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September 2023

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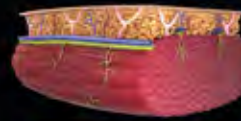
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CONTENTS SEPTEMBER 2023

- 6** Navigating the Gut Maze: Thriving Amidst Histamine Reactions and the Evolution of Joint Pain
- 7** Gynecologic Cancer
- 8** Emsculpt NEO® for Back Pain
- 9** How to Avoid Prostate Cancer and Other Prostate Problems
- 10** Understanding and Managing Arthritis for a Healthier Future
- 11** Leukemia and Advanced Cancer Treatments: A Comprehensive Guide to Different Medications
- 12** Seniors Aging in Place
- 13** Suffering from Memory Loss? Could it be Alzheimer's Disease?
- 14** Assisted Living for Memory Care: Understanding the Benefits
- 16** Lifestyle Modifications for Diseases
- 18** Utilizing CBD for Relief of Symptoms with Schleroderma
- 19** Sports Injuries: Non-Surgical Treatment with Occupational/ Hand Therapy
- 20** Benefits of Hyperbaric Oxygen Therapy (HBOT)
- 21** Bidets Gaining Popularity in the USA for Better Hygiene and Eco-Consciousness
- 22** Improving Quality of Life with a Cancer Diagnosis
- 23** Attorney Patrick Smith Radio Show Now on 14 Stations
- 24** Understanding the Medicaid Waiver for Assisted Living
- 25** Managing Arthritis Pain and Discomfort
- 26** Stress Management Tips from Quick Care Urgent Care
- 27** Spiritual Wellness: Hope and Optimism

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Navigating the Gut Maze:

Thriving Amidst Histamine Reactions and the Evolution of Joint Pain

By Elisha Lopez

Greetings, fellow seekers of survival and prosperity on the wellness path! Last time, we ventured into the captivating world of gut health and its pivotal role in fostering family harmony. We were enthralled by the intricate gut-brain connection and how a jovial belly can catalyze a life of abundance. Today, my companions, we're embarking on a relentless expedition into the enigmatic domain of gut health. Our focus? Unraveling the intricate dance of histamine reactions and their cunning guise as arthritis. Brace yourselves for a mind-altering journey through the meanders of the gut's labyrinth!

Histamine – a term often evoking images of allergies and sneezes. But did you realize that histamine can also orchestrate a stealthy performance that mimics arthritis, often mistaken for joint pain? Prepare to weather the storm, for we're about to decipher this intricate connection.

Histamine is a compound inherent to our bodies, playing a pivotal role in diverse bodily functions, from moderating stomach acid to managing immune responses. However, for some, histamine sensitivity or intolerance is a formidable adversary. This intolerance entails a struggle to efficiently metabolize histamine. Elevated histamine levels set the stage for an array of unpleasant symptoms, with joint pain being a prominent player.

Here's where the plot thickens—histamine intolerance frequently presents itself as joint pain masquerading as arthritis. This mimicry engenders perplexity, misdiagnosis, and needless anxiety. Envision experiencing joint discomfort and instinctively fearing the worst—believing you're grappling with arthritis when it might indeed be a histamine reaction.

Histamine-laden foods, including aged cheeses, fermented delicacies, select veggies, and even alcoholic beverages, can activate histamine reactions in those susceptible. These reactions could encompass not just joint pain, but also headaches, gastrointestinal distress, skin predicaments, and more. The symphony of symptoms overlapping with arthritis is what intensifies the mystery.

So, how do you discern between histamine-related joint pain and bona fide arthritis? It demands some Sherlock Holmes finesse. If you observe that your joint pain flares up post histamine-rich meals, it could



be a clue. Crafting a food journal is your ticket to tracking symptoms vis-à-vis your diet. Naturally, seeking the counsel of a healthcare expert is imperative to rule out any grave conditions.

But don't despair, my health adventurers! Strategies abound for managing histamine intolerance and its inconspicuous sidekick—joint pain. One approach involves adhering to a low-histamine diet, entailing steering clear of, or limiting, histamine-rich victuals. Additionally, specific supplements and medications assist in histamine breakdown, extending relief from potential discomfort.

And let's not overlook our unwavering ally—gut health. A gleeful gut can bolster optimum histamine regulation. Preserving a harmonious gut microbiome via a diet teeming with prebiotic and probiotic fare can bolster your body's capacity to tackle histamine sans the distress signal.

In our pursuit of well-being, the might of knowledge is unparalleled. By deciphering the intricate choreography between histamine reactions and joint pain, you're fortified to traverse pitfalls and embrace a life of flourishing well-being.

Remember, I'm no medical authority. Therefore, for those suspecting histamine intolerance or arthritis, consulting a seasoned healthcare provider is non-negotiable. Let's be honest, wisdom is the master key to unlock the gateway to a life of vitality and prosperity. So, my dauntless trailblazers, may you embark on this

odyssey armed with discernment and valor. May your gut health shepherd you to a life that triumphs over confusion, a life that thrives and flourishes. Until our next rendezvous, nurture your curiosity and continue forging your path to bounteous health!

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



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GYNECOLOGIC CANCER

Gynecologic cancers, which impact a woman's reproductive organs, pose a risk for all women.

There are five different types of gynecologic cancer. These are cervical, ovarian, uterine, vaginal and vulvar. Each has distinct signs, symptoms and risk factors. Nearly 115,000 women in the U.S. will be diagnosed with one of these cancers this year. Here, we will break down the most common:

Cervical Cancer

Almost all cervical cancers are caused by the sexually transmitted human papillomavirus, or HPV, which can weaken the immune system and put women at high risk for infection. While most women with an HPV infection will not develop cervical cancer, a small percentage will. Vaccination against HPV is the most effective way to protect young women from developing the disease. HPV vaccines are recommended for boys and girls between ages 9 and 12 and young adults ages 13 through 26 who have not been vaccinated or received all doses.

Once one of the most frequent causes of cancer deaths among women, the death rate from cervical cancer has declined by more than 50% over the past decades. Standard Pap tests, or Pap smears (screenings that can detect abnormal changes in the cervix), and widespread acceptance of the HPV vaccine have drastically reduced its occurrence.

Ovarian Cancer

Ovarian cancer causes more deaths than any other female reproductive system cancer. The risk increases with age; ovarian cancer often occurs after menopause, and it is rare in women younger than 40. About one-half of women diagnosed with ovarian cancer are age 63 or older.

Uterine Cancer

Uterine cancer is the most common type of gynecologic cancer. While it can occur in younger women, it most frequently occurs in women over 45. Most uterine cancers are found in women who are going through or have gone through menopause. Its most prevalent form, endometrial cancer, is curable when found early.

Warning Signs & Symptoms

Symptoms of female reproductive cancers vary depending on the organ involved, and not all women will experience the same symptoms. In early stages, many forms of cancers produce no symptoms at all.

Unusual vaginal bleeding or discharge or pelvic pain, including pain during intercourse, can signal gynecologic cancer. Other signs may include more frequent urination, bloating or constipation. Skin changes on the vulva, such as soreness, itching or a visible lesion, can also indicate concern.

Always contact your health care provider if you experience any of these discomforts. Because symptoms are often vague and can also be caused by other, less severe conditions, practitioners encourage women to have regular gynecologic exams to check for signs of disease.

Screenings Are the Best Prevention

The importance of cancer screenings cannot be overstated. Routine screenings can detect cancer in early stages, even before symptoms appear, and make it easier to treat. Currently, only cervical cancer has a routine screening test — the Pap smear. Pap smears involve collecting cells from the cervix. It is not painful and is conducted as part of a pelvic exam in a health care office or clinic. Also, an HPV test looks for high-risk types of infection that are more likely to cause cancer of the cervix. The two tests can be done alone or simultaneously during a pelvic exam.

Because cancer can take years to develop and can stay hidden, it is essential for women to begin cervical cancer screening at age 21. Pap tests are recommended every three years for women ages 21 to 29 and then every three to five years, in addition to an HPV test until age 65.

What's Your Risk?

Medical experts still do not fully understand the causes of many forms of gynecologic cancer.

Genetics plays a role in all forms of cancer. A woman whose mother, sister or daughter had ovarian or the less common fallopian tube cancer might be at higher risk for similar cancers. She may choose to undergo genetic testing to identify specific mutations.

Because cervical, vaginal and vulvar cancers are often linked to HPV, using condoms is critical for prevention. Estrogen therapies used to treat the symptoms of menopause have also been linked to female reproductive cancers.

Talk with your provider about the factors that may increase your risk. Ask what steps exist to improve your prevention and whether you should undergo specific screening tests. Be sure to follow their recommendations throughout your lifetime.

Treatments

Treatment options for gynecologic cancers depend on many factors, including the type and stage of the disease. Surgery or radiation, sometimes combined with chemotherapy, is the most common treatment. Advanced laparoscopy (a less invasive type of surgery) and pelvic reconstruction are other options.

Gynecologic oncologists have advanced training and specialize in treating all forms of female malignancies. Increasingly, they can use noninvasive techniques to perform technically

challenging surgical procedures. With these options, patients experience less pain, faster recovery time, lower risk of infection and other side effects and minimal scarring.

New Options Through Clinical Trials

Advancements in the diagnosis and treatment of all cancer forms continue rapidly, thanks to ongoing clinical research. Clinical trials have played a significant role in these advancements, saving more lives. Patients participating in these safe and carefully supervised groundbreaking research studies receive the latest treatments available, which can positively impact their outcomes.

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EMSCULPTNEO® for Back Pain

By Dr. Tina Chandra

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

EMSCULPTNEO®

How does Emsculpt NEO work?

As mentioned above, Emsculpt NEO uses a combination of RF and HIFEM. The radio frequency is used to heat the muscles and the electromagnetic energy then builds muscles. The heating of the muscles is what causes the reduction of fat in the area being treated. While the HIFEM simultaneously causes thousands of muscle contractions in order to improve strength and muscle tone. Combining these two treatments offers optimal results.

The heating of the muscles from the RF raises the temperature of the muscles by several degrees. It is similar to what one would do in a warm-up activity before exercising, but much faster. This part of the procedure lasts less than 4 minutes. When the temperature of the fat is increased, apoptosis occurs. This means that fat cells are permanently damaged and are removed from the body.

The HIFEM energy contracts the muscle fibers in the area being treated at intensities that are not possible in regular exercise. This stress forces the muscles to adapt and results in increased growth of muscle fibers and cells.

How can Emsculpt NEO help my back?

If you've ever had to visit a chiropractor, physical therapist, or orthopedic surgeon for problems with your back, it is likely that somewhere in the conversation your doctor told you that strengthening your core would help with your current back pain as well as help you to avoid future problems. While Emsculpt NEO won't cure your back problems, it can help to build and strengthen your muscles.

Your core is essentially made of your abdominal muscles. There are four groups of muscles that make up the abdomen: the transversus abdominis, the rectus abdominis, the external obliques, and the internal obliques. The importance of a strong core cannot be overstated when it comes to reducing the risk of injury during any number of activities that call for the use of both the upper and lower body.

Many people have such weak abdominal muscles that strengthening the core can feel almost impossible. Exercise in this zone can lead to pain and sore muscles that can be quite uncomfortable for days. For this reason, many people give up and live with recurring back pain.

This is where EMSculpt can help. This groundbreaking technology uses high intensity, focused electromagnetic waves to create supramaximal muscle contractions. The best part is that you can expect no lingering pain after the session. You can strengthen your core without risking further injury and help your spine along the way. EMSculpt will also burn fat while building muscle, so not only will you benefit from the stronger core, but you can also benefit from body contouring and toning as well.¹

What can I expect during an Emsculpt NEO session?

During a 30-minute session, an applicator is strapped to the area being treated, in this case, the patient's back. The sessions do not require the use of anesthetic or sedatives and the patient will typically be lying on their side or back. The technician then slowly increases the RF heat and the HIFEM pulsing depending on the client's comfort level. Throughout each session and in future sessions, the applicator will get warmer and the pulses will increase in intensity.

These pulses (or waves) cause contractions on the target site which may feel mildly discomforting and strange to the patient but will cause no actual pain. During treatment, the muscles in the target area will have contracted around 200,000 times; a feat that would take thousands of hours in the gym to replicate. This not only strengthens the muscles in the area but also destroys neighboring fat cells as well. The intensity of these contractions can also be fine-tuned to fit the specific needs of each patient.²

Clients will normally have one session a week for four consecutive weeks. Each session lasts 30 minutes and there is no down-time afterwards. The client can return to work or go to dinner immediately following a session.

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

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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.



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September is Prostate Cancer Awareness Month

How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common.

What is the Prostate?

The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Tips to Avoid Prostate Trouble

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Exercise Regularly.

Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or riding horses, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume.

Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound known as choline. According to Dr. Michael Greger, an American physician and author of



How Not to Die, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds.

Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes.

Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic

and olive oil are also good for the prostate, try frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement.

Zinc supplements have been shown to slow benign prostatic hypertrophy (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement.

Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test.

This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you. The key is to not get sick in the first place. And that is especially true of the prostate.



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NATIONAL ARTHRITIS AWARENESS MONTH: Understanding and Managing Arthritis for a Healthier Future

By Dr. Nam Dinh, MD, FAAOS

National Arthritis Awareness Month is an important time to shed light on the various forms of arthritis that affect millions of people worldwide. From osteoarthritis to psoriatic arthritis and rheumatoid arthritis, understanding these conditions is crucial for maintaining an active role in one's treatment journey. Let's delve into the details of these arthritis types and explore the importance of informed decision-making.

1. Exploring Arthritis Diversity: Types and Treatments

Arthritis is not a one-size-fits-all condition. There are different types, each with distinct causes, development patterns, and treatment strategies. Osteoarthritis, psoriatic arthritis, and rheumatoid arthritis are among the most well-known types. Learning about their unique characteristics can empower individuals to make informed decisions about their health.

2. The Burden of Osteoarthritis

Osteoarthritis stands as a widespread and debilitating condition, often striking individuals over the age of 65. This form of arthritis is characterized by the gradual breakdown of cartilage, leading to pain, stiffness, and reduced joint mobility. While it is often linked to aging, it's important to recognize that it can impact anyone, regardless of age.

3. Unraveling Osteoarthritis

The wear and tear on our joints that occurs naturally over time is known as osteoarthritis. This irreversible condition is often a result of a combination of factors, including genetics, joint injuries, and lifestyle. Understanding the underlying mechanisms can help individuals take proactive steps to manage and mitigate its effects.

4. Risk Factors: Age, Activity, and Weight

Certain factors increase the risk of developing advanced osteoarthritis. Older individuals are more susceptible due to the cumulative effects of joint wear over time. Highly active individuals might experience accelerated joint deterioration, especially if their activities involve repetitive stress on specific joints. Additionally, excess weight places added strain on joints, contributing to the development of osteoarthritis.



5. Surgical Interventions for Osteoarthritis

In severe cases of osteoarthritis where conservative treatments are insufficient, surgical interventions become necessary. Total hip and knee replacements are common procedures that involve removing damaged joint components and replacing them with prosthetics designed to restore function and alleviate pain. These surgeries have the potential to significantly enhance an individual's quality of life.

6. Muscle-Sparing Techniques: Enhancing Recovery

Modern medical advancements have led to muscle-sparing surgical techniques that benefit patients undergoing joint replacement. By preserving major muscle groups during surgery, patients experience quicker recovery times and improved independence. These techniques contribute to faster post-surgery mobility, facilitating rehabilitation and a smoother transition to an active lifestyle.

As National Arthritis Awareness Month approaches, take the opportunity to educate yourself and others about the importance of understanding and managing arthritis. By distinguishing between different types of arthritis and recognizing the factors that contribute to their development, individuals can make informed choices to optimize their well-being.

Whether you're dealing with the challenges of osteoarthritis, psoriatic arthritis, or rheumatoid arthritis,

remember that knowledge is your greatest ally. Participate actively in discussions with healthcare providers to create tailored treatment plans that consider your unique health status, diagnosis, and support system. By being proactive and well-informed, you can embark on a journey towards better joint health and an improved quality of life.

About Dr. Nam Dinh

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



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LEUKEMIA AND ADVANCED CANCER TREATMENTS: A Comprehensive Guide to Different Medications

Leukemia, a type of blood cancer that affects the bone marrow and blood cells, has long been a formidable challenge in the field of oncology. Over the years, medical advancements have led to the development of diverse treatment options, each targeting specific types of leukemia and offering hope to patients. This article delves into the world of leukemia and cancer treatments, exploring the various medications that play a pivotal role in battling this disease.

Understanding Leukemia and Its Types

Leukemia originates in the bone marrow, where abnormal blood cells are produced in large quantities, crowding out healthy cells and impairing the body's ability to function properly. There are several types of leukemia, including acute lymphoblastic leukemia (ALL), acute myeloid leukemia (AML), chronic lymphocytic leukemia (CLL), and chronic myeloid leukemia (CML).

Traditional Treatments and Their Limitations

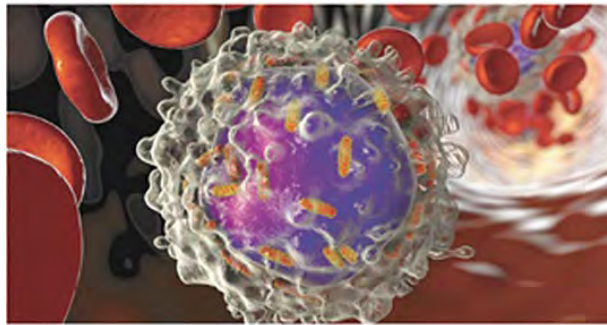
Historically, chemotherapy and radiation therapy have been the primary treatments for leukemia. While effective in many cases, these treatments often come with side effects due to their non-specific nature, impacting both healthy and cancerous cells. The pursuit of targeted therapies has led to a revolution in cancer treatment.

Targeted Therapies: A Precision Approach

Targeted therapies are medications designed to specifically target the genetic mutations or proteins that drive cancer growth. Tyrosine kinase inhibitors (TKIs) are a class of targeted therapies commonly used in the treatment of chronic myeloid leukemia (CML) and some forms of acute lymphoblastic leukemia (ALL). These medications block the signals that promote abnormal cell growth, leading to more focused and effective treatment with fewer side effects.

Immunotherapy: Harnessing the Immune System

Immunotherapy has emerged as a groundbreaking approach in leukemia treatment. Monoclonal antibodies, such as rituximab and alemtuzumab, are designed to attach to specific proteins on cancer cells, marking them for destruction by the immune system. Chimeric antigen receptor (CAR) T-cell therapy takes immunotherapy a step further by engineering a patient's own immune cells to recognize and attack cancer cells.



Stem Cell Transplantation: Rebuilding the Immune System

For certain cases of leukemia, stem cell transplantation is a viable option. This procedure involves replacing the patient's diseased bone marrow with healthy stem cells from a donor. It can provide a new lease on life for those who have not responded to other treatments or who have high-risk forms of the disease.

Emerging Therapies: The Promise of Novel Agents

Researchers are continually exploring new avenues for leukemia treatment. Small molecule inhibitors, epigenetic therapies, and gene-editing technologies hold promise for precise intervention at the molecular level. Clinical trials are underway to evaluate the safety and efficacy of these emerging treatments.

Personalized Medicine: Tailoring Treatment to Individuals

Advancements in genomic sequencing have paved the way for personalized medicine, allowing oncologists to identify specific mutations driving a patient's leukemia. This information enables treatment plans to be tailored to an individual's genetic profile, increasing the likelihood of a positive outcome.

Combination Therapies: Maximizing Effectiveness

Combinations of different medications are often used to enhance treatment efficacy while minimizing resistance. By targeting multiple pathways simultaneously, these combination therapies can disrupt cancer cell survival and growth more effectively than single-agent treatments.

The Road Ahead: Hope and Progress

Leukemia treatment has evolved significantly, offering new possibilities and improved outcomes for patients. As researchers gain a deeper understanding of the molecular mechanisms driving leukemia, novel treatments will continue to emerge. With each breakthrough, the outlook for individuals facing this challenging disease becomes brighter.

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Drug Name	Retail Cost	Prescription Hope	Total Savings
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Bendeka	\$2,614.00	\$50.00	\$2,564.00
Besponsa	\$23,077.00	\$50.00	\$23,027.00
Bosulif	\$20,524.00	\$50.00	\$20,474.00
Calquence	\$15,721.00	\$50.00	\$15,671.00
Cyclophosphamide	\$95.75	\$50.00	\$45.75
Dasatinib	\$16,532.00	\$50.00	\$16,482.00
Gazyva	\$8,197.00	\$50.00	\$8,147.00
Iclusig	\$21,202.00	\$50.00	\$21,152.00
Idhifa	\$33,780.00	\$50.00	\$33,730.00
Imbruvica	\$11,980.00	\$50.00	\$11,930.00
Kymriah	\$475,000.00	\$50.00	\$474,950.00
Lemtrada	\$29,960.00	\$50.00	\$29,910.00
Mylotarg	\$10,125.00	\$50.00	\$10,075.00
Nilotinib	\$17,821.92	\$50.00	\$17,771.92
Kesimpta	\$8,606.00	\$50.00	\$8,556.00
Onureg	\$20,318.96	\$50.00	\$20,268.96
Rituxan	\$999.00	\$50.00	\$949.00
Rydapt	\$10,356.58	\$50.00	\$10,306.58
Scemblix	\$19,308.29	\$50.00	\$19,258.29
Sprycel	\$16,532.18	\$50.00	\$16,482.18
Synribo	\$1,411.00	\$50.00	\$1,361.00
Tasigna	\$17,821.92	\$50.00	\$17,771.92
Venclexta	\$14,794.08	\$50.00	\$14,744.08



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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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you or your loved one
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SUFFERING FROM MEMORY LOSS?

Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

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

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

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

By Zachary Gray, Executive Director

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

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

A Safe and Secure Environment

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

Specialized Care

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

Structured Activities

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

Nutritious Meals

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

Socialization Opportunities

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

24/7 Monitoring

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

Peace of Mind for Family Members

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

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

Memory Care Services Include:

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



Choosing a Memory Care Community

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

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

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

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

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

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

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



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LIFESTYLE MODIFICATIONS FOR DISEASES

By Colby Crile, PA-C

Being in the medical profession we are trained on many different ways to treat diseases. We use a variety of therapies including prescription medications and laser/light treatments. However, there are many lifestyle modifications that patients can do at home that do not require seeing a specialist to help with their condition. We will review a few of those conditions and changes that can be made at home to help relieve symptoms.

Acne comes in many different forms and does not discriminate against who it affects. Dermatologists have many different ways to treat acne but we are going to list a few things you can do at home to try to reduce acne breakouts and even treat those annoying pimples that appear overnight.

Changing your pillowcase/towels often.

With repeated daily use of your sheets/pillowcases/towels, bacteria can accumulate from dirt and oils on your body and hair. Because of this, it is important to change your pillowcase and towels more frequently. Being acne prone myself, I use a new gentle washcloth for my face with each use and I change my pillowcase nightly. I also use a satin pillowcase at night which they say can reduce acne breakouts, and on the plus side it helps keep your hair less frizzy. If you do not have an abundance of pillowcases at home, you could use a clean cotton t-shirt over your pillowcase instead.

Washing face for 60 seconds and double cleansing at bedtime.

This is such an important step! I definitely know most teenagers and probably most adults do not wash their face for long enough. It's important to double cleanse at night, especially if you wear makeup. Micellar water is a great first step to remove makeup then followed by a cleanser. I personally use disposable cloths with Micellar water to remove makeup prior to washing my face.

Consistency with skin regimen.

o It can take more than 1 month to see changes after adding a product in your skin care regimen. This takes a lot of patience to stick with a product, especially since most of us all want instant gratification. If you add a new product into your skin care regimen, wait at least 4-6 weeks before making any new or more changes.



Cleansing makeup brushes weekly.

Makeup brushes and applicators can be breeding grounds for bacteria and build up of product over time. Try to wash your makeup brushes/applicators weekly. I use a silicone pad I got off Amazon which makes the process go much quicker.

Diet changes (Dairy, Whey protein)

There is not a ton of evidence on diet being the cause of acne. However, there is some supporting evidence regarding dairy causing acne to flare. The theory is that dairy from cows milk contains hormones that can increase inflammation in the body, leading to clogged pore and acne breakouts. Something you may not know is whey protein is derived from cows milk. Therefore it is important to be aware of this if you use whey protein and are acne prone.

- The AAD also reported eating a low glycemic diet may help reduce acne by decreasing the amount of the inflammation in your body.

- <https://www.aad.org/public/diseases/acne/causes/diet>

- **Eczema:** Many children and adults suffer from eczema, also known as Atopic Dermatitis. Sometimes children will outgrow eczema but unfortunately some do not and it can flare throughout all the seasons. There are many ways to treat eczema with topical steroids, non-steroidal creams, systemic steroids, and injections. But I would like to provide some tips and tricks on how to control eczema at home.

Shower frequency, time, water temp.

- Limiting baths and showers can help reduce flares. Excessive exposure to water, especially hot water, can actually dry the skin out more and cause a flare. We advise taking showers over baths, and limiting showers to once daily or every other day if not dirty (especially for kids). It is also important to shower in lukewarm water instead of hot water.

- Oatmeal (colloidal) baths for 10-15 minutes can be helpful in relieving itching skin. However, it is very important to moisturize the skin immediately after the bath.

Moisturizing

Many kids and adults do not moisturize enough. This is one of the most important steps in preventing eczema flares. Using a fragrance free, sensitive skin cream or ointment is recommended. Applying multiple times daily is best practice, but it is the most important to apply after a shower to lock in the moisture. After a shower, pat dry, then apply a layer of Aquaphor/Vaseline all over. Some brands we recommend include Cetaphil cream, CeraVe Cream, Vanicream cream, or Aquaphor/Vaseline.

Avoiding triggers

- Many things in the environment can trigger eczema to flare. Some controllable and some not. Things you can control are avoiding any dyes, fragrance, and perfumes in products. I know this can be hard to do but slowly eliminating these products from your household can significantly reduce the amount of flares you get.

- For example switching your detergent to an all free and clear brand. Avoiding any fabric softener, dryer sheets, or fragrance boosters. You can try using wool balls in the dryer to help reduce static if needed.

- Avoiding the scented body washes and shampoos/conditioners. Dove sensitive skin body wash, Cetaphil body wash, Vanicream free and clear shampoo and conditioner are all examples of products that can help reduce flares.

- Now for the triggers you cannot avoid such as weather changes. Taking an over the counter antihistamine (Claritin, Zytrec, Allegra, etc) can help reduce the itching some.

- Avoid scratching the best you can. Eczema is known as the itch that rashes and the rash that itches. Once you start scratching, the Itch-scratch cycle begins and it is very difficult to stop. When itching presents try not to scratch by using cool cloths/ice packs and moisturizer after, wearing clothing that covers the area so it makes it more difficult for you to scratch the area.

Psoriasis is a chronic condition that presents with thick, pink-red scaly plaques or patches on the skin. It can be genetic in nature and triggered by illness and stress. Psoriasis can be a debilitating disease between the skin involvement and if there is associated joint involvement. Over the years, many treatment options have become available, making psoriasis a livable condition. Even if a patient seeks medical treatment there are things you can do to help lessen flares.

Stress management

Stress can make everything worse in life, including psoriasis flares. Trying to eliminate stress in your life can help reduce the frequency and severity of psoriasis. This is easier said than done, but try finding ways to cope with stress including meditation, exercise, yoga, etc.

Healthy Lifestyle

Psoriasis is a chronic inflammatory condition and due to that, it can make patients more at risk of developing high blood pressure, high cholesterol, and diabetes. Trying to maintain and live a healthy lifestyle can prevent development of other comorbidities. Patients are encouraged to eat a healthy diet, limit alcohol intake, and avoid smoking. Patients who lose weight may find their psoriasis flares are less and if treated with medication, their medication could actually work better.

Hidradenitis Suppurativa

- Hidradenitis Suppurativa (HS) is the last condition we will cover. It presents with chronic, recurrent boils in the skin folds areas such as the armpits, below the breast, buttock, and groin. These boils can be very painful and patients often say once one boil starts to heal, another appears.

- HS is a common condition in obese patients, however I have seen HS affect all shapes and sizes. That being said, if patients who have HS are overweight, they can notice a reduction in flares after weight loss.

- Smoking is also another big trigger for HS flares. Patients who quit smoking may notice a significant reduction in how many boils they get. Aside from reduction in flares, smoking cessation will also help reduce development of heart disease.

- Washing with antibacterial soap daily. Using Panoxyl (benzoyl peroxide) or Hibiclens wash is what I recommend for patients.

- Laser hair removal - many patients will experience flares after shaving/waxing. Getting laser hair removal can reduce flares by decreasing how many hair follicles you have.

- If you have to shave or wax, use hot water to soften hair. Wash the area with antibacterial soap first. Use a new sensitive skin razor and sensitive skin shave gel/cream.

- Reduce friction - decrease friction can help lessen irritation in the sensitive areas. Patients are advised to avoid tight fitting clothing. Change out of wet clothes as soon as possible. After exercise and sweating, it's important to shower to decrease bacteria and get out of the clothes you were wearing.

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UTILIZING CBD FOR RELIEF OF SYMPTOMS WITH SCHLERODERMA

By Dr. Nathalie Solomon: PharmD, CPH

This article is dedicated to Sophie Doffegnies. Sophie was diagnosed 5 months ago and has been using CBD/CBG drops for the relief of the symptoms caused by schleroderma.

Schleroderma is a chronic autoimmune disease characterized by the hardening and thickening of the skin and connective tissues. Traditional medications like Plaquenil, commonly used to manage symptoms, often come with a range of side effects and can be difficult to tolerate. In recent years, there has been growing interest in exploring alternative therapies for symptom relief. One such alternative is cannabidiol (CBD), a non-psychoactive compound derived from the cannabis plant. This article examines the potential of CBD in alleviating Schleroderma symptoms, while considering its advantages over conventional medications.

Understanding Schleroderma

Schleroderma is a rare autoimmune disorder that affects the body's connective tissues. It leads to the overproduction of collagen, causing skin thickening, organ damage, and circulation problems. Symptoms can vary widely, ranging from localized skin involvement to systemic manifestations affecting internal organs. While the exact cause of Schleroderma is unknown, it is thought to involve a combination of genetic and environmental factors. Managing the symptoms of Schleroderma can be challenging, as conventional treatments often carry significant side effects and may not be well tolerated by all patients.

Limitations of Conventional Medications

One commonly prescribed medication for Schleroderma is Plaquenil (hydroxychloroquine). While it can help manage symptoms and slow disease progression, it is not without drawbacks. Plaquenil may cause adverse effects such as gastrointestinal issues, vision problems, and liver damage. Moreover, not all patients respond favorably to this medication, and some may find it difficult to tolerate due to its side effects. As a result, researchers have been exploring alternative approaches to improve the quality of life for Schleroderma patients.

The Potential of CBD for Symptom Relief

Cannabidiol (CBD), a compound derived from the cannabis plant, has gained attention for its potential therapeutic benefits. CBD interacts with the body's endocannabinoid system, which plays a role in regulating various physiological processes, including inflammation and immune responses. Studies have suggested that CBD possesses anti-inflammatory,



immunomodulatory, and antioxidant properties, which may be beneficial for individuals with autoimmune conditions like Schleroderma. Preliminary research indicates that CBD may help alleviate pain, reduce skin fibrosis, improve vasodilation, and enhance overall well-being in Schleroderma patients.

Advantages of CBD over Conventional Medications

Compared to conventional medications, CBD offers several advantages. Firstly, CBD is generally well-tolerated and has a favorable safety profile, with minimal side effects reported. This is particularly important for individuals who struggle with the side effects of traditional treatments. Secondly, CBD is available in various forms, including oils, capsules, and topicals, providing flexibility in administration and personalized dosing. Additionally, CBD is non-psychoactive, meaning it does not induce the intoxicating effects associated with tetrahydrocannabinol (THC), another compound found in cannabis. This allows patients to experience the potential benefits of CBD without compromising their daily activities or cognitive function.

Cannabidiol Therapy, EHP-101, Put on Fast Track by FDA

Emerald Health Pharmaceuticals, the company developing EHP-101, is opening a Phase 2 clinical trial (NCT04166552) in Australia, New Zealand, and the U.S. This study, yet to start enrolling, will test the therapy's safety, tolerability, pharmacokinetics (its absorption, distribution, metabolism, and excretion) and preliminary efficacy, at low and high daily doses, in an estimated 36 adults with diffuse cutaneous scleroderma.¹

Cannabis sativa as a Potential Treatment for Systemic Sclerosis

Cannabinoids are a group of compounds that can be categorized as endocannabinoids, phytocannabinoids, synthetic cannabinoids, and purified cannabinoids.² They act on the endocannabinoid system, discovered only in the early 1990s, through different types of receptors.³ Two of the most studied receptors are cannabinoid receptor type 1 (CB1) and type 2 (CB2) that immune cells and fibroblasts are able to express.² There has been increasing evidence on the immunomodulatory effects of cannabinoids. Some studies postulate the modulation of Th1/Th2 cells balance towards the enhancement of Th2 cell response, inhibition of the fibroblast activation, and reduction of transforming growth factor-beta (TGFβ) levels, in mouse models of scleroderma.³ In another murine model study, a CB2 agonist prevented the development of skin and lung fibrosis and decreased the levels of anti-DNA-topoisomerase antibodies and fibroblast proliferation.² A novel oral selective CB2 agonist is currently in a phase 3 trial (clinicaltrials.gov, NCT03398837), and has already demonstrated a satisfactory safety profile as well as a statically significant reduction on the modified Rodnan Skin Score in diffuse SSc patients (clinicaltrials.gov, NCT02465437).

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

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3. Katchan V, David P, Shoenfeld Y. Cannabinoids and autoimmune diseases: a systematic review. *Autoimmun Rev* 2016; 15: 513-28.



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Sports Injuries: Non-Surgical Treatment with Occupational/Hand Therapy

Innovative Therapies Group

Because we have the most beautiful weather all year long, in our sunshine state, older individuals are golfing, playing tennis, pickleball, kayaking, swimming, and the list goes on and on; but with all of this healthy activity, adults are more susceptible to injury and wear and tear.

Tennis Elbow: Tendonitis (Tennis, Golf, etc.)

The same sentiment holds true with elbow injuries. Elbow tendonitis results in a ligament laxity component that if unaddressed, causes the issue to become chronic. The tendon will continue to become inflamed during sports and other daily activities because the muscles are overcompensating for ligament laxity. Instead of surgery, there is another treatment option.

Pickleball Injuries

Many sports-related injuries are putting players in quite the predicament. Oddly enough, most of these injuries are taking place in the wrist and hands. According to the USAPA (USA Pickleball Association), 70% of the participants playing pickleball are over the age of 60. That's a lot of seniors out there enjoying this exciting sport, but that also means that there are more injuries needing medical attention. The same holds true for many other sports and outdoor activities. Ballistic movements or quick side to side, lateral transitioning, are very often what lead to these injuries.



The most common of the two types of injuries are traumatic, so for all the exercise fanatics, weekend warriors or accident-prone individuals, the RICE method, along with NSAID's (aspirin or ibuprofen) should be your first line of defense if you've injured yourself. But along with this standard of care, any time you or a loved one experiences injury; you should consult a physician for a medical examination immediately to evaluate how severe your injury might be. Additionally, Occupational/Hand therapy should also be a first-line treatment.

Occupational/Hand Therapy for Sports Injuries
With the right method of hand therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

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

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

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

Occupational/Hand therapy is used to help with numerous indications and conditions like retraining the body to improve strength and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical and occupational hand therapy.

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

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BENEFITS OF HYPERBARIC OXYGEN THERAPY (HBOT)

By Sandra Reddick

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

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

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

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

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

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

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



Why it's done

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

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

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

Reference:

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

Ocala Infectious Disease and Wound Center

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

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

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

We put our patients first



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Bidets Gaining Popularity in the USA for Better Hygiene and Eco-Consciousness

In recent years, a quiet revolution has been underway in American bathrooms. Bidets, once considered a luxury item found mainly in upscale hotels or international homes, are now gaining significant popularity across the United States. This surge in interest can be attributed to two major factors: the pursuit of better personal hygiene and a growing eco-consciousness.

For decades, Americans have relied primarily on toilet paper for their post-bathroom hygiene routine. However, as awareness about the limitations of toilet paper has grown, many individuals are seeking more effective and gentle alternatives. Bidets, which use water to cleanse, provide a more thorough and hygienic clean compared to wiping with paper. This shift towards better hygiene practices is also supported by medical experts who highlight the potential benefits of reducing irritation, infections, and discomfort associated with toilet paper use.

Additionally, the bidet's role in supporting environmental sustainability has caught the attention of eco-conscious consumers. The environmental toll of toilet paper production is staggering, with millions of trees being felled and enormous amounts of water and energy being used in the manufacturing process. Bidets, on the other hand, significantly reduce the reliance on toilet paper, offering a more sustainable option for maintaining personal hygiene.

The bidet's water-saving feature is a particularly appealing aspect for those who are mindful of their ecological footprint. Unlike the production of toilet paper, bidets use a relatively small amount of water per use, making them a more environmentally responsible choice. Some modern bidet models even come equipped with adjustable settings, allowing users to control the water pressure and temperature, further optimizing the experience while minimizing water consumption.

Cultural factors and changing perceptions have also contributed to the bidet's growing acceptance in the US. While bidets were once regarded with skepticism or embarrassment due to their association with foreign practices, attitudes are evolving. As international travel becomes more common and global perspectives are embraced, the bidet's benefits are being recognized and embraced by a wider audience.

Manufacturers and innovators in the bathroom technology industry are capitalizing on this trend by introducing a diverse range of bidet products to cater to varying preferences and budgets. Bidet attachments, which can be easily installed on existing toilets, have made the transition convenient and cost-effective. High-tech bidet seats, boasting features like heated seats, warm water jets, and air drying functionalities, provide a luxurious and customizable experience.


In conclusion, bidets are experiencing a well-deserved renaissance in the United States driven by a dual focus on personal hygiene and environmental consciousness. As Americans seek more effective and sustainable alternatives to traditional toilet paper, bidets are stepping up to provide a solution that aligns with modern values. This surge in popularity signifies not only a change in bathroom habits but also a shift towards a more informed and responsible approach to everyday choices. Whether motivated by better hygiene practices or a commitment to preserving the planet, bidets are proving that innovation in the bathroom can lead to a cleaner, greener future.

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.

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Improving Quality of Life with a Cancer Diagnosis

Submitted by Hospice of Marion County

The American Cancer Society's website states that "palliative care is focused on improving quality of life for people living with a serious illness like cancer. It can be given at any time from the point of diagnosis, throughout treatment and beyond."

Palliative Care is defined as supportive, comforting, soothing, calming and reassuring. Palliative, or what many now call supportive care, is specialized medical care for people with serious illnesses. Its focus is to provide relief from the symptoms, pain, and stress—whatever the cause or diagnosis, not just cancer. Whether you refer to it as palliative or supportive care, both are focused on helping patients living as well as possible for as long as possible, and research shows that patients who receive supportive care earlier in their diagnosis seem to fare better in quality of life.

Supportive care can help manage pain and symptom control, enabling you to enjoy a higher quality of life. This specialized comfort care is provided by a team of doctors, nurses and other specialists, who work together with a patient's primary doctor and/or specialist to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and can be offered along with curative treatment. While undergoing medical treatments, you also need to carry on with life's activities. You may need relief from:

- Pain
- Fatigue
- Nausea
- Loss of appetite
- Shortness of breath

How can this type of care help with a cancer diagnosis?

The Multinational Association of Supportive Care in Cancer defines supportive care in cancer as "the prevention and management of the adverse effects of cancer and its treatment. This includes management of physical and psychosocial symptoms and side effects across the continuum of the cancer experience from diagnosis through treatment to post-treatment care. Enhancing rehabilitation, secondary cancer prevention, survivorship and end-of-life care are integral to supportive care."

Because patients are carefully regulated by their physicians with consultations from experts in Supportive Care, patients can rest assured that their pain and symptoms can be managed (most within 24-48

hours) and their conditions monitored on an ongoing basis. The Supportive Care team can be called to:

- Aid in pain and symptom management
- Assist with relief of suffering – physical, emotional or psychosocial
- Discuss the course of disease and goals of care
- Assist attending physician, patient or family with clarification of development of your supportive plan of care
- Help establish the best possible quality of care as determined by patient and family
- Offer emotional support to patient and family, including anticipatory grief and bereavement counseling
- Review and complete documentation of advance directives
- Explain pros and cons of forgoing specific treatment and/or diagnostic treatments
- Facilitate transition to alternate care settings, such as home, nursing home or hospice when appropriate

Who can receive Supportive Care?

Patients with serious illnesses are appropriate for Supportive Care. It is available to help with pain management, relief of suffering and education on their disease progression and prognosis. As a holistic approach to care, it's about a person's whole being, including family and loved ones.

Supportive Care addresses the patient's medical, emotional and spiritual needs. It offers support to patients and their caregivers. Open discussion between patients, families and healthcare professionals is encouraged in determining the patient's goals and medical plan of care. As a patient's disease progresses, the Supportive Care team adjusts its services as those needs change. This special type of comfort care makes a better quality of life possible for patients and their loved ones by providing the best possible plan of care.

What is the role of the Supportive Care team?

It's to assess the best management methods for pain and symptom control, which is recommended to the referring physician for follow up.

How is Supportive Care paid?

It is covered by Medicare, Medicaid and most private insurances. A consult is available through one's own physician or by calling for information about receiving services.

Who can refer a patient to Supportive Care?

Anyone can request Supportive Care if the outcome from surgery, accident or disease has left them in physical or mental distress. Supportive Care improves healthcare quality in three significant ways.

It:

1. effectively relieves physical symptoms and emotional suffering,
2. strengthens patient-family-physician communication and decision-making, and
3. ensures well-coordinated care across healthcare settings.

Physicians can refer a patient by calling the Carewell Supportive Care office at (352) 291-5881; the office is open 8:00 a.m. -5:00 p.m., Monday-Friday. If the patient is in a hospital, nursing home or assisted living facility, physicians may write an order in the facility for a consult. The mission of Carewell Supportive Care is to provide exceptional compassionate symptom management to relieve suffering and improve quality of life. Learn more by calling or visit www.carewellsupportivecare.com.

Feel Better. Live better.

Chronic illness can be managed with expert pain and symptom control by our specialists, working with you, your physician and your family.

Live your best life!



We can make a world of difference.



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Understanding the Medicaid Waiver for Assisted Living

By Janice Martin, Owner of Senior Liaison of Central Florida

Most seniors do not have the income or assets to afford to live in an assisted living community. In The Villages, an unfurnished studio apartment is \$2,995 to \$4,795/month. A one bedroom is \$3,495 to \$5,595. Although this includes all meals, utilities, housekeeping, transportation, parking, maintenance, activities, and laundry, it does not include any care. "Care" means help with showering, grooming, transferring to/from a bed/chair/toilet, medication management (not the medication), incontinence care, and feeding (not preparation). Care fees are determined as "a la carte" or as a level of care. For a la carte, each need has a point(s) and there is a cost per point whereby the resident only pays for their specific care needs. With levels of care, an individual may fall between two levels but may have to pay for the higher level to receive the appropriate care. In The Villages, care fees are between \$300 to \$1,500/month. This is for one person. A second person will be an additional \$900-\$1,200 plus care fees.

It goes without saying that many people cannot sustain this and most do not plan until a crisis. A significant number of calls I receive are from individuals making less than \$1,700 a month. Or they are married, the wife has never worked, her monthly income is less than \$900, and she relies on her husband's income. Most are over 80 years old and have no assets and their health is declining. They can no longer live alone and only now they are thinking about how to pay for it.

Medicare and private medical insurance NEVER pays for assisted living room and care – ONLY therapies or medical equipment.

The alternative for assisted living is the Medicaid Waiver. This is very different than how a nursing home is reimbursed from Medicaid. Depending upon the agreement a community has with a provider, the reimbursement can be around \$1,300-\$1,600/month. It's important to learn how the community applies the benefit. Some apply it only to the care fees not the room fee. Others apply it to the bottom line of both room and care. However, the individual or family must pay for the balance and they may have to accept that they may have to share a room and bathroom.

The application period is lengthy. An interview is scheduled and a score is applied based on the urgency of the need. This score will determine how



quickly the application is approved. In most cases, a person cannot move to an assisted living that accepts the waiver until final approval. **Not all assisted living communities accept the waiver.**

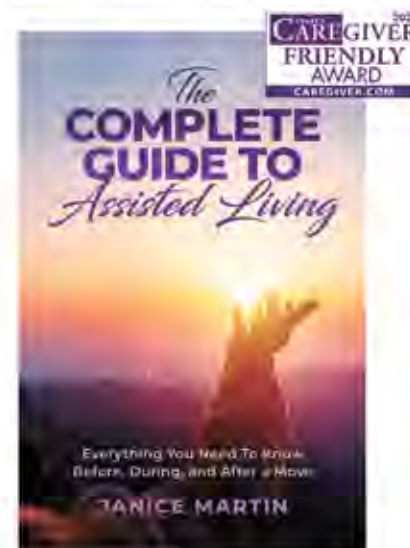
Effective 7/1/23, the individual total monthly income cannot exceed \$2,465. If the income exceeds this, a special Qualifying Income Trust (QIT) can be created. This is an irrevocable trust that may only be used for specific purposes and any balance remaining after death must go to the State.

Total countable assets cannot exceed \$2,000. This includes cash, stocks, bonds, investments, bank accounts, any remaining Covid-19 stimulus checks, and real estate in **which one does not reside**. There are assets that Medicaid considers to be exempt including personal belongings, household furnishings, an automobile, irrevocable burial trusts, IRAs in payout status, and generally one's primary home.

It may not be necessary to spend down any assets. This is accomplished through a PERSONAL SERVICE CONTRACT. A personal service contract is an agreement between a caregiver (who can be a family member) and the elder to provide him or her with personal care services for the elder's lifetime. This is a lump sum transfer of assets to the caregiver(s) in exchange for their contractual promise of care. As long as the transaction is for fair market value and is legally binding, the government cannot disqualify the applicant for Medicaid long-term care benefits as the transfer is **not a gift** - it is a payment for services. This should only be done by an attorney or professional Medicaid specialist.

Never give away or transfer anything considered an asset (see above) to anyone! Florida has a 60-month look back period that immediately precedes one's Medicaid assisted living services application date. Medicaid will check to ensure no assets were gifted or sold under fair market value. **This includes assets transferred by one's spouse.** If it is determined that this has happened, you will be denied benefits for years!

I would like to end with two important points. 1) Please begin NOW to plan! You may WANT to live in your home forever, but there may come a day when this isn't realistic. Do NOT wait for a crisis to think about how to pay for assisted living! 2) Talk with a professional to learn more details and legalities than what I have presented here. This article was written to provide basic information and, as always, information may have changed since it was written. Every effort has been made to provide accurate and current information. I am not a legal professional or expert in Medicaid and leave the legalities to the professionals. The information provided is public information that I have researched from multiple sources.



Janice Martin is an award winning author, educator, and specialist on senior living options and the owner of Senior Liaison of Central Florida Inc. She also connects seniors to selected service professionals. 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.



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Managing Arthritis Pain and Discomfort: WHY MITOCHONDRIAL HEALTH MATTERS

By Dr. Eric Pearson, Chief Medical Officer, Vetirus Pharmaceuticals

Osteoarthritis (OA) is the most common form of arthritis, a chronic disease of aging. Effective and safe long-term treatment for most OA patients is not available, creating a large unmet medical need. It is estimated that more than 150 million people globally suffer from OA. Many of the symptoms of OA are often overlooked or shrugged off as merely “getting old”. The truth is that Osteoarthritis of the knee affects roughly 12% of all people 60 years or older, and this is just the tip of the iceberg in both undiagnosed and diagnosed arthritic conditions. As the population ages, the number of people with arthritis is projected to grow substantially. The Center for Disease Control is estimating that by 2030, in the U.S. alone, more than 67 million people will have physician diagnosed arthritis. The majority of these people will have OA.

Osteoarthritis (OA) is a chronic degenerative joint disease that causes progressive pain, loss of function, and in many cases, variable levels of disability. It mainly affects individuals over 60. Notable symptoms of OA include the degradation of cartilage, formation of bone spurs and cysts, loss of joint fluid and local and systemic inflammation. The destruction of cartilage plays the most important role in the course of OA. Articular cartilage is comprised of chondrocytes and extracellular matrix. Preventing these chondrocytes from damage is a key factor to the integrity of articular cartilage. Studies have regarded inflammatory response to be the primary cause of chondrocytes injuries and there is growing evidence regarding the role of mitochondrial dysfunction in OA and rheumatoid arthritis (RA). Joint dysfunction and pain are the most common characteristics of all forms of arthritis. Mitochondria are both targets and sources of inflammation-associated injury in the synovial membrane, hence injury and death of synovocytes trigger the release of pro-inflammatory mediators and the activation of inflammatory cells.

While OA has been viewed as a disease of increased joint stress due to heavy load bearing (excessive weight and obesity), recent scientific progress is pointing towards chronic inflammation as the driving factor in OA disease progression. As many healthy, younger patients are developing OA years after acute sports-related injuries, it became evident that more than simple overweight issues contribute to disease pathobiology.

Current treatments for OA include anti-inflammatories such as corticosteroids; non-steroidal anti-inflammatories (NSAIDs) including Celebrex, ibuprofen (Motrin), and Naproxen (Aleve); pain relievers including acetaminophen (Tylenol) and opioids (Tramadol). While short-term partial relief is achieved with steroidal treatments, diminished long-term benefits and significant adverse events prevent long term dosing. Likewise, currently available NSAIDs offer anti-inflammatory action but have

unacceptable long-term adverse side effects including risks of bleeding, gastric ulcers, liver and kidney damage and cardiovascular events. Pain relievers such as acetaminophen have risks of liver toxicity and opioids, of course, are not suitable for long term administration. Ultimately, effective treatment of OA requires a safer, multi-faceted anti-inflammatory molecule able to affect a multitude of OA-related mechanisms with minimal or no adverse effects when used over long time periods. Astaxanthin (ASTX) is that molecule.

ASTX localizes into the mitochondria significantly decreasing oxidative stress while stabilizing the mitochondrial membranes. This stabilizing effect on the mitochondrial membranes has been shown using electron microscopy. (Dr. Mason Preston of Harvard University discovered this). This leads to decreased pro-apoptotic (cell death) mediators and increased anti-apoptotic (cell death) Stabilization of mitochondria and inhibition of these pathways will prolong cell life and contribute to joint matrix maintenance. Likewise, ASTX has been shown to upregulate PGC-1 α , a master regulator of mitochondrial biogenesis, as well as critical metabolic regulators such as CPT-1. All this scientific evidence, in both humans and animal models, highlight the capacity of ASTX to affect important mechanisms critical to osteoarthritis in humans (oxidative stress, inflammation) and underscores the enormous ability of ASTX to slow disease progression and improve symptoms of arthritis.

Vetirus Pharmaceuticals has developed a **Natural Biologic** compound to bring the benefits of all of this in one easy to use single dose formula named MitoPak™. In summary, it has the below properties:

- 1. Potent Antioxidant Properties:** Mitopak is a powerful antioxidant, which helps protect joints from oxidative stress and inflammation that can lead to joint pain and degradation.
- 2. Anti-inflammatory Effects:** Mitopak has demonstrated anti-inflammatory properties, which can help reduce joint pain and improve overall joint health by decreasing the production of inflammatory mediators.
- 3. Cartilage Protection:** Mitopak has been shown to protect cartilage from degradation by inhibiting the activity of enzymes responsible for breaking down cartilage, such as matrix metalloproteinases (MMPs).
- 4. Reduction of Joint Pain Symptoms:** Studies have reported that Mitopak supplementation can help reduce joint pain symptoms, such as stiffness and discomfort, in people suffering from conditions like osteoarthritis and rheumatoid arthritis.

5. Improved Joint Mobility: Mitopak can improve joint mobility by reducing inflammation and promoting the health of joint tissues, making it easier for individuals to move and maintain an active lifestyle.

6. Enhanced Synovial Fluid Production: Mitopak has been found to enhance the production of synovial fluid, which lubricates and nourishes the joints, promoting overall joint health.

7. Supports Collagen Synthesis: Mitopak can support collagen synthesis, which is crucial for maintaining the integrity of joint structures such as tendons, ligaments, and cartilage.

8. Slows Age-Related Joint Degeneration: Mitopak's antioxidant and anti-inflammatory properties can slow down the age-related degeneration of joints, helping to maintain joint health and function in older individuals.

9. Complementary to Conventional Treatments: Mitopak can be used as a complementary treatment to conventional therapies for joint pain and inflammation, such as nonsteroidal anti-inflammatory drugs (NSAIDs) or corticosteroids, potentially enhancing their effectiveness or reducing side effects.

10. Sports Performance and Recovery: Athletes and active individuals can benefit from Mitopak supplementation, as it may help to reduce exercise-induced joint pain and reduces inflammation, and speeds up muscle recovery while supporting muscle strength, and improve overall sports performance.

All inflammation starts in your mitochondria. MitoPak™ stops the inflammation where it starts. Over 1200 scientific studies have concluded the safety of the active ingredients and they have a long history of use in both Humans and animals. MitoPak™ fights inflammation without harmful side effects found in NSAIDs. It supercharges your mitochondrial energy production, and its unique proprietary formula contains the most powerful known antioxidant allowing your body to function at peak performance,

MitoPAK™ is nature's most potent anti-inflammatory and is:

- 110x stronger than Vitamin E
- 800x stronger than CoQ10
- 6000x stronger than Vitamin C

and has grown in popularity as more medical evidence supports its benefits. Regardless of your age, MitoPak™ positively influences mitochondrial function and preserves membrane structure while scavenging radicals. It is a natural therapeutic that reduces inflammation and speeds up muscle recovery without compromising muscle strength.

Vetirus Pharmaceuticals is based in Naples, Florida and London, England and are focused on searching the world for developing Natural Biologics to advance their mission of changing the way we age in both human and veterinary medicine with purity and precision.

MITOPAK
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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

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

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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

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

Quick Care Offers The QCard—Affordable Healthcare for Just \$1 a Day, Ask us How or Visit us Online!

www.quickcaredmed.com

4 Locations in Ocala

3415 E. Silver Springs Blvd, Ocala, FL 34470
(On Silver Springs Blvd. across from Publix)

8119 SW State Rd 200, Ocala, FL 3448
(Just past Walgreens)

6341 N US 441, Ocala, FL 34475
(Across from John Deer)

2205 N Young Blvd, Chiefland, FL 32626

**Quick Care Med
Walk-In Clinic & Urgent Care**

844-797-8425

www.quickcaredmed.com

Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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