS FOR THE SUMMER MONTHS

With weather approaching the upper 90's and, on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is especially true when we factor in the high level of humidity. Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we also perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. If you suffer from any heart conditions, the loss of these minerals can be detrimental to your cardiac health.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated with cool water, not sugary drinks. If we become dehydrated, we increase our risk of raising blood pressure and having heart palpitations. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. When the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

Syncope is a fancy medical term for fainting. Syncope can occur due to many different complications but is commonly seen due to heat exhaustion. What happens is, the body's oxygen and blood are not able to adequately reach the brain, usually due to a drastic change in blood pressure, which creates a pooling of blood into the lower extremities, and this will cause collapsing and fainting. If the person is not put in a reclined position with the feet elevated, they could potentially suffer additional complications, including a seizure. Syncope can quickly escalate into a dangerous outcome for many individuals. If you have any heart irregularities, you may be more susceptible to these types of fainting spells.



Heat Disorder Symptoms can include muscle cramping, heart palpitations, dizziness, fainting, headache, nausea, and fatigue. If you experience any of these symptoms, it's imperative to get to a cool place, drink cool water and call 911 if symptoms persist.

Tips to stay cool and avoid heat-related heart issues

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

If you have congestive heart failure, you should talk to your cardiologist about specific ways to stay cool that will not interfere with your fluid and sodium intake issues.

Dr. Vallabhan

Call Office for Consultation
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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

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

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

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



ASSISTED LIVING FOR MEMORY CARE: UNDERSTANDING THE BENEFITS

By Zachary Gray, Executive Director

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

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

A Safe and Secure Environment

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

Specialized Care

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

Structured Activities

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

Nutritious Meals

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

Socialization Opportunities

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

24/7 Monitoring

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

Peace of Mind for Family Members

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

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

Memory Care Services Include:

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



Choosing a Memory Care Community

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

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

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

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

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

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

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



352-512-9191

www.advincare.com

4001 SW 33rd Court, Ocala, FL 34474

HOW OFTEN SHOULD ADULTS AND SENIORS GET THEIR EYES CHECKED?

A vision test measures how well you see. A comprehensive eye exam, however, is designed to evaluate the overall health and function of your eyes, and capture any signs of disease early, often before they produce symptoms. Early discovery of eye disease promotes treatment before vision loss can occur or become more serious. Nearly all eye diseases cause no noticeable symptoms early in their course but, left untreated, some can lead to partial or even total blindness. Luckily, with the right treatment, eye diseases can be prevented, managed or even completely resolved. As with almost all health issues, early discovery is of utmost importance.

WHAT IS A COMPREHENSIVE EYE EXAM?

A comprehensive eye exam is a series of tests used to evaluate your overall eye health and function, as well as your risk of developing vision-robbing diseases going forward. Your eye doctor will ask about your personal and family medical history, review any medications you may be taking, and discuss any specific symptoms or concerns you may have. From there, your doctor will perform some or all of the following:

- **Visual acuity test** – This test measures how well your vision functions at various distances to see if you need a new or updated lens prescription.
- **Refraction test** – This measures your eyes' ability to focus light.
- **Eye pressure test** – This assesses the pressure inside your eyes. Excess pressure is often a sign of glaucoma.
- **Dilated pupil exam** – This test allows your doctor to examine your retina for any signs of disease or damage.
- **Ophthalmoscopy** – A bright light is used to look at the back of the eye to evaluate the optic nerve and related structures.
- **Visual field test** – This examines your peripheral vision to help isolate problems such as blind spots or areas of diminished vision.
- **Eye movement test** – This test evaluates the movement and coordination of your eye muscles, which can relate to certain eye conditions and disorders.
- **Color vision test** – This gauges your ability to distinguish different colors, which can be relevant to certain vision problems.



Typically, a comprehensive eye exam takes about 30-60 minutes. Most people can drive after their appointment, but if you're having a dilated pupil exam and your eyes are particularly sensitive to light, you may want to ask someone to drive you.

HOW OFTEN SHOULD I GET A COMPREHENSIVE EYE EXAM?

Asymptomatic, low-risk adults should get a comprehensive eye exam as follows:

- 18-38: at least every two years
- 40-64: at least every two years
- 65 and older: at least once a year

People above average risk should get a comprehensive eye exam at least once a year, or more often if recommended by their eye doctor or healthcare provider. An elevated risk of eye disease is associated with the following factors:

- **Being 65 or older.** Age can increase the risk of certain eye conditions and diseases like cataracts, age-related macular degeneration (AMD), glaucoma, and diabetic retinopathy.
- **A personal or family history of eye disease.** Some eye diseases, like glaucoma, cataracts and AMD, run in families.
- **Having diabetes.** People with diabetes have an increased risk of developing diabetic retinopathy, glaucoma and cataracts.
- **Having glaucoma.** Glaucoma is a progressive eye disease, making regular eye exams essential for monitoring its evolution as well as the effectiveness of medication or treatment.
- **Having high blood pressure.** High blood pressure increases the risk of retinopathy, choroidopathy, and optic nerve damage.

- **Taking drugs.** Prescription and non-prescription drugs can affect vision, including some medications prescribed to treat the heart, osteoporosis, cancer, ED, and others.
- **Being of African, Latino or Asian heritage.** People of African and Latin American descent have a higher risk of developing diabetic retinopathy, glaucoma and cataracts. Asians are at greater risk for developing angle-closure (acute or narrow-angle) glaucoma.
- **Wearing contact lenses,** particularly 24-hours-a-day lenses.
- **Having had an eye injury.** Prior eye trauma can be a risk factor.
- **Having undergone eye surgery,** including refractive surgeries like LASIK, PRK, PTK, etc.

Having regular eye exams helps to ensure that any potential issues or concerns can be treated while they are still manageable, even reversible. With regular eye exams, you can help protect your vision, personal safety and quality of life.

If it has been a while since your last comprehensive eye exam, don't wait. A little time out of your day now can help secure your healthy vision for all the amazing times ahead.

HOW OFTEN DO I NEED AN EYE EXAM?

Regular comprehensive eye exams can help protect your eyes and vision from permanent damage, including blindness. Find out how often you should see your eye doctor.



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BENEFITS OF HYPERBARIC OXYGEN THERAPY (HBOT)

By Sandra Reddick

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

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

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

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

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

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

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



Why it's done

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

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

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

Reference:

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

Ocala Infectious Disease and Wound Center

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

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

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

We put our patients first



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INNOVATIVE THERAPIES GROUP: Get Back to Playing Golf & Break Free From Pain

When your golf swing is lacking, it may be because of underlying mobility issues that are actually affecting your entire body. Whether impinged muscles, injury, stiffness or pain are limiting your range-of-motion, physical therapy will not only get you out of pain but can improve your golf game by increasing your mobility and strength.

Instability, especially in the core and spine, along with hip and ankle limitations can also be impeding upon your ability to drive the ball like you used to. With the right method of physical therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

Innovative Therapies Group works with you to customize your specific plan depending on your injuries, health, goals and needs. These plans include increasing mobility, stability, strength, and endurance. The area's most commonly needing physical therapy are hips, spine, posture, and lower extremities.

Return to Golf Program

If you are having pain, limited range of motion, stiffness or unable to swing your golf club like you once were, Innovative Therapies Group has a **Return to Golf Program** to get you back in the game you love.



The **Return to Golf Program** are customized, individual-specific programs, which are determined in order to promote improved swing mechanics, balance, flexibility, and muscular strength and balance. These techniques are used to enhance function and maximize your golf swing and dynamic stability.

Masking your pain with pain medications is not the answer. Getting to the root cause of your condition is the key to healing your body and living the life you deserve.

For numerous individuals Physical therapy is the leading way to relieve pain and discomfort at its core. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Common Conditions That Improve Significantly With Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with at-home exercise guidelines and self-help management to promote and maintain independent function and increase mobility, Innovative Therapies Group has got you covered.

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 and occupational therapy.

Mention the Back to Golf Program in Health and Wellness Magazine/online and get 10% off the program!

To find out more about Innovative Therapies Group **Return To Golf Program** or to schedule your appointment, please contact them today.

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Affordable Medication Management Solutions Delivered To Your Door

Prescription Hope has provided access to prescription medications for Americans from all walks of life for over a decade. Since 2006, thousands of individuals and families have trusted Prescription Hope for their monthly prescription medications. For the set price of \$50 per month per medication, our Advocates order, manage, track, and refill your prescription medications through patient assistance programs for those who qualify. We manage your enrollment with these programs throughout the year, working with over 180 pharmaceutical manufacturers and their pharmacies. No other costs, fees, or charges are associated with your medication or our program. *Prescription Hope is a national prescription drug benefit program that offers access to over 1,500 FDA-approved prescription medications at a price you can afford.*

An Example of How Prescription Hope Works:

Myasthenia Gravis is a chronic autoimmune neuromuscular disorder affecting communication between nerves and muscles.

In a healthy body, nerve cells transmit signals to the muscles, which allow them to move. In MG, your immune system mistakenly produces antibodies that attack the receptors on your muscle cells. These receptors are called acetylcholine receptors, essential for transmitting nerve impulses to your muscles.

The antibodies in MG disrupt the normal functioning of acetylcholine receptors, leading to muscle weakness and fatigue. MG's most affected muscles are those that control eye and eyelid movements, facial expressions, chewing, swallowing, and speaking. However, MG can also affect muscles in other body parts, including the limbs.

The hallmark symptom of MG is muscle weakness that worsens with activity and improves with rest. This means you may experience fatigue and weakness in the affected muscles after using them for some time. For example, you may find it challenging to keep your eyes open, have difficulty chewing or swallowing, or experience slurred speech after talking for a while. Weakness can also affect your limbs, making lifting objects or climbing stairs more difficult.

It's important to note that MG symptoms can vary from person to person. Some individuals may have mild symptoms that only affect specific muscle groups, while others may experience more severe and generalized weakness.

Diagnosing MG typically involves a combination of clinical evaluation, physical examination, and specific tests. Your healthcare provider may conduct tests such as electromyography (EMG), blood tests to check for specific antibodies, and a medication called edrophonium (Tensilon) test to observe how your muscles respond.

Although there is currently no cure for MG, the condition can be effectively managed. Treatment options aim to improve muscle strength, minimize symptoms, and prevent complications. The most common approach involves medications that enhance the transmission of nerve signals to your muscles. These medications may include acetylcholinesterase inhibitors, immunosuppressants, or corticosteroids.

Cellcept® is the brand name for the medication mycophenolate mofetil, commonly used in treating Myasthenia Gravis (MG). It belongs to a class of medications called immunosuppressants.

Cellcept works by suppressing the activity of the immune system, specifically the production of certain immune cells called lymphocytes. By reducing the immune response, Cellcept helps to decrease the production of the antibodies that attack the acetylcholine receptors in MG.

The benefits of using Cellcept for MG include:

1. Improved muscle strength: Cellcept can help reduce the symptoms of muscle weakness and fatigue associated with MG. By suppressing the immune response, it helps to prevent the destruction of acetylcholine receptors, allowing for better nerve-to-muscle communication.

2. Symptom control: Cellcept can help manage and control the symptoms of MG, including weakness in the muscles involved in eye movements, facial expressions, swallowing, and limb movements.

3. Reduced frequency of MG exacerbations: By modulating the immune response, Cellcept can help decrease the frequency and severity of MG exacerbations, which are periods of increased symptoms.

If you don't have medical insurance, the price of Cellcept is out of reach for many who are prescribed it. This is where Prescription Hope can help.

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THE USE OF CBD OIL FOR THE SUPPORT OF PTSD SYMPTOMS

By Dr. Nathalie Solomon: PharmD, CPH

Post-Traumatic Stress Disorder (PTSD) is a debilitating condition that affects millions of individuals worldwide. It is a mental health disorder that can develop after experiencing or witnessing a traumatic event. The symptoms of PTSD can be overwhelming, including flashbacks, nightmares, severe anxiety, and hypervigilance. However, recent studies have shown promise in the use of CBD oil as a supportive treatment for individuals suffering from PTSD.

CBD oil, short for cannabidiol oil, is a compound derived from the cannabis plant. Unlike its counterpart THC, CBD does not induce psychoactive effects, making it an appealing option for those seeking therapeutic benefits without the associated "high." CBD oil interacts with the endocannabinoid system in the body, which plays a crucial role in regulating various physiological processes, including mood, sleep, and stress responses.

Research exploring the potential of CBD oil in alleviating PTSD symptoms has gained traction in recent years. A federal study conducted by the U.S. Department of Veterans Affairs found that cannabis, including CBD, was beneficial for the treatment of PTSD. The study revealed that individuals who used cannabis experienced significant reductions in PTSD symptom severity compared to those who did not use it (VFW, 2021).

CBD oil has been found to have anxiolytic and antidepressant properties, which can help address the anxiety and depressive symptoms often associated

with PTSD. It is believed that CBD interacts with receptors in the brain that regulate the production of serotonin and dopamine, neurotransmitters involved in mood regulation (Honahlee, 2023). By modulating these neurotransmitters, CBD may contribute to a more balanced emotional state and reduce the intensity of PTSD symptoms.

Furthermore, studies have suggested that CBD oil can be a valuable adjunctive treatment to psychotherapy for individuals with PTSD. Psychotherapy, such as cognitive-behavioral therapy, is a common approach to managing PTSD. CBD oil may enhance the therapeutic process by reducing anxiety levels and facilitating emotional processing during therapy sessions (Medical News Today, 2021).

While more research is needed to fully understand the mechanisms of CBD oil's effectiveness in treating PTSD, the existing evidence is encouraging. A study published in the *Journal of Alternative and Complementary Medicine* indicated that CBD oil had a positive impact on sleep and anxiety levels in individuals with PTSD (NCBI, 2019). These findings, combined with anecdotal reports from individuals who have found relief with CBD oil, suggest that it holds promise as a natural and non-addictive option for PTSD symptom management.

It is important to note that CBD oil should be used under the guidance of a healthcare professional. Dosing and product quality can vary, so consulting with a knowledgeable healthcare provider is essential to ensure safe and effective use.

In conclusion, the potential benefits of CBD oil in alleviating PTSD symptoms are gaining recognition within the medical community. While further research is necessary, preliminary studies and anecdotal evidence suggest that CBD oil may offer a complementary therapeutic option for individuals struggling with PTSD. As our understanding of CBD oil's effects continues to evolve, it is hoped that it will provide a valuable tool in supporting individuals on their journey to recovery from the debilitating effects of PTSD.

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References:

VFW. (2021). Federal study finds cannabis beneficial for PTSD treatment. Retrieved from <https://www.vfw.org/media-and-events/latest-releases/archives/2021/9/federal-study-finds-cannabis-beneficial-for-ptsd-treatment>

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TOP SUN SAFETY TIPS

Sun safety is always in season, but especially in these warmer months that are upon us it's vitally important to protect yourself from the sun's harmful rays. We decided to get with all our providers and find out their favorite sun safety tips! Check out the list below, and don't forget to schedule your annual skin exam!



Dr. Ashley Cauthen

1. Don't skip the sunscreen
2. Don't skip the sunscreen
3. Don't skip the sunscreen

For real though. When people aren't hot from the sun, they often forget to apply and/or reapply. On a completely overcast day, 10-15% of suns

UV rays still get through. It's twice that on a partly cloudy day. Also, I'm a huge advocate of hats but that doesn't mean you can forgo the sunscreen. Water reflects about 10% of UV rays and sand reflects 25%! That means if you are under an umbrella at the beach, you still need sunscreen. Lastly, a lotion or stick is better than a spray, BUT sprays are convenient and better than nothing. And, I can at least get something on my kids as they are squirming and running away with a spray. Just be sure to not inhale the aerosolized sprays. You want them coating your skin, not your airway passages and lungs. Now go and enjoy the Florida sunshine...just be smart and wear sunscreen!

Colby Crile, PA-C

Apply mineral based cream sunscreens before putting on your bathing suit and leaving the house. My favorite SPF is Elta MD Sport for body and I use Clearstem mineral based sunscreen/moisturizer as base, then use their powder for reapplication.



Katie Keel, APRN-C

My mom tip/trick for sunscreen with kids is to try a beauty blender (or similar) sponge to get sunscreen on every crease and crevice of their faces. I also love the ISDIN powdered Mineral Brush for quick reapplication for busy, squirming kiddos. Personally, I am an



ISDIN fan for sure! The ISDIN Eryphotona tinted sunscreen lays so beautiful on the skin - better than a lot of makeup I have tried and it offers SPF 50 and other moisturizing and antioxidant ingredients that are good for the skin. It also doesn't break me out which a lot of other sunscreens do. I also love the ISDIN Mineral Brush for easy reapplication.



Anna Wilemon, Licensed Medical Aesthetician & Laser Tech

I don't go out without a wide brimmed hat, my makeup on and sunglasses! (yes, full face of makeup even at the beach!) And our powder brush by ISDIN is my favorite for reapplying and easy coverage throughout

the day, especially your part in your hair.

Sierra Rebchook, PA-C

Mineral based SPF is the way to go! Apply every two hours, if not more when in the water. Pro tip: Elta MD UV Sport has beeswax in it so it can prevent the sunscreen from dripping in your eyes when having fun in the sun!



Hope Allen, PA-C

My tip is to remember to pick a hat that covers your ears! When it comes to skin cancer, the ears are considered a high-risk area based on the chance of metastasis. Also, surgeries on the ears are challenging to repair so remember prevention is key!

Dr. Puja Kathrotiya

When driving in the car, UPF gloves are a great way to keep the sun off your hands. The backs of our hands get a lot of sun through the wind shield while we're driving.



Allison Harbilas, APRN-C

Remember to apply sunscreen 10 minutes before you leave your house and don't forget to grab a hat. UV Elements from Elta MD is my favorite sunscreen, I also love the spray zinc sunscreen.

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Aesthetics

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Metabolic Analysis for Weight Loss

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

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

What is metabolism?

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

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

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

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

Reference:

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

How basal metabolic rate is calculated

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

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

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

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

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

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

PNOE

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

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

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

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

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

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

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

If you are looking for an affordable wellness approach to your healthcare needs, contact A to Z Healthcare in Ocala. We strive to provide a unique experience while empowering patients to take control of their own health.

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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

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

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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

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(Across from John Deer)

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Dispelling Hospice Care Myths

Submitted by Hospice of Marion County

With former president Jimmy Carter's recent decision to become a hospice patient, it has opened up many discussions about hospice care. Unfortunately, there are misguided notions about what it is and many myths continue to surface. Here we seek to help you better understand hospice care and dispel some of the common myths so that you and your loved ones can make better informed decisions about end-of-life care.

WHAT IS HOSPICE CARE?

Hospice care is a philosophy of comprehensive compassionate care for those in the final stages of life. It includes an integrated team of physicians, nurses, nursing assistants, social workers, grief care and spiritual care professionals, along with volunteers helping to support patients and their families.

Once a person is admitted onto hospice care, the focus will be on comfort, dignity and emotional support, treating the family as the unit of care. Quality of life for the patient is the highest priority. No one walks this journey alone. Our Monarch Center for Hope and Healing is there for the patient and family before, during and after the loss of a loved one, providing grief counseling to children, teens and adults, to individuals and groups.

COMMON MYTHS ABOUT HOSPICE

Myth: Hospice is for people who only have a few days left to live.

FACT: Hospice care is available with a diagnosis of six months or less. All Medicare recipients are entitled to 180 days of hospice care, which is 100% covered. Most families wished their loved one had received hospice care much earlier in their illness giving patients time with family, friends, pets and support from the hospice interdisciplinary team.

Myth: Hospice care isn't the same level of care as the hospital.

FACT: Hospice of Marion County provides the same quality care as the patient would get in a hospital, sometimes better due to understanding the special needs of hospice patients. A comprehensive hospice model, Hospice of Marion County has earned Deemed Status accreditation from the Joint Commission, the national gold standard for quality healthcare, the same governing body that gives accreditation to hospitals.

Myth: Hospice care is only available in a hospice house.

FACT: Hospice care is available wherever the patient calls home. At Hospice of Marion County, approximately 86% of our patients receive care in their home. Patients may receive services in their own home, assisted living facility, nursing home or in one of our three hospice houses.

Myth: Only a doctor can refer someone to hospice care.

FACT: Anyone can make a referral for hospice care. It could be a friend, a neighbor, a caregiver or a concerned relative that calls Hospice of Marion County to make a referral. Hospice will make a call to the patient's physician to assist in obtaining a formal referral, which is required to be admitted onto our service. A social worker schedules a visit, medical equipment and prescriptions are delivered directly to wherever the patient calls home.

Myth: You can't keep your own doctor if you enter hospice care.

FACT: Hospice care encourages engagement with your family doctor or specialist. Together they develop a care plan for the patient's situation.

Myth: Hospice is only for cancer patients.

FACT: The majority of hospice patients, about 70%, are admitted to hospice with non-cancer diagnoses. Some of the most common non-cancer diagnoses are heart disease, dementia, lung disease, kidney disease, and liver disease.

Myth: Hospice care is more expensive.

FACT: Hospice care is frequently less expensive than conventional care during the last six months of life. Hospice care is covered by Medicare, Medicaid and most insurance companies. As a not-for-profit hospice, we never exclude service to anyone who is eligible, regardless of ability to pay. With the help of our hospice thrift stores and the generosity of donors, Hospice of Marion County has contributed more than \$2.3 million to charitable care over the past five years.

Myth: Hospice requires a DNR (Do Not Resuscitate) Order.

FACT: The purpose and benefit of hospice care is to allow for a peaceful death in a comfortable and familiar setting like home with loved ones near. While many people who choose hospice care wish to have a DNR to avoid unnecessary medical intervention and hospitalization, a DNR is not required to receive hospice care.

Myth: Hospice is only for the elderly.

FACT: Hospice care is available to anyone who meets the eligibility requirements. Hospice care is for children, teens and adults with any terminal illness.

Although end-of-life care may be difficult to discuss, it is best for family members to share their wishes long before it becomes a crisis. This can greatly reduce the patient's and the family's stress when the time for hospice care is needed.

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Should You Take Fish Oil Before Surgery?

By Anne-Marie Chalmers, MD

For years, doctors advised patients to stop taking omega-3 supplements before surgery. This was due to the belief that consuming fish oil could increase a patient's risk of bleeding during an operation.

New studies, however, have extensively documented that taking omega-3 supplements before operations not only appears to be safe, but may even be highly beneficial.

Is Fish Oil Before Surgery Really a Risk?

The efforts to analyze the hypothetical bleeding risk of omega-3s have been ongoing for years. In 2007, researchers reviewed 19 clinical studies involving more than 4,000 surgical patients. These patients took fish oil supplements at doses ranging from 1.6 to 21g of EPA/DHA per day. In the studies analyzed, the patients also took aspirin or heparin — two common blood-thinning drugs.

The review concluded that the risk of problematic bleeding was virtually nonexistent, even when combined with other medications known to increase the risk of bleeding.

Another review from 2008 similarly found that no published studies had reported clinically significant bleeding episodes among patients treated with anti-platelet drugs and fish oil at doses ranging from 3 to 7g per day.

Even Large Amounts of Omega-3s Considered Safe

More recent studies have added to the evidence. One review from 2018 found it safe to consume doses of up to 10g of EPA/DHA per day in the short-term. For context, that would be the same as swallowing almost ¼ cup of Omega Cure® liquid fish oil, or taking 33 regular fish oil capsules daily, which is significantly more omega-3 than any patient needs to take.

Similarly, another 2017 study focused on children, also declared that fish oil therapy surrounding surgery was safe and did not increase the risk of bleeding.

Benefits of Taking Fish Oil Before and After Surgery

In the medical community today, there's excitement that omega-3 fatty acids may actually reduce the risk complications post-surgery. In addition, studies indicate that omega-3s could potentially improve microbiome health, regulate constipation, ease anxiety, and reduce the need for excessive painkillers — all common concerns for surgical patients.



1. Fewer Post-Surgical Infections

One review analyzed the effects of omega-3 supplementation on pre- and post-surgery colon cancer patients. These types of operations are especially risky due to the high occurrence of postoperative infections. The authors found that omega-3 supplementation was associated with fewer post-surgical infections, as well as a shorter hospital stay.

2. Reduced Risk of Cardiac Complications

In a 2017 review, another group of researchers similarly discovered that omega-3 supplementation reduced the length of hospital stays, as well as the risk of atrial fibrillation.

A 2018 study also investigated how omega-3s impacted cardiac surgery patients. During the week before their scheduled surgeries, more than 1500 patients were randomly assigned to take either a placebo or 6.5 to 8g of EPA/DHA. Starting from the day of their surgery until their release from hospital, the omega-3 group continued to take 1.7g of EPA/DHA.

The results? The team discovered that patients with higher EPA/DHA blood levels actually had a lower risk of bleeding and saw a reduction in the number of blood transfusions.

3. Improved Microbial Health

In recent years, researchers have also started to look at the microbiome's influence on the immune system. The microbiome — the name used to describe the bacteria that live in and on us — can either support or hurt our health, depending on the composition and types of germs.

During surgery, patients are typically both exposed to new types of bacteria and are also given antibiotics that kill off many existing microbial team-players. Both of these factors can disrupt the microbiome, which is why it is important to help support the good bacteria as best as possible.

Studies show that omega-3 fatty acids improve the ratio of beneficial to harmful bacteria, as well as diminish the ability of harmful bacteria to colonize the intestines. In addition, fish oil also diminishes the amount of pro-inflammatory endotoxins produced by harmful bacteria. All of these benefits can potentially make a big difference for patients' vulnerable immune systems in a hospital setting.

Support Your Health with Fresh Fish Oil

It's time to rethink the old approach of stopping to take omega-3 supplements prior to surgery. Nobody tells patients to stop eating fish. And as the research demonstrates, consuming omega-3s from fish oil prior to surgery is similarly safe, unless a person has a bleeding disorder or is on lots of blood thinning medications.

Finally, as the data suggests, getting an effective omega-3 dose can potentially support a patient's recovery. And that is a good reason for practitioners to re-examine their supplement protocols.

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

<https://omega3innovations.com/blog/should-you-stop-taking-fish-oil-supplements-before-surgery-and-other-medical-procedures/>

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 emergency, family, and preventive medicine in Norway for many years. Today, she serves as the president of Omega3 Innovations.



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



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Failure is a Part of Growth

By Pastor Timothy Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

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