

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

August 2023

Lake/Sumter Edition - Monthly

www.HealthAndWellnessFL.com

FREE 

**What Are the
Pros and Cons of
Eyelid Surgery?**

**Coronary Artery
Disease**

Putting the Pieces Together

**Prostate
Cancer**


An Advanced
Technique
Saves Lives

**Care While
Traveling**

After Total Knee and
Hip Replacements

**Simplify Your
Life Gracefully**





SAY NO TO INCONTINENCE

and take back control of your bladder

EMSELLA®

95%

Improvement in Quality Of Life*



StrongAndHealthyOcala.com



SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY




Learn more about our Summer Savings!

Private Memory Care studio starting at \$5,000—care included!*

Reflect, Rejoice, and Renew

The challenges presented by memory loss can be difficult to navigate. Our innovative approach to memory care—The Village Program®—offers personalized programming that engages residents, helping them feel safe and appreciated.

Call (352) 707-9959 today to learn about our fulfilling and supportive lifestyle.

It's not like home. It *is* home.™

*Limited time offer. Some restrictions may apply.

1550 Killingsworth Way • The Villages, FL 32162
(352) 707-9959 • www.SumterSeniorLiving.com

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

Assisted Living License Number: 12227



WELCOME TO TNT'S IV NOURISHMENT BAR

TNT's nourishment therapies offered:

- **Slim Down Shots**
Also known as a Lipotropic shot and Mic B-12 Shot, it helps provide nutrients to the body to boost your metabolism.
- **Myers Cocktail IV**
Fights migraines, fatigue, dehydration, depression, anxiety, asthma, hangovers, cold and flu, and allergies.
- **Hydration IV**
Fights dehydration and alleviates fatigue, headache, nausea, lightheadedness, unclear thinking, and rapid heart rate.
- **Glutathione IV Push**
The mother of all antioxidants. Supports many important bodily functions.
- **B-12 Shot**
An essential vitamin that your body needs but can't produce.
- **IV Mini**
Boost your vitamin C levels and increase your nutrients intake.

TNT'S IV Nourishment Bar is Open on Tuesdays and Every Other Friday.

For more information on our IV therapies visit our website at **TNT4ME.COM** or contact us at **352-259-5190 - info@tntfit4life.com**

TNT4ME.COM • 352-259-5190 • 809 Hwy 466 Unit 202C, Lady Lake, FL 32159

THIS IS NO TIME FOR PAIN

NON-SURGICAL ORTHOPEDICS



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOASM



IGNATIOS PAPAS, DO



LISA VALASTRO, DO

REGENEXX TAMPA BAY

Tampa Bay

8600 Hidden River
Pkwy, Ste 700
Tampa FL 33637

St. Petersburg

100 2nd Ave S,
Ste 904S
St. Petersburg FL 33701

Sarasota

5630 Marquesas Circle
Sarasota, FL 34233

Orlando

1412 Trovillion Avenue
Winter Park, FL 32789

(813) 328-2158 | NEWREGENORTHO.COM

It's your heart. It should be personal.

And that's how I treat it.

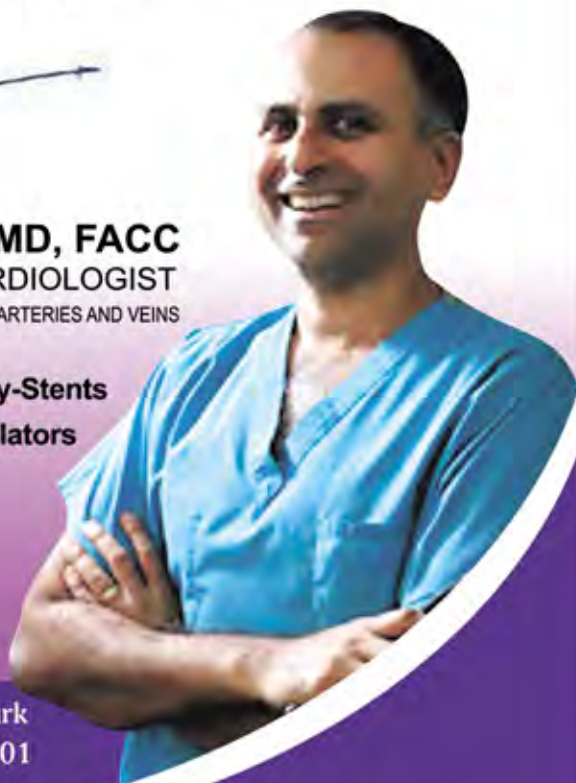
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

- Interventional Cardiology-Stents
- Pacemakers and Defibrillators
- Vascular Medicine
- Clinical Cardiology
- Echocardiography
- Nuclear Cardiology

Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159



Call Office for Consultation
352.750.2040

www.drvcardio.com

SUFFERING FROM MEMORY LOSS? Could it be Alzheimer's Disease?

CRAIG CURTIS, M.D.
US NAVY VETERAN



Join Dr. Craig Curtis for a **FREE Seminar**
Where You Will Learn About:

- A New, Novel, FDA Approved Medication to Slow Alzheimer's
- Current Understanding of Alzheimer's Science/Causes

With over 20 years experience studying Brain Health, Dr. Curtis's goal is to educate the community on how to live a longer, healthier life and it all starts with a happy mind!

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

www.CraigCurtisMD.com

1400 North US Hwy 441 Sharon L Morse Medical Office Building 500 The Villages, FL 32159
Located in Suite #537 on the third floor

TO RSVP FOR A FREE SEMINAR CALL: 352-500-5252



**A LASENE BRAND
PARTNERSHIP IS A SMART
INVESTMENT IN A HIGH-YIELD,
RESULTS DRIVEN BRAND!**



A Lasene Brand Partnership is a smart investment in a results driven brand, bound to reach new heights!

Change your life for the better.

Learn more by visiting www.lasene.com

Scan the code with
your smartphone to
learn more about this
amazing opportunity!



239-374-2574 | www.lasene.com

Legal Disclaimer: This is not a Brand Partnership offering. A Brand Partnership offering can be made by us only in a state if we are first registered, excluded, exempted or otherwise qualified to offer Brand Partnerships in that state, and only if we provide you with an appropriate Brand Partnership disclosure document. Follow-up or individualized responses to you that involve either affecting or attempting to effect the sale of a Brand Partnership will be made only if we are first in compliance with state registration requirements, or are covered by an applicable state exclusion or exemption. © 2023 Lasene. All Rights Reserved.

CONTENTS AUGUST 2023

6 What Are the Pros and Cons of Eyelid Surgery?

7 Stepping Towards Vein Health: The Vitality of Footwear

8 EMSELLA® Treatment for Incontinence

9 Coronary Artery Disease: Putting the Pieces Together

10 6 Reasons to Avoid Knee Replacement Surgery

12 Care While Traveling After Total Knee and Hip Replacements

13 Prostate Cancer: An Advanced Technique Saves Lives

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

15 Simplify Your Life Gracefully

18 Suffering from Memory Loss? Could it be Alzheimer's Disease?

19 Obstructive Sleep Apnea & Oral Appliances

20 Understanding Psoriatic Arthritis: Unmasking the Connection Between Skin and Joints

21 Weight Loss Makes Your Bones and Joints Happy

22 Finding Love and Joy in Assisted Living

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

24 EPA & DHA: How to Decipher the Omega-3 Alphabet Soup

25 Bidets and Japanese Culture: Revolutionizing Personal Hygiene

26 Why Do So Many Patients Trust Compton Chiropractic Care? Their Stories Might Help You!

27 Attorney Patrick Smith Radio Show Now on 14 Stations

28 Developing Social Communication in Children

29 Spiritual Wellness: Dealing With Life's Painful Situations

CENTRAL FLORIDA VEIN & VASCULAR CENTER



Vein Care Experts with More than 100 Years Experience



L-R: Dr. Rafael Quinones,
APRN Amber Werner,
Dr. J. Garry Wroblewski

Board Certified Vascular Surgeons And Phlebologists

**Most Qualified
Vein Care Experts
in The Villages
Community**

Results You Can See & Feel

Specialists in the non-surgical, minimally invasive treatment of:

- Varicose Veins
- Spider Veins
- Leg Pain & Leg Swelling
- Lower Extremity Heaviness & Tiredness



(352) 562-0078 • www.cfvein.com

**13953 NE 86th Terrace, Unit 101
Lady Lake, FL 32159
Convenient Golf Cart Path Access**

**MOST PROCEDURES ARE COVERED
BY INSURANCE**

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

**To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com**

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2023. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

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.



LAKE EYE
ASSOCIATES

A US EYE COMPANY

The Villages • Wildwood • Lady Lake • Leesburg
Tavares • Mount Dora • Altamonte Springs

352-632-2020 • LakeEye.com

Stepping Towards Vein Health: The Vitality of Footwear

When it comes to maintaining our overall health, we often focus on regular exercise, a balanced diet, and adequate sleep. However, we often overlook the significance of proper footwear in maintaining optimal vein health. The health of our veins plays a crucial role in circulation and overall well-being. In this article, we delve into the importance of footwear in relation to vein health and discover how the right shoes can help us stride towards a healthier future.

The Impact of Footwear on Vein Health

Our feet and legs are home to a vast network of veins that transport blood back to the heart. When we walk or engage in physical activity, our calf muscles help pump blood against gravity, aiding in efficient circulation. However, ill-fitting or inappropriate footwear can hinder this process, leading to various vein-related conditions and discomfort.

Let's explore some key aspects of footwear that significantly impact vein health

1. Proper Arch Support: Wearing shoes with proper arch support is vital for maintaining healthy veins. Arch support helps distribute the weight evenly across the feet, reducing excessive strain on the arches and minimizing the risk of conditions like plantar fasciitis. By providing adequate support, the arches prevent the veins in the legs from becoming overworked, thereby promoting healthy blood flow.

2. Cushioning and Shock Absorption: Footwear with sufficient cushioning and shock absorption properties offer protective benefits to veins. They absorb the impact of each step, reducing stress on the feet and lower legs. This diminishes the risk of developing varicose veins, as well as conditions such as deep vein thrombosis (DVT), which can occur when blood clots form due to extended periods of inactivity.

3. Proper Fit and Toe Space: Wearing shoes that fit correctly and provide ample toe space is crucial for vein health. Tight, constrictive footwear can impede blood circulation, leading to discomfort and swelling. Toes should have enough room to move naturally, as cramped conditions can contribute to the development of bunions and hammer toes, which may impact venous blood flow.



4. Breathability and Moisture Control: Choosing footwear that allows air circulation and moisture control is essential for vein health. When feet are excessively sweaty or moist, it can contribute to the growth of bacteria and fungi, leading to infections. These infections can cause inflammation and compromise vein health, potentially resulting in conditions such as cellulitis or lymphangitis.

Choosing the Right Footwear

Selecting the appropriate footwear to support vein health is a crucial step towards overall well-being.

Here are some tips to consider:

1. Comfort and Fit: Ensure that your shoes provide ample support, cushioning, and a snug yet comfortable fit.

2. Arch Support: Look for shoes with built-in arch support or consider using orthotic inserts to provide adequate support.

3. Breathable Materials: Opt for footwear made from breathable materials like leather or mesh to promote air circulation and prevent excessive moisture buildup.

4. Regular Exercise: Alongside appropriate footwear, engage in regular exercise to strengthen leg muscles and support healthy blood circulation.

In the pursuit of overall health, we must not overlook the significance of proper footwear, particularly in relation to vein health. By selecting shoes that offer arch support, cushioning, proper fit, and breathability, we can minimize the risk of vein-related conditions and enhance overall circulation.

Prioritizing our foot health through mindful footwear choices will allow us to step confidently towards a healthier and more vibrant future.

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

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

Visit CFVein.com for more detailed information about (Footwear and Vein Health) and other expert advice related to healthy, pain free legs.

**CENTRAL FLORIDA
VEIN & VASCULAR CENTER**

(352) 562-0078 • www.cfvein.com

13953 NE 86th Terrace, Unit 101
Lady Lake, FL 32159

**MOST PROCEDURES ARE
COVERED BY INSURANCE**

Convenient Golf Cart Path Access

EMSELLA® Treatment for Incontinence

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

Coronary Artery Disease: PUTTING THE PIECES TOGETHER

Feeling short of breath, heart palpitations, chest pain and tightness? Do you know the signs of Coronary Artery Disease (CAD)? And if you're experiencing them, are you taking steps to see your cardiologist to find out what's the cause?

For many people, that have CAD symptoms, they, unfortunately, ignore their signs. Ignoring heart irregularities can be fatal! And if you are experiencing any, the best time to have diagnostic testing is when these indicators are acting up.

What Diagnostics are available?

In today's modern medical world, we have so many tests that can pinpoint exactly what's wrong with our hearts; if only more patients would take advantage of getting tested to know where their risk factors and cardiac health fall, they would give themselves a jump start on living a much healthier life with greater longevity.

An electrocardiogram (EKG or ECG) measures the electrical activity of the heartbeat. If you are experiencing heart symptoms, this is usually the first test that will be administered in an office setting or in the ER. If symptoms persist, more testing will follow to eliminate issues, or in many cases, put the pieces together to find out what's causing your warning signs.

Stress tests are one of the most common methods to detect heart function during exercise and at rest. If you are unable to exercise, there are nuclear stress test options that utilize an injectable contrast to mimic the heart rate elevation of exercise, while you lie or sit down.

Sometimes stress tests are not enough, and further testing like an angiogram is required to see how the inside (lumen) of the blood vessels, arteries, and heart chambers are working. An angiogram can show blockages and other blood flow abnormalities. Stents can be placed if needed during the procedure.

Many times cardiologists will ask patients to wear a Holter Monitor for anywhere from 24 hours to several days depending on your specific situation and risk factors. The monitor is a portable electrocardiography device that continuously monitors the rhythm and the heart's activity.



An echocardiogram is an ultrasound of the heart that can detect how the blood is pumping and it can also identify the size and thickness of the valves, chambers, and arteries.

There is also another vital test called a calcium score. This test measures the amount of plaque in your arteries. CT coronary angiogram is a technique to evaluate the coronary arteries in select patients.

CAD Symptoms

- Chest Pain and tightness
- Lightheaded
- Dizzy
- Tired/Fatigue
- Shortness of breath
- Fainting
- Rapid heart rate
- Sweating
- Gray color to the skin
- Arm/Shoulder Pain
- Abnormal heart palpitations
- Cardiac arrest

Depending on your diagnosis and indicators, the treatment can vary from merely taking medications to having a non-invasive procedure, or angiography/stents. The best advice any cardiologist will give you is, "Don't ignore your symptoms!" If you have any heart irregularities or discomfort, seeking medical attention fast is imperative.

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

Call Office for Consultation
352.750.2040

Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159



Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

**It's your heart.
It should be
personal.**

And that's how I treat it.

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

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

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

6 Reasons to Avoid Knee Replacement Surgery

By Regenexx at New Regeneration Orthopedics

Knee replacements are occurring far too often today and the simple truth is that they may be entirely unnecessary. This is mostly due to the fact that effective nonsurgical options now exist and that in some cases, the knee pain may actually be stemming from another part of the body, such as the spine. Even when using standard criteria for determining candidacy, about one-third of knee replacements are deemed inappropriate when evaluated by independent researchers. When knee pain is legitimately caused by a knee condition, many knee-replacement candidates seek out alternatives to surgery. There are many regenerative-medicine options, such as autologous (coming from one's own body) stem cell injections, that could potentially relieve pain and increase activity levels without "amputating" the knee, sawing bones, snipping away pieces of meniscus or frayed cartilage, and replacing the knee with a foreign device. If it is determined that your knee pain is due to a spinal condition, there are also nonsurgical options for spinal treatment to consider.

Knee replacement surgery should really be a last resort in only the most extreme cases. For those who are still considering knee replacement despite the risks that it presents, here are six reasons to avoid knee replacement surgery.

1. Chronic Knee Pain

Ultimately, chronic knee pain is the main reason that most people finally decide to have a knee replacement. They simply want relief. Unfortunately, knee replacement surgery may possibly come with even more pain. Studies have shown that many patients still have at least mild pain after their knee replacement. Some even rate their pain as greater than or equal to their pain prior to surgery. Even after two, three, or four years post-surgery, patients have reported that their pain is worsening.

As we mentioned previously, one explanation of chronic knee pain could be that the source of the knee pain is not actually a knee condition. This could be one of the reasons that the pain does not subside after surgery. It stands to reason that if the pain in the knee was caused by spinal nerves, for example, that your pain will not simply go away after a knee replacement. It is essential that the root cause of the pain is discovered and is the



focus of treatment. You do not want to have surgery on your knee joint if what you truly are experiencing is a condition in your back.

If you are curious to know whether your back is the cause of your knee pain, there are signs to look for, such as hamstring tightness, bunion formation, and if you are experiencing both back and knee pain. Note that it is not guaranteed that you will experience any of these symptoms if your knee pain stems from the low back. A low back condition can present itself solely as knee pain. On the other hand, if your knee pain is accompanied by back pain, it would absolutely be a sign to avoid knee replacement surgery.

2. Expectation May Not Meet Reality

We have all seen the TV commercials and advertisements of middle-aged and elderly people who are running on a beach or playing sports with their families allegedly after knee replacement surgery. Marketers and advertisers really make it appealing to jump on the bandwagon and give people a false sense of reality. The truth, however, is that only 5% or less (1 in 20 people) actually achieve anything close to normal physical activity following knee replacement surgery.

The disturbing trend of marketing knee replacements to those who are 55 years old or younger has also gotten out of hand in recent years. Younger patients expect much more out of their knee replacements in comparison to older patients. Because of this high expectation, 15% of younger patients actually undergo another surgery to fix their knee replacement just five years after their original surgery.

3. Pseudotumors and Tissue Damage Caused by Metal Ions in the Blood

Wear particles are microscopic pieces of metal, ceramic, or plastic that break off of the joint replacement, irritate the local tissues, and/or enter the bloodstream. These particles, as well as metal ions in the blood, have been the subject of many studies and class-action lawsuits. Additionally, the use of new plastics in artificial joints also poses issues if that plastic breaks off of the joint replacement and irritates local tissues and/or enters the bloodstream. It is also notable that minimally invasive knee replacements involve only partial replacements or resurfacing, however, these smaller devices must all be metal to withstand the stresses of the knee joint. This means more metal wear particles and ions in your bloodstream.

Many studies have demonstrated cause for concern regarding metal ions in the blood after knee replacement surgery:

- In Austria, researchers discovered that the size of the prosthesis is directly correlated with the blood concentration of metal ions. This means that the larger the knee replacement device, the more metal ions found in the bloodstream.
- In Italy, a group of researchers found more metal ions present in knee replacement patients who had a loose prosthesis. This is due to the fact that in some patients, the knee replacement device may not be seated tightly or did not bond correctly to the surrounding bone causing additional wear between the bone and the metal leading to an increased amount of metal particles.
- In Germany, a group found that after a knee prosthesis was implanted, metal ions in the blood increased precipitously.
- Other German researchers discovered higher serum levels of chromium and cobalt in knee replacement patients when compared to patients without knee replacements.

Why do these discoveries matter? These wear particles and metal ions can cause harmful metal toxicity within your body as well as create pseudo-tumors and tissue damage at the genetic level. Additionally, according to the FDA, other adverse reactions may include skin rashes, cardiomyopathy, neurological changes including sensory changes (auditory, or visual impairments), psychological status change (including depression or cognitive impairment), kidney function impairment, and thyroid dysfunction.

- Even when cross-linked Polyethylene is used instead of metal, a study showed that it caused the knee tissues to produce a much nastier stew of cartilage inflammation and break down chemicals.

4. Device Failure Caused By Allergies

In the past few years, multiple studies have discussed that the components of knee replacement prostheses can cause allergies. Two groups of people are at a significantly higher risk of potential rejection or loosening of their device and/or toxicity from wear particles.

- Those with any type of allergy. Even patients with allergies that are as simple as pollen or dander should avoid knee replacement surgery. People who

are considered "allergic" have hyperactive immune systems and secrete antibodies inappropriately to rid their bodies of the thing that they have mistaken as harmful. If that one thing is a knee replacement device, this drastically affects the outcome of a surgery.

- Those with metal sensitivities. Patients who have more specific allergies to metal will likely have issues with the metals that are used in joint replacement prostheses.

Unfortunately, those who consider themselves to be an "allergic person" may experience more pain after a knee replacement because of an allergy related to the replacement device and the chronic inflammation that it causes. Those people who suffer from four or more different allergies may suffer from pain that is more prevalent. The cement used to bond the device to the bone can also cause an allergic reaction. In these cases, the device is more likely to fail, need to be replaced sooner, or causes chronic pain.

5. Increased Risk of Heart Attack, Stroke, and Bleeding Stomach Ulcers

Knee replacement patients aged 60 and up are 31 times more likely to experience a heart attack in the two weeks following surgery. When you amputate a joint from a patient, there is severe trauma to the blood vessels and bone marrow space. This leads to extreme stress on the body and a higher risk of blood clots that could potentially cause an embolism in the heart, lungs, or brain. Clots are fairly common. According to one study, blood clots in the legs that produced symptoms were found in 34% of patients.

Men are at an even greater risk of having a heart attack after knee replacement surgery. One research study discovered that the risk of heart attack in men who have had a knee replacement increases by 79% in the years that follow the procedure. Additionally, the stress of undergoing the joint removal alone may be enough to trigger a stroke or a heart attack. Bleeding stomach ulcers can also occur following knee replacement. Study results show a three-times increase in stomach bleeding for up to six weeks post-surgery.

6. Increased Risk of Hip Fracture

A surprising addition to knee replacement surgery risks is the rise of hip fractures following surgery. A Swedish study observed the medical records of the "entire Swedish population born between 1902 and 1952." The risk for hip fracture for those who received knee replacements before surgery was

relatively low. In total, 3,221 patients suffered a hip fracture within 10 years following knee replacement surgery. This accounted for a 4% increase in the risk of hip fracture after knee replacement. In addition, we are also seeing bone density loss in hips. There could be a correlation between the two.

Alternatives to Knee Replacement Surgery

Although many patients have tried steroid injections or gel shots to increase the lubrication of their knee joints, this is not the best approach. Steroid shots actually kill off stem cells, cartilage cells, and increase cartilage breakdown. Even the commonly used local anesthetics used in the knees can be toxic to stem and cartilage cells. Those who suffer from mild arthritis may benefit from precise injections of highly concentrated platelet-rich plasma (PRP). These natural growth factors from your own platelets can support healthy cartilage. The Regenexx protocols allow for the ability to produce better and more individualized platelet products than the typical PRP centrifuge. If you suffer from moderate or severe arthritis, precise guided injections of your own stem cells may be a better choice to provide relief.

Since there are alternative options and a great number of risks associated with knee replacement surgery, you may want to just say no while you explore your options. Our Regenexx Procedure Candidate Form is a great place to start understanding if regenerative orthopedic medicine is right for you.



James Leiber, DO | Ron Torrance II, DO FAOASM
Ignatios Papas, DO | Lisa Valastro, DO

At Regenexx at New Regeneration
Orthopedics, one of our Core
Values is "Patient Above All Else"



813-296-2614

NEWREGENORTH.COM

5630 Marquesas Circle, Sarasota
8600 Hidden River Parkway, Tampa
100 2nd Avenue South, St. Petersburg
1412 Trovillion Avenue, Winter Park

CARE WHILE TRAVELING

After Total Knee and Hip Replacements

By Sergio Martinez, DO, AOA, AOAO

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, AOAO

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.



Optimotion
ORTHOPAEDICS

For a healthy and active lifestyle

(407) 355-3120

www.optimotion.com

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.

If you or someone you know needs urological care, please contact the Advanced Urology Institute today.



Advancedurologyinstitute.com

THE VILLAGES
(352) 259-4400

OCALA
(352) 351-1313

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



SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

Simplify Your Life Gracefully

Considering retiring to a senior Independent Living community but feel overwhelmed by the idea of relocating? We understand. While a carefree retirement sounds enticing, it can be difficult to know where to start. But you don't want to be weighed down by clutter as you step into your new lifestyle, and moving into a senior living community can help revitalize your spirit after the hard work of downsizing.

At Sumter Senior Living, conveniently located in The Villages® community in Florida, we want to help lighten your load and embrace change to ensure you live and age gracefully in your next chapter. Free of all the clutter, you can spend time with friends. Take care of your health in our fitness center or indoor heated therapy pool. Explore enriching interests at our library, theater, and arts and crafts studio. The possibilities are endless.

So, what better time than now? Simplify Your Life Week, observed at the beginning of every August, encourages individuals to refocus their lives and declutter—and that doesn't just mean objects. The idea is to eliminate anything that causes stress or anxiety, including the burden of home upkeep and maintenance.

DOWNSIZING YOUR STRESS

Maintaining independence is a crucial component of successful aging, and one way of achieving this is for older adults, persons aged 65 and older, to age in place. But home maintenance is essential to ensuring a safe and healthy environment, and, according to the National Institute of Health (NIH), "Age-related declines in capabilities may compromise older adults' ability to maintain their homes, thus threatening successful aging in place." When it is estimated by the NIH that over one hour of every day is spent doing home maintenance, this mismatch of need and capability makes for a challenging living situation as the years pass.

While many consider downsizing and relocating an infringement on their independence, these actions can actually afford individuals new freedoms. By reducing, decluttering, and moving into a more manageable space, you can look forward to less home maintenance, lower utility costs, lower real estate costs, and newfound free time for hobbies and travel. Many seniors choose to downsize to accommodate lifestyle changes or merely out of a desire to simplify life. After all, who needs the hassle of cleaning and maintaining a house? Especially when senior living communities, like Sumter Senior Living, make daily living effortless and maintenance-free.

MAKE ROOM FOR LIFE

There are many ways we can simplify our lives. Simplifying our home environment is a good practice to have, and the easiest way to do this is by scaling down our lifestyle. What better way to do this than by embracing the simplicity of living in a community where you can pursue your passions? With Florida sunshine, caring associates, and friendly neighbors, you'll feel the warmth right away at Sumter Senior Living. Our beautiful community—and maintenance-free lifestyle—is the change you've been waiting for.

Sumter's professional team can even help you navigate the daunting task of downsizing and all that comes next, including sharing tips on using the state of the real estate market to your advantage, how to maximize your equity, what resources are available once you're ready to pack up, and how to move with ease.



Similar to spring cleaning, late-summer simplifying is a great way to keep the clutter to a minimum as we go into fall. But simplifying your life is about more than just removing the physical "stuff." It's about taking a closer look at your lifestyle and eliminating the things that keep you from enjoying life. Once the clutter is gone, the first chapter of your new life can begin—and we want to help you live it to the fullest. Sumter provides you with all the amenities necessary to live up to your potential—from fitness lessons to therapeutic programs, daily activities, and so much more.

Along with daily wellness, cultural, and educational programs, Sumter offers a variety of living options, so there are endless opportunities for connection with the people, places, and activities you love. Because we understand the importance of not just feeling like you're home—but actually feeling at home. It's that simple.

A PLACE WHERE YOU BELONG

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

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



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



**TAKE
CONTROL
OF YOUR
HEALTH
TODAY!**

TOP UROLOGISTS IN FLORIDA DEDICATED TO YOUR HEALTH

Advanced Urology Institute is the largest urology practice in Florida. We are dedicated to improving the lives of our patients by providing excellent Patient-Centered Care.

For those in need of compassionate and best-in-class Urology care and treatment, visit advancedurologyinstitute.com

THE VILLAGES
(352) 259-4400

The Villages
12109 CR 103
Oxford, FL 34484

Leesburg
210 S Lake St, Suite 9
Leesburg, FL 34748

OCALA
(352) 351-1313

Timber Ridge
9401 Southwest St. Rd. 200
Suite 3001
Ocala, FL 34481

Windsor Oaks
1901 SE 18th Ave, Bldg. 300
Ocala, FL 34471

www.advancedurologyinstitute.com

EXCELLENCE IN PATIENT-CENTERED CARE

Technological Advances in **Knee Arthritis** Treatment and Replacement **Dr. Sergio Martinez, DO, AOA, AOA**

LEARN ABOUT OUR INNOVATIVE
LATERAL APPROACH FOR
KNEE REPLACEMENT

- **FASTER RECOVERY**
- **SPARE MAJOR MUSCLES AND LIGAMENTS**
- **MINIMALLY INVASIVE SURGERY WITH LESS PAIN AND LESS BLOOD LOSS**



Optimotion
ORTHOPAEDICS

For a healthy and active lifestyle

(407) 355-3120

www.optimotion.com

Wildwood Office Location
5555 E SR 44 Unit 2
Wildwood, FL 34785

Orlando Office Location
5979 Vineland Rd. Suite 101
Orlando, FL 32819

Peace of mind Dentistry

The passion of our practice is to provide patients with the finest possible dental care in a warm caring environment.



Richard Rozensky, DDS
Diplomate, ABDSM

- Professional Environment
- Aesthetic Restorative Services
- Digital Impression Technology
- Sleep Appliance Therapy
- CPAP Alternatives

*Serving residents of The Villages®
Community for over 20 Years!*

**LAUREL
MANOR
DENTAL**

**LAUREL
MANOR
SLEEPCARE**

352.430.1710 laurelmanordental.com

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

IMAGELIFT FACIAL BEAUTY SEMINARS



*Results Typical and Do Vary

Surgical or Non-Surgical

DR. RICH CASTELLANO FACIAL SPECIALIST

Facelifts (Surgical and Non Surgical)

Facial Sculpting (Fillers, Wrinkle Relaxers)

Facial Polishing (CO2, IPL, SkinPen Microneedling)



Double Board Certified
Facial Plastic Surgeon

Dr. Richard Castellano



IMAGELIFT®

ImageLift.com

Rich Castellano, M.D.

UPCOMING SEMINARS

EXCLUSIVE SEMINAR PRICING

BROWNWOOD HOTEL

Thursday, August 10th @ 2pm

3003 Brownwood Blvd

WATERFRONT INN

Wednesday, August 30th @ 2pm

1105 Lake Shore Drive

**FREE AREA OF WRINKLE RELAXER WITH
COMPLETION OF SEMINAR CONSULTATION
OFFER EXCLUDES DAXXIFY-WRINKLE RELAXER**

**Free
Book!**

**+4,000
Facelifts**

**Double
Board Certified
Facial Plastic
Surgeon**



352-227-1501

Follow on [youtube.com/ImageLift](https://www.youtube.com/ImageLift) or [FB.com/ImageLift](https://www.facebook.com/ImageLift)

PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HRS OF RESPONDING TO AD FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

www.HealthandWellnessFL.com

SUFFERING FROM MEMORY LOSS?

Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

Is your memory not what it used to be?
Are you experiencing or having trouble with:

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

It's possible that your memory problems are simply a sign of aging as we all have some normal memory loss with age. But please do NOT ignore these "senior moments" as they could be a warning sign of something much more serious. Alzheimer's Disease currently effects 6.5 million Americans and over 10% of people 65 and older.

If you feel your memory is not what it used to be or seems to be getting worse, then you should know about recent advancements in the field of memory loss (and Alzheimer's Disease). Since Dr. Alois Alzheimer first published his important paper in 1907 describing the hallmark brain changes in Alzheimer's Disease, scientists all over the world have been searching for a treatment. Recently the United States FDA approved the world's first medication to successfully slow the progression of Alzheimer's disease. For the first time ever, a treatment now exists to slow the course of this devastating disease.

The search for a treatment began in 1901 when a patient named Mrs. Aguste Deter was admitted under the care of a brilliant young 37-year-old physician named Alois Alzheimer. Upon her passing, Dr. Alzheimer found abnormal clumps of "plaque" in her brain and theorized that this substance could be the cause of Mrs. Deter's memory problems. A few years later, in 1910, fellow scientists named the disease after the inquisitive Bavarian physician.

Then, in 1984, scientists finally isolated the "plaque" substance initially described by Dr. Alzheimer some 80 years earlier and named it Amyloid. They proposed that Amyloid becomes "sticky", accumulating in the brain leading to brain cell loss, memory problems and symptoms of dementia. Doctors and scientists all over the world then began the hunt for a treatment that would decrease Amyloid in the brain.



Recent research has finally led to a class of medications that successfully remove brain Amyloid and slow the progression of Alzheimer's Disease. Two such medications have recently been FDA approved - however, there is still much to be done to unravel this disease!

DIAGNOSIS

Diagnosing this disease as early as possible could help preserve precious memories. According to a recent report from the Alzheimer's Association, most patients want a diagnosis, but sadly only 33% of patients receive one – leaving many caregivers and families in the dark while losing precious time to seek treatment that could possibly slow it's progression. Thankfully, there are multiple FDA approved scans that accurately detect brain Amyloid assisting in a rapid diagnosis. Dr. Curtis uses these regularly in the clinic and his research using these scans has been published in international Neurology journals.

IS ALZHEIMER'S DISEASE ALWAYS THE CAUSE OF MEMORY LOSS?

No. But Alzheimer's is the #1 cause of Dementia in about 80% of cases. There are many causes of memory impairment so a proper evaluation is critical as some causes of memory loss can be diagnosed, treated, and reversed. Two recent high-profile cases of non-Alzheimer's dementia have been in the news: the actor Bruce Willis was diagnosed with Frontotemporal Dementia/Aphasia and the comedian/actor Robin Williams was diagnosed with Lewy Body Dementia.

CAN ALZHEIMER'S DISEASE BE PREVENTED?

My career has been spent studying prevention of dementia and Alzheimer's disease – and research shows it might be possible with certain diets (Mediterranean) that I will discuss in a future article! So, stay tuned!

WHAT CAN YOU DO?

If you, a friend, or a loved one are experiencing memory loss, currently taking a medication such as Donepezil or Memantine, or just interested in learning more, please contact Dr. Curtis at (352) 500-5252 or visit www.CraigCurtisMD.com to learn more and schedule a free in-office memory evaluation. There is no cost for the memory evaluation. Please do not delay.



CRAIG CURTIS, M.D.
US NAVY VETERAN 

DR. CRAIG CURTIS

Dr. Craig Curtis, MD, is a national expert on Alzheimer's Disease with 25 years spent researching treatments and brain health. He focuses on prevention and treatment of Alzheimer's Disease and his research has been published in leading national and international medical journals including the New England Journal of Medicine and the Journal of the American Medical Association (JAMA) Neurology. Dr. Curtis is particularly interested in the underlying biology and prevention of memory loss, dementia, and Alzheimer's Disease - and pursuing the science that one day will lead to an effective treatment.

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

www.CraigCurtisMD.com
352-500-5252

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



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

By Richard W. Rozensky, DDS, D.ABDSM

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

What Causes Sleep Apnea?

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

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

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

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

What are the symptoms of Sleep Apnea?

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

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy and failed?

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

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

COVID-19 and Sleep Apnea

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

Laurel Manor SleepCare
352.430.1710
laurelmanordental.com

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

This recommendation is being made based on the following information:

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

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

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

Meet Dr. Rozensky

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

Laurel Manor SleepCare

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

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

Understanding Psoriatic Arthritis: Unmasking the Connection Between Skin and Joints

Psoriatic Arthritis (PsA) is an often-misunderstood condition. PsA is a chronic and inflammatory form of arthritis that affects many individuals living with psoriasis, a skin condition characterized by red, scaly patches. The intricate interplay between the skin and joints in this disease is a key focus.

PsA can manifest in various ways, and its symptoms may vary from person to person. The condition can emerge at any age, but it is most diagnosed between the ages of 30 and 50, affecting both men and women equally. Although its exact cause remains unclear, genetics, immune system dysfunction, and environmental factors are believed to play vital roles in its development.

Signs and Symptoms:

1. Joint Pain and Stiffness: PsA primarily targets the peripheral joints, which include those in the fingers, toes, knees, and ankles. The hallmark symptom is pain and stiffness in these joints, particularly in the morning or after rest periods. This discomfort can lead to reduced mobility and may worsen over time.

2. Psoriasis Skin Lesions: Almost all individuals diagnosed with PsA will have a history of psoriasis or develop psoriasis skin lesions at some point. These skin patches are typically reddish with silver-white scales and may be itchy and painful.

3. Enthesitis: PsA may also affect the entheses, which are the areas where tendons and ligaments attach to bones. Enthesitis leads to pain, swelling, and tenderness in these regions, such as the Achilles tendon or the bottom of the feet.

4. Dactylitis: Dactylitis, commonly known as "sausage fingers," is a distinct feature of PsA. It involves swelling of an entire finger or toe, giving it a swollen appearance like a sausage.

5. Nail Changes: Psoriatic arthritis can cause changes in the fingernails and toenails, such as pitting, discoloration, and separation from the nail bed.

6. Fatigue: Persistent fatigue is a common complaint among individuals with PsA, often affecting their daily activities and quality of life.

7. Eye Inflammation: In some cases, PsA can cause inflammation in the eyes, leading to redness, pain, and sensitivity to light. Prompt medical attention is crucial if these symptoms arise.



It is important to recognize the early signs of PsA, as early diagnosis and treatment can help manage symptoms, prevent joint damage, and improve long-term outcomes.

Psoriatic Arthritis is a complex condition that demands heightened awareness among medical professionals and the general public. By understanding the intricate relationship between skin and joint health, we can take proactive steps in identifying and managing this condition effectively. As always, timely consultation with a healthcare provider is essential for accurate diagnosis and tailored treatment plans.

Now let's discuss some of the infusion drugs commonly used to treat psoriatic arthritis:

1. Cimzia (certolizumab pegol): Cimzia is a biologic medication that targets and neutralizes a specific protein called tumor necrosis factor-alpha (TNF-alpha). By inhibiting TNF-alpha, Cimzia helps reduce inflammation and control the symptoms of psoriatic arthritis. It is typically administered by subcutaneous injection and may be used to treat active PsA.

2. Simponi Aria (golimumab): Simponi Aria is another biologic drug that also targets TNF-alpha. It helps reduce inflammation and manage psoriatic arthritis symptoms. Simponi Aria is usually given as a subcutaneous injection and may be prescribed for individuals with moderate to severe PsA.

3. Remicade (infliximab): Remicade is a biologic medication that works by binding to TNF-alpha, thereby inhibiting its activity. It is administered through intravenous infusion, delivering directly into the bloodstream through a vein. Remicade is often used for moderate to severe PsA and can significantly improve symptoms.

4. Stelara (ustekinumab): Stelara is a different type of biologic drug that targets two specific proteins in the immune system, interleukin-12 (IL-12) and interleukin-23 (IL-23). Stelara helps reduce inflammation

and regulate the immune response associated with active psoriatic arthritis by blocking these proteins. It is administered through subcutaneous injections.

5. Orenia (abatacept): Orenia is a biologic medication that modulates the immune system by inhibiting the activation of certain immune cells called T-cells. Orenia is typically administered through intravenous infusion and may be considered as an alternative treatment option in some instances.

It's important to note that the treatment choice depends on various factors, including the severity of your PsA, your medical history, and your response to different medications. The risks, benefits, and potential side effects of each treatment should be thoroughly discussed with your healthcare provider to determine the most suitable option for you.

Sage Infusion Can Help

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

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



352-565-5553

sageinfusion.com/swwellness

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

WEIGHT LOSS MAKES YOUR BONES AND JOINTS HAPPY

By Physicians Rehabilitation

Degenerative joint disease, also known as osteoarthritis, is a condition that affects your joints, causing them to deteriorate over time. It primarily involves the breakdown of the cartilage that cushions the ends of your bones, leading to pain, stiffness, and reduced joint mobility. This condition can affect any joint in the body but commonly occurs in weight-bearing joints like the knees, hips, and spine. To manage and overcome degenerative joint disease and minimize further wear and tear on your joints and spine, Physicians Rehab recommends the following steps:

1. Exercise: Engaging in low-impact exercises can help improve joint function and strengthen the supporting muscles. Activities like walking, swimming, and cycling are excellent options. Your doctor or a physical therapist can guide you on suitable exercises based on your condition and fitness level.

2. Weight management: Maintaining a healthy weight is crucial since excess weight stresses your joints, accelerating wear and tear. By losing weight or keeping it within a healthy range, you can reduce the strain on your joints and alleviate pain. Being overweight will exacerbate osteoarthritis and can expedite joint degeneration, especially in weight-bearing joints, like the knees, hips, and ankles. For every pound of excess weight carried, 4 pounds of extra pressure is applied to a weight-bearing joint. For example, if you are 10 pounds overweight, that equates to 40 extra pounds of pressure that is applied to the knees. Having your joints, like your knees, absorb all that extra pressure over time can cause significant and irreversible damage to the joints.

3. Proper posture: Pay attention to your posture while sitting, standing, and lifting heavy objects. Avoid slouching and try to keep your spine and joints properly aligned. This reduces unnecessary pressure on your joints and promotes better spinal health.

4. Joint protection: Be mindful of your activities and avoid repetitive movements that can strain your joints. Use joint-protective devices, such as knee braces or ergonomic tools.



5. Balanced diet: A nutritious diet rich in vitamins, minerals, and antioxidants can support joint health. Include foods like fruits, vegetables, whole grains, and lean proteins. Omega-3 fatty acids found in fish may also have anti-inflammatory benefits.

6. Heat and cold therapy: Wearing warm compresses or a hot bath can help soothe joint pain and stiffness. Conversely, cold packs can reduce inflammation when applied to the affected area.

7. Medications: Over-the-counter pain relievers like acetaminophen or non-steroidal anti-inflammatory drugs (NSAIDs) can help manage pain and inflammation. Always consult your doctor before starting any new medication.

8. Physical therapy: Working with a physical therapist can provide targeted exercises and techniques to improve joint flexibility, strength, and range of motion.

9. Assistive devices: In some cases, assistive devices like canes or walking aids can help reduce stress on your joints during daily activities.

10. Avoid smoking and limit alcohol intake: Smoking and excessive alcohol consumption can contribute to inflammation and may worsen joint problems.



Summit Medical Park, 733 CR 466, Lady Lake, FL 32159
Cline Office Suites, 4076 E SR 44, Wildwood, FL 34785
855-276-5989 | www.PhysiciansRehab.com

Everyone's condition is unique, so working closely with your healthcare provider to develop a personalized plan for managing your degenerative joint disease is crucial. Regular check-ups and open communication will ensure you receive the best care and support for your joint health. If necessary, your doctor may recommend more advanced treatments, such as injections or surgery, but these are typically reserved for severe cases when conservative measures are no longer effective.

By taking proactive steps and making lifestyle adjustments, you can effectively manage degenerative joint disease and maintain better joint and spinal health. If you have any questions or concerns, don't hesitate to ask, and together with Physicians Rehab, we'll work towards improving your quality of life.

We, at Physicians Rehabilitation, have always taken a multi-modality approach to treating chronic joint pain and osteoarthritis by offering various types of injection therapies, physical therapy, bracing, and interventional pain management, but now we are also offering medical weight loss options to help you with your long-term health goals. We are focused on helping you gain mobility, improve your strength, and live a pain-free lifestyle, but also getting you to look and feel your best! Call us today to get more information on our weight loss program!

MEDICAL WEIGHT LOSS IS NOW EASIER THAN EVER

At Physicians Rehabilitation, we offer Semaglutide injections for weight loss. Approved by the FDA for weight loss in June of 2022, using Semaglutide, 90% of patients are losing 5% or more of their body weight.

Semaglutide (Wegovy/Ozempic generic) injections:

- Increase insulin production
- Decrease glucagon synthesis
- Delay gastric emptying
- Suppress hunger
- It signals your brain that you are full so you can lose weight without feeling like you are depriving yourself.

Schedule a weight loss consultation with Physicians Rehab and bring your copy of Health and Wellness Magazine for a \$100 DISCOUNT Off your initial consultation and injection. We are serious about your health and wellness!!



Finding Love and Joy in Assisted Living

By Janice Martin, Senior Advisor / Family Liaison

When most people think about assisted living, they have a preconceived idea of what it's like. If they've never been to a community or haven't visited in many years, they would most likely describe it as one of several ways: 1) it's heaven's waiting room; 2) people sit around slumped over in wheel chairs; 3) there's nothing going on, and 4) people have no independence. Often, people visit for the first time expecting this, therefore it's what they see.

However, there is a very different side that is rarely considered. Assisted living can be a place where people find joy. Where they find new friends and learn new things. They have apartments decorated with their favorite things, go on trips, learn new games, and have celebrations. And sometimes, it's where they find love again.

After years sitting alone in their homes clinging to what has become familiar with all their might and isolated from the rest of the world, they blossom when introduced to good nutrition, socialization, and laughter. It's nearly impossible to imagine that there can be joy again. They may have spent decades married to someone they loved and are now widowed. They are alone and may not have experienced the sensation of a tender touch or a gentle kiss in a very long time. They believe this is what is left for them for the rest of their lives.

I'd like to share with you that it can be different. That unexpected possibilities can present themselves by simply taking a chance. By believing that outside the walls of the home that now contains loneliness and memories of happier times, there can be a new life with wonderful opportunities. Sometimes it's necessary to change your perspective and attitude. If you expect to be lonely surrounded by "old people" who do nothing after moving to assisted living, that is most likely what you will find. If you want to be miserable, trust me – you will be. Remember the saying, "Fake it 'til you make it"? It's true. If others see you as friendly and open to something new, they will be drawn to you.

One of the most uplifting things I have witnessed is when two residents meet at a community and fall in love. To watch them walk together or sit side by side holding hands and connect so sweetly with one another is heartwarming. To see that special twinkle

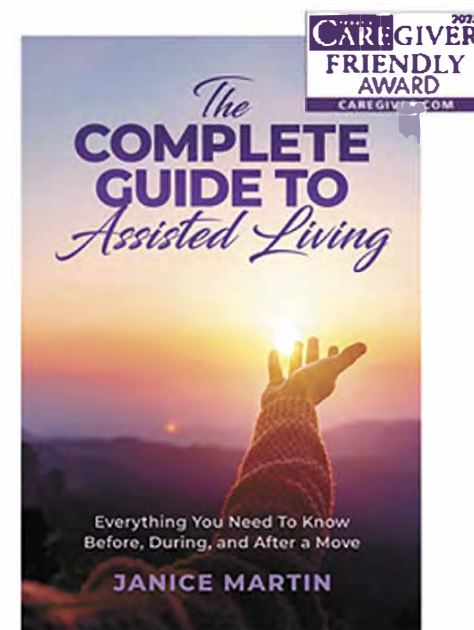


While working at an assisted living community in The Villages a few years ago, preparing for a wedding for two of our residents was a highlight of my time there. The bride had a wonderful time picking out the perfect dress, deciding on the food, music, and cake, and being the center of the excitement of the residents and staff. They were married in the afternoon in the lobby that was romantically decorated. The music of Pachelbel's Canon filled the air and fresh flowers were abundant. The cake was lovingly made by a staff member and champagne flowed for everyone. The ceremony was performed by a resident who was a retired pastor, and friends and family came from far and wide to share their joy. After the festivities the happy couple, both in their 80's, left in the groom's car to enjoy a honeymoon cruise to the Caribbean!

Recently, another happy couple were married at Vista Lake Assisted Living in Leesburg. Coral DiMaggio, the executive director, worked with her staff to plan the happy event and she had the honor of giving the bride away. Coral's son Gabriel was asked to be the ring bearer. The bride has lived in the

community for a year and the groom moved in shortly after. The new husband and wife, both in their 70s, knew within days it was love! The bride let it be known that she wanted a Hawaiian wedding at her assisted living home surrounded by her friends, her daughter, and the staff who help provide care each day. A sign proclaiming "You had me at Aloha" hung on the mantle before them and the ceremony was performed by the pastor who visits the community weekly. Coral had his-and-her handmade leis shipped from Hawaii as a very special touch and the bride sang her vows to her loving groom.

Is this how you envision assisted living? It doesn't matter if you're 19 or 90 and beyond, love is possible. There is joy and hope. I invite you to visit an assisted living community with fresh eyes and imagine the unexpected. Leave your preconceived ideas and fears at the door and cross the threshold to a new chapter in life with a positive and open heart.



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



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

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

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

The Heat Wave in Central Florida

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

The Limitations of Oral Rehydration

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



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

The Benefits of IV Rehydration

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

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

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

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

Total Nutrition & Therapeutics

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



TOTAL NUTRITION
AND THERAPEUTICS

TOTAL NUTRITION AND THERAPEUTICS

809 HWY 466 UNIT 202-C
LADY LAKE, FL 32159

352.259.5190

WWW.TNT4ME.COM



Like WD-40® for Your Aching Joints

We live in an eat-fast-go-fast-isn't-there-a-pill-to-fix-it world. Memory troubles, sleep issues, stress and pain (oh, the pain!) are the price we have to pay.

Or do we?

Try Omega Cure® Extra Strength — an easy-to-swallow and effective way to provide omega-3 benefits to every cell, organ and joint in your body.

Omega3 Innovations | omega3innovations.com | 941.485.4400

**No Drugs. No Surgery.
Simply Relief from Knee Pain.**

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.





**PHYSICIANS
REHABILITATION**

www.PhysiciansRehab.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

We are Medicare providers and accept most insurance plans.

Stem Cell Therapy | Orthopedics | Osteoarthritis Treatments | Physical Therapy | Platelet Rich Plasma | Spinal Decompression

**6 LOCATIONS SERVING FLORIDA
(855) 276-5989**

The Villages 733 CR 466, Lady Lake, FL 32159
The Villages 4076 E SR 44, Wildwood, FL 34785
6150 Diamond Centre Court, Bldg. 100, Fort Myers, FL 33912
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
3417 Tamiami Trail, Unit A, Port Charlotte, FL 33952
5668 Strand Court, Naples, FL 34110

EPA & DHA:

How to Decipher the Omega-3 Alphabet Soup

By Anne-Marie Chalmers, MD

It's easy to get lost in the alphabet soup of the omega-3 fatty acid world. Acronyms like EPA and DHA represent just two members of the large omega-3 family – and even that's enough to give consumers and health practitioners alike a headache.

But what do these acronyms boil down to anyway? Let's straighten out some key facts about these important fatty acids.

How Many Types of Omega-3s Are There?

Think of omega-3 fatty acids as a molecular "slinky." These molecules contain multiple double bonds that allow them to be flexible and adaptable.

The term "omega-3" encompasses a broad range of fatty acids. These tend to fall into two main categories: monounsaturated fatty acids (MUFAs) and polyunsaturated fatty acids (PUFAs). However, it's usually the PUFA portion of the omega-3 family that gets the most attention.

Within the PUFA group, scientists have to date identified 33 different members. In addition, there are some 10 different MUFAs and 20 unnamed very long-chain fatty acids that fall outside the main categories.

In other words, there are a bunch of them!

If you see the words "other omega-3s" on a supplement label, remember that any omega-3 (besides EPA and DHA) will typically get lumped under that heading.

EPA and DHA: The Most Popular Omega-3 Fatty Acids

Over the last 50 years, the omega-3 family has had two superstars: EPA and DHA.

EPA stands for eicosapentaenoic acid (try to say that in one breath), and DHA is the acronym for docosahexaenoic acid (another tongue twister). Naturally found in fish and breast milk, EPA and DHA are considered the most potent omega-3s. That's why the majority of the omega-3 research to date has fixated on these two fatty acids.

EPA and DHA first sparked the interest of Danish researchers, Bang and Dyerberg, in the early 1970s. At that time, it was believed that fat was the culprit behind the skyrocketing levels of cardiovascular



disease in the Western world. Bang and Dyerberg analyzed the fat-rich diet of Inuits in Greenland, where heart disease was almost nonexistent. Since the Inuits' diet largely consisted of fish and seal – two rich sources of EPA and DHA – Bang and Dyerberg speculated that higher intakes of EPA and DHA might reduce the risk of coronary heart disease.

The rest is history. Since Bang and Dyerberg published their first papers, EPA and DHA have become some of the most researched nutrients in history. Over the decades, thousands of studies have examined how these fatty acids affect not just the heart, but virtually every other aspect of health as well.

How Do EPA and DHA Work?

EPA and DHA are often referred to as "very long-chain fatty acids." That's a fancy way of saying that EPA and DHA have a chemical structure that's more flexible than other types of omega-3s. This allows them to quickly change their shape and connect with other important molecules.

EPA and DHA have a profound influence at the cellular level. They keep the cell membrane nice and supple, which helps promote healthy nutrient exchange. They also influence cell signaling and gene expression. In addition, EPA and DHA are the precursors for other powerful inflammation-fighting molecules.

Because of their many roles, EPA and DHA are vital for the healthy growth, development, and maintenance of every cell and tissue in our body.

The Difference Between EPA and DHA

EPA and DHA are often viewed as a pair, but over the last decade, more has been discovered about their individual differences.

DHA, for instance, seems to be especially important for healthy eye development. Comprising some 50-70% of the fatty acids in certain segments of the retina, DHA is essential for optimal sight. DHA also makes up a large percentage of the fatty acids in the brain, and is important for healthy neurotransmission and neuroplasticity.

That's not to say that EPA isn't important in these areas, too. For instance, a number of studies on mental health issues (including depression and psychiatric disorders) have indicated that EPA may be more beneficial than DHA for managing symptoms.

We're still in the early stages of understanding exactly how these powerhouses work, and studies continue to provide surprising new insights. For instance, a 2020 Tufts University study discovered DHA had a more powerful anti-inflammatory effect compared to EPA, but EPA was better at improving the balance between pro and anti-inflammatory proteins. As science evolves, we will continue to learn more about the vital impact these omega-3s have on human health.

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

<https://omega3innovations.com/blog/epa-dha-ala-how-to-decipher-the-omega-3-alphabet-soup/>

About Anne-Marie Chalmers, MD

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



OMEGA3
INNOVATIONS

Call us at 941.485.4400
www.omega3innovations.com

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.

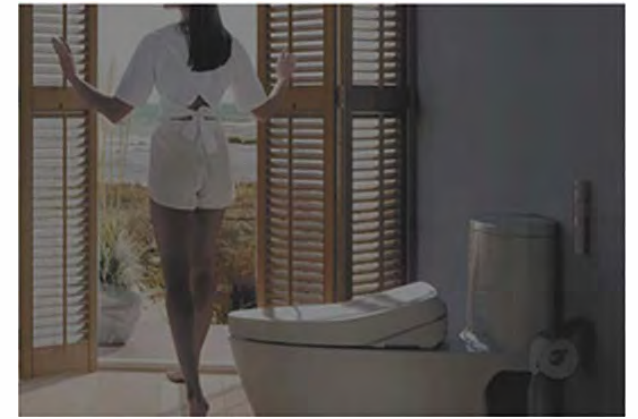
The Popularity of Bidets in Japan Over Time

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.

Our team thinks doing your business should be an enjoyable experience, and a standard toilet will never live up to that task! We are Better Business Bureau accredited, so you can expect top-notch treatment and confidently do your business with us.

HOUSE OF BIDETS

813-280-5317 | www.tryabidet.com



PATRICK SMITH
ATTORNEY AT LAW

GET A FREE
ESTATE PLANNING CONSULTATION
CALL 352-204-0305

Wills • Trusts • Probate • Estate Planning
www.attorneypatricksmith.com

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.





**Try a Bidet
RISK FREE!**

Feel cleaner and healthier.

tryabidet.com
813-280-5317

**HOUSE OF
BIDETS**

WHY DO SO MANY PATIENTS TRUST COMPTON CHIROPRACTIC CARE? THEIR STORIES MIGHT HELP YOU!

By Compton Chiropractic Care

When you have suffered an injury, Compton Chiropractic Care LLC can help you on the road to recovery. Our golf cart accessible facility located in The Villages, FL offers a variety of services to people just like you who are suffering with many different ailments. No matter what condition you are suffering from, the experienced team of professional Chiropractors at Compton Chiropractic Care LLC will work with you to properly diagnose and develop a personalized treatment plan to meet your needs.

Chiropractic care can help solve a wide range of problems that just don't include back and neck pain, we can also help patients who suffer from headaches, migraines, shoulder pain, arthritis, hip pain and personal injuries like car accidents. Our experienced physicians are also highly skilled in decompression therapy.

All four of our doctors are graduates from the Palmer College of Chiropractic. No matter what type of care you need, if you live in The Villages, you can certainly come to Compton Chiropractic Care and expect your needs to be met!

But don't just take our word for it—Find out what our patients have to say:

Patient Testimonials

"Doc thanks! My back is better than it has been for years." - Male Patient

"I wish I would have found your clinic years ago. I am playing the best golf of my life and without that lousy pain. Thanks again Doc. See you soon." - Female Patient

"Dr. Compton, I cannot begin to thank you enough for helping my husband and myself. We can actually enjoy our retirement now pain free." - Female Patient

"Doctor, I must be sure to mention again how very grateful i am for the care i was given at Compton Chiropractic. I am back north for the summer and I am feeling excellent. I will be making an appointment as soon as I return to Florida." - Female Patient

"I have been going to Chiropractors my entire life and I have never experienced a more genuinely sincere Doctor than yourself. I was very impressed with your extensive examination and ability to correct my pain so swiftly." - Male Patient

"Dr. Compton and staff have impressed me from the first phone call all the way to check out. The entire staff is pleasant and made me feel welcome. They were able to explain each step of my care and asked AND WAITED for response if I wasn't clear about an explanation. Dr. Compton explained what he was doing and why throughout my entire examination. He didn't seem bothered by my questions or long explanations that required more than yes or no responses. The therapist was great as well and she follows the same practice of explaining the hows and whys. I am very comfortable with Dr. Compton and staff and will continue with them for my chiropractic care. Great job!!!" -Female Patient

"I am happy with the sophistication and good "bedside manners" of the doctors and pleasant, effective service offered by the office personnel. In my two years as patient, I also have been satisfied with their handling the payments with fairness and full disclosure. This is an important part of chiropractic care which reimbursement by insurance is usually very difficult." -Male Patient

If you have pain, or other immobility issues, call Compton Chiropractic Care Today and discover how so many others, just like you are finding long term relief without drugs and without surgery!

The Compton Chiropractic Center:

- Friendly, Knowledgeable Staff
- Personalized Therapy Treatments
- Patients Are Our Number One Priority
- Treating More Than Neck And Back Pain
- Chiropractor With A Medical Approach
- Top Quality Health Care For A Reasonable Fee
- Palmer Graduates
- Call Today For A Free Consultation

No matter what type of care you need, if you live in The Villages, you can rest assured that you will receive superior care at the Compton Chiropractic Center. Please call today, to schedule your appointment.



COMPTON CHIROPRACTIC CARE

Providing Quality Chiropractic Care to patients in and around The Villages, Florida.

Our Philosophy

- Treat patients as individuals and perform a thorough exam
- Deliver an accurate diagnosis
- Treat patients with the highly reliable and world-known Palmer "hands on" Technique
- No long-term treatment plans or large out-of-pocket expenses
- Provide patients with non-surgical alternatives to pain

Our Facility Offers

- Medicare accreditation for DME bracing
- State-of-the-art treatment tables
- On-site digital x-ray
- Physical Rehab suite with cold laser technology
- Use of blood and urine testing to evaluate for food allergies and heavy metal toxicity
- Clinical Nutrition
- Quality care without the wait

Accepting

- Medicare
- Blue Cross Blue Shield
- Cigna, Aetna
- Humana
- United Health Care plans
- Personal Injury

COMPTON CHIROPRACTIC

Call Today:
352-391-9467

Attorney Patrick Smith Radio Show Now on 14 Stations

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



THE LAW OFFICES OF
PATRICK L. SMITH, PLLC
Estate Planning | Elder Law | Probate | Trust Administration

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



(352) 391-9467

HOURS: MON-FRI 9-5



11974 CR 101, SUITE 101, PALM RIDGE PLAZA G LF CART FRIEN LY



sage infusion
The Villages Lake Sumter

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



*Affordable, Convenient,
and Expert Infusion Care*

sageinfusion.com
intake@sageinfusion.com 352-565-5553

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

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, ¹⁶ *The 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.

www.venturenaples.com



Innovative
Therapies Group Inc.

Changing lives...
One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com



- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

Ocala 2801 SW College Rd Ocala, FL 34474	Summerfield 14031 Del Webb Blvd Summerfield, FL 34491	Lady Lake 929 US-27 #301 Lady Lake, FL 32159	Wildwood 805 S. Main St Wildwood, FL 34785
---	--	---	---

Confused About Senior Living Communities and Senior Services?

One phone call can answer all your questions!

- Senior Living Placement Liaison
- Senior Services Liaison
- Family Liaison
- Senior Advocate

Call for a free consultation!
Don't reach for Google when you can have a caring, experienced professional guide you.



Senior Liaison
OF CENTRAL FLORIDA

We are
"Your Guide Through The Chaos!"

352-477-1866
SENIORLIAISONCFL.COM
SENIORLIAISONCFL@GMAIL.COM

SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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



TRUSTED HOMECARE SERVICES



OUR MISSION IS TO ASSESS THE
NEEDS OF EACH CLIENT TO HELP
THEM MAINTAIN THEIR
INDEPENDENCE WHILE LIVING
IN THEIR OWN HOMES
AND COMMUNITIES.

Services

- Healthcare Staffing Services
- Licensed RNs and LPNs
- Companion/Homemaker
- Assisted Living
- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits



352.240.7522 WWW.TRUSTEDHCS.COM

Central Florida's Health & Wellness Magazine



On the Web

healthAndWellnessFL.com



On Facebook

facebook.com



On Twitter

twitter.com



In Your Inbox

Receive our monthly
newsletter. Sign up online.



Providing information 
that will promote living a healthy, well-balanced lifestyle.

Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

PANAKEIA®



Specializing in....

- Oxygen concentrators and other equipment for all your home and travel needs
- CPAP/BiPAP supplies
- Medical Supplies

We are a Service Disabled
Veteran-Owned Small Business.

www.PanakeiaUSA.com



Medical Innovations
to live your life.

Headquartered in Naples, FL

P: (202) 656-8848

F: (202) 204-0262

info@PanakeiaUSA.com

Your Clear Choice For Cataract Surgery

With thousands of successful, state-of-the-art cataract surgeries behind them, Dr. Scott Wehrly, Dr. Scot Holman and Dr. Vinay Gutti are leaders in the region's quickest, safest, most advanced laser cataract removal and vision restoration technologies.

Because your eyes deserve nothing short of amazing.



Scott Wehrly, MD

Vinay Gutti, MD

Scot Holman, MD

LAKEeye

 A US EYE COMPANY

Board-certified Ophthalmologists & Optometrists:

Scott R. Wehrly, MD • Shelby L. Terpstra, DO • Scot C. Holman, MD • Vinay Gutti, MD
Jose Alfredo Vazquez, MD • Lindsey Walsh, OD • Adria Young, OD • Alexandria Rawls, OD

352-775-1533 • LakeEye.com •  