

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

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FREE 

**How Often
Should Adults
and Seniors
Get Their
Eyes
Checked?**

**Emsculpt NEO[®]
for Back Pain**

**Good Cholesterol
VS Bad Cholesterol...**
Keeping the Balance in Check

**Is Your Swing
Hurting Your
Back or is Your
Back Hurting
Your Swing?**

**National Arthritis
Awareness Month**
Understanding and Managing
Arthritis for a Healthier Future

**Prostate Cancer
Awareness Month**
How to Avoid Prostate Cancer
and Other Prostate Problems

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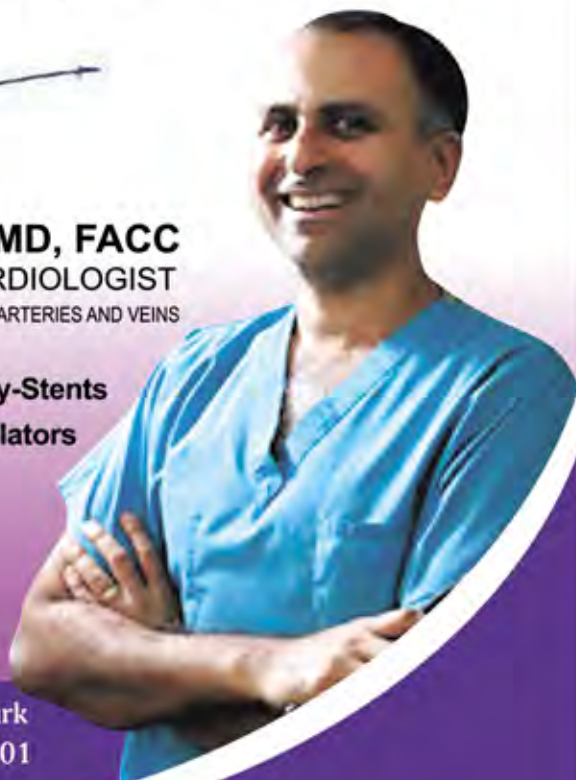
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HOW OFTEN SHOULD ADULTS AND SENIORS GET THEIR EYES CHECKED?

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

WHAT IS A COMPREHENSIVE EYE EXAM?

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

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



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

HOW OFTEN SHOULD I GET A COMPREHENSIVE EYE EXAM?

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

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

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

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

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

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

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

HOW OFTEN DO I NEED AN EYE EXAM?

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



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Varicose Veins in the Feet and Ankles: Causes, Symptoms, and Treatment Options

Varicose veins are a common condition that affects millions of people worldwide. While they often appear in the legs, varicose veins can also develop in the feet and ankles, causing discomfort and aesthetic concerns. This article aims to explore the causes, symptoms, and treatment options for varicose veins specifically in the feet and ankles.

Causes of Varicose Veins in the Feet and Ankles

The development of varicose veins in the feet and ankles shares similar causes with those in other parts of the body. These underlying factors can include:

- **Weak or damaged valves:** Veins contain valves that help regulate blood flow. When these valves become weak or damaged, blood may pool in the veins, leading to their enlargement and the formation of varicose veins.
 - **Hereditary factors:** A family history of varicose veins increases the likelihood of developing the condition. Genetic predisposition can affect the strength and structure of the veins, making them more susceptible to valve dysfunction.
 - **Prolonged standing or sitting:** Occupations or activities that involve long periods of standing or sitting can contribute to the development of varicose veins. These prolonged periods of inactivity can impair blood circulation and increase pressure on the veins, leading to their dilation and the formation of varicosities.
- ## Symptoms of Varicose Veins in the Feet and Ankles
- Varicose veins in the feet and ankles can manifest with various symptoms, including:
- **Visible, enlarged veins:** The most apparent sign of varicose veins is the appearance of twisted, bulging veins that may be blue, purple, or green in color. These veins are often raised and can be easily seen through the skin.
 - **Pain and discomfort:** Individuals with varicose veins in their feet and ankles may experience aching, throbbing, or a heavy sensation in the affected area. These symptoms may worsen after prolonged periods of standing or sitting.

- **Swelling and edema:** The pooling of blood in the affected veins can lead to swelling in the feet and ankles. Edema, or the accumulation of fluid, may also occur, causing the affected area to feel tight or tender.

Treatment Options for Varicose Veins in the Feet and Ankles

Several treatment options are available for managing varicose veins in the feet and ankles. The choice of treatment depends on the severity of the condition and individual patient factors. Some common options include:

- **Lifestyle modifications:** Simple lifestyle changes can help alleviate symptoms and prevent further progression of varicose veins. These may include regular exercise to improve circulation, maintaining a healthy weight, elevating the legs while resting, avoiding prolonged periods of standing or sitting, and wearing compression stockings.
- **Adhesives:** The newer non-thermal, non-tumescent techniques do not require the use of tumescent anesthesia and include cyanoacrylate glue, VenaSeal, Clarivein, and the proprietary endo venous micro-foam, Varithena. The advantages of non-thermal non-tumescent techniques, apart from fewer needle sticks and the discomfort associated with tumescent anesthesia, include the lack of heat-induced thrombosis and skin injuries.
- **Sclerotherapy:** This minimally invasive procedure involves injecting a solution into the affected veins, causing them to collapse and eventually fade away. Sclerotherapy is commonly used for smaller varicose veins and spider veins.
- **Endo venous laser treatment (EVLT):** EVLT uses laser energy to heat and seal off the affected veins, redirecting blood flow to healthier veins. This procedure is effective for larger varicose veins and is usually performed under local anesthesia.
- **Microphlebectomy:** Also known as ambulatory phlebectomy, microphlebectomy is the removal of varicose veins in the leg without surgery. Veins are flexible and collapse easily, and even some large veins can be removed through small nicks in the skin. Microphlebectomy is often done to complement endo venous laser ablation and radiofrequency ablation. It offers not only symptomatic relief, but can also make you less self-conscious about the look of your legs.

Varicose veins in the feet and ankles can cause discomfort and affect one's quality of life. Understanding the causes, recognizing the symptoms, and exploring available treatment options are essential for managing this condition effectively. While lifestyle modifications can help alleviate symptoms, medical interventions such as sclerotherapy, EVLT, and vein stripping may be necessary in more severe cases. If you experience symptoms of varicose veins in your feet and ankles, it is recommended to consult with a healthcare professional who specializes in vein disorders for a proper diagnosis and personalized treatment plan.

Because of the potential for serious side effects and complications, it's important to get any bulging, painful varicose veins looked at by a professional. At Central Florida Vein and Vascular Center, our team of board-certified, fellowship-trained vascular surgeons is equipped with the experience and resources necessary to deliver high-level comfort and care.

We treat patients of all ages, offering a wide range of minimally invasive treatments. We are dedicated to discussing all treatment options with you and ensuring you understand all aspects of your venous care. Whether you are experiencing tender veins or ulcers, we'll diagnose your condition and come up with an advanced, minimally invasive treatment plan based on your specific needs.

Visit CFVein.com for more detailed information about (Varicose Veins in the Feet and Ankles) and other expert advice related to healthy, pain free legs.

• Mayo Clinic. (2021). Varicose Veins. Retrieved from <https://www.mayoclinic.org/diseases-conditions/varicose-veins/symptoms-causes/syc-20350643>

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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.

References:

1. How Emsculpt can help your back pain: Slim Studio bodysculpting, Slim Studio. Available at: <https://slimstudioatlanta.com/blog/how-emsulpt-can-help-your-back-pain/>.
2. Dr. Nash - Emsculpt for back pain (2022) drnashcares. Available at: <https://drnashcares.com/emsulpt/>

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



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



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High Cholesterol = High Risk for Debilitating Diseases

Cholesterol is a natural substance that the body produces through the liver. It's waxy and circulates through the blood stream, feeding the heart and brain. But when cholesterol is derived from foods like saturated fats and trans fats, the body over produces LDL, which is the "bad" cholesterol.

HDL is the "good" cholesterol. If we did not have HDL, our brains would not work properly, and we would suffer from other bodily disorders. The same holds true for too much bad, LDL cholesterol. If we have too much LDL, then it adversely affects our overall health.

What numbers are healthy?

Your total Cholesterol is made up of LDL and HDL. There are blood tests that your physician will order to check your cholesterol level. The best combination of both types of cholesterol is HDL (good) around 40 and LDL (bad) around 100.

TOTAL CHOLESTEROL LEVEL	
NORMAL	<150
BORDERLINE	150-200
HIGH	200 or higher

What are the Risk Factors?

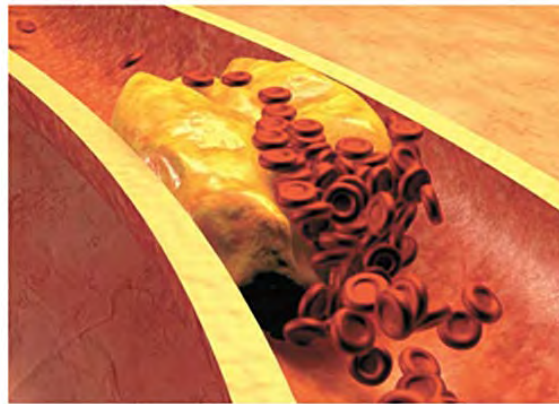
Cholesterol along with another substance in the blood can form atherosclerosis, which is the plaque that builds up in the arteries. If you have excessive plaque, then you are at high risk of having a coronary heart attack, heart disease, stroke and other disease related issues. Triglycerides are the fat that is stored in the bloodstream from the excess fat in our diets. Triglycerides are what combine with the high LDL level and create harmful plaque build up.

What you can do

Because much of the high degree of cholesterol is associated with our food intake and our body's inability to burn fat, you can do many things to help lower your cholesterol naturally.

- Eating healthy diet
- Stop smoking (contributes to atherosclerosis)
- Start an exercise program
- Cut back on alcohol and processed foods

You should have an annual exam with your physician to check your cholesterol levels on a regular basis. If you have a high lipid count, your doctor will prescribe medication (statins) for you to help lower the total level. In addition to statins, you can change your diet to get your levels to drop more rapidly.



Foods to incorporate

A big part of lowering your LDL or low-density lipoprotein is through adding soluble fiber, omega 3 fatty acids, monounsaturated fatty acids or MUFAs, powerful antioxidants and lutein to your diet. Some of the following foods listed below can literally lower your "bad" cholesterol levels by 5-10% within just a few weeks. But in order for these nutrients to make the most efficient decrease in your cholesterol, you must adhere to an overall healthy diet. You can't eat fried chicken and then eat an apple and think you'll get the benefit. You'll need to make a plan to eliminate the processed foods in your diet.

Cholesterol Lowering Foods

Garlic
Oatmeal and Oat bran
Pears
Apples
Prunes
Beans
Red wine
Fatty fish (salmon and sardines)
Nuts
Black tea
Spinach
Olive Oil

It's always best to speak directly with your physician before completely changing your diet or exercise program. Your doctor will construct a precise plan to suit your specific needs and incorporate some of the foods mentioned above along with a coordinated lifestyle strategy.

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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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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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SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

Aging Actively With Grace

September is the perfect time to reflect on your health and wellness as we observe asthma, stroke, and arthritis awareness weeks, as well as World Alzheimer's Month. During this month we take the time to educate others not only on awareness, but also on important prevention measures that help guard your physical and mental well-being as you age actively and with grace.

Graceful aging is something Sumter Senior Living knows a thing or two about. Located in The Villages® community, Sumter offers daily wellness, cultural, and educational programs—helping those across the care spectrum age actively with services, amenities, and a community lifestyle catered to your needs.

Take care of your health in our Fitness Center and indoor, heated therapy pool. Explore enriching interests at the Library, Theater, and Arts and Crafts Studio. Enjoy time with friends. You'll feel the joy right away at Sumter Senior Living—with Florida sunshine, caring associates, and friendly neighbors—because our community embodies the mission of aging actively year-round.

GROWING TOGETHER

While staying active can often seem like an individual activity, the U.S. Surgeon General's Report on Physical Activity and Health has proved otherwise. According to the report, when families strive to be healthy together, the success rate increases. But whether you participate with kin or merely a chosen group of companions doesn't make a difference; the benefit comes from jointly encouraging one another to incorporate exercise and healthy dietary choices into the group's lifestyle. This sense of community creates a celebratory atmosphere that motivates change in a fun, engaging way.

As you age, it becomes increasingly important to prioritize your overall health and well-being, and staying physically active is a key aspect of maintaining a higher quality of life. Engaging in regular exercise and physical activities offers numerous benefits, both physical and mental. According to the National Institute on Aging (NIA), regular physical activity helps seniors maintain and improve their physical health, playing a vital role in:

Enhancing cardiovascular fitness: Engaging in activities such as walking, swimming, or cycling helps strengthen the heart, improve blood circulation, and reduce the risk of cardiovascular diseases.

Improving flexibility and mobility: Stretching exercises, yoga, or tai chi help to increase flexibility, maintain joint health, and prevent stiffness or pain.

Strengthening bones and muscles: Incorporating resistance training or weightlifting helps improve muscle strength and enhance bone density, thereby reducing the risk of osteoporosis and fractures.

But the benefits of physical activity go more than “skin deep.” The NIA stresses how staying active also plays a significant role in improving mental and emotional well-being, explaining that regular physical activities can:

Enhance mood and reduce stress: Exercise releases endorphins—the body's natural feel-good chemicals—which help combat stress, anxiety, and depression.

Boost cognitive function: Physical activities stimulate brain activity, improve memory, and enhance cognitive abilities, reducing the risk of cognitive decline and dementia.

Promote social interaction: Participating in group exercises or community activities provides opportunities for social interaction, preventing feelings of isolation and loneliness.

So, let's prioritize our well-being and embrace an active lifestyle as we age. It's never too late to start reaping the rewards that regular exercise offers.



COMMUNITY SUPPORT

Sometimes, even when we know what we need to do to stay healthy, getting started can be hard—intimidating, even. Which is where senior living comes in. As part of a community, such as Sumter Senior Living, you gain the camaraderie of like-minded individuals who can support you in pursuing your health and wellness goals. According to The American Seniors Housing Association (ASHA), senior living communities play a crucial role in reducing social isolation among older adult residents, thus limiting the risk of negative health effects and promoting critical social connections that contribute to overall quality of life.

From exercise and wellness to adventures in the larger community, Sumter provides great sources for laughter, connection, and friendship—and includes those ideals in everything we do. Because at Sumter Senior Living, we understand the importance of nurturing your physical, emotional, and mental health now and as you age.

A PLACE WHERE YOU BELONG

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

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



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



Obstructive Sleep Apnea & Oral Appliances:

A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDMSM

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

What Is Sleep Apnea?

The short answer is the airway collapses during sleep. It is a relatively common condition and is related to lifestyle and age. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications. Left untreated, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

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

- High blood pressure
- Cardiovascular disorders such as A-Fib
- Chronic disease
- Diabetes
- Brain health impairment

What are the symptoms of Sleep Apnea?

- Snoring
- Gasping for air while sleeping
- Dry mouth
- Cognitive decline or brain fog
- Restless sleeping
- Daytime sleepiness/dozing

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy?

The customary first line of treatment for severe sleep apnea is a PAP device. For Mild and Moderate Sleep Apnea an oral appliance is an effective alternative. Approximately 50 percent of patients are unable to tolerate the use of a PAP, and therefore are not achieving optimum treatment results. In many cases those individuals are going untreated. Those



patients are candidates for Oral Appliance Therapy, or OAT. A custom-fit oral appliance is an effective therapeutic treatment option for Obstructive Sleep Apnea and can also help to eliminate snoring. By opening the airway, you increase your oxygen intake, as well as improve your sleep, and your overall health. The American Medical Association, The American Academy of Sleep Medicine and the American Board of Dental Sleep Medicine all recommend OAT to be prescribed by a Sleep Physician and fabricated by an ABDMSM qualified dentist.

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

Laurel Manor Dental/Laurel Manor SleepCare

352.430.1710

laurelmanordental.com

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

Benefits of Oral Appliance Therapy for the treatment on Sleep Apnea:

- Oral appliances can be easily cleaned and disinfected by patients.
- Oral Appliances are silent.
- Oral Appliances are truly portable. They can fit in a pocket or purse. They require no electricity and are easily transported when traveling.
- Best of all, Laurel Manor Dental/SleepCare provides CDC recommended, single use WatchPAT™ ONE contact less, first and only disposable Home Sleep Apnea Test.

Laurel Manor Dental and SleepCare is not only qualified but is a Medicare approved provider as well. If you have Sleep Apnea, consider improving your health and your quality of life. Your body and mind will thank you!

Meet Dr. Rozensky

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

At Laurel Manor Dental and SleepCare, Dr. Richard Rozensky and the entire team work closely with you so that you may make informed decisions about your health. In addition to sleep dentistry, all aspects of general dental care and treatment including restorative, cosmetic, implant restoration, hygiene and Invisalign™ are provided.

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

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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SUFFERING FROM MEMORY LOSS?

Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

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

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

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

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

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

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



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

DIAGNOSIS

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

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

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

CAN ALZHEIMER'S DISEASE BE PREVENTED?

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

WHAT CAN YOU DO?

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



CRAIG CURTIS, M.D.
US NAVY VETERAN 

DR. CRAIG CURTIS

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

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

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WEIGHT LOSS MAKES YOUR BONES AND JOINTS HAPPY

By Physicians Rehabilitation

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

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

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

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

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



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

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

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

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

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

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



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

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

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

MEDICAL WEIGHT LOSS IS NOW EASIER THAN EVER

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

Semaglutide (Wegovy/Ozempic generic) injections:

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

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

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.

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September is National Cholesterol Education Month

Good Cholesterol VS Bad Cholesterol...

Keeping the Balance in Check

Cholesterol is a lipid, or fat, essential for the proper functioning of the body. It is a structural component of cell membranes and serves as a precursor for synthesizing various hormones and molecules. Cholesterol is transported through the bloodstream in the form of lipoproteins, which are particles composed of both lipids and proteins. Two main types of lipoproteins carry cholesterol: low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

1. Low-Density Lipoprotein (LDL):

LDL cholesterol is often referred to as "bad" cholesterol. High levels of LDL cholesterol in the blood can lead to cholesterol accumulation in the arteries' walls, a process known as atherosclerosis. Atherosclerosis can result in the narrowing and hardening of arteries, increasing the risk of heart disease and stroke. LDL cholesterol carries cholesterol from the liver to various cells and tissues in the body, but when present in excess, it can contribute to plaque formation in arteries.

2. High-Density Lipoprotein (HDL):

HDL cholesterol is often referred to as "good" cholesterol. HDL particles have a higher proportion of protein compared to LDL particles. HDL plays a crucial role in reverse cholesterol transport, which involves transporting excess cholesterol from peripheral tissues back to the liver for processing and elimination. Higher HDL cholesterol levels are associated with a reduced risk of heart disease. HDL helps remove cholesterol from the arterial walls, thereby promoting cardiovascular health.

It's important to note that the LDL to HDL cholesterol ratio is a key indicator of cardiovascular risk. A higher LDL to HDL cholesterol ratio is generally associated with an increased risk of heart disease, while a lower ratio indicates a healthier cardiovascular profile.

While understanding the distinction between LDL and HDL cholesterol is important, consulting with a medical provider is essential to accurately interpret cholesterol levels and assess overall cardiovascular risk. Medical professionals can provide personalized recommendations based on an individual's medical history, lifestyle, and other risk factors.

To maintain optimal cardiovascular health, individuals are advised to adopt a heart-healthy lifestyle, which includes:

- Eating a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
- Engaging in regular physical activity to help manage weight, improve cardiovascular fitness, and promote overall well-being.
- Avoiding smoking and limiting alcohol consumption.
- Managing conditions such as diabetes, high blood pressure, and obesity, as these can contribute to an increased risk of heart disease.

The difference between good cholesterol (HDL) and bad cholesterol (LDL) lies in their respective roles in cardiovascular health. HDL helps remove excess cholesterol from the body, reducing the risk of heart disease, while LDL can contribute to the formation of arterial plaque, increasing the risk of cardiovascular problems. However, interpreting cholesterol levels and determining the appropriate course of action should be done in consultation with a medical provider, who can offer personalized advice and guidance based on individual health considerations.

Leqvio, also known by its generic name inclisiran, is a medication used to treat high cholesterol levels in individuals who have not effectively responded to dietary changes and other therapies. It is specifically designed to target low-density lipoprotein cholesterol (LDL-C), commonly referred to as "bad" cholesterol. Leqvio is administered as an injection, not an infusion, and it belongs to a class of drugs known as PCSK9 inhibitors.

Mechanism of Action:

Leqvio works by inhibiting the protein PCSK9 (proprotein convertase subtilisin/kexin type 9), which regulates the number of LDL receptors on the surface of liver cells. These receptors are responsible for removing LDL cholesterol from the bloodstream. By inhibiting PCSK9, Leqvio increases the number of available LDL receptors, leading to increased removal of LDL cholesterol from the blood and resulting in lowered LDL-C levels.



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Dosage and Frequency:

The dosing regimen for Leqvio involves two doses per year. This extended dosing interval sets it apart from other cholesterol-lowering medications, which may require more frequent dosing. The injections are spaced several months apart to reduce LDL cholesterol levels over time consistently.

Effectiveness:

Clinical trials have shown that Leqvio can significantly lower LDL cholesterol levels when used in conjunction with a healthy diet and other lipid-lowering therapies. It has been demonstrated to be effective in patients with high cholesterol who have not achieved their target LDL-C levels through other treatment options.

Considerations:

As with any medication, there are potential side effects and considerations to keep in mind when using Leqvio. Common side effects may include pain, redness, or swelling at the injection site. Patients need to discuss their medical history and any other medications they are taking with their healthcare provider before starting Leqvio to ensure no potential interactions or contraindications.

Medical Guidance:

Leqvio is a prescription medication; a healthcare professional should oversee its use. Patients who are interested in Leqvio should discuss with their healthcare provider to determine if it's an appropriate treatment option based on their individual medical history, current health status, and cholesterol management goals.

Sage Infusion Can Help

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

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

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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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



Effectively 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.

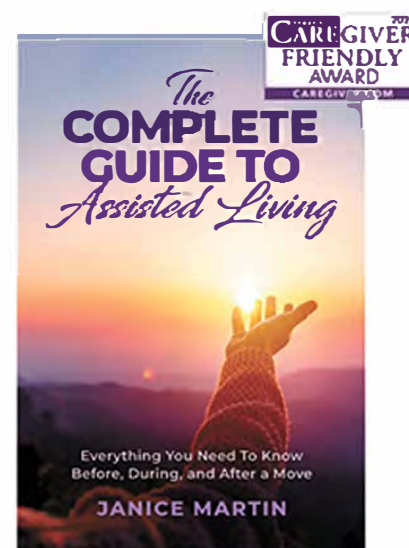
Total countable assets cannot exceed \$2,000. This includes cash, stocks, bonds, investments, bank accounts, any remaining Covid-19 stimulus checks, and real estate in which one does not reside. There are assets that Medicaid considers to be exempt including personal belongings, household furnishings, 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!

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.**

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

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

The Heat Wave in Central Florida

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

The Limitations of Oral Rehydration

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



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

The Benefits of IV Rehydration

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

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

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

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

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Does Taking Fish Oil Lower Cholesterol?

By Bo Martinsen, MD

Many people believe that incorporating omega-3s into their diet will solve their cholesterol woes. But the truth is much more nuanced; it's not as simple as taking a daily fish oil capsule or drinking a teaspoon of cod liver oil.

In this article, we'll uncover how these essential fatty acids impact your lipid profile – plus look at how much omega-3 you need to reap the benefits.

Cholesterol Is More Than One Thing

The term "cholesterol" often gets tossed around as though it were a single concept. But really, cholesterol includes several measurements. When you take a lipid test, the results are broken down into a few main components:

Triglycerides: Our bodies convert the extra calories, fat and sugars we eat into triglycerides. Having too high triglyceride levels is bad.

LDL: LDL, or low-density lipoproteins, is commonly referred to as the "bad" cholesterol. It builds up plaque in the arteries. LDL can be further analyzed by particle size. Small, dense particles are considered more harmful than large, fluffy particles.

HDL: HDL, or high-density lipoproteins, are the "good" cholesterol. Having a higher number is better.

Total Cholesterol: Your total cholesterol number is based on the other three components. Here's the formula: HDL + LDL + 20% triglycerides = total cholesterol.

Omega-3s impact these numbers in different ways. Let's take a closer look at what the science shows.

Triglyceride Levels

Studies show that taking omega-3s will consistently lower triglyceride levels. But the effect depends on how much you consume.

Higher doses of EPA and DHA omega-3s are needed to significantly reduce triglyceride levels. For example, a 2020 review from researchers in Norway highlighted the following trend:

- 850 mg of EPA/DHA lowered triglycerides by only 3.4%.

- 2400 mg of EPA/DHA lowered triglycerides by 16%.

- 5100 mg of EPA/DHA lowered triglycerides by 27%.

On average, studies report that taking between 3000 – 4000 mg of EPA/DHA will translate to a 25% drop in triglyceride levels.

Of course, the actual impact for any individual will depend on many factors, like genetics, age, gender, and your baseline triglyceride levels. There's also the quality of the omega-3 product to consider, including the freshness level of the oil.

Can Fish Oil Pills Lower Triglyceride Levels?

Most regular fish oil capsules contain only 300 mg of EPA/DHA. With that serving size, you would need to take 10 or more capsules every day to get an adequate dose.

Concentrated omega-3 products can deliver higher doses of EPA and DHA in fewer servings. But even with prescription omega-3 oils aimed at managing hyperlipidemia, you have to take at least 4 capsules daily.

At Omega3 Innovations, we offer 3000 mg EPA/DHA in a pre-measured, drinkable single serving. This liquid form makes it easier for people to meet their omega-3 needs and experience beneficial effects.

LDL Cholesterol

While the benefits of omega-3s for triglyceride levels are widely known and accepted, their effects on LDL levels are more complex.

Again, there are different types of LDL cholesterol. On a lipid panel, people typically pay the greatest attention to the LDL-C value. Most studies show that omega-3s don't really impact LDL-C. However, one exception seems to be for people with very high triglyceride levels (>500mg/dl). For these people, omega-3s may increase LDL somewhat.

There's also Lp(a), or a type of low-density LDL that can create plaque in your arteries. Most studies (but not all) note a modest decrease in this value with omega-3s, which is good.

Finally, omega-3s seem to facilitate a shift from small dense LDL particles to bigger and lighter large buoyant LDL. This is positive, since small dense LDL is more likely to create arterial plaque. Indeed, shifting from small dense to large buoyant LDL is associated with lower heart disease risk.

HDL Cholesterol

When it comes to HDL cholesterol, research suggests that omega-3s have little effect in general.

The exception is again for people with very high triglycerides. In these cases, omega-3s may increase the HDL levels by more than 10%. This is positive, since HDL is the "good" cholesterol.

What's the Best Measure of Heart Disease Risk?

Many studies show that your ratio of triglycerides to HDL may be a more important number than looking at your total cholesterol. Having a high triglyceride:HDL ratio is associated with heart disease, insulin resistance, and low testosterone levels in men. Interestingly, the risk seems to be independent of bad cholesterol numbers or medication use.

Taking sufficient doses of omega-3s will typically reduce the triglycerides to HDL ratio. This improvement could be one of the reasons for the purported heart health benefits of these fatty acids.

For the full article and references, please visit:

<https://omega3innovations.com/blog/does-taking-fish-oil-lower-cholesterol/>

Bo Martinsen, MD

Dr. Martinsen is an omega-3 specialist, innovator, and advocate for natural foods. As co-founder and CEO of Omega3 Innovations, he has created several medical food products that combine effective doses of omega-3s with fibers and other nutrients. Before Omega3 Innovations, Dr. Martinsen practiced medicine in Norway for over 20 years.



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Is Your Swing Hurting Your Back or is Your Back Hurting Your Swing?

By Daniel Taylor, DC

It's a beautiful Sunday afternoon on the golf course; the greens are freshly cut and the sun shining. You drive up to the tee box for the first shot of the day. You bend over to put the tee in the ground and out of nowhere the stabbing, knife-like low back pain hits you hard.

If the above scenario sounds familiar, know that you are not alone; studies reported that 50 percent of those who golf regularly suffer from chronic low back problems. Whether this pain is caused from placing the tee into the ground, riding in the golf cart or hitting the golf ball, know that there are options to eliminate this pain.

There are three fundamental causes of golf injuries: poor posture, lack of flexibility and lack of balanced functioning muscles. Golf is a game of repetitive motion that places torque on one side of the body. This is hard on the body and worse for amateurs because of improper swing mechanics that cause a greater load of stress on the low back. Imagine going to the gym and only working out one side of your body for years while neglecting the opposite side. Now picture yourself bent over in your golfing stance while hitting the ball a hundred times during a period of three to four hours. It's easy to see how golfers set themselves up for injuries.

Another aspect of your golf game that chiropractic can improve is your swing. Every golfer can agree that it is essential that the body is balanced from head to toe in order to have the perfect golf swing. In order to perform your best, you need to have unrestricted, fluid motion throughout the spine and pelvis. An improper stance will have a profound effect on your golf swing. Think of the body as a machine that stores and uses energy. Angular momentum only exists through fixed axis rotation (your spine). Your arms, hands and golf club all rotate around the spine. When the spine turns, the body creates a centrifugal motion for the club to follow. In order for there to be a fluid motion there must be a healthy, freely moveable spine and proper balanced muscles. Still unsure if chiropractic could help your game? Ask one of golf's greatest about chiropractic.



"I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing" - Tiger Woods.

Common golf related diagnosis include:

- **Sacro-iliac (SI) joint dysfunction:** This basically means that the SI joint has lost its normal fluid motion due to a fixation. Typically 2-4 visits can solve this complaint.
- **Facet Syndrome:** Facets are the name for the joints in the spine. At times these joints can experience abnormal motion (commonly from a golf swing) and become fixated. Very similar to SI joint dysfunction and often the two conditions exist concurrently. Again 2-4 visits usually.
- **Sprain/Strain injuries:** Very common with any athletic event. Typically minor conditions can self-resolve. However proper stretching, support and in office rehabilitation are always recommended.
- **Sciatica:** Often the most misdiagnosed disorder on the golf course. Everyone thinks pain down the leg is sciatica. However, there are actually many causes for

pain down the leg and a proper diagnosis is essential in order to properly treat the symptoms. This complaint is a large part of our practice. Call today to learn more.

The next time you are on the golf course focus on these things:

1. Are your feet balanced and comfortable at address?
2. Do your feet have to flare out in order to turn on the backswing?
3. Do you find yourself walking slightly crooked the day after a round of golf?
4. Do you find it difficult to get out of bed for a few days?
5. Is it painful to play the game?

If you answered yes to any of these questions, then contact us so we can address these issues. As avid golfers ourselves, we understand how easy it is to hurt yourself trying to hit that 300-yard drive.

At Compton Chiropractic, we offer spinal adjustments, decompression, preventive swing advice, rehabilitation exercises, physical therapy and nutrition in order to reduce pain and improve spinal posture and mobility. We treat a wide variety of village athletes including those who participate in pickle ball, tennis, softball and swimming.

So the next time you are on the greens ask yourself, 'is your swing hurting your back or is your back hurting your swing'?

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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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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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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

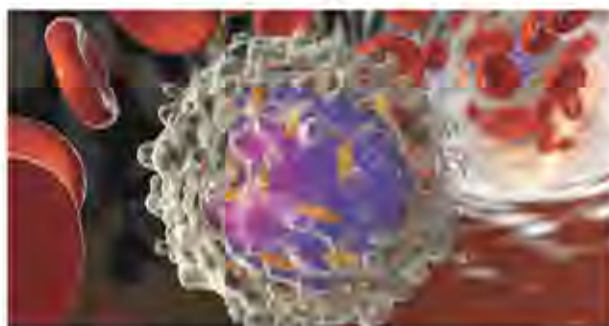
Historically, chemotherapy and radiation therapy have been the primary treatments for leukemia. While effective in many cases, these treatments often come with side effects due to their non-specific nature, impacting both healthy and cancerous cells. The pursuit of targeted therapies has led to a revolution 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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Leukemia & Lymphoma			
Drug Name	Retail Cost	Prescription Hope	Total Savings
Arzerra	\$1,916.00	\$50.00	\$1,866.00
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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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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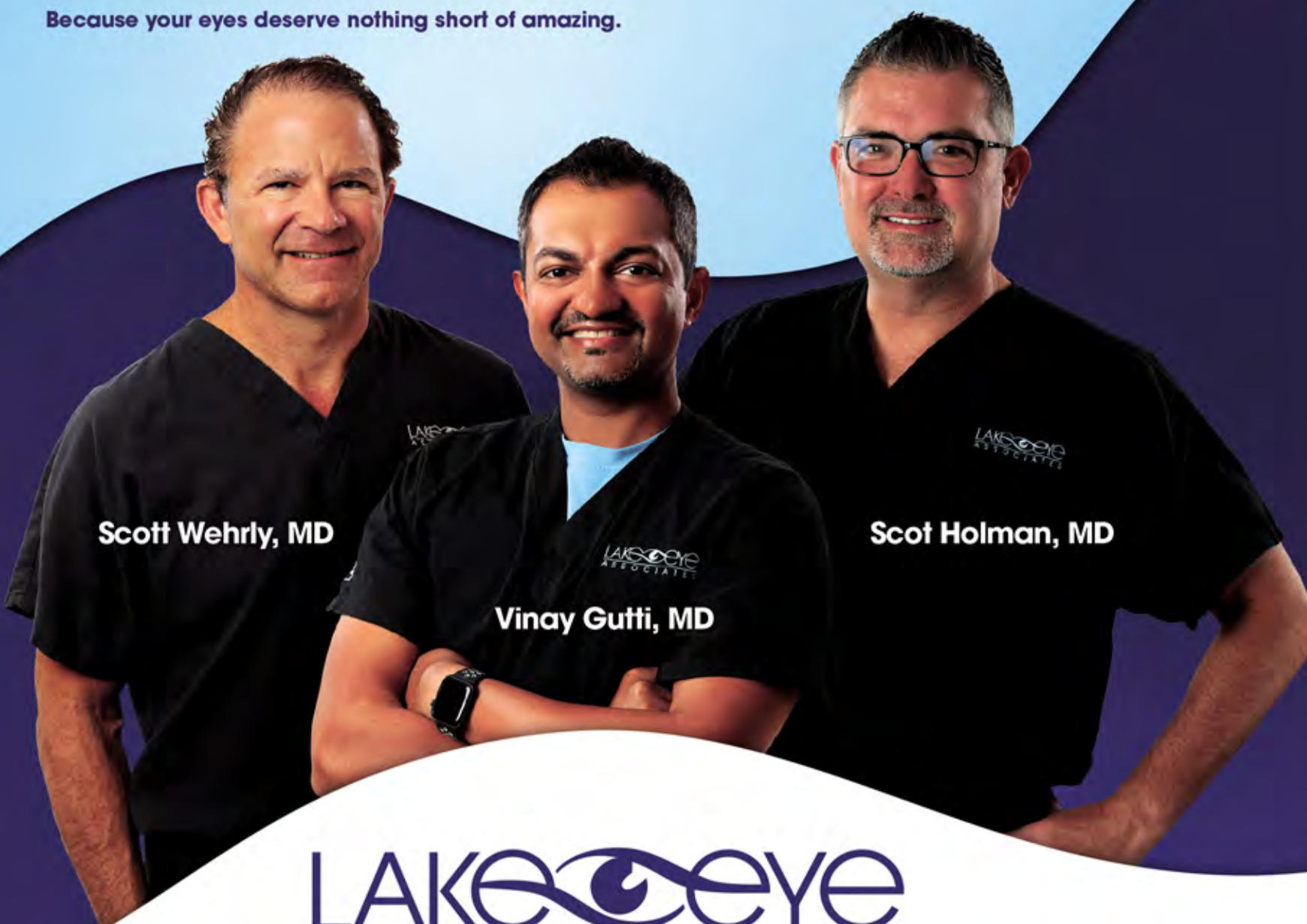
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