

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

July 2023

Lake/Sumter Edition - Monthly

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Beating the Heat

Tackling Summer Dehydration
in Central Florida with
IV Rehydration

How Often Should Adults and Seniors Get Their Eyes Checked?

A Taste of Home

Compression Therapy for Venous Disease

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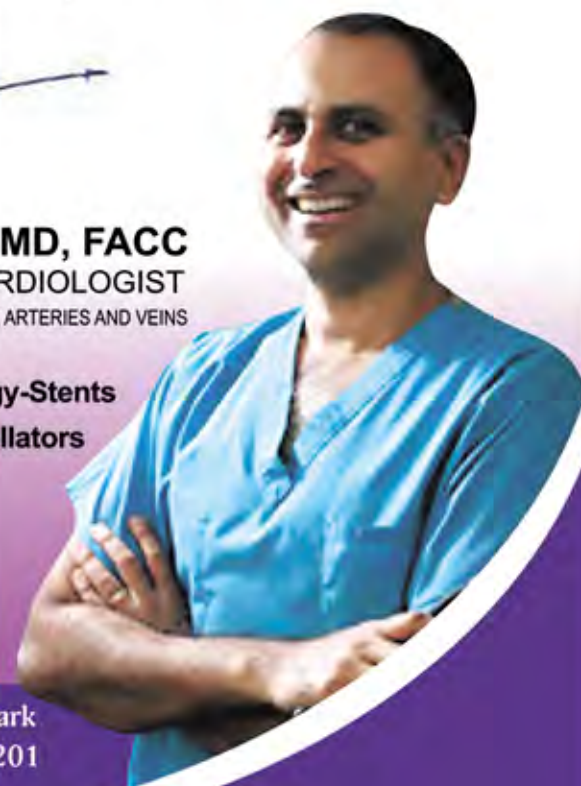
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HOW OFTEN SHOULD ADULTS AND SENIORS GET THEIR EYES CHECKED?

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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Compression Therapy for Venous Disease

Damaged vein walls hinder the circulatory system, allowing blood to collect and flow backward when the muscles relax. This creates an unusually high-pressure buildup in the veins. This buildup causes further stretching and twisting of the veins, increased swelling, more valve incompetence, sluggish blood flow and potential blood clot formation. Eventually, this condition can lead to various disorders known as venous disease.

Venous disease is common. In fact, as many of 15 percent of Americans are affected by varicose veins. Thankfully, these do not pose a great health risk. However, thrombophlebitis can be much more serious, even life-threatening, affecting millions of people each year.¹

TYPES OF VENOUS DISEASE

Spider veins

Spider veins (telangiectasia) are damaged, visible blood vessels just beneath your skin's surface. They typically look red, blue or purple. They may appear in clusters that resemble spider webs or tree branches. Spider veins can form anywhere, but they usually develop in your legs or face.

Varicose veins

Varicose veins are deeper. When they become noticeable, they begin to pop out — giving the vein a 3D appearance. These veins supply blood to deep muscle tissue, so they're bigger. That means when they become visible, they're more obvious.

Superficial Thrombophlebitis

Thrombophlebitis is the inflammation of a vein (usually in an extremity, especially one of the legs) that occurs in response to a blood clot in the vessel. When it occurs in a vein near the surface of the skin, it is known as superficial thrombophlebitis, a minor disorder commonly identified by a red, tender vein.

Deep-vein Thrombophlebitis

Deep-vein thrombophlebitis (affecting the larger veins farther below the skin's surface) is more serious. It may produce less-pronounced symptoms at first (half of all cases are asymptomatic) but carries the risks of pulmonary embolism (when the clot detaches from its place of origin and travels to the lung) and chronic venous insufficiency (impaired outflow of blood through the veins), resulting in dermatitis, increased skin pigmentation and swelling.¹

TREATMENT

For hundreds of years, compression therapy has been the main treatment for venous disease. Medical compression therapy includes garments or



devices that provide static or dynamic mechanical compression to a body region. For the treatment of lower extremity chronic venous insufficiency, static compression includes compression hosiery and compression bandages. Dynamic (intermittent) compression therapy in the form of intermittent pneumatic compression pumps and sleeves may be useful under select circumstances and with the associated presence of lymphedema.²

The types of compression therapy devices include:

Compression stockings: Stockings that go up to the knee are the most common type of compression apparel. If swelling extends above your knee, you may need longer stockings or tights that come up to your waist.

Manufacturers rate compression socks based on how much pressure they provide. The amount of compression you need depends on your condition. The units for measuring compression are mmHg, or millimeters of mercury. There is no standard scale for rating compression stockings. In general, the categories of pressure are:

- Low (less than 20 mmHg).
- Medium (20 to 30 mmHg).
- High (greater than 30 mmHg).

Bandages and wraps: Elastic bandages and Velcro wraps may be easier to apply for people who have difficulty putting on socks. Bandages are usually applied in multiple layers.

Inflatable devices: Intermittent pneumatic compression (IPC) is a device that consists of a centralized air-pumping machine that is connected to a sleeve

with multiple air chambers. When fitted over a limb or body region, the sleeve is inflated, causing it to squeeze or compress the areas of the body contained within.

- **Lymphedema:** This is a buildup of lymph (a kind of fluid) in soft tissue that causes swelling, which often occurs after cancer treatment. Compression sleeves and IPC are used to help control symptoms.
- **Venous ulcers or impaired venous function:** IPC helps to stimulate blood flow.
- **Blood clot (deep vein thrombosis) prevention:** Extended periods of inactivity (such as after surgery or during injury recovery) can slow blood flow, increasing the likelihood of red blood cells clumping together and forming a clot. IPC is used to prevent this from happening.³

If you are suffering from venous disease, contact the professionals at Central Florida Vein and Vascular Center to schedule a consultation. They are leaders in comprehensive vein care and will be glad to help you find the right treatment for you.

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Central Florida Vein & Vascular Center, where our specialty is the improvement of your venous health. Our experienced team of Board Certified Fellowship Trained Vascular Surgeons are providing patients of all ages with the most advanced, minimally invasive care and treatments for varicose veins, spider veins, leg pain, leg wounds and swelling, as well as many other painful and unsightly conditions caused from the effects of a venous insufficiency.

If you are one of the more than 25 million Americans who suffer from some sort of venous related problem, or know someone who does, you owe it to yourself to learn more about the safe and virtually painless, non surgical out patient treatments that are available to you at any one of our three convenient Central Florida locations.

References:

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3. Tim Petrie, D. (2022) How pneumatic compression is used in physical therapy, Verywell Health. Available at: <https://www.verywellhealth.com/how-pneumatic-compression-is-used-in-physical-therapy-5202654>.

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!*

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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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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.

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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.

ENHANCING FAMILY HEALTH AND WELL-BEING

Physical and Mental Health Through Shared Activities and Knee Replacement for Older Family Members

By Dr. Nam Dinh, MD, FAAOS

Maintaining good health and fitness is crucial for individuals of all ages, and when it comes to family, it becomes even more important. Engaging in physical activities together not only strengthens familial bonds but also promotes the overall well-being of all family members. In particular, older family members often face barriers due to joint pain, hindering their ability to actively participate in these shared activities. However, advancements in medical technology, such as knee replacement surgery, offer a viable solution to alleviate joint pain and improve their quality of life.

The Importance of Family Activities for Physical and Mental Health

Participating in activities as a family has numerous benefits that extend beyond mere physical fitness. Engaging in regular physical activities together promotes stronger family relationships, encourages healthy habits, and creates lasting memories. Whether it's a simple walk in the park, a game of catch, or even a dance session, family activities provide an opportunity for bonding, laughter, and mutual support.

In addition to physical health, family activities have a positive impact on mental well-being. They help reduce stress levels, enhance mood, and boost overall mental resilience. Regular exercise stimulates the release of endorphins, which are known to improve mood and reduce symptoms of anxiety and depression. By engaging in these activities together, families can support each other's mental health and create a positive and supportive environment.

The Challenges Faced by Older Family Members

As family members age, they may experience joint pain, particularly in their knees, which can limit their ability to participate in physical activities. This joint pain can be caused by various factors, including arthritis, injury, or general wear and tear. Sadly, this can lead to social isolation, reduced mobility, and declining overall health.

The Importance of Knee Replacement Surgery

For older family members suffering from chronic knee pain, knee replacement surgery can be a life-changing solution. This surgical procedure involves replacing the damaged joint with an artificial one, relieving pain, and restoring mobility. By



opting for knee replacement, older individuals can regain their independence and actively participate in family activities once again.

Improving Quality of Life and Family Dynamics

Knee replacement surgery not only addresses physical limitations but also significantly enhances an older family member's overall quality of life. With reduced pain and improved mobility, they can fully engage in family activities, contributing to the strengthening of family bonds and fostering a sense of belonging.

Health and Fitness Are Key Topics for Consideration at All Ages

Older family members' physical and mental health is dependent on being involved in familial activities. Joint pain can be a barrier for these family members to stay engaged. Knee replacement can be a resolution to these barriers and improve your family member's quality of life.

- Knee replacement through the lateral (side) muscle-sparing approach can help get patients up and walking faster than traditional knee replacement through the front of the knee.
- This approach has proven to increase patient's satisfaction after surgery, reduce pain associated with healing, and improve functioning earlier.
- This type of surgery broadens criteria for elderly patients to have outpatient surgery given clearance by their doctors. Meaning your loved ones can get back to their home and engage with their families sooner.

Family activities play a vital role in promoting the physical and mental well-being of all family members. For older individuals facing joint pain, knee replacement surgery offers a viable solution to alleviate their discomfort and enable them to actively participate in these shared activities. By embracing a healthy lifestyle as a family and providing support to older members through medical interventions like knee replacement, families can ensure the well-being of their loved ones and create a harmonious environment that promotes health and happiness for everyone.

About Dr. Nam Dinh

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



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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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WHAT IS ACROMIOPLASTY?

By Regenxx at New Regeneration Orthopedics

Acromioplasty Defined

Acromioplasty is a surgical procedure that is designed to help alleviate pain that is present in the shoulder when a person moves their arm to the front or to the side. This type of pain is called shoulder impingement because it literally impinges some key structures in the shoulder complex. As seen in the image below, there is a bone that creates a "roof" over the very top of the shoulder, and is the meeting point for the end of the collar bone. This bone that creates the roof is called the acromion process and is a part of the shoulder blade. The two soft tissue structures that pass underneath the acromion are the bursa and the supraspinatus tendon, which is one of the tendons of the rotator cuff.



In shoulder impingement, some combination of inflammation, mechanics, and history of injury could lead to a narrowing of the space where tissues travel. Occasionally, the acromion itself becomes arthritic from repetitive aberrations to shoulder mechanics.

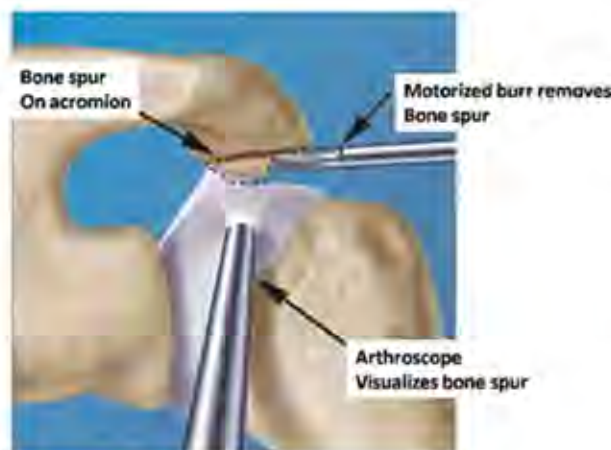


In shoulder impingement, some combination of inflammation, mechanics, and history of injury could lead to a narrowing of the space where tissues travel. Occasionally, the acromion itself becomes arthritic from repetitive aberrations to shoulder mechanics.

So, in the case of defining Acromioplasty, let's look at the portions of the word:

- **Acromio** – which stands for the acromion process
- **Plasty** – a medical suffix which stands for the *repair or restoration of a part or function by molding or shaping through a surgical procedure.*

An Acromioplasty is a surgery where the doctor uses a device to shave down the bone to remove a part of the acromion process and theoretically make room for the rotator cuff muscle and bursa.



Who Would Consider Acromioplasty?

In the traditional orthopedic setting, patients who have chronic shoulder pain, meaning lasting more than six weeks, and having minimal relief with rehabilitation exercises and/or cortisone injections might be counseled to consider Acromioplasty. The conditions these patients may have could include any combination of:

- Bursitis
- Arthritis
- Bone spurs
- Rotator cuff injuries

Potential Problems with Acromioplasty

In general, in orthopedic medicine when we see alterations to the structure of the body, like shaving down a portion of a bone, there is often a domino effect of issues because changing the bone, changes the mechanics. So, although there may be some relief, there can be complications from the changed mechanics down the line. In fact, one study is a systematic review and meta-analysis of six randomized controlled trials evaluating the efficacy of Acromioplasty (1).

The study concluded that:

The results showed no significant differences between the two treatments [acromioplasty versus nonacromioplasty] in reoperation rate at the final follow-up or VAS score at 6 months postoperatively and final follow-up, but there was a significant difference in VAS score at 12 months postoperatively in favor of acromioplasty treatment (1).

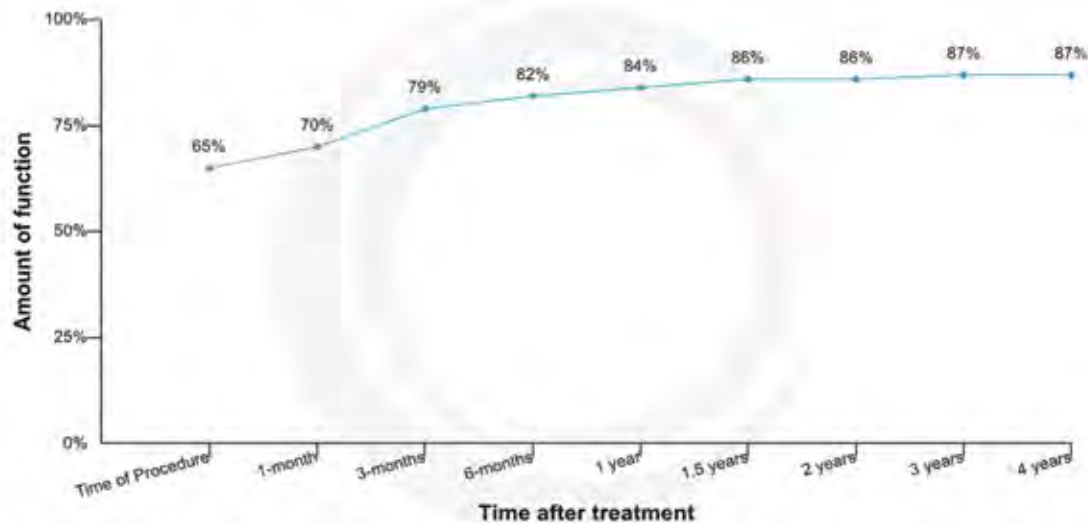
Arbitrarily, it seems, the patients who received the acromioplasty noted improvement at the 12 month mark but not at 6 months post-op nor at their final evaluation. The result of this study is that this is not clinically significant data in favor of acromioplasty and suggest further studies are needed to assess the success-rate of Acromioplasty surgeries.

Alternatives to Acromioplasty Surgery

In the world of nonoperative orthopedics, shoulder impingement, bursitis, rotator cuff tears, and arthritis are all routine clinical findings that are treated with platelet rich plasma (PRP) or bone marrow concentrate (BMAC).

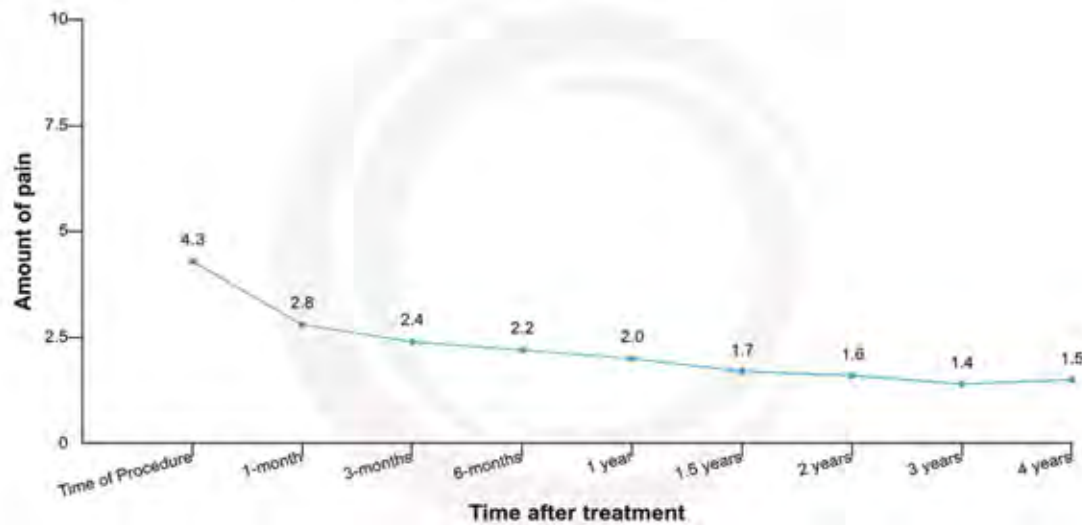
To get an idea of the success rate of shoulders treated with regenerative medicine at Regenxx, there are 2636 (and counting) cases of shoulder pain being tracked long-term in the Regenxx Patient Registry. In the registry data, the patients are surveyed at regular intervals about their perceived function improvements, pain level improvements, and overall improvements in their shoulders after a Regenxx procedure.

Shoulder Function Improvement After Regenexx Procedure



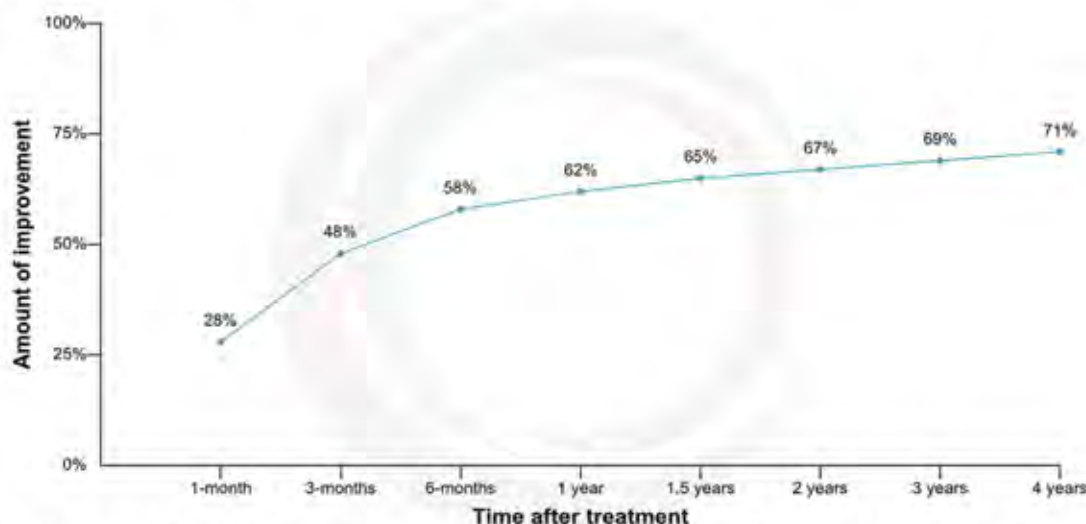
Prior to treatment, patients report being limited to an average of 65% of their optimal function. After receiving treatment, they report averages up to 87% (2).

Shoulder Pain Decrease After Regenexx Procedure



Prior to receiving treatment, patients report average pain of 4.3/10. One month after treatment, pain levels decrease to an average of 2.8/10, a decrease of 35%.

Overall Shoulder Improvement After Regenexx Procedure



Patients feel their joints are, on average, already 28% better after only 1-month, and continue to improve from there (2).



As evidenced by the Regenexx registry data, the procedures used to manage shoulder pain, like shoulder impingement are very successful at reducing pain and improving function over several years.

If your shoulder pain is keeping you from doing what you love, and you have tried other therapies and still aren't getting the results you want, come and let us take a look at your case and see if regenerative medicine might be a great option for your goals.

References:

- 1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6237382/>
- 2 <https://regenexx.com/results/>
- 3 <https://www.mercy.com/health-care-services/orthopedics-sports-medicine-spine/specialties/shoulder-upper-arm/treatments/acromioplasty#:~:text=What%20is%20acromioplasty%3F,for%20your%20muscles%20to%20relax.>

4 Image Credit: Canva



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SUFFERING FROM MEMORY LOSS?

Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

Is your memory not what it used to be?

Are you experiencing or having trouble with:

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

It's possible that your memory problems are simply a sign of aging as we all have some normal memory loss with age. But please do NOT ignore these "senior moments" as they could be a warning sign of something much more serious. Alzheimer's Disease currently affects 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:

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A Taste of Home

The way to the heart is through the stomach, which is why July recognizes the culinary artists who bring inventive recipes and creative dishes from the kitchen to our table with National Culinary Arts Month. All month long, cooks and chefs hone their skills to stay on the edge of culinary perfection. This celebration spotlights the best in the industry and honors their achievements.

That's why, at Sumter Senior Living, we celebrate July with an extra serving of satisfaction. Whether sharing an intimate meal with a friend or commemorating a special occasion with your loved ones, food brings us together. And living at Sumter will satisfy your appetite for connection with others and for the most delicious cuisine. Our compassionate, skilled dining team and welcoming community provide the restaurant-quality dining, care, programming, health, and wellness resources necessary to thrive in an environment that's not just like home—it is home.

FOOD FOR THOUGHT

The Office of Disease Prevention and Health Promotion (ODPHP) emphasizes that older adults must maintain an active lifestyle and nutrient-dense diet in order to mitigate the risk of chronic diseases. But eating habits change throughout the lifespan. As calorie needs decrease with age, nutrient needs tend to increase—due to decreased physical activity, changes in metabolism, or age-related loss of muscle and bone mass. According to the ODPHP, "Nutrient needs in [the older adult] population are also affected by chronic health conditions, use of multiple medicines, and changes in body composition."

Which makes it especially important for this age group to follow healthy dietary patterns to ensure every bite counts. The National Institute on Aging suggests that older adults enjoy a variety of foods from each food group—with little to no added sugar, saturated fats, and sodium—to help reduce the risk of developing high blood pressure, diabetes, hypertension, heart disease, cancer, and osteoporosis.

As we age, eating healthy can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Though eating healthy has benefits for all age groups, the U.S. Department of Agriculture (USDA) reports that the effects can be particularly favorable for older adults. The USDA's analysis of the unique dietary needs of people aged 60 and over suggests a necessity for individuals to stay hydrated, get enough protein to maintain muscle mass, and find out how many daily calories are required to preserve energy. For increased longevity and well-being, it's vital that older adults learn how the foods and drinks they choose help them meet daily nutritional needs, maintain a healthy body weight, and reduce the risk of chronic disease.

DINE GRACEFULLY

Because Sumter Senior Living's skilled team understands that a healthy lifestyle starts with healthy eating options, our meals are made with real ingredients—by real chefs. From 24/7 availability of snacks and beverages to options for social, family-style meals, dining at Sumter is sure to add flavor to your everyday experience. Homemade and restaurant-quality, our food is fit for any taste.

Tired of cooking or eating alone? Our community turns eating into a social affair. Meals are more enjoyable when you eat with others, so residents are encouraged to invite friends to join them. Or, if a more intimate setting is preferred, residents can serve their guests in their apartment homes or Sumter's private dining room—whether they prefer to cook for themselves or enjoy our community's meal delivery services.



Foods not as tasty as you remember? It might not be the cook's fault! Maybe your sense of taste or smell—or both—has changed. Growing older, dental problems, and medication side effects can alter the senses. At Sumter, our dining services team knows how important taste and smell are for sustaining a healthy appetite. Our cooks, led by Sumter's Executive Chef, add fresh herbs, spices, or lemon juice to their plates—crafting culinary delicacies sure to have your mouth watering anew.

From fine dining and fitness lessons to therapeutic programs, and a full calendar of life enrichment programs created by listening to and learning from you, everything we do is meant to encourage our residents and teams to lead healthier, more active lifestyles.

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WEATHERING THE STORM

Preparing Your Home and Family for Hurricane Season

By Sharon A. Bassett

Living in Central Florida means being well-acquainted with the potential risks of hurricane season. As nature's fury can strike unexpectedly, it's crucial to proactively prepare your home and family for such emergencies. By taking the necessary steps to fortify your residence and creating a comprehensive disaster plan, you can significantly minimize the impact of hurricanes on your loved ones and property. In this article, we will explore essential strategies and practical tips to help you navigate hurricane season with confidence and peace of mind.

Stay Informed

Knowledge is your first line of defense when it comes to preparing for hurricanes. Keep track of weather updates and alerts by monitoring reliable sources such as the National Weather Service or local news stations. Sign up for emergency notifications via text or email to receive timely updates. Familiarize yourself with the hurricane categories and the specific threats they pose. Understanding the potential risks will help you make informed decisions regarding evacuations and protective measures.

Create a Family Disaster Plan

Developing a family disaster plan is crucial to ensure the safety and well-being of everyone in your household. Discuss evacuation routes and designate a meeting point in case family members get separated. Prepare an emergency kit containing essentials such as water, non-perishable food, medication, flashlights, batteries, and important documents. Assign specific responsibilities to each family member, including tasks such as shutting off utilities or securing outdoor objects. Practice drills regularly to reinforce the plan and familiarize everyone with emergency procedures.

Protect Your Home

Preparing your home for a hurricane involves safeguarding both its exterior and interior. Trim trees and shrubs to minimize the risk of fallen branches or uprooted trees during high winds. Reinforce doors and windows with storm shutters or plywood, and install impact-resistant glass if possible. Clear gutters and downspouts to ensure proper drainage. Secure loose outdoor items or bring them indoors to prevent them from becoming projectiles. Consider investing in a generator to provide power during potential outages.



Stock Up on Supplies

Stocking up on essential supplies well before a hurricane strikes is crucial. Make sure you have enough non-perishable food, drinking water, and necessary medication to last several days. Have a battery-powered or hand-cranked radio to stay informed if the power goes out. Gather extra batteries, a first aid kit, hygiene products, and baby supplies if needed. It's also wise to keep a sufficient supply of fuel for your vehicles and generators. Regularly check expiration dates on stored items and replace them as needed.

Central Florida residents must face the annual threat of hurricane season, but with proper preparation, you can mitigate the risks and protect your home and family. Stay informed about weather updates, create a family disaster plan, and fortify your home against potential damage. Stock up on essential supplies well in advance to avoid last-minute rushes. By implementing these proactive measures and making preparedness a priority, you can navigate hurricane season with confidence, knowing that you have taken significant steps to ensure the safety and security of your loved ones and property.

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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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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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

HEALTHY VISION - SEEING CLEARLY DESPITE CHALLENGES OF THYROID EYE DISEASE

Living in the Sunshine State is great. We get to enjoy sunshine and outdoor activities year-round but it can take a toll on your eyes. If you are like most people, you have learned healthy eating habits, that exercise is good for you and to put sunscreen on when outside, but do you know about eye health and diseases that can affect your vision.

Some diseases that affect your eyes as you age include more commonly known Cataracts and Glaucoma, to the rarer Diabetes-related retinopathy and Thyroid Eye Disease. Symptoms range from irritation and pain in the eyes, decreased vision, to vertigo, joint or muscle pain or inflammation of the blood vessels. If left untreated you might notice you have problems with everyday activities like blurry vision when watching television or reading a book to more severe issues like migraines and double vision to even seeing spots or blindness.

Taking steps to care for your eyes can help prevent vision loss, blindness, and many other conditions from occurring. These five steps can help you manage your eye health.

1. Regular Eye Exams: Annual eye tests make it easier for the eye doctor to determine if your eyes are healthy. These tests also ensure your glasses or contact lenses prescription is current as well as determine if you have any eye diseases and even use it to gauge whether you have other health problems such as high blood pressure or diabetes.

2. Follow a healthy lifestyle: Maintaining a healthy lifestyle can help to support your overall health and improve your symptoms. This includes eating a well-balanced diet, getting regular exercise, and getting enough rest.

3. Use protective eyewear. Protect your eyes when doing chores around the house, playing sports, or on the job to prevent eye injuries from happening. This includes wearing safety glasses, goggles, safety shields, and eye guards that are made of polycarbonate.

4. Give Your Eyes a break: The eyes are clearly quite the sensitive organs. If you watch too much TV, work on the computer for hours at a time, or do anything else without taking a break, your eyes will suffer. Be sure to step away from the screen or other activity at least once every couple of hours so you can moisturize your eyes with eye drops, take extra blinks, and get some fresh air.

5. Know the Symptoms: With a proper diagnosis, many of the diseases can be successfully treated so you can enjoy a healthy lifestyle.

The Right Diagnosis is Key

Thyroid eye disease (TED), also known as Graves' ophthalmopathy, is a rare, autoimmune disease that affects an estimated 1 in every 6,250 women and 1 in 34,482 men, approximately 19 in 100,000 people per year, according to the National Organization for Rare Disorders.

TED is characterized by proptosis (a condition where the eyes are pushed forward and bulge outward) leading to eye pain, double vision, and difficulty closing the eyelid.

Tepezza (teprotumumab-trbw), which is a part of the "Horizon infused brand portfolio" is a medication used for the treatment of TED. Tepezza improves the signs and symptoms of TED, including eye pain, redness, and swelling, eye bulging and double vision. In clinical trials: more than 8 out of 10 patients taking Tepezza experienced a visible reduction in eye swelling, 7 out of 10 patients saw improvement in double vision; and 5 out of 10 patients saw their double vision completely go away.

Brenda's Story: Grave Challenges

In 2015, Brenda felt that something was off. Her heart rate was too high. To others, she just didn't seem like her usual self. Her doctor diagnosed her with Graves' disease, an autoimmune disorder that causes the thyroid to make too much of a hormone called thyroxine.

Her symptoms eventually subsided, but in 2018 she experienced new ones. This time Graves' manifested in the form of Thyroid Eye Disease (TED), an inflammation of the eye muscles, eyelids, tear glands, and fatty tissues behind the eye. Brenda now suffered from constant headaches and double vision, which made it impossible to read or watch TV.

The first treatment Brenda tried involved 12 straight days of radiation which did little to improve her symptoms. The next option appeared to be surgery until the FDA approved Tepezza, a new treatment for TED administered through infusion therapy. Sage Infusion partnered with the drug's manufacturer, Horizon Pharmaceuticals, to become a preferred site of treatment.

Brenda decided to drive two-and-a-half hours each way from her home in Cape Coral to Sage Infusion Tampa, where she received Tepezza infusions. While it was a haul, it was worth it. Brenda has described the Tampa facility as "beautiful" and the staff as "wonderful". Brenda's friend would come with her to each appointment, and they could sit together in a private space while she received her infusion. After completing 8 rounds of Tepezza infusions at Sage, Brenda experienced a significant improvement in her condition.

"Patients love the facility," says Brenda's doctor. "It's been a great experience for our office as well as the patients. It's miraculous how well these patients are doing even after the first injection".

Brenda hopes that she won't need further treatment for Graves', but if she does, she says "it will be at Sage". With the opening of Sage Infusion Fort Myers, Brenda will have a much shorter drive if needed on her journey back to health.

At Sage Infusion, we provide expert patient-centered infusion care in a contemporary boutique environment. Sage Infusion 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 a semi-private room.

With locations in The Villages Lake Sumter, Fort Myers, Clearwater, Orlando, Sarasota, and Tampa, Sage Infusion offers the best infusion and administration facilities in the Sunshine State. At Sage Infusion, we've reimagined patient care. From a quick start to upfront pricing and financial assistance, to compassionate care by our clinical experts in a serene environment, you will experience infusion therapy like never before. Sage Infusion accepts most insurance providers and will complete your prior authorization process making it easy to focus on your health.



352-565-5553

sageinfusion.com/swwellness

910 Old Camp Road, Suite 196, The Villages, FL 32162

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.

Your Benefits

- A set price of \$50 monthly for each medication through Prescription Hope's medication access service.
- A team of Patient Advocates to assist you with any questions.
- The confidence of knowing your medication will be refilled and delivered month after month.

Who We Work With

- An individual earning around \$50,000 per year.
- Households with a combined income of around \$70,000 per year.
- Guidelines increase with each additional dependent in households earning a combined income of up to \$200,000 annually.

Who Saves

- Are you paying more than \$50 a month for each medication? If so, join the thousands of other individuals and families saved with Prescription Hope over the last decade.

No Enrollment Period

- Unlike insurance programs there are no enrollment periods for Prescription Hope. This means you can enroll anytime.



Visit, www.PrescriptionHope.com today to see if you qualify.





DON'T WAIT TO START DOWNSIZING

By Janice Martin, Senior Advisor / Family Liaison

Many people moving to assisted living don't begin the important process of downsizing until they are faced with an imminent move. They bury their head under the covers and hope that the day won't come. They have one reason after another to procrastinate and avoid being proactive.

Last year, I helped a couple transition to assisted living after living in their own home for many years. The wife had significant memory impairment and the husband was doing everything he could to keep her at home. At his daughters urging, he decided to move into a community together. They moved before their house was sold, which allowed him to shield his wife from the chaos. It also gave him time to take an occasional break from the massive project. When I spoke with him a few weeks ago, I asked him what advice he would give to others. His quick response was, "Start downsizing years in advance!"

So – where, and HOW, do you begin? My favorite saying is, "How do you eat an elephant? One bite at a time!" I have helped hundreds of families through this process. I'd like to suggest some wonderful local options to offer the things that no longer serve you to now benefit others.

PHOTOGRAPHS – For Ann's Sake will take your photographs, scan them, and offers a nice selection of digital frames to provide a beautiful slide show. They will add captions to help those with memory impairment remember faces and encourage reminiscing. They will also produce digital albums and videos to share your history with family. For more information, call 301-471-8479.

IMPORTANT DOCUMENTS – I can't tell you how many people I have met who insist on keeping receipts and files from the 1980's! There are simply not enough closets and rarely is storage offered in assisted living to move them with you. **Iron Mountain** is a great resource for scanning lots of documents. They will pick up the boxed files and put the scans on a thumb drive. They provide shredding as well. They can be reached at 877-654-3757. For smaller projects, The Villages Pack and Ship Plus or office store can help.

CLOTHING AND HOUSEHOLD ITEMS – There are several non-profit options other than Goodwill that benefit others. **Key Training Center Thrift Store** in



Wildwood accepts gently used current clothing and the money raised helps to train adults with developmental disabilities to work in their stores and other local retail. For information and to schedule a pickup call 352-661-3052.

If your clothing is a bit older, another great option is a hospice or church thrift store. Additionally, **"Restoring Hope Thrift Store"** in Wildwood benefits post-911 veterans and families transitioning back to civilian life through donations of furniture and household items. For more information and to schedule a pickup call 352-748-1855. In July, **"Restoring Hope Clothing Boutique"** will accept on-site clothing donations at a second Wildwood location. **"Operation Shoebox"** in Belleview uses money raised from donations of clothing, furniture, household items, and individually wrapped cookies and snacks to send personal items, goodies, and letters of encouragement to our troops overseas. For information on pick up or drop off options call 352-307-6723.

TOOLS – Rather than get pennies on the dollar trying to sell your still useful tools (including cooking tools), there is a Citrus County non-profit called **"Skill Building Class Inc."** Each class allows 28 youth living in poverty to attend a free 12 week course to learn essential life skills for their survival and to instill a desire for a possible future career. Volunteers from the community teach sewing, tile, oil/tire change, cooking, welding, and more. Donated tools can be used for classwork and are also given to the participants upon graduation. For more information, call 352-436-3105.

COLLECTIBLES – There are many collectibles such as Hummels, Precious Moments, baseball cards, stamps, coins, comic books, dolls, and more. These items are of great value to you and I'm certain you have enjoyed collecting them over the years. Sadly,

your children may not appreciate them as you have. There are businesses and local clubs that will help sell them privately or list them online.

For everything else, there are businesses that will come to your home to do an estate sale, if your community permits it. They take a percentage of the sale; however, there is often very little profit in the end. Some will do online auctions for more valuable items. Finally, there are businesses that will come to your home to give guidance on how and where to begin and help determine what to move to your new community.

The most important thing is to not procrastinate. A magic genie will not swoop in and make it all go away. Don't leave this for your children to decide what to do with everything. Start now and if the time comes that you have to move to an assisted living or elsewhere, it will be a far less stressful experience. Just take it one bite at a time!



Janice Martin is an author, educator, and specialist on senior living options and the owner of Senior Liaison of Central Florida Inc. She has written *"The Complete Guide to Assisted Living: Everything You Need to Know Before, During, and After a Move."* This award winning and #1 best seller is available on Amazon.com in paperback and eBook. For more information, call 352-477-1866.



Senior Liaison
OF CENTRAL FLORIDA

352-477-1866 | seniorliaisoncfl.com
seniorliaisoncfl@gmail.com

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.

Innovative Therapies Group, Inc.
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- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

Ocala

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Ocala, FL 34474

Summerfield

14031 Del Webb Blvd
Summerfield, FL 34491

Lady Lake

929 US-27 #301
Lady Lake, FL 32159

Wildwood

805 S. Main St
Wildwood, FL 34785

Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

Chiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

What About Sciatica? Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or opiates are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.



1974 County Rd., STE 101
The Villages, FL 32162.
Located in the Palm Ridge Plaza off CR 466.
(352) 391-9467
www.comptonchiropractic.com
Accepting New Patients | Golf Cart Accessible

www.HealthandWellnessFL.com

Do You Have Low Back Pain?

It could be your sacroiliac joint.

SI Joint Dysfunction Symptoms:

- Low back pain
- Pain in buttocks or down back of leg
- Hip, pelvis, groin pain
- Stiffness and reduced range of motion
- Pain climbing stairs, running or jogging
- Pain lying on one side
- Leg instability, numbness or weakness
- Disturbed sitting or sleep patterns
- Pain moving from sitting to standing

.....
15% - 25%

of patients presenting with low back pain actually have SI joint dysfunction.

.....
Up to 75%

of postoperative lumbar fusion patients will develop significant SI joint degeneration after 5 years.



Beating the Heat: Tackling Summer Dehydration in Central Florida with IV Rehydration

As the summer heat intensifies in Central Florida, the risk of dehydration becomes a significant concern. The combination of high temperatures and humidity can cause individuals to lose substantial amounts of water and electrolytes, leading to various health issues. Fortunately, intravenous (IV) rehydration therapy offers an effective solution to combat dehydration and restore optimal hydration levels. In this article, we will explore the challenges posed by summer dehydration in Central Florida and delve into the benefits of IV rehydration as a valuable remedy.

The Heat Wave in Central Florida

Central Florida is known for its sweltering summers, characterized by scorching temperatures and stifling humidity. These climatic conditions can lead to profuse sweating, accelerating fluid loss from the body. Dehydration, if left unaddressed, can result in fatigue, dizziness, muscle cramps, and even heat-stroke. To safeguard against these risks, it is crucial to understand the importance of staying adequately hydrated and the limitations of oral rehydration methods alone.

The Limitations of Oral Rehydration

While consuming fluids orally is an essential part of maintaining hydration, it may not always suffice, especially during periods of intense heat and dehydration. The digestive system can be slow in absorbing the necessary fluids and electrolytes, which delays the rehydration process. Additionally, excessive



vomiting or diarrhea can hinder fluid intake altogether. In such cases, intravenous rehydration therapy emerges as a valuable option to quickly replenish fluids and essential electrolytes.

The Benefits of IV Rehydration

IV rehydration therapy involves administering a carefully balanced solution of water, electrolytes, and nutrients directly into the bloodstream. By bypassing the digestive system, IV hydration allows for rapid absorption and efficient distribution of essential fluids throughout the body. This method ensures that individuals receive optimal hydration, even when oral intake is compromised or insufficient. IV rehydration can help alleviate dehydration symptoms promptly, restoring energy levels, improving cognitive function, and enhancing overall well-being. Furthermore, this therapy can benefit individuals with specific health conditions, such as athletes recovering from intense workouts or individuals suffering from gastrointestinal illnesses that impede oral intake.

Dehydration poses a significant threat during the scorching summers of Central Florida. Recognizing the limitations of oral rehydration, intravenous therapy emerges as a game-changer in combating

dehydration effectively. IV rehydration offers rapid and efficient replenishment of fluids and electrolytes, helping to alleviate dehydration symptoms promptly. Whether it's athletes seeking quick recovery or individuals with compromised oral intake, IV hydration provides a reliable solution to beat the heat and maintain optimal hydration levels throughout the summer season in Central Florida.

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.

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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.

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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!

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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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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Unchanged these his last 16 years of practice is Attorney Smith's flat fee model of Estate Planning, including \$75 Wills. He continues to be available free of charge to speak to your church or social club on a wide range of topics, including charitable giving, estate planning for Florida residents, and homestead and tax planning.

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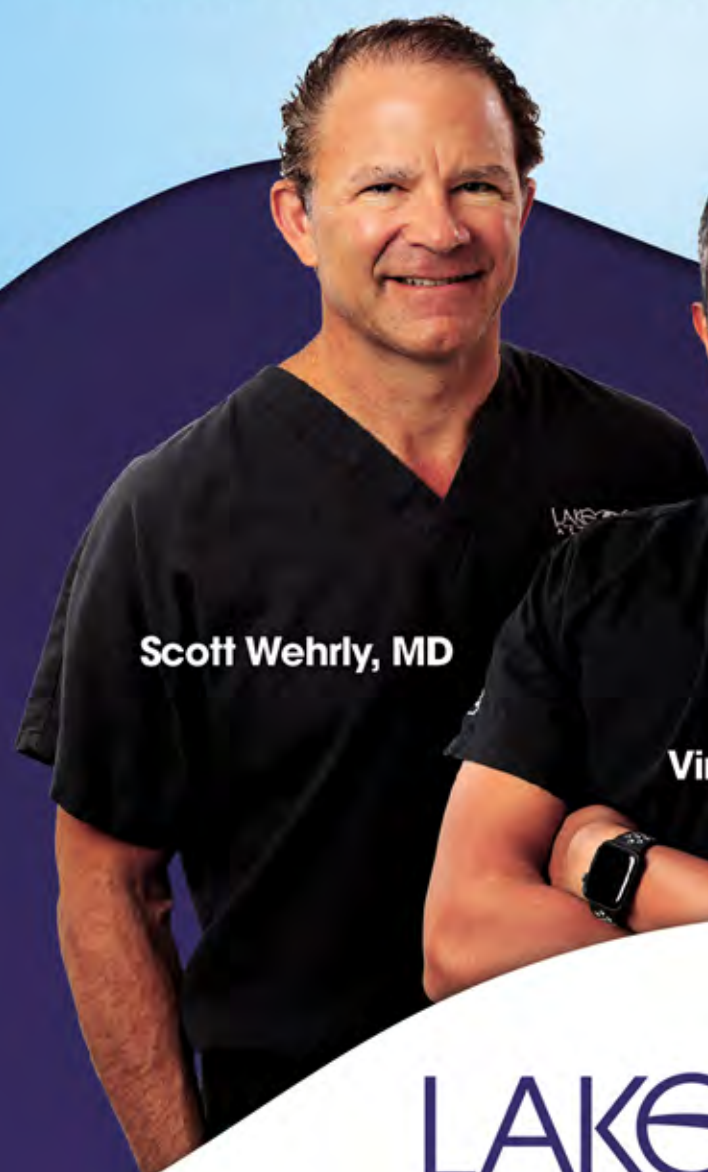


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