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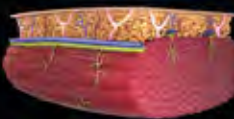
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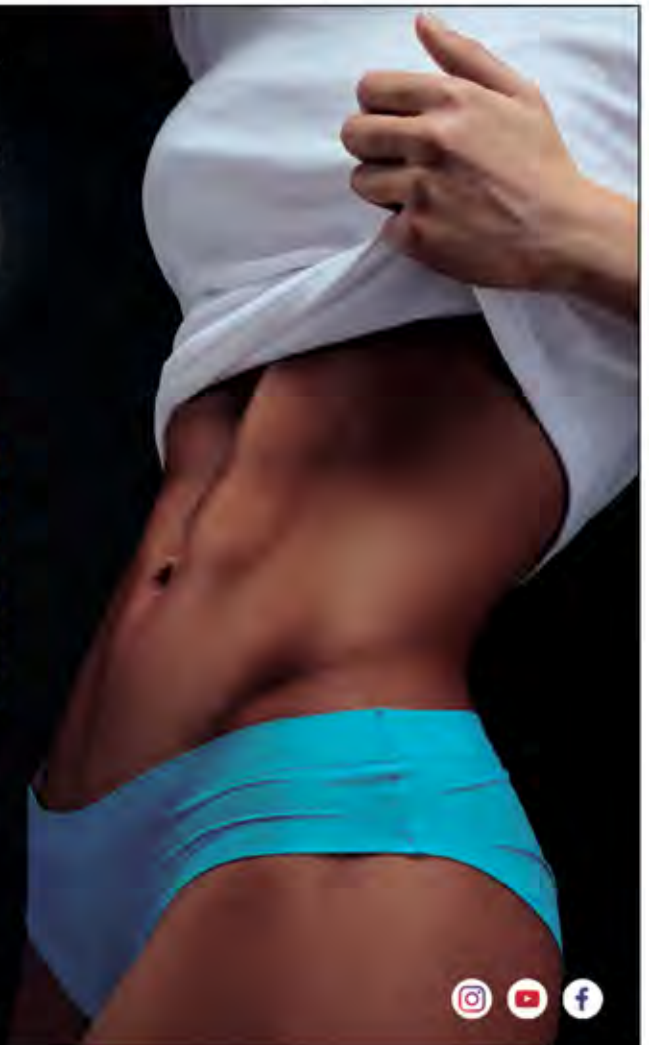


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The Journey to Gut Happiness:

Unveiling the Secret to Family Harmony

By Elisha Lopez

Hey there, fellow health enthusiasts! Welcome back to my world of wellness and wonder. In my last article, I spilled the beans on my family's epic quest for optimal health. We dove deep into the abyss of burnout, unraveled the mysteries of our genetics, and witnessed the mind-blowing transformation that comes with life-style changes. But today, my friends, we're embarking on a gut-centric adventure. Buckle up and get ready to explore the magical land of happy bellies!

Picture this: a family sitting around the dinner table, their laughter echoing through the air, and an overwhelming sense of contentment filling the room. What's their secret ingredient? You guessed it—gut health! Science has uncovered a mind-boggling connection between our guts and brains, revealing how a happy gut can work wonders for our mental well-being and family harmony.

Welcome to the wild world of the gut-brain axis—a two-way highway that connects our brain to the wondrous realm of our intestines. This bustling thoroughfare carries neurotransmitters, hormones, and gut microbiota, all working together to transmit signals and influence our moods, emotions, and overall mental state.

When our gut is in a state of bliss, it churns out an abundance of feel-good neurotransmitters like serotonin, often referred to as the "happy hormone." Serotonin not only boosts our mood but also regulates sleep, appetite, and digestion. If you want your family to experience pure joy and serenity, it's time to pay attention to those gut vibes!

To promote gut health and overall well-being, it's wise to bid adieu to certain foods that can stir up inflammation, even if you're not allergic to them. Gluten, sugar, and dairy are common culprits notorious for wreaking havoc on our guts. By ditching these troublemakers, we can create a happier gut environment for the whole family.

Now, let's talk about the rockstars of gut-friendly nutrition—high-quality protein and good fats. These bad boys will be your partners on this journey to well-being. They'll help you minimize your reliance on grains, gluten, dairy, and sugar while still getting all the essential nutrients your body craves.

Ah, stress! The notorious troublemaker that wreaks havoc on our overall well-being and turns family dynamics into a circus. But here's the twist—stress can also throw our gut off balance because the



gut-brain connection works both ways. To cultivate a happy gut and a more peaceful family environment, it's crucial to incorporate stress-busting techniques into our daily routines. Whether it's meditation, yoga, exercise, or indulging in hobbies, finding ways to kick stress to the curb can work wonders for our gut and overall happiness.

And now, let's raise our glasses to the elixir of life—water! Staying hydrated is a vital ingredient in maintaining a happy gut. Guzzle enough water throughout the day, and you'll support digestion, prevent constipation, and create an ideal gut environment. So, keep those water bottles handy, and spice things up with herbal teas or infused water. Quenching your gut's thirst will lead to a more harmonious and well-balanced family life.

My fabulous health warriors, never underestimate the power of gut health in shaping your happiness and family harmony. Remember, I'm not a doctor, so it's always smart to consult with your healthcare provider before making major dietary changes. But let's face it, reducing gluten, sugar, and dairy from our diets benefits everyone, even those without allergies. So, take charge of your gut health, and may your journey toward happiness and family peace be filled with laughter, love, and a dash of sassy attitude. Cheers to gut happiness!

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



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Prostate Cancer: An Advanced Technique Saves Lives

One of the leading health concerns for men is prostate cancer. Over the last thirty years, the way most medical practitioners check for prostate cancer hasn't changed very much, and unfortunately, this has led to higher statistics of men being underdiagnosed. There are approximately 2.9 million men in the U.S diagnosed with prostate cancer. Second, behind skin cancer, prostate cancer is the leading malignancy in men.

The prostate gland is a tiny plum sized organ that lies just beneath the bladder; the urethra runs through the prostate releasing urine from the bladder. As men age, it can become enlarged, infected and cancerous. It is often referred to as a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 27,000 men's lives. But it doesn't have to be this way.

Standard Exams Often Miss Prostate Cancer

Traditional rectal exams miss the smaller tumors that are progressively growing, and although the level of a man's PSA (prostate-specific antigen) is an essential marker in detecting issues with the prostate, unfortunately, this test alone is not always detailed enough. In some cases, men with completely normal PSA levels will regrettably have prostate cancer. And on the contrary, high PSA levels can sometimes coincide with a healthy normal prostate. For men in their mid to later life, it is beneficial to have additional forms of diagnostic tests.

Through the years there have been many different variants of testing and imaging for the prostate. One of those is ultrasound. Conversely, with ultrasound many times the transrectal imaging is not clearly visible. In some cases, cancer and lesions can go undetected. If a transrectal biopsy is being performed with ultrasound, it sometimes is done blindly, meaning that the physician is "sightlessly" aspirating tissue, and may inadvertently miss the actual cancer within the prostate.

Cutting-Edge Technology for Diagnosis and Treatment

There is a better test. The most advanced MRI (Magnetic Resonance Imaging) is done with an MRI fusion biopsy. This technology blends ultrasound and MRI biopsy to assure correct location,



aspiration, and treatment take place. The unique MRI unit, shows detailed prostate anatomy, revealing the tiniest lesions that would otherwise go unnoticed, enabling the physicians to visualize the prostate like never before. With the MRI fusion biopsy, physicians are also able to map out intricate treatment options for each patient individually on a case-by-case basis.

This year alone, over 700,000 men will undergo repeat prostate biopsies, with MRI Fusion, the difference in the intricate details is beyond comparison, and that's ideal for both the patient and the physician. In addition to the scientific advancements

in locating and treating prostate cancer, the comfort and reduced anxiety to the patient is also advantageous.

Advanced Urology Institute has the latest technology. Their machine is an advanced MRI fusion biopsy image that merges with the ultrasound during the biopsy. This targets a lesion with immense accuracy that can then be biopsied.

The key to the best outcome when dealing with the prostate is to get a proper diagnosis early. The MRI fusion biopsy is the best chance men have for detailed imaging, early detection, and a healthy life. This technology has helped increase the accuracy of biopsy upwards of 90%.

Advanced Urology Institute provides excellence and distinction in urological care. Comprised of a partnership of the best board-certified urologists working in the state of Florida, Advanced Urology Institute specializes in all phases and conditions of urology including prostate cancer, and they make your health their top priority.

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UNDERSTANDING DEEP VEIN REFLUX

Exploring the Role of Venography and Potential Benefits of Stent Intervention at Surgical Specialists of Ocala, P.A.

By Ravi Chandra, MD, FRCS [Edin], FACS

Deep vein reflux, a condition characterized by backward blood flow in the deep veins of the legs due to valve dysfunction, can have significant implications for vascular health. Surgical Specialists of Ocala, led by our vascular surgeons Dr. Ravi Chandra and Dr. Ksenia Orlova, offers cutting-edge diagnostic and treatment options to effectively manage deep vein reflux. In this article, we will delve into the significance of venography and the potential benefits of stent intervention in treating deep vein reflux at Surgical Specialists of Ocala, P.A.

Understanding Deep Vein Reflux: Deep vein reflux occurs when the valves within the deep veins fail to function properly, leading to blood flow reversal and subsequent venous insufficiency of the lower extremities. Patients may experience symptoms such as leg pain, swelling, varicose veins, cramping, and skin discoloration. At Surgical Specialists of Ocala, Dr. Ravi Chandra, and Dr. Ksenia Orlova, bring their extensive expertise to diagnose and treat this condition with precision and care.

Venography: At Surgical Specialists of Ocala, venography serves as a valuable diagnostic tool to evaluate deep vein reflux. This procedure involves injecting a contrast dye into the veins, which enhances visibility on X-ray imaging. Dr. Chandra and Dr. Orlova analyze the resulting images to identify areas of deep vein reflux and assess the severity of valve dysfunction, providing a comprehensive understanding of the patient's condition.

Identifying Candidates for Stent Intervention: After a thorough assessment, Dr. Chandra and Dr. Orlova determine the most appropriate treatment approach for each patient. In cases where conservative treatments such as compression therapy and lifestyle modifications yield inadequate results, venography with stent intervention may be recommended. The expertise of our physicians and their assistants at Surgical Specialists of Ocala ensures that each patient receives personalized care based on their unique needs and circumstances.



Benefits of Stent Intervention: Under the skilled hands of Dr. Chandra and Dr. Orlova, stent intervention offers several benefits in managing deep vein reflux:

1. Restoring Proper Blood Flow: Stent placement effectively supports weakened or narrowed veins, restoring healthy blood flow. By reinforcing the vein walls and valves, stents promote optimal circulation, reducing the risk of venous insufficiency and associated complications.

2. Symptom Relief: Stents alleviate symptoms such as leg pain, swelling, cramping, and discomfort by improving blood flow and reducing venous congestion. This enhancement in venous function significantly enhances the quality of life for patients.

3. Prevention of Complications: Untreated deep vein reflux can lead to severe complications, including blood clots and skin ulcers. Stent intervention plays a vital role in preventing these complications by optimizing blood flow and minimizing the likelihood of clot formation.

4. Minimally Invasive Procedure: Dr. Chandra and Dr. Orlova specialize in minimally invasive endovascular procedures, ensuring patient comfort

and faster recovery. These techniques involve accessing the affected vein through small incisions or punctures, reducing surgical invasiveness, and promoting better outcomes.

Conclusion: At Surgical Specialists of Ocala, Dr. Ravi Chandra, and Dr. Ksenia Orlova, accomplished vascular surgeons, provide exceptional care for individuals with deep vein reflux. Through advanced diagnostic techniques like venography and innovative treatments such as stent intervention, they offer effective management of deep vein reflux, improving patients' vascular health and overall well-being. If you are experiencing symptoms of deep vein reflux, consult with Dr. Chandra or Dr. Orlova at Surgical Specialists of Ocala to receive expert guidance and personalized care.



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WHAT ARE THE PROS AND CONS OF EYELID SURGERY?

Time, gravity and heredity can cause the skin around the eyes to droop, bag, sag or fold, sometimes creating vision problems, as well as a tired, haggard or even hostile appearance that doesn't reflect a person's true nature or mood.

Eyelid surgery, also known as blepharoplasty, is a common procedure performed for both cosmetic and functional benefits. This safe and relatively quick outpatient procedure involves removing excess skin and fat from the upper and/or lower eyelids to refresh and restore the appearance of the eyes and face, improve vision, or both.

Eyelid surgery is an effective procedure with an exceptionally high success rate. The vast majority of patients report that they are happy with the improvements to their vision, appearance and confidence. Unlike certain types of cosmetic plastic surgery, blepharoplasty from Lake Eye is gently and judiciously performed to help deliver tasteful, natural-looking results. It isn't intended to change how you look, but rather to help restore your eyelids to their former attractive, alert appearance and healthy function before time took its toll.

Like all surgical procedures, eyelid surgery comes with possible pros and cons, so let's look at both so you can make a more informed decision about whether this procedure might be right for you.

THE PROS OF EYELID SURGERY

- **Improved vision:** When excess or stretched skin and/or fat in the eyelids causes them to droop or bag, it can obstruct your field of vision – from a little to a lot. It can be so bad that everyday tasks like reading or driving become difficult or impossible. Removing this excess tissue and/or fat can help restore a wider field of vision, re-enable everyday enjoyments, and improve quality of life.
- **Refreshed appearance:** Removing excess skin or fat, and gently lifting drooping skin around the eyes can produce a fresh, rejuvenated and more alert appearance.
- **Greater self-confidence:** Looking as happy and youthful as you feel can be a real confidence booster. And, because eyelid surgery can dramatically improve central and peripheral vision, it may reduce feelings of vulnerability those limitations can create.



- **Long-lasting results:** For most people, eyelid surgery is a one-time procedure providing long-term benefits.

THE CONS OF EYELID SURGERY

- **Possible risks:** Like any surgical procedure, surgical complications can occur. Though they are uncommon, risks include infection of the skin or eye, bleeding, scarring, healing delays and changes in vision.
- **Recovery time:** While many patients experience only mild symptoms, for some, recovery from swelling and bruising can take several weeks, with complete healing taking as long as 1-3 months. However, most patients feel ready to resume normal public activities in about 10-14 days.
- **Possible unsatisfactory results:** While the majority of patients are quite happy with the outcome, there is a possibility that the results of blepharoplasty may not meet your expectations.
- **Expense:** When eyelid surgery is needed to restore vision, it is usually covered by individual health insurance, Original Medicare Part B, or Medicare Advantage (Part C). When performed strictly for cosmetic reasons, eyelid surgery may not be covered and can be somewhat expensive. To help

more people realize their goals, Lake Eye accepts most major insurance providers, all major credit cards, flexible spending accounts and CareCredit. We also offer affordable and customizable financing options, so please call us for ways we may be able to help.

WHY CHOOSE LAKE EYE FOR EYELID SURGERY?

Lake Eye (a US Eye Company) is proud to have Board-certified comprehensive ophthalmologist **Dr. Shelby L. Terpstra** on our care team. Dr. Terpstra has many years of experience performing functional and cosmetic eyelid surgeries to correct sagging, bagging, and inward- or outward-turning eyelids. Because some vision and/or appearance issues have to do with drooping eyebrows, she also performs a procedure called a Direct Brow Lift to gently restore eyebrows to their normal position. Dr. Terpstra is committed to providing natural-looking results that improve appearance and field of vision with minimal discomfort and downtime.

Dr. Terpstra cares for each patient before, during and after surgery to help promote the best possible outcome in every case. Dr. Terpstra is happy to discuss your needs, goals and concerns, so you can make the right decision for your circumstances, lifestyle and budget.

For questions about these procedures or to schedule a consultation, call your friendly local Lake Eye office. We are here to serve you.



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CARE WHILE TRAVELING

After Total Knee and Hip Replacements

By Sergio Martinez, DO, AOA, AOA

Traveling can be an exciting and enriching experience, but it requires careful planning and consideration, especially for individuals who have undergone total knee and hip replacements. While traveling can be beneficial for post-operative recovery and mental well-being, it is essential to prioritize safety, comfort, and proper care to ensure a smooth journey. In this article, we will explore important tips and considerations for those traveling after total knee and hip replacements.

1. Consult Your Healthcare Professional

Before embarking on any travel plans, it is crucial to consult your healthcare professional, particularly the surgeon or orthopedic specialist who performed your knee or hip replacement. They can assess your current health status and determine if you are fit for travel. They may also offer valuable advice and precautions to take during your journey.

2. Choose the Right Destination

When planning a trip after joint replacement surgery, consider the destination carefully. Opt for locations with easy accessibility, good infrastructure, and adequate medical facilities nearby. Smooth and even terrains, mild climates, and moderate physical activities should be prioritized to reduce strain on your replaced joints.

3. Plan Your Journey Ahead

Careful planning is essential to ensure a comfortable and stress-free trip. Book direct flights whenever possible to minimize the time spent walking or navigating airports. Request wheelchair assistance if needed and pre-arrange ground transportation at your destination to avoid unnecessary strain on your knees and hips.

4. Pack Wisely

Pack light to avoid overburdening yourself. Use luggage with wheels and ergonomic features for ease of handling. Remember to include any necessary medications, assistive devices, and medical documentation such as your surgery records, doctor's letters, and prescriptions.

5. On-Board Comfort

During flights or long journeys, prioritize comfort to prevent unnecessary discomfort and joint strain. Choose an aisle seat to have easier access to walking and stretching opportunities. Bring a neck pillow and lumbar support cushion to maintain proper posture and reduce pressure on your replaced joints.



6. Practice Safe Movement

While traveling, be mindful of your movements and avoid overexertion. Take breaks regularly to stretch and rest your legs. If you must stand in lines, engage in gentle movements to promote blood circulation and reduce stiffness.

7. Choose Accommodations Wisely

Select accommodations that are accessible and offer amenities such as elevators and handrails. Request for rooms on lower floors to minimize the use of stairs, and choose showers with grab bars for added safety during bathing.

8. Utilize Assistive Devices

If you were given assistive devices during your rehabilitation, such as canes or walkers, continue using them while traveling. These aids provide stability and support, reducing the risk of falls and minimizing stress on your replaced joints.

9. Plan Physical Activities Mindfully

Engaging in physical activities while traveling can be enjoyable, but it is crucial to choose activities that are suitable for your current condition. Avoid high-impact activities and opt for low-impact exercises like swimming or gentle walking, which can be beneficial for your joints.

10. Stay Hydrated and Mind Your Diet

Proper hydration and a balanced diet are essential for overall health and well-being during your trip. Staying hydrated helps with joint lubrication, while a nutritious diet supports your body's healing and recovery processes.

Traveling after total knee and hip replacements can be a rewarding experience with proper care and consideration. Prioritize your safety, comfort, and well-being by planning ahead, consulting your healthcare professional, and making mindful choices throughout your

journey. By following these tips, you can enjoy a fulfilling travel experience while ensuring the longevity and health of your replaced joints. Remember to embrace the adventure while staying attentive to your unique needs for a memorable and successful trip.

Total knee and hip replacement are treatments designed to get you up and back out there!

As a result, you may have plans to travel quickly after your surgery, but before you throw caution to the wind, consider these tips.

1. Total hip and knee surgery, while very effective at restoring joint mobility and reducing pain, do require some time to recover and some effort on the patient's behalf to engage in physical therapy.

2. Give yourself six weeks time to recover and put in the work for your exercises to ensure you have outstanding results long-term.

3. If you do have to travel far, try to give yourself a minimum of two weeks after surgery. While it is a rare condition, blood clots in the leg can develop after surgery, so it is important you don't sit for long periods of time.

4. When you travel, make sure you have plenty of legroom, time and space to move around, and drink plenty of fluids. Surgery and some of the medications prescribed after can make it hard to use the restroom. These tips will keep you comfortable and healthy while your body recovers.

SERGIO MARTINEZ, DO, AOA, AOA

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



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By Dr. Tina Chandra

According to the Massachusetts Male Aging Study, about 40% of men are affected by erectile dysfunction at age 40 and 70% of men are affected at age 70. Enter Emsella for men. Emsella has been approved for men suffering from incontinence and erectile dysfunction because of weakening pelvic floor muscles. These muscles support all of the pelvic organs and when weakened, they can result in incontinence, premature ejaculation, and erectile dysfunction.

What is Emsella? Emsella is an FDA-approved treatment that utilizes High-Intensity Focused Electromagnetic Energy (HiFem). It creates thousands of contractions in the muscles of the pelvic floor each session. These contractions strengthen the pelvic floor muscles improving both incontinence and erectile dysfunction. The Emsella treatment is both non-invasive and modest. The patient stays fully clothed during the treatment. You simply sit comfortably in the Emsella chair while it does all the work without any pain or discomfort. The only sensation may be a slight tingling as the muscles contract. Treatment in the Emsella chair is cleared by the FDA for both men and women.

The treatment involves at least six sessions which are performed twice a week over three weeks. Each session takes approximately 30 minutes. The treatment has been shown to strengthen muscles, increase blood flow, help restore neuromuscular control, and increase the production of collagen and elastin, in addition to strengthening muscles.

Up to now, Kegels have been the best option for combatting Erectile Dysfunction. The great news is that Emsella stimulates many more Kegels than you could otherwise do on your own...engages both voluntary and involuntary muscles along the pelvic floor to create up to 11,000 contractions per minute. The pelvic floor muscles form the lower part of the pelvis and support the pelvic organs, including the bladder, rectum, and prostate. When pelvic floor weakness occurs, it may lead to erectile dysfunction and premature ejaculation. Having erection problems from time to time is not necessarily a cause for concern. However, if erectile dysfunction is a persistent issue, it can cause stress, affect your self-confidence and contribute to relationship problems. Complications resulting from erectile dysfunction can include an unsatisfactory sex life, stress or anxiety, embarrassment or low self-esteem, relationship problems, or the inability to get your partner pregnant.



Men can also suffer from incontinence, associated with pelvic floor weakness. Many factors can affect male problems with incontinence and bladder leakage, with the primary cause being due to the prostate. An enlarged prostate after a prostatectomy, bladder surgery, or other treatments for prostate cancer can all contribute to male incontinence and erectile dysfunction. Other factors that can contribute to male incontinence include, but are not limited to, certain neurological disorders, obesity, smoking, and even family history. Men's incontinence typically involves a small amount of dribbling during exercise or at the end of the day. Chronic coughing or being overweight can put pressure on the bladder and lead to stress incontinence. Urge incontinence occurs when there is a need to urinate frequently or there is dribbling when the bladder is full.

Men will be pleased with the many benefits Emsella affords. Sessions result in increased bladder control, the end of urinary incontinence, increased penile rigidity and hardness, increased control over erection, increases time until ejaculation, reduce stress and anxiety, and restores confidence. We offer discreet Emsella treatments in our office. Treatments run for around 30 minutes while seated in the treatment chair. There is no downtime following the session. We welcome your questions and look forward to discussing the benefits of Emsella and how it can be the solution to your incontinence or erectile dysfunction.

If you are interested in learning more about Emsella from trusted professionals with years of experience, contact Chandra Wellness Center Today.

DR. TINA CHANDRA

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



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

DR. RAVI CHANDRA

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



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



StrongAndHealthyOcala.com
352.861.0224

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
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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
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

PARKINSON'S • SLEEP • EXECUTIVE FUNCTION • ALZHEIMER'S • BRAIN TRAUMA



Lasene Therapeutic Light Therapy: Illuminating the Path to Health and Well-being

Lasene represents an innovative advancement in Therapeutic Light Treatments, merging cutting-edge technology with proprietary treatment protocols to address chronic pain and enhance the quality of life for individuals suffering from Parkinson's disease, sleep disorders, executive function decline, and other neurological degenerative conditions.

Through extensive research and development, Lasene has become an integral part of a series of evidence-based protocols focused on pain management and neurological restoration. These protocols aim to provide safe, affordable, and effective care to those seeking relief.

As the creators of Lasene, our primary objective is to integrate the finest technologies and treatment strategies to alleviate the challenges faced by individuals with neurodegenerative and neuromusculoskeletal disorders. Our goal is to empower our patients, enabling them to regain an active and productive lifestyle.

What Does Lasene Do?

Loss of normal nerve function can arise from various factors such as trauma, malnutrition, vascular compromise, aging, toxicity, diseases, and, to a lesser extent, genetics. These compromises in neurological function can affect different areas of the nervous system, including peripheral, spinal, and cranial neurology.

LASENE Programs offer a powerful solution for addressing neural deficits associated with specific conditions such as Parkinson's disease, traumatic brain injury (TBI), and sleep dysfunction. These

programs target not only the conditions themselves but also the symptoms related to them, such as chronic pain, tremors, digestion issues, balance problems, gait abnormalities, mood disturbances, anxiety, memory impairments, and more.

The implementation of LASENE Programs has the potential to reduce long-term suffering by improving quality-of-life metrics for individuals with compromised neurology. This approach offers significant benefits without the side effects, adverse events, contraindications, or modifications to traditional treatment methods.

The utilization of LASENE Programs opens up expanded treatment capabilities and new opportunities to help patients with neurological conditions. These programs can be integrated into a healthcare practice, allowing staff members to deliver care while doctors oversee the treatment of other patients. The ease of integration and compatibility with current practices and staff, including comprehensive training, makes it a convenient option.

Our LASENE Programs support both the clinical and business aspects of addressing patients' neurological needs. They facilitate an efficient workflow, provide necessary equipment, offer training, enable the creation of individualized and dynamic patient treatment plans, ensure HIPAA compliance in patient processing and records, and encompass other essential aspects required for successful treatment.

Brand Partnership Benefits

The brand partnership opportunity for Lasene offers numerous benefits that set it apart from other options in the market. It provides advanced solutions that are not available anywhere else, delivering life-changing results to patients. The brand partnership package includes a turnkey solution with all the necessary equipment, systems, and training, ensuring a smooth implementation process. Brand partnership can expect a fast and significant return on investment (ROI) due to the high demand for the unique Lasene treatments. Furthermore, there is a vast untapped market share, allowing the brand partners to leverage their current patient base and attract new clients easily. The high patient referral rate further contributes to the potential for success and growth. Additionally, the brand partnership is easily expandable, allowing partners to scale their operations as desired.

The Lasene Proprietary System is a comprehensive management tool that guides the patient's journey from intake to treatment completion. Implementing this system is straightforward and efficient. It dynamically generates individual treatment maps and progress graphs, ensuring personalized care for each patient. The treatment sessions are delivered by trained staff members, optimizing the efficient use of staff and clinicians' time. This approach also simplifies the delivery of treatment for the providers themselves. Importantly, all patients purchase and commit to full treatment programs, eliminating the need for billing, insurance, or collections processes.

Lasene stands out from the competition for several reasons. It has a strong foundation in data-driven patient outcomes, with predictability, dependability, and reproducibility rates of 95%. This reliability instills confidence in both franchisees and patients. Moreover, Lasene has broader applications beyond traditional healthcare approaches, offering noninvasive and non-pharmaceutical solutions. This positions Lasene as a low-risk option for patients seeking alternative treatment methods, further enhancing its appeal and market potential.

Learn more today on how you can diversify your revenue with an unrivaled program in cold laser treatment, partnership opportunity.



www.lasene.com

Developing Social Communication in Children

Innovative Therapies Group

A child's expressive vocabulary grows rapidly from the time of his first word at approximately 12 months, through first grade. Did you know that the average 2 year old uses over 200 words growing to 1000 words by age 3 years to over 1600 words by age 4? Your child's words may only be understood 50% of the time by age 2 but should be 90% understandable between 4-5 years.

There are many strategies that parents and caregivers can use to improve a child's communication:

Follow the child's lead

- Let the child choose the activity
- Join in the child's activity
- Comment on the child's play/talk about what he/she is doing
- Be face to face

Make it interactive – Create an opportunity for your child to communicate

- Keep toys/needed items in sight and out of reach to elicit requesting
- Provide inadequate portions so child requests more
- Create silly situations/be animated
- Playfully obstruct activity so child must request you "move", "go", etc.

Model and Expand the child's language

- Model gestures and words
- Simplify your language
- Speak slowly
- Be repetitive
- Provide choices (even when you already know what the child wants)
- Add one more element to your child's language (i.e.: if child uses one word utterances, model two word phrases, "go" becomes "car go")

Try some of these fun outdoor activities to help develop language skills.

Nature Walk: Whether at your local park or in your own backyard, now's the perfect time to get outside. While you are there, take the time to talk about what you are seeing:

- Label items (grass, leaf, flower, tree, dirt, stick). Collect items in a bag and encourage your child to show others what they found. Model language ("Look, I see, I found")



- Talk about the colors and sizes (big/little, short/tall) of the flowers, bugs, rocks and plants
- Discuss what you hear (model silly sounds and animal sounds)
- Talk about what people/animals are doing (who is running, sliding, throwing, swinging or what is crawling, flying, hiding). This is a great activity to practice verbs!

Water/sand play: Enjoy a hot day with water and/or sand play! Fill up a small pool or even a bucket with water/sand. You can use cups, big spoons and strainers while discussing the different steps throughout the activity:

- Talk about actions (splash, pour, fill, dump, scoop, dig)
- Label items (boats, spoons, cups). Children love to find items buried in the sand (hide, find and label them)!
- Talk about body parts (splash/scoop with your hands, splash with/bury your feet, do little splashes/dig with your fingers)

Follow the Leader/Simon Says: Both activities are great for toddlers and school-age children. Use Follow the Leader to work on identifying body parts and actions, as well as following directions. Younger children can participate by following visual instructions.

- Make sure you talk about what you're doing (model words), model actions and assist them with hand over hand assistance if necessary! ("Clap hands, stomp feet, arms up", "touch your eyes/nose/toes" and "Walk, run, jump, hop")
- Work on opposites (up/down, stop/go, loud/soft, high/low)

- Make instructions harder if the children are older (have them follow two "clap your hands then stomp your feet" or "touch your nose then touch your toes")
- Take turns being the leader and being "Simon". Encourage your child to tell you what to do!

Caregiver involvement can have a positive impact on improving a child's language skills. However, there are red flags which may indicate that a child may need professional intervention.

Red Flags

18 months:

- Does not point to objects
- Does not use gestures such as waving or shaking head
- Does not respond to "no" and "bye-bye"
- Does not use at least six to ten words consistently
- Does not hear well or discriminate between sounds

24 months:

- Does not use at least six consonant sounds
- Does not follow simple directions
- Has a vocabulary of less than 50 words
- Has decreased interest in social interactions

36 months:

- Strangers have difficulty understanding what the child is saying
- Does not use simple sentences

Innovative Therapies Group understands that family education is critical to improve a child's development of language skills. Coupled with family participation, direct therapy for a variety of communication disorders and delays can promote independent function and improved communication.

Speech therapy can help with improving a child's ability to understand and use language; and their ability to produce intelligible speech. We have experience treating children with a variety of disorders including Autism Spectrum Disorder.

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

Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com



ASSISTED LIVING FOR MEMORY CARE: UNDERSTANDING THE BENEFITS

By Zachary Gray, Executive Director

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

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

A Safe and Secure Environment

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

Specialized Care

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

Structured Activities

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

Nutritious Meals

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

Socialization Opportunities

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

24/7 Monitoring

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

Peace of Mind for Family Members

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

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

Memory Care Services Include:

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



Choosing a Memory Care Community

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

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

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

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

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

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

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



352-512-9191

www.advincare.com

4001 SW 33rd Court, Ocala, FL 34474

DECODING HEPATITIS C MEDICATIONS:

Effective Treatments and Their Costs

Hepatitis C is a viral infection affecting millions of people worldwide, causing liver inflammation and potentially leading to severe complications. Fortunately, significant advancements in medical research have brought forth groundbreaking medications that offer hope for patients diagnosed with Hepatitis C. In this article, we will explore the most notable medications available to combat this condition and delve into their costs to understand how accessible these treatments are for affected individuals.

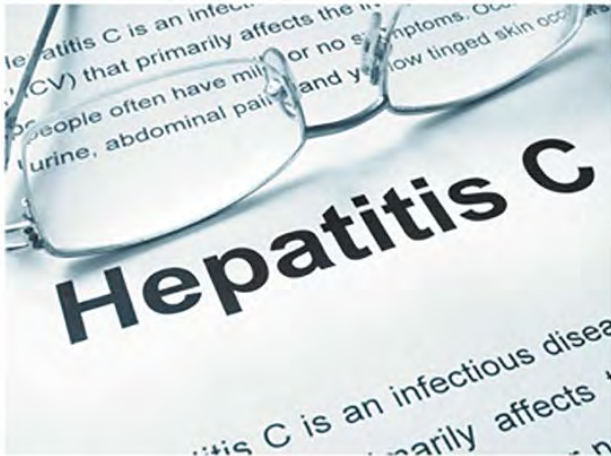
Direct-Acting Antivirals (DAAs)

Direct-acting antivirals have revolutionized Hepatitis C treatment, providing a highly effective and well-tolerated approach to cure the infection. These medications directly target the virus, hindering its ability to replicate and spread in the body.

- **Sofosbuvir:** Sofosbuvir was among the first DAAs approved by the U.S. Food and Drug Administration (FDA). It is an oral medication and is typically used in combination with other drugs like ledipasvir or velpatasvir. The total treatment duration varies based on the Hepatitis C genotype and patient's response, but it generally lasts for 8 to 12 weeks.
- **Ledipasvir/Sofosbuvir (Harvoni):** This combination drug is a one-pill-a-day regimen, making it highly convenient for patients. It effectively targets both genotypes 1 and 4 of Hepatitis C and requires 8 to 12 weeks of treatment.
- **Glecaprevir/Pibrentasvir (Mavyret):** Mavyret stands out for its broad-spectrum coverage, capable of treating all major Hepatitis C genotypes. It is taken as three pills daily for eight weeks for most patients, making it an attractive option for those seeking a shorter treatment course.

Costs of Hepatitis C Medications

It is essential to consider the costs of these life-changing medications, as accessibility remains a critical concern for patients seeking treatment.



The prices of Hepatitis C medications have undergone significant changes over the years. Initially, the high cost of DAAs raised considerable controversy and barriers to access. However, as patents have expired and competition has increased, generic versions of some medications have become available, leading to a notable reduction in costs.

- **Brand-Name Medications:** Brand-name Hepatitis C medications like Harvoni and Epclusa can still be expensive, with treatment courses ranging from \$40,000 to \$100,000 or even higher, depending on the duration and the specific drug combination prescribed.
- **Generic Medications:** The availability of generic versions has significantly lowered the cost of Hepatitis C treatment. Generic versions of drugs like sofosbuvir and ledipasvir/sofosbuvir can now be found at a fraction of the cost of their brand-name counterparts, ranging from \$500 to \$1,500 for a full treatment course.
- **Insurance Coverage:** Most health insurance plans cover Hepatitis C medications to some extent. However, the extent of coverage varies widely, and patients should review their insurance policies to understand the out-of-pocket costs they may incur.

The advent of direct-acting antivirals has transformed the landscape of Hepatitis C treatment, offering patients a realistic chance of a cure and a healthier future. Although the costs of brand-name

medications remain a concern for many, the availability of generic alternatives and increasing insurance coverage has improved accessibility to treatment. Collaborative efforts by governments, organizations, and pharmaceutical companies are essential to ensure that these life-saving medications reach all individuals affected by Hepatitis C, regardless of their economic background. With continued research and advocacy, we can aspire to eradicate Hepatitis C and improve the lives of millions worldwide.

Retail costs of Hep C medications verses the same medication received through Prescription Hope.

Drug Name	Retail Cost	Prescription Hope	Total Savings
Mavyret	\$12,000.00	\$50.00	\$11,950.00
Harvoni	\$4,978.00	\$50.00	\$4,928.00
Sovaldi	\$28,904.00	\$50.00	\$28,854.00
Epclusa	\$3,322.00	\$50.00	\$3,272.00
Vosevi	\$25,725.00	\$50.00	\$25,675.00

Prescription Hope is a national prescription drug benefit program that offers 1,500 Brand-Name medications at \$50 per medication per month no matter the retail cost.

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 pharmacy. There are no other costs, fees, or charges associated with your medication or our program.



Prescription Hope

Unmatched Rx Savings

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





IT'S ALL ABOUT THE KIDS...

By Brooklynn Curley, APRN-C

Wow! Can you believe it is already August? If you are a mamma like me, the anxiety of back to school season might be creeping up on you if it hasn't hit already. It's such a magical time of new backpacks, "first-day" pictures, new milestones, and more, but we sometimes forget the impending overwhelming mental load of keeping up with homework, field trips, last minute need for childcare, sick days, sports, chauffeuring kids in every direction, preparing dinners, bedtime struggle, early morning blues, time constraints, and all the in between.

BREATHE. Here you will find tips and tricks to help you gain a grip on this overwhelming but beautiful season of life. The biggest trend and one I think we can all agree we want to get on, is de-stress, de-clutter and self care for ourselves and our family. Let's dive in.

Lets Talk Dermatology: Adolescent Skin Issues

Did you know that there are adolescent skin issues that directly correlate with back to school?

Lets talk about contact dermatitis. This is when the skin becomes irritated or inflamed after it comes into contact with a triggering environment. This can lead to new onset of rashes, itchiness, scaly skin or lesions. Being a kid, this can interfere with their daily life especially concentrating in school. Fungal infections and viral skin infections are among the most common causes of contact dermatitis. Remember good personal hygiene such as proper hand washing starts at home. Be sure to keep antihistamines and corticosteroid creams on hand for instant relief.

Lets talk puberty and Acne Vulgaris

Acne is a normal part of puberty but depending on the severity it can be debilitating and leave permanent scarring. Acne is caused by hair follicles getting clogged with oil, skin cells, and bacteria. It is important to know as a parent, there are safe and effective treatment options. If your child is suffering from mild to moderate acne, we can offer an in-office treatment that is FDA approved. It combines a gentle vacuum with broadband light technology. This is a comfortable treatment and your child will have no downtime with improvement seen as early as 2 treatments. See the results of one of our very own patients!



Additional tip:

Remember to apply sunscreen for the kids whether its school recess, after school sports, or weekend activities.

Lets Talk Healthy Routines and Habits

Good routine and healthy habits will ease the stress of the back to school blues. Here are a few tips to keep in mind to optimize the sleep, health, and productivity of your little ones.

- Limit screen time before bed and healthy sleep patterns
- The National Sleep Foundation recommends stopping the use of electronic devices which include phones, tv, and game consoles at least 30 minutes before bed time.
- Blue light can cause damage to retinas with extreme exposure
- Blue light increases alertness in the brain which makes it harder to fall asleep
- Blue light decreases total amount of REM sleep which can lead to next day drowsiness and sluggishness
- Maintain a pre sleep routine and a consistent bedtime to assure adequate rest
- Limit caffeine
- The American Academy of Child and Adolescent Psychiatry suggest a max of 100mg of caffeine daily which is about two 12 oz cans of soda for adolescence 12-18 years old

- Caffeine is found in soda, tea, sports drinks, juices, and chocolate
- Excess caffeine can cause insomnia, hyperactivity, nausea, upset stomach, headache, fatigue, and problems concentrating
- Keep hydrated
- For kids in sports and regular outside activity, hydration helps improve muscle function and circulation. It also helps prevent fatigue and muscle injury.
- Hydration helps replace the water lost through excessive sweating and is key for thermoregulation and prevention of heat exhaustion.

Additional tip:

Get your kids active, outdoors, and moving. This is important for heart and lung health, boosting immune system, strengthening bones and muscles, maintaining a healthy weight, boosting a child's mental health, improving concentration and memory, reduces stress, and improves sleep.

Mamma's Put Yourself First.....

Have you ever heard that saying, "You can't pour from an empty cup"? How is your cup looking? Remember, we can't take care of others until we take care of ourselves. There is so much truth and power in those simple words. How? With the chaos of back to school schedules, how do we find the time to put ourselves first? Read more for some tips and tricks.....

Exercise and Nutrition

- Exercise is a natural stress reducer
- Exercise reduces the levels of the body's natural stress hormones being adrenaline and cortisol, while at the same time increasing the production of our happy hormone called endorphins
- You don't need to go to the gym daily, it could be something as simple as walking the dog morning and night, doing family strolls, or 20-30 min of that Instagram or Ticktock video of at home body weight workouts you saw, after all the kids go down for bed.
- Nutrition is key, and this isn't trying to stick to some FAD diet or trying a new approach every week. This is as simple as eating whole and nutritious dense foods while being mindful. Good nutrition also improves quality of life, sleep, inflammation, health, and stress.
- Simple foods that are packed with omega-3s, antioxidants, fiber, protein, and other nutrients include
- Chia seeds, pumpkin seeds, fresh herbs, cinnamon
- Keep easy to grab no prep snacks like fresh fruit, mixed nuts, crackers and hummus, yogurt

Side note:

I am a certified personal trainer and what I always preach that we are stronger than our excuses.

Self Care Routine

- Let's destress and make sure we are taken care of first. Make a schedule and plan out your days. Assuring you wake up on time with adequate time to complete morning tasks will help prevent the stress of a rushed morning.
- Give up control over things that don't provide joy.



This includes endless hours of cleaning, cooking, and house chores. Make a split schedule and complete only certain tasks each day. This will pour time back into you and into your family.

- **ASSESS THE MESS**
- Categorize tasks by day, week, and month
- Set a timer for 30 minutes a day and accomplish household tasks within that time and then call it quits
- Now you have some extra time back in your day, what does self care look like? You can journal, take a bath, read, find empowering podcasts, meditate, try yoga, massage, facials, etc. Remember you are an individual who deserves a break too.
- Try meal preps, crock pot meals, ready to go dinners, make weeknights easy

Back-to-School Affirmations for Moms

(from theeverymom.com which is a great resource for moms in 2023)

- "My children's successes and failures are not my own."
- "I deserve help."
- "I'm doing enough."
- "I deserve rest."
- "I'm a good mom."

Let's make this the best back to school season yet! Happy August.

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THE IMPACT ON CANNABIDIOL ON MENTAL HEALTH DISORDERS

By Dr. Nathalie Solomon: PharmD, CPH

Occasional feelings of anxiety or depression are nothing to be alarmed about. Nearly everyone will experience these unwanted feelings at some time or another. However, when the frequency and intensity of either begins to interrupt your day-to-day life, it may be time to get help. While avoiding certain places, people, and situations may be helpful, sometimes it is impossible. Living in a bubble just isn't possible or healthy. Having something to help calm your fears and worries can be beneficial.

Cannabidiol (CBD) is a cannabinoid from the Cannabis sativa plant. It, along with tetrahydrocannabinol (THC), has been researched extensively and has been shown to bind to cannabinoid receptors in the brain. CBD, unlike THC, does not produce a "high" and offers a variety of health benefits. Among those benefits is the treatment of mental health disorders such as depression and anxiety.

Benefits of CBD

CBD acts on opioid and glycine receptors in the body. These receptors are mostly found in the central and peripheral nervous systems. They regulate pain in the body. It also acts on the neurotransmitter serotonin, which helps us feel good in general. Low serotonin levels are closely associated with depression and may also cause anxiety.

Research has shown that some of the benefits of CBD can include:

- Reducing seizures
- Reducing inflammation
- Reducing pain
- Regulating the immune system
- Reducing anxiety

Conventional medicines generally used to treat low serotonin are called serotonin reuptake inhibitors (SSRI). Their common trade names are Zoloft and Prozac. These are only available by prescription. However, some studies have shown that instead of using SSRIs to treat anxiety, some patients may be able to manage their condition with CBD instead. (Always speak to your doctor before making any changes to prescribed medications.)

Cannabinoids for depression

Experts believe that CBD's potential benefits for depression are related to its positive effect on serotonin receptors in the brain.

Low serotonin levels are likely connected to depression. CBD doesn't necessarily boost serotonin levels, but it may affect how your brain's chemical receptors respond to the serotonin that's already in your system.

Cannabinoids for anxiety

Depression and anxiety commonly occur together, and people with one are more likely to have the other. CBD does appear to help with both.

One study found that people who took 600 milligrams (mg) of CBD experienced significantly less social anxiety than people who took a placebo. Another study used a smaller dose of 300 mg, which reduced levels of anxiety.¹

Anxiety may also have a link to low serotonin, so CBD's effect on serotonin receptors might partly explain these beneficial effects.

How to use CBD for depression and anxiety

Since CBD has not yet been given clear FDA guidance, the best way to use CBD for anxiety and depression varies from person to person. Someone may find that a certain type and certain dosage works, while the same type and dosage has little effect on someone else. A bit of trial and error may be necessary in order to reach optimal effectiveness. (This is also true with conventional medicines too, so no need to be alarmed.)

The following are some of the forms in which CBD is available:

- Vapes heat CBD oil giving off an inhalable vapor.
- Flowers (dried hemp plants) can be smoked.
- Gummies are chewable and sweet like the popular candies.
- Oils and tinctures are consumed orally usually from droppers.
- Sprays can be sprayed into the mouth, usually under the tongue.
- Capsules or tablets are taken orally.
- Creams and gels are absorbed through the skin.

Again, trying different types and doses may be necessary. For example, you may find that vaping is more effective than gummies while another may find smoking to be most effective. Trying the different types will help you find what is right for you.

1. Holland, K. (2019) CBD for depression: What are the benefits?, Healthline. Healthline Media. Available at: <https://www.healthline.com/health/cbd-for-depression#for-anxiety>.

Usually the effects of oral CBDs, such as gummies or capsules, are felt within 30 minutes or a little more. Smoking or vaping usually has a more immediate effect.

These various forms can be used throughout the day to relieve anxiety. Some find it helpful to take them in the morning with breakfast.

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



Dr. Nathalie Solomon: PharmD, CPH

Dr. Solomon is our licensed on staff pharmacist. She graduated from the University of Florida college of pharmacy and has 15 years of combined pharmacy experience. As a wife, mother, and provider to her family she discovered the medicinal value of cannabis. She decided to devote her career in creating valuable Hemp Extract products that are safely formulated and tested. She also wanted to guarantee that her Hemp Extract products came with the opportunity to be counseled by a pharmacist to ensure the consumer receive a product that can be trusted. There are not many companies that have a direct link to this kind of knowledge right at the customers fingertips and we are so lucky to have her!



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Bidets and Japanese Culture: Revolutionizing Personal Hygiene

Personal hygiene is an integral part of our daily routine, and various cultures worldwide have developed unique practices to ensure cleanliness and comfort. One such practice that has gained global attention is the use of bidets. Originating in Japan, bidets have become an essential aspect of personal hygiene and offer a fascinating glimpse into Japanese culture. In this editorial, we will delve into the personal hygiene practices in Japan, explore the origins of bidets in Japanese society, analyze their popularity over time, and examine their translation into American culture.

Personal Hygiene in Japan

Japanese culture places great emphasis on cleanliness and hygiene. From bathing rituals to meticulous hand-washing traditions, the Japanese have long recognized the importance of maintaining a high standard of personal hygiene. This cultural inclination towards cleanliness is deeply ingrained in everyday life, and it is no surprise that Japan is at the forefront of innovative hygiene practices.

Origins of Bidets in Japan

The use of bidets in Japan can be traced back to ancient times. Historically, Japan had a strong tradition of communal bathing, with public bathhouses serving as social gathering places. Personal hygiene in these bathhouses involved using a small vessel to pour water for cleansing after using the toilet. Over time, this practice evolved into the modern bidet, offering a more efficient and hygienic solution.

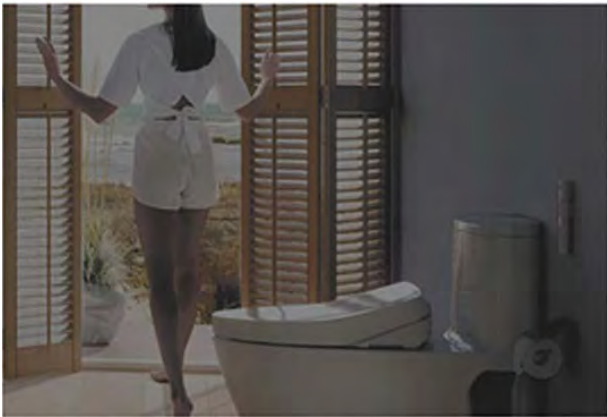
The Popularity of Bidets in Japan Over Time

In recent decades, bidets have become ubiquitous in Japanese households and public restrooms. The rise in popularity can be attributed to several factors. Firstly, bidets provide a more thorough and comfortable cleaning experience than traditional toilet paper. Additionally, bidets are considered more environmentally friendly, as they reduce paper waste. The health benefits of bidets, such as preventing skin irritation and reducing the risk of infections, have also contributed to their widespread adoption.

Translation to American Culture

While bidets have a long-established presence in Japan, their adoption in Western countries, particularly in America, has been relatively slower. However, in recent years, bidets have started gaining traction and popularity in American households. This can be attributed to increased awareness of the hygiene benefits, eco-consciousness, and a desire for a more comfortable and refreshing cleansing experience.

Despite initial reservations, American consumers are gradually recognizing the advantages of bidets. As a result, bidet attachments and standalone bidet fixtures are becoming more readily available in the market. Major bathroom fixture manufacturers have also started incorporating bidet features into their designs, catering to the growing demand.



The bidet revolution, deeply rooted in Japanese culture, is making global waves. Japan's emphasis on personal hygiene has led to the development and widespread adoption of bidets, transforming how individuals maintain cleanliness. Integrating bidets into American culture is a testament to their undeniable benefits. As more people recognize the advantages of bidets, they will likely become commonplace in bathrooms worldwide, improving personal hygiene standards and revolutionizing how we approach cleanliness and well-being.

House of Bidets

Founded in 2022, House of Bidets is a small business based in Tampa, Florida. Given the scarcity of toilet paper in recent history, we reevaluated why toilet paper is used at all in the bathroom. It is wasteful, dirty, and plain ineffective compared to the cleaning you receive from a bidet.

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BENEFITS OF HYPERBARIC OXYGEN THERAPY (HBOT)

By Sandra Reddick

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

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

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

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

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

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

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



Why it's done

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

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

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

Reference:

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

Ocala Infectious Disease and Wound Center

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

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

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

We put our patients first



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Preventing Falls in Older Adults Saves Lives

Submitted by Hospice of Marion County

As of 2021 data collected by the CDC, Florida had 3,816 deaths from falls by older adults, which was a death rate of 87.3 per 100,000 from falls among adults age 65 and older. According to the CDC website, the adjusted death rate across the U.S. is rising. Each year millions of people age 65 or older fall. In fact, more than one out of four older people fall each year, but less than half tell their primary care doctor. Falls can be serious and very costly if they cause broken bones or a head injury. Here are a few statistics:

- 3 million older adults are treated in emergency rooms for falls each year
- Over 800 million are hospitalized due to a fall that caused head injuries and/or hip fractures
- Falls are the most common cause of traumatic brain injuries
- Each year approximately \$50 billion is spent on medical costs for falls that are non-fatal and \$754 million is spent on fatal falls

Whether it's you or someone you know, we've all experienced accidents, falls and other mishaps that can cause havoc on our bodies. Preventing falls in the home helps curb hospital stays and emergency room visits. According to the National Council on Aging, one-fourth of Americans aged 65+ falls each year and falls are the leading cause of non-fatal emergency room visits and hospital admissions among older adults. Plus, statistics reveal that one fall usually leads to another in the future among this age group.



Falls at any age take away what matters most, our quality of life and independence. This is especially true for older age groups. Taking extra care when walking and taking precautions goes a long way in maintaining better health as you age.

Tips to help prevent falls:

- Increase strength and balance through walking, swimming or other types of exercise such as yoga or tai chi
- Get rid of trip hazards in your home such as clutter and extension cords in walkways
- Removing rugs that slip or that are worn and curled up around the edges
- Add grab bars in bathrooms and at outside doors of the house
- Install handrails and better lighting where needed inside your home

There are currently over 40 million people in the U.S. aged 65+ and this number is anticipated to double by 2050. As a result, demand for durable medical equipment (DME) is in higher demand for this segment of the population due to normal aging ailments, falls and other illnesses.

Whether in short-term or long-term care, and especially with post-surgery care at home, DME home medical equipment and supplies play an assistive role in faster patient recovery. Luckily, there are many options for consumers of home medical supplies and equipment ranging from personal aids for daily living, mobility aids such as canes, walkers, and wheel chairs, to monitoring equipment such as oxygen and diabetic supplies to hospital beds.

Accent Medical, a durable medical equipment company and affiliate of Hospice of Marion County, is a not-for-profit organization that in addition to serving hospice patients and their families, offers the same quality care and products to anyone in Marion County. Clients can pick up or if home delivery is required, that too can be arranged.

Accent Medical technicians will hand-assemble in the home, educate folks on safe and easy ways to operate all of the equipment, making sure clients understand "how to" instructions before leaving their home. Additionally, if purchasing equipment is not in your budget or required for long-term use, an option to rent is available as well. Accent Medical will provide a free price estimate and recommend only the items that are right for the customer.

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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

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

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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

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

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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, *¹⁸The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy."*

I pour out my complaint before him; before him I tell my trouble."



Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.

David went on to say in Psalm 142:3 that *³"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

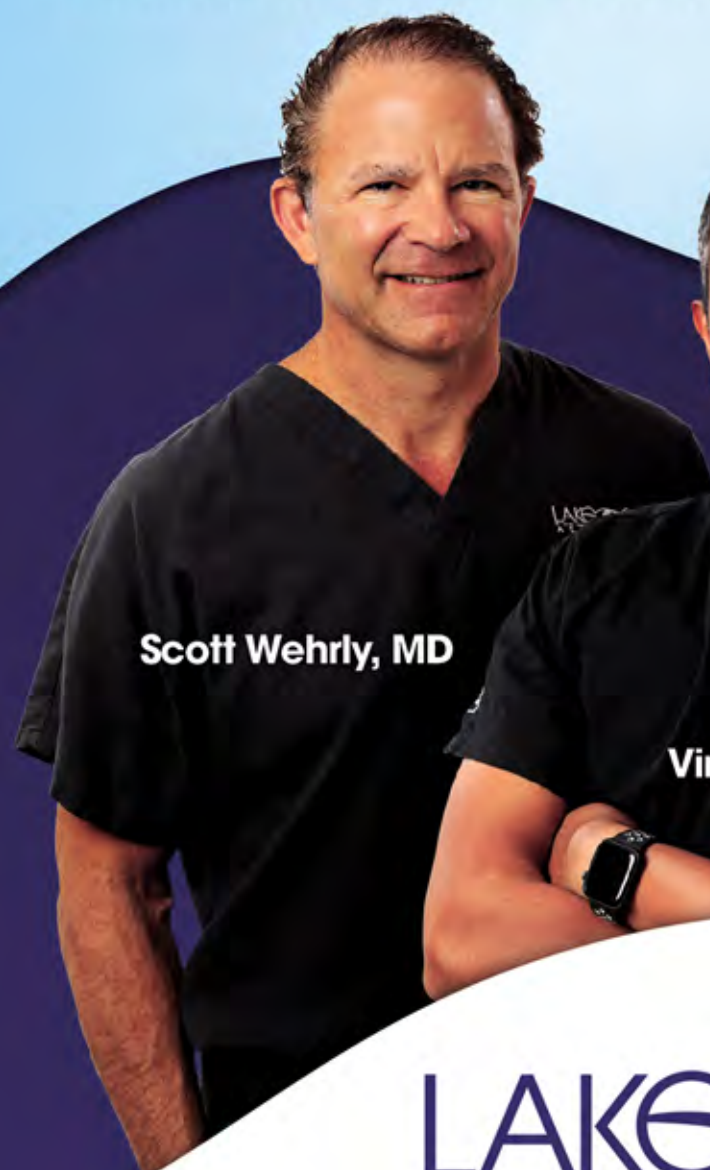
When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For more information, visit www.venturenaples.com.

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