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October 2023

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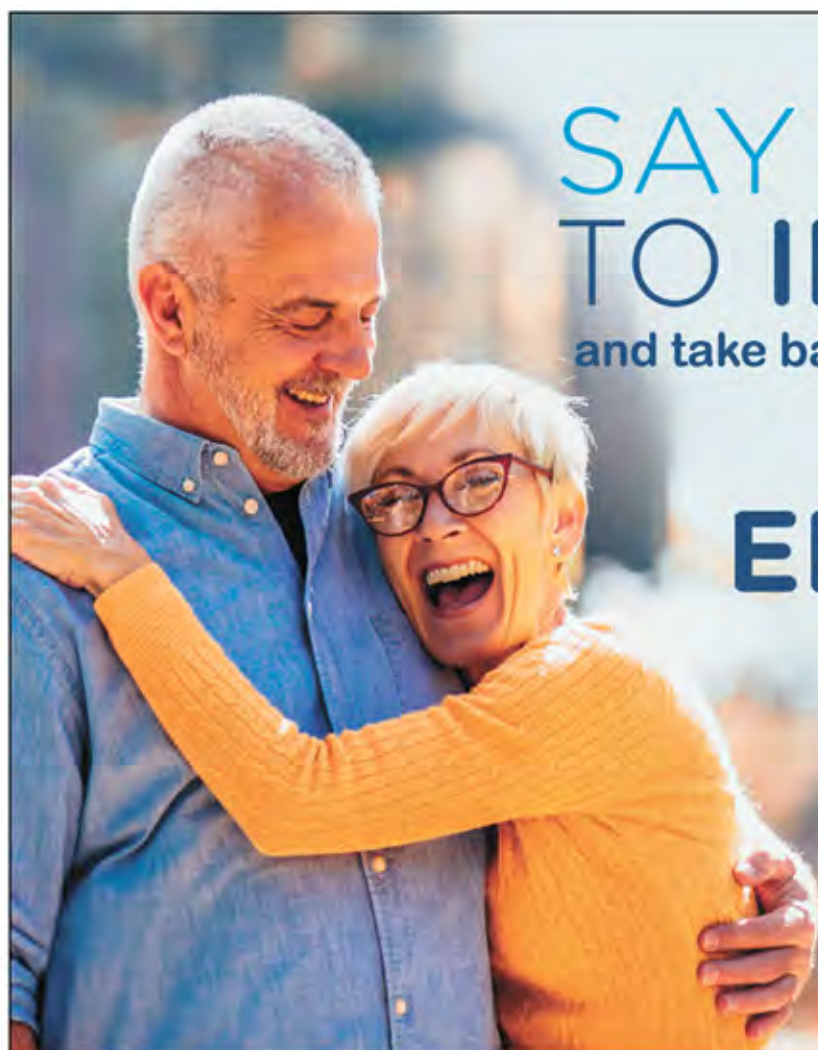


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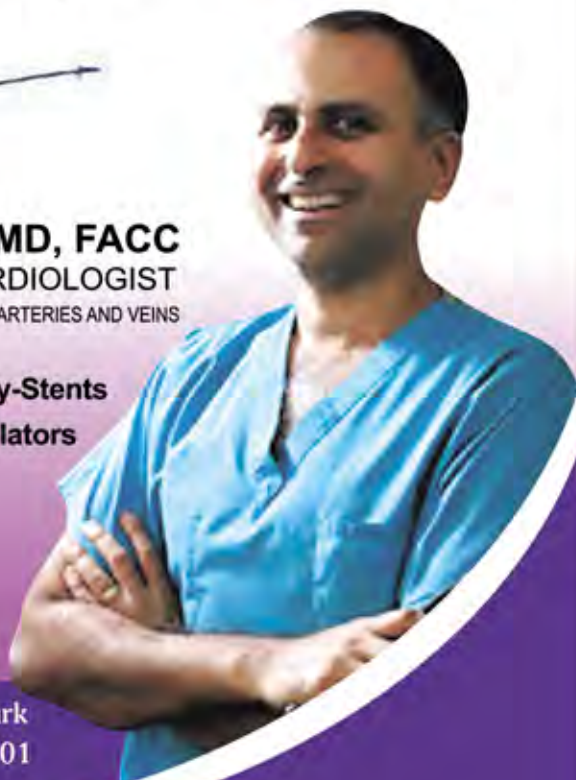
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# HOW IS A DIABETIC EYE EXAM DIFFERENT FROM A REGULAR EYE EXAM?

**D**iabetic eye disease refers to a group of eye conditions that can affect people who have diabetes. With diabetic retinopathy and diabetic macular edema, diabetes damages the retina, the light-sensitive tissue situated at the back of the eye. Other eye diseases associated with diabetes are cataracts and glaucoma, which can be up to twice as common among diabetics. Left untreated, any of these diseases can permanently damage vision, sometimes severely enough to cause blindness.

The risk of developing these eye diseases may be elevated in people who:

- have had diabetes for a long time
- don't properly manage blood sugar levels
- have other health factors, like high blood pressure or high cholesterol
- have a family history of these eye diseases
- are pregnant

Early diagnosis and treatment of eye disease is the key to preventing, reducing or delaying vision loss. This is made possible by getting an annual diabetic eye exam.

## THE DIABETIC EYE EXAM PROCESS

While it shares many of the same steps as a regular comprehensive eye exam, a diabetic eye exam – also known as a diabetic retinopathy screening – contains extra elements so your doctor can more thoroughly investigate the health and function of your retinas, monitor any changes in the related blood vessels, and look for any other signs of diabetes-related complications.

The steps of a diabetic eye exam typically include:

**1. Medical History and Visual Acuity Test.** Your eye doctor will start by asking about your health and medical history, and inquire about your diabetes management. You'll be given a visual acuity test to assess your vision.

**2. Dilated Pupil Exam.** Pupil dilation enables your eye doctor to get a clear view of eye structures like the retina, macula and optic nerve. Your doctor will check for any evidence of diabetic retinopathy, including leaking, swollen or malformed blood vessels, and look for signs of macular damage. Early detection is critical in preventing vision loss.



**3. Fundus Photography.** Fundus photography is a painless, non-invasive procedure used to create pictures of the retina. Comparison with future images can help your doctor identify changes early in their course.

**4. Optical Coherence Tomography.** OCT is another precise imaging tool. It produces cross-sectional images of your retinas so your eye doctor can gauge their thickness, and look for excess fluid collection, abnormalities or changes.

**5. Fluorescein Angiography.** In some cases, fluorescein angiography may be utilized to examine blood flow through the retina and choroid. It is performed using a contrast agent that is injected into your arm. The dye circulates to the blood vessels in the eye so a specialized camera can take detailed pictures, capturing signs of leaking vessels and other circulatory complications.

**6. Management and Treatment.** Once the exam is over, your doctor will carefully explain any issues that may be present. If signs of eye disease are detected, your doctor will recommend the most appropriate treatment for your situation, which may include medication, laser therapy, intravitreal injections or, less commonly, surgery.

By prioritizing the detection of diabetic retinopathy and other diabetes-related eye diseases, the diabetic eye exam helps to identify retinal abnormalities and changes before they have a chance to diminish or permanently damage vision. And, of course, your exam will also include observing for early signs of glaucoma, cataracts and other eye

diseases. By taking a little time out for your eye care every year, you can go a long way toward maintaining strong, healthy vision.

## CONTACT LAKE EYE FOR A DIABETIC EYE EXAM

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# THE IMPACT OF VARICOSE VEINS ON SLEEP: A COMPREHENSIVE REVIEW

**V**aricose veins are a common venous disorder characterized by enlarged, twisted veins that usually occur in the legs. While varicose veins are primarily associated with cosmetic concerns and potential complications such as pain and swelling, their impact on sleep quality is often overlooked. This article aims to explore the relationship between varicose veins, venous insufficiency and sleep disturbances, supported by relevant research and scientific citations.

• **Restless Legs Syndrome (RLS):** One of the major contributors to sleep disruption in individuals with varicose veins or venous insufficiency is Restless Legs Syndrome (RLS). RLS is a neurological disorder characterized by uncomfortable sensations in the legs, often accompanied by an irresistible urge to move them. Research has established a strong association between varicose veins and RLS, with a higher prevalence of RLS reported among individuals with venous insufficiency.<sup>1</sup> The symptoms of RLS can intensify during periods of inactivity or in the evening, making it difficult for individuals to fall asleep or maintain sleep.<sup>2</sup>

• **Nocturnal Leg Cramps:** Varicose veins have also been linked to nocturnal leg cramps, a condition characterized by sudden, painful muscle contractions in the legs during sleep. Studies have demonstrated a positive correlation between the severity of varicose veins and the frequency of nocturnal leg cramps.<sup>3</sup> These cramps can cause abrupt awakenings and may lead to subsequent difficulties in returning to sleep, ultimately disrupting overall sleep quality.

• **Sleep Disruptions Due to Pain:** Varicose veins and venous insufficiency can cause pain and discomfort, particularly during prolonged periods of standing or sitting. The pain associated with varicose veins often worsens during the night, interfering with sleep initiation and maintenance. A study conducted by Engstrom et al. found that individuals with varicose veins reported higher levels of pain and experienced more sleep disturbances compared to those without the condition.<sup>4</sup> Chronic pain resulting from varicose veins can lead to increased sleep fragmentation and a higher risk of developing insomnia symptoms.



• **Impact on Sleep Architecture:** Sleep architecture refers to the various stages of sleep, including rapid eye movement (REM) sleep and non-rapid eye movement (NREM) sleep. Varicose veins have been associated with alterations in sleep architecture. A study by Monasterio et al. found that individuals with varicose veins had reduced REM sleep and increased wakefulness during sleep.<sup>5</sup> These disruptions can affect the restorative nature of sleep, leaving individuals feeling less refreshed upon waking.

While varicose veins and venous insufficiency are commonly acknowledged for their impact on physical well-being, their influence on sleep should not be underestimated. Research has shown that varicose veins contribute to sleep disturbances, such as Restless Legs Syndrome, nocturnal leg cramps, pain-related sleep disruptions, and alterations in sleep architecture. Understanding the relationship between varicose veins and sleep can help healthcare professionals develop effective management strategies and improve the overall well-being of individuals affected by this condition.

## Get Support for Your Varicose Veins and Venous Insufficiency Today

You may find that you need medical treatment for your varicose veins, and Central Florida Vein and Vascular Center wants to help. Visit [CFVein.com](http://CFVein.com) for

more information about how varicose veins impact sleep and other expert advice related to healthy, pain free legs.

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1. Allen RP, et al. Restless legs syndrome prevalence and impact: REST general population study. *Arch Intern Med.* 2005;165(11):1286-1292.
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# Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

**E**very year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

## There are Several Different Types of Strokes:

- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

## Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

**B – Balance loss**

**E – Eyesight changes**

**F – Face drooping**

**A – Arm weakness**

**S – Speech difficulty**

**T – Time to call 911**



## Staying Healthy and Avoiding Stroke Complications

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

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# Do You Know Your Testosterone Level?

**T**ired? Are your endurance and strength declining? Have you noticed a decline in your sexual function and lost interest in your sex life?

Every man could answer “yes” to at least one of these questions after age 40. Common symptoms of low testosterone, they can also result from a myriad of lifestyle, social, emotional and behavioral issues.

It is a physician’s goal to “treat the whole patient,” so we try to identify those issues that are most relevant to the symptoms. For decades, it was believed low testosterone was responsible for the above ... but not much else. Physicians were taught a decline testosterone was “normal” as men aged.

These beliefs have substantially changed in the last five years.

We now know a condition known as “metabolic syndrome” is intimately linked to low testosterone. Metabolic syndrome is a constellation of diabetes (or insulin resistance), hypertension, elevated triglycerides (fat levels in the blood), abdominal obesity and low testosterone. It’s estimated as many as 25 percent to 45 percent of American men over 40 may have metabolic syndrome and therefore a significantly elevated risk of stroke and heart attack.

How testosterone interacts with obesity, diabetes and cholesterol is not fully understood. It is also unclear whether low testosterone is the cause of the increased risk or it is involved in some other way. Clearly, low testosterone is more than simply a factor in declining strength and sexual performance.

Testosterone is essential for male development, libido and erectile function. Because of the success of medications such as Viagra in treating erectile dysfunction, low testosterone is often overlooked. However, low testosterone is a common cause of poor or declining response from ED medications and should always be considered when evaluating ED. Testosterone replacement may be all that’s required to restore sexual function.

The good news is managing low testosterone is easier and simpler than ever before. Just a decade ago, almost all testosterone replacement was by a painful, deep-muscle injection with oil-based testosterone administered every two weeks. Levels were difficult to manage and had dramatic swings with levels too high for the week immediately following the injection and too low for the week prior to the injection.



Today, testosterone is applied via a cream or gel that is applied to the skin daily. These preparations provide even absorption and steady testosterone levels. Small implants that release a steady, consistent level of testosterone in the bloodstream for eight to 10 months are also available.

Managing testosterone levels requires a thorough knowledge of treatment risks and benefits. Men with an enlarged prostate may be at greater risk for obstruction of the urine flow. Additionally, testosterone treatment should be considered only if prostate

cancer is not present, or has been successfully treated. Baseline levels should be checked in the early morning as levels normally decline in late afternoon or evening.

A thorough physical examination and additional blood tests are also important to evaluate low testosterone levels. Urologists specialize in evaluating and treating low testosterone, prostate disease, voiding, erection and testicular health, all of which can be influenced by testosterone levels.

Identifying low testosterone is as simple as a blood test, and modern management is as simple as a daily application of a skin cream. Every man should know his testosterone level. Normal testosterone levels can be an important aspect of maximizing longevity and maintaining quality of life.

If you have any questions regarding your testosterone level, you can contact Advanced Urology Institute at (855) 298-2273.



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# Ketamine Health Centers: Helping Patients Begin Their Recovery Journey One Infusion at a Time

Innovation and research continuously provide new tools and therapies to address complex medical conditions in modern medicine. Ketamine, once primarily recognized as an anesthetic agent, has recently gained recognition for its versatile applications in treating various psychiatric and chronic pain disorders. Ketamine infusions, administered under medical supervision, have emerged as a promising and transformative treatment option.

Dr. Jennifer Sandadi, medical director at Ketamine Health Centers, states, "As an anesthesiologist, I have clinically seen the effects of ketamine in the operating room. Ketamine therapy can also help to treat multiple mental health conditions like anxiety, depression, addiction, and chronic pain. As a physician, I felt my responsibility was to extend these benefits to as many people in our community as possible. We opened our center to help those in need and will continue to reach out to the community as long as possible. I am fortunate to say that we have an amazing team of individuals here to help."

## Ketamine: Beyond Anesthesia

Ketamine, initially developed in the 1960s as an anesthetic, has found a new purpose in the medical world. Its unique properties make it an invaluable asset in treating previously challenging conditions to manage effectively.

- **Treatment-Resistant Depression (TRD):** Ketamine infusions have shown remarkable success in alleviating symptoms of TRD, a condition where individuals do not respond to conventional antidepressants. The fast-acting nature of ketamine can provide rapid relief, sometimes within hours of administration, offering newfound hope to those suffering from severe depression.

- **Post-Traumatic Stress Disorder (PTSD):** PTSD can profoundly impact an individual's life. Ketamine infusions have demonstrated promise in reducing the severity of PTSD symptoms, including intrusive thoughts and nightmares, allowing patients to regain a sense of control and normalcy.

- **Bipolar Disorder:** For individuals with bipolar depression, ketamine infusions can help stabilize mood and minimize depressive episodes. This therapy complements existing treatments and enhances overall quality of life.

- **Chronic Pain Management:** Chronic pain conditions like complex regional pain syndrome (CRPS) and fibromyalgia can be debilitating. Ketamine infusions, often in higher doses than for psychiatric conditions, can provide relief by modulating pain signals in the brain and spinal cord.

- **Obsessive-Compulsive Disorder (OCD):** OCD is characterized by distressing obsessions and compulsive behaviors. Ketamine therapy can offer relief from these symptoms, providing patients with a chance to regain control over their lives.

- **Suicidal Ideation:** Ketamine's rapid antidepressant effects make it a valuable tool in emergency situations, such as when individuals are experiencing acute suicidal ideation. Administered under careful medical supervision, ketamine can stabilize mood and prevent immediate harm.

- **Substance Use Disorders:** Ketamine is being explored as a treatment for addiction. It may help individuals gain insights into their behaviors and motivations, potentially facilitating a smoother recovery process.

## The Administration of Ketamine Infusions

Ketamine infusions are administered in a controlled medical setting to ensure patient safety and optimize therapeutic outcomes. The dosage, frequency, and duration of ketamine therapy vary based on the specific condition being treated, the individual's response, and the healthcare provider's recommendations. Patients typically remain awake as they receive the medication intravenously (IV).



Ketamine infusions have transcended their role as an anesthetic agent, offering newfound hope and healing for individuals battling treatment-resistant psychiatric conditions and chronic pain disorders. Their rapid onset of action and efficacy have revolutionized treatment approaches, especially for those who have exhausted conventional therapies.

The first step is awareness, the second step is reaching out....

## KETAMINE HEALTH CENTERS

As the leading provider of IV ketamine infusion therapy in Florida, we aim to provide relief and offer hope to those suffering from treatment-resistant conditions. We are one of the very few centers specializing in ketamine infusion therapy, with a team of both mental health and certified anesthesia professionals to help our patients on their journey to recovery.



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At **Ketamine Health Centers**, our goal is for our patients to succeed. We want to help you to improve functioning and quality of life. Our mission is to provide individualized treatment for each person, in order that they may regain balance in their lives.

With years of medical experience, knowledge, and prior ketamine application, our team of qualified medical experts can provide patients with life-changing, holistic treatments.

*Check out our YouTube channel to see what we have to offer and how we can help you.*

<https://www.youtube.com/@ketaminehealthcenters9672>

**We invite you to stop by the Lee County Civic Center on Saturday, October 14 between 10am and 2pm, to talk with us at the LEE COUNTY SENIOR EXPO.**  
**We look forward to seeing you there!**

In an effort to address the whole person, Ketamine Health Centers powered by Irwin Naturals Emergence also offers supreme quality nutraceuticals to address the mind-body connection.



**Dr. Jennifer Sandadi, MD, Medical Director**

*Dr. Sandadi, Medical Director, Bonita Springs Ketamine Health Center*

Dr. Jennifer Sandadi completed her residency in Anesthesiology at Case Western Reserve University, University Hospitals, after graduating from the University of MD and the University of Miami School of Medicine. She is

double Board Certified in Anesthesiology and Critical Care Medicine by the American Board of Anesthesiology. Dr. Sandadi completed her Fellowship Training in Cardiothoracic and Surgical Critical Care Medicine at Columbia University, NY Presbyterian Hospital. Dr. Sandadi has served as Assistant Professor of Anesthesiology at Cornell University, NY Presbyterian Hospital. She is currently an anesthesiologist in Ft. Myers, FL and serves as the medical director for an outpatient surgery center as well as the Bonita Springs Ketamine Health Center.



**Dale Alice Block, LMFT**

*Dale Alice Block, Licensed Marriage and Family Therapist, Clinical Director of Ketamine Health Centers*

After graduating from the University of Rhode Island with a masters in MFT, Ms. Block completed three years of post-graduate study in clinical supervision and management, culminating in the AAMFT Qualified Supervisor

designation. Her clinical experience and supervision of other professionals spans 30+ years. She has established and supervised multiple programs, both inpatient and outpatient, including trauma focused care programs, addiction facilities, loss and bereavement programs, neurodiverse support programming, spiritual healing programs, general counseling and currently all clinical aspects of the counseling and alternative services at Ketamine Health Centers across the state.

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# NATIONAL PHYSICAL THERAPY MONTH:

## The Importance of PT After Hip and Knee Replacement Surgery

By Sergio Martinez, DO, AOA, AOA



**N**ational Physical Therapy Month serves as an annual reminder of the transformative power of physical therapy in restoring mobility and enhancing the quality of life for countless individuals. Among the various conditions and situations where physical therapy plays a pivotal role, postoperative care after hip and knee replacement surgery stands out as a testament to its significance.

### The Rise of Hip and Knee Replacement Surgeries

Over the past few decades, hip and knee replacement surgeries have become increasingly common. Millions of people worldwide undergo these procedures each year to relieve pain, improve joint function, and regain their independence. While these surgeries offer the promise of a pain-free and more active life, the path to full recovery is often paved with the expertise of physical therapists.

### Understanding the Procedure

Hip and knee replacement surgeries involve the replacement of damaged or deteriorated joints with artificial implants. Although these surgeries have a high success rate, the initial recovery period can be challenging. Patients often experience pain, stiffness, and reduced range of motion immediately after the procedure. This is where physical therapy becomes an indispensable part of the journey to recovery.

### The Role of Physical Therapy

- **Pain Management:** One of the primary goals of physical therapy after joint replacement surgery is to manage pain effectively. Physical therapists

employ a variety of techniques, including manual therapy, gentle exercises, and modalities like heat and cold therapy, to alleviate pain and discomfort.

- **Restoring Mobility:** Joint replacement surgery may temporarily limit mobility. Physical therapists design personalized exercise programs that gradually help patients regain their range of motion and strength. These exercises are tailored to the individual's needs and recovery progress.

- **Preventing Complications:** Physical therapists educate patients about the importance of maintaining proper posture, using assistive devices, and avoiding risky activities during the recovery process. This guidance is crucial in preventing complications and ensuring a smooth rehabilitation journey.

- **Enhancing Quality of Life:** Physical therapy goes beyond just physical recovery. Therapists focus on improving overall quality of life by addressing issues such as balance, coordination, and gait. This holistic approach helps patients regain their independence and confidence.

### The Personalized Approach

No two patients are alike, and physical therapists recognize this fact. Each rehabilitation plan is customized to meet the specific needs and goals of the individual. Whether you're an athlete seeking to return to peak performance or an older adult looking to enjoy daily activities pain-free, physical therapy adapts to your unique situation.

### The Role of Education

Education is a cornerstone of physical therapy. Patients are not only guided through exercises and treatments but also empowered with knowledge about their condition. Understanding the healing process and how to take care of oneself post-surgery is invaluable for long-term success.

### Celebrating National Physical Therapy Month

National Physical Therapy Month provides an opportunity to acknowledge the dedication and expertise of physical therapists who contribute significantly to the well-being of patients. It's a time to celebrate the success stories of individuals who have regained their mobility and independence through the guidance and support of these healthcare professionals.

In the realm of healthcare, National Physical Therapy Month shines a spotlight on the crucial role that physical therapy plays in post-operative care, particularly after hip and knee replacement surgeries. Through pain management, mobility restoration, complication prevention, and an emphasis on overall well-being, physical therapy enables patients to step into a brighter, pain-free future. So, as we celebrate this month, let's remember that physical therapists are true champions in helping individuals revitalize their lives after joint replacement surgery.

### SERGIO MARTINEZ, DO, AOA, AOA

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



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# Say NO to Incontinence and Take Back Control of Your Bladder

By Dr. Tina Chandra

**U**rinary incontinence is a common occurrence in women. It can be caused by vaginal childbirth, changes due to menopause, or even by being overweight. There are two types of urinary incontinence.

Stress urinary incontinence is when urine escapes due to physical activities such as running or jumping, or it can be provoked by a sneeze or a cough. It is caused by weak pelvic muscles that may be a result of obesity, childbirth, or repeated strains such as lifting heavy objects or high-impact exercise. Urge incontinence is different in that it is an unusually frequent urge to urinate. The cause is unknown, but one possible contributor could be diabetes.

When a patient suffers from both of these conditions, it is known as mixed urinary incontinence. All three types are quite common, especially in older women.

No matter which type of urinary incontinence presents itself, it has been shown to increase with any or all of the following factors: age, menopause, a persistent cough, weight gain, and vaginal childbirth, among others. For some women, the increase is gradual while other women might experience a loss of control immediately after childbirth.

## Is there a solution for urinary incontinence or do I just buy stock in pads and diapers?

In the past, the primary method for dealing with urinary incontinence has been surgery or therapies that can be both difficult and embarrassing. Today the solution is primarily physical therapy with a urinary incontinence specialist showing the patient how to do vaginal exercises to strengthen the pelvic floor muscles. This has proved itself to be an effective treatment, however, many women avoid it because of its intimate nature.

There is some great news for those who suffer from urinary incontinence (both women AND MEN) and don't want to go to physical therapy for whatever reason. Emsella is an FDA-approved device that uses high-intensity focused electromagnetic technology (HIFEM) to stimulate the muscles of the pelvic floor. It is non-surgical and is performed while the patient is fully clothed and seated in a specialized chair.

Emsella has been jokingly referred to as the "Kegel throne" because each 30-minute treatment is equivalent to doing more than 10,000 Kegels. It contracts

## EMSELLA®

the muscles by emitting HIFEM to stimulate the muscles of the pelvic floor that have become too weak to control urination. Even with physical therapy and being very disciplined in doing Kegel exercises, it would be humanly impossible to mimic this type of treatment and its results.

### What type of results can be expected from using Emsella?

According to the company's website, [btlaesthetics.com](http://btlaesthetics.com), Emsella patients report a 95% improvement in their quality of life and a 75% reduction in the use of pads.

Patients often see results after just one 30-minute session. For maximum results, a minimum of 6 sessions are recommended with a minimum of 2 days between each session. Results will, of course, vary by patient and by the severity of muscle weakness.

### What can I expect in an Emsella session?

First of all, it is important to note that patients remain fully clothed during their session. That is usually a relief to most patients. Secondly, there is no work involved on the patient's part, nor on the service provider once the device has started. The patient simply sits on the "throne" for 30 minutes while HIFEM technology contracts her (or his) muscles 10-11,000 times. Most patients report nothing more than a tingling sensation.

### Can MEN benefit from Emsella also?

According to the Massachusetts Male Aging Study, about 40% of men are affected by erectile dysfunction at age 40 and 70% of men are affected at age 70. Enter Emsella for men.

Emsella has been approved for men suffering with incontinence and erectile dysfunction because of weakening pelvic floor muscles. These muscles support all of the pelvic organs and when weakened, they can result in incontinence, premature ejaculation, and erectile dysfunction.

Men will be pleased with the many benefits Emsella affords. The same 30 minute session as the women are sitting through will give them increased bladder control, increased penile rigidity and hardness, increased control over erection, increased time until ejaculation, reduced stress and anxiety and restored confidence.

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



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### DR. TINA CHANDRA

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



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

### DR. RAVI CHANDRA

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



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





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

By Richard W. Rozensky, DDS, D.ABDSDM

**S**leep 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 ABDSDM 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*

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## 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!



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SUFFERING FROM MEMORY LOSS?

## Could it be Alzheimer's Disease?

**CRAIG CURTIS, M.D.**  
US NAVY VETERAN



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

**[www.CraigCurtisMD.com](http://www.CraigCurtisMD.com)**

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# Health Care Literacy – How Sage Infusion Improves Your Physical and Financial Health

**S**age Infusion's Chief Financial Officer and Co-Founder Matt Clements is passionate about saving money. As the CFO, Matt's job is to protect the company's bottom line. But as a Type 1 Diabetic, Matt has a passion for helping others living with chronic conditions use their healthcare dollars wisely.

"Having a chronic illness means constantly worrying about the cost of your medications, supplies and procedures," states Matt. "I've learned that people truly have to shop for their health care needs the same way they shop for any other item or service. As a patient, you have the right to ASK your health care provider for the price and understand the cost before receiving the service.

"Take my mom for example, she needed a hip replacement and has Medicare insurance. Being her advocate, I encouraged her to ask her doctor for the cost of procedure. To her surprise, she went to several appointments ahead of the surgery and no one could answer her question, "HOW MUCH WILL THIS COST?"

As a patient, at every appointment, you should ask how much the procedure, the drug, or the device your provider recommends will cost. Unfortunately, many patients incorrectly assume prices are the same among health care providers – especially if providers are covered under their insurance. This is not the case. Like items we can buy at multiple stores, health care providers each charge their own prices. If you select a health care service from a higher costing provider, your out-of-pocket cost will be higher. Eventually, choosing higher priced services leads to higher annual insurance premiums. Over the last 10 years, average insurance premiums have increased 40%+.

"I wanted to know the price of the hip replacement so I could ensure my mom was getting the best price for her procedure. Of course, quality of care is also a key consideration. The key is to ensure both quality and price are appropriate. This is where my passion to inform patients about health care prices started and why providing up-front pricing for patients at Sage Infusion is so important to me."

Sage Infusion has no allegiance to any one hospital, provider, healthcare system or insurance entity and works in the best interests of patients. At Sage Infusion, every patient is promised Up Front Pricing, The Lowest Cost, No Extra Charges, and Patient Assistance Support services. An individualized cost estimate is provided before your appointment (see example), so no costs are hidden. The estimate is designed to be a simple-to-read printout of what is being billed to your insurance and what you will be responsible for BEFORE

you sit down for an infusion treatment. If you need financial assistance to help with the cost, Sage specialists will work on your behalf to see if supplemental support is available.

Let's look at the drug Remicade for example. Remicade treats Crohn's Disease, Ulcerative Colitis, Rheumatoid Arthritis, Ankylosing Spondylitis, Psoriatic Arthritis, and Plaque Psoriasis. Remicade is administered as an infusion and each hospital and infusion center charge their patients a different fee for the same medication – just like any business. The difference being, in business prices are provided up-front to customers. In health care, prices are most often hidden.

Sage Infusion uses pricing software specifically developed to provide prices for patients before treatment. WHY? Because financial health is part of your overall health. Matt believes the more patients have access to health care prices the better they can manage their own personal health.



If you are currently on or considering an infusion treatment, please contact Sage Infusion and let our team provide you with our price as a helpful service on your health care journey. Remember, the key is to ensure both quality of care and price are appropriate.

## 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 the highest quality infusion care at the most affordable cost.



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**Test Patient**  
**ID:IVtest**

DATE

September 18, 2023

LOCATION

Tampa, FL

MEDICATION

Prolia

DELIVERY

Injection

ADMIN TIME

0.5 hour

PRESCRIBED DOSE

60

WEIGHT BASED MEDICATION

No

COVERAGE

Medical

	Medication	Administration	Total
Billed Price	\$1,568	\$18	\$1,586

Primary Insurance

Remaining Deductible	\$0	\$0	\$0
Co-Insurance	\$290	\$3	\$293
Co-Pay	\$0	\$0	\$0
Patient Balance (After Primary Coverage)	\$290	\$3	\$293

**MEDICARE**

Supplemental Insurance

Remaining Deductible	\$0	\$0	\$0
Co-Insurance	\$0	\$0	\$0
Co-Pay	\$ 0	\$ 0	\$ 0
Patient Balance (After Supplemental Coverage)	\$0	\$0	\$0

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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](http://www.CraigCurtisMD.com) to learn more and schedule a free in-office memory evaluation. There is no cost for the memory evaluation. Please do not delay.



**CRAIG CURTIS, M.D.**  
**US NAVY VETERAN** 

### DR. CRAIG CURTIS

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

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

**[www.CraigCurtisMD.com](http://www.CraigCurtisMD.com)**  
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Some people mistakenly think of senior living as an investment not worth its value, but this assumption is often based on misconceptions about cost, lifestyle, services, amenities, and more. In order to understand the value of living in a senior community, it's important to compare your current costs to those of other available options—and you might be surprised.

While the prospect of moving can be overwhelming, communities such as Sumter Senior Living are happy to provide guidance every step of the way. Because our family of team members understands the importance of evaluating your financial solutions early in the exploration process. Our resources can also make senior living more cost-effective than you may have envisioned.

#### THE PRICE OF STAYING PUT

Over 80% of people aged 65 and older want to age in place in their house, reports AARP. But with average maintenance costs equaling 1%–3% of your home's initial price, a \$200,000 home can end up costing \$2,000–\$6,000 per year for upkeep alone.

When added to the anticipated expenses of your average home—including American Family Insurance's estimates of \$2,400 in utilities, \$2,640 in property taxes, \$1,560 in snow removal and lawn care, \$960 in homeowners' insurance, \$1,920 for private mortgage insurance, and \$3,000 in HOA fees—that once seemingly reasonable number becomes an annual \$19,000 burden.

None of this accounting for the value of your time. Time spent researching and coordinating services. Time toward balancing books to adjust for businesses' fluctuating pricing. Even your personal time and the strain on your physical, mental, and emotional state if you choose to take a do-it-yourself approach to soften the blow to your nest egg.

#### MORE THAN MAINTENANCE

These mounting costs also don't consider how health care needs and expenses will change over time. Does your house have handrails? Wheelchair ramps? Is the laundry in the basement? The American Seniors Housing Association (ASHA) estimates 99% of homes are unsuitable for older adults, posing safety risks to their inhabitants. The necessary modifications to create a secure environment could mean an additional investment of hundreds to tens of thousands of dollars.

Then there's the matter of care. Will you need homemaker services to assist with activities of daily living? Or will you require more skilled care from a home health aide? The hourly cost of such services differs from state-to-state—from \$8–\$38 per hour, approximates ElderLife Financial.

With so many moving parts, it's no wonder the U.S. Department of Labor says, "The key to a secure retirement is to plan ahead." Which is precisely the function of senior living—to facilitate long-term care planning, exploring the options available to seniors and encouraging them to look at future needs.



#### SEE YOURSELF HERE

The financial benefits to living in a senior community are many. With a set price at the beginning of the year, you can budget exactly how much money you will spend. At Sumter Senior Living, we are pleased to offer additional assistance, in partnership with Second Act Financial Services, through Bridge Financing, Home Sale Solutions, and Veteran Aid & Attendance Benefits. We also provide resources, such as a Senior Living Cost Comparison Guide, to further aid individuals and families.

Moving to a senior living community brings benefits beyond numbers, though. Virtually everything is provided for you—from nutrition to exercise programs, entertainment, and care. We empower residents with the tools they need to grow and live gracefully at Sumter Senior Living. Residents enjoy the freedom of participating in any number of activities or simply relaxing in the comfort of home. We handle the maintenance, worry, and hassle—freeing up your time to focus on what matters most to you.

Spend time with friends in our community rooms. Cater to your health in our fitness center or indoor heated therapy pool. Explore interests at our library, theater, and arts and crafts studio. Beyond our convenient on-site offerings, you'll also gain access to The Villages® amenities. With Florida sunshine, caring associates, and friendly neighbors, you'll find what you're looking for at Sumter Senior Living—a place that's not just like home, it is home.

#### 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. (GMI), 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  
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or visit [www.SumterSeniorLiving.com](http://www.SumterSeniorLiving.com).





# Hypnotherapy the Way to Achieve Gut-Brain Health

By Patrick Watson, PhD

In the bustling world of health and wellness, we often overlook the vital connection that profoundly impacts our overall well-being and health. This is the relationship between our gut and our brain. This critical link has sparked growing interest in using hypnotherapy as a means of enhancing gut-brain health. Let's take a moment to take a deep dive into Hypnotherapy and discovering it's potential to improve our digestive health and overall well-being.

## The Gut-Brain Connection: A Complex Interplay

The gut-brain connection is also known as the "gut-brain axis" is a remarkable and intricate relationship. Our gut is not only a digestive organ, it's the hub of communication with our brain. This two-way interaction influences not only our digestion but also our emotional health and well-being.

The reasons why this balance is disturbed are stress and anxiety. Stress and anxiety can trigger digestive issues like irritable bowel syndrome (IBS), indigestion, and even more severe conditions like inflammatory bowel disease. When this balance is disturbed, chronic digestive problems, such as colitis, can lead to additional anxiety and could contribute to depression.

## Understanding Hypnotherapy

Hypnotherapy is a therapeutic technique that taps into the healing power of the mind to achieve relaxation, heightened focus and an altered state of consciousness. Contrary to what you might see in movies, hypnosis does not involve mind control. Instead, it encourages individuals to enter a deeply relaxed and suggestible state, making it a valuable tool for addressing a wide range of issues, including those related to gut-brain health.

## Hypnotherapy and Digestive Disorder

For people experiencing digestive disorders like IBS, hypnotherapy offers an alternative to medications. Numerous scientific studies have found that hypnotherapy can significantly reduce the severity and frequency of IBS symptoms, including abdominal pain, bloating and irregular bowel movements.

In individualized hypnotherapy sessions for IBS at MindSet Solutions, Dr. Patrick Watson guides you into a state of deep relaxation and heightened focus. In this serene state, clients explore their thoughts and emotions, uncovering potential triggers for



their symptoms. Through a series of positive suggestions and guided imagery exercises, Dr. Watson will help you change your perception of pain and discomfort, teach you techniques to successfully manage your stress and anxiety, ultimately relieving these symptoms and the impact of these symptoms on your daily life.

One of the primary benefits of hypnotherapy for digestive disorders is its absence of side effects. Unlike medications, which often come with unwanted side effects, hypnotherapy is non-invasive and has no adverse reactions. This makes it an attractive option for those clients seeking relief from chronic gut issues without potential drawbacks of conventional treatment.

## Stress Reduction: The Key to Gut Health

Stress is an ever-present aspect of modern life, and significantly influences the gut and your overall well being. Chronic stress can lead to increased gut permeability, also known as "leaky gut", inflammation and disruption in the healthy microbes that live in a healthy gut, which contributes to digestive health.

During Hypnotherapy, Dr. Watson teaches you stress reduction techniques individualized to your particular needs. These techniques may include Breathwork, Neuro-Meditation as well as Integral Hypnotherapy with therapeutic suggestions and guided imagery. These techniques help our clients attain a state of tranquility, countering the detrimental effects on the gut.

By lowering stress levels, hypnotherapy not only alleviates digestive symptoms but also promotes long-term gut health. Studies have demonstrated that stress reduction through hypnotherapy enhances gut barrier function, reduces inflammation and supports a healthier balance of gut bacteria.

## The Mind Body Connection

The connection between mind and body is profound, and hypnotherapy recognizes this interplay. Through the power of suggestion, hypnotherapy can influence bodily functions that are typically considered involuntary, such as heart rate, blood pressure, and even immune system activity. This phenomenon, known as psychosomatic healing, underscores how our thoughts and emotions can profoundly impact our physical health.

In the context of gut-brain health, psychosomatic healing is particularly relevant. Hypnotherapy can be employed not only to address the physical symptoms of digestive disorders but also the emotional and psychological issues, rather than merely treating the symptoms. Hypnotherapy treats the cause and offers a holistic approach to healing.

## Unlocking the Potential Within

Hypnotherapy's ability to unlock the healing potential of the mind extends beyond treating specific conditions. It can serve as a valuable tool for personal growth, self-empowerment, and self-improvement. Individuals wanting to enhance their overall well-being can benefit from hypnotherapy by tapping into the power of the subconscious mind in creating positive, lasting change.

Through Hypnotherapy at MindSet Solutions, Dr. Patrick Watson works with clients on improving their self-esteem, overcoming fears and phobias, managing weight and mindful eating, quitting smoking, ending toxic lifestyle choices, comprehensive pain management, Managing Overactive Bladder, PTSD and enhancing sleep quality. These areas of personal development are closely linked to gut-brain health, as they often entail changing behaviors and thought patterns that impact physical well-being.

## Conclusion: Pioneering a Holistic Approach

As our understanding of the gut-brain connection deepens, so does our recognition of hypnotherapy's potential to impact and improve our well-being. This holistic approach uses the power of the mind to alleviate digestive disorders, alleviate stress and foster personal growth.

Your sub-conscious mind is an incredible resource and Integral Clinical Hypnotherapy with Dr. Patrick Watson gives you access to your mind's ability for self-healing, self-empowerment and personal transformation. Your goals and transformations can be made easier and more natural with the help of your sub-conscious mind.

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By Elisha Lopez

# Navigating the Holidays: How to Stay Merry and Mindful in the Season of Feasts

**G**reetings, dear companions on the journey to wellness! As the leaves start to change and fall blankets the world in a tapestry of warm hues, we find ourselves on the cusp of that magical time of year—the holiday season. It's a season filled with joy, togetherness, and yes, delicious feasts. However, as we prepare to embark on this festive journey, it's crucial to remember that maintaining our healthy eating routines is not just about physical well-being. It's also the key to preserving our mood and enjoying the season we've been eagerly anticipating all year long.

## The Holiday Conundrum

With the holiday season approaching, the temptation of hearty, indulgent meals and sweet treats becomes ever more alluring. And let's face it, who can resist the aroma of freshly baked pies and the allure of a traditional Thanksgiving feast or a festive Christmas dinner? While it's absolutely fine to savor these delights, it's essential to strike a balance between indulgence and maintaining our regular eating routines.

## The Mood-Food Connection

Why, you ask? Because the food we consume profoundly affects our mood. You see, the gut-brain connection we explored in previous articles plays a pivotal role here. The foods we eat can influence the composition of our gut microbiome, which, in turn, can affect our mood and overall well-being.

Research has shown that a diet rich in processed foods, sugar, and excessive saturated fats can lead to inflammation in the body, including the brain. This inflammation has been linked to mood disorders such as depression and anxiety. On the flip side, a diet abundant in fruits, vegetables, whole grains, and lean proteins can support a healthier gut microbiome and contribute to improved mental health.

## The Holiday Challenge

So, how do we navigate this holiday conundrum? How can we enjoy the festivities without derailing our healthy eating routines and subsequently our mood?

**1. Plan Ahead:** Before the holiday season kicks into high gear, take some time to plan your meals and snacks. Incorporate nutritious options into your holiday menu. For instance, opt for roasted vegetables alongside the mashed potatoes and enjoy a fruit salad alongside the pies.



**2. Practice Moderation:** Remember that it's okay to indulge in your favorite holiday treats, but in moderation. A small slice of pie or a single serving of stuffing won't derail your efforts. The key is to savor these treats mindfully and not overindulge.

**3. Stay Hydrated:** Sometimes, dehydration can masquerade as hunger. Make sure to drink plenty of water throughout the day, especially if you're enjoying alcoholic beverages at holiday gatherings.

**4. Maintain Your Routine:** Try to stick to your regular eating routine as much as possible. This includes having balanced meals and not skipping breakfast, which can help control your appetite and prevent overeating later in the day.

**5. Move Your Body:** Don't forget to incorporate physical activity into your holiday routine. Whether it's a brisk walk after a big meal or a fun dance session with family and friends, staying active can help offset some of the holiday indulgences.

**6. Mindful Eating:** Practice mindful eating during the holiday season. Pay attention to your body's hunger and fullness cues. Take your time to savor each bite, and engage in meaningful conversations with loved ones.

**7. Seek Support:** Share your commitment to maintaining a healthy eating routine with friends and family. They can provide support and even join you in making healthier choices during holiday meals.

**8. Don't Be Too Hard on Yourself:** Finally, remember that it's okay to slip up occasionally. The holidays are a time to enjoy, and a minor deviation from your routine won't undo all your progress. Be kind to yourself and focus on getting back on track.

## The Joy of a Balanced Approach

By following these strategies, you can savor the holiday season without sacrificing your health or your mood. Instead of feeling sluggish and regretful after overindulging, you'll find yourself energized and content, ready to fully enjoy the festivities.

A balanced approach to holiday eating not only benefits your physical health but also nurtures your mental well-being. You'll be more present, joyful, and better able to connect with loved ones. After all, isn't that what the holidays are truly about?

When it comes to making significant changes to your diet or health routine, it's always a wise choice to consult with a healthcare professional. They can provide personalized guidance tailored to your unique needs and circumstances, ensuring that you and your family make choices that are safe and suitable for your bodies.

So, as we step into this season of celebration, let's remember that our healthy eating routines are not obstacles but allies in our quest for a truly joyous holiday experience. By nurturing our bodies and minds, we can thrive, flourish, and savor every moment of this magical time of year. Wishing you a season filled with love, laughter, and delicious, mindful feasts!

*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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# Making a Successful Transition to Assisted Living

By Janice Martin, Owner of Senior Liaison of Central Florida

**D**espite great communication with a community, conversations with families regarding realistic expectations, notifying other professionals involved with the move, etc., there is always a struggle when a new resident moves to an assisted living community. This is particularly compounded when there is an overwhelmed elderly spouse or no family nearby for support. When the spouse is stressed with this enormous change and worry for their loved one, it's no surprise that there will be problems adjusting.

Before the move even takes place, there is stress about what to bring. Sometimes the community will provide a list of suggestions. But there are often small but important details that are forgotten. Many people assume the community will provide a shower chair or a raised toilet seat, but they do not. The need for a laundry basket, trash cans, and shower curtains are often forgotten. The community will usually provide toilet paper, but there's never enough and it's often a scratchy one-ply that most people don't like – so bring a supply of your own! Senior Liaison has created a helpful checklist that is available by reaching out to us at the contact information provided at the end of this article.

It is critical to label everything! Even glasses, shoes, pocketbooks, cell phones, etc. Get a label maker and markers in a variety of colors (to use on both dark and light clothing), or iron on tapes with the resident's name. Don't put the room number because it could change. Use the first initial and last name at a minimum in case there may be others with the same name. Label the trash cans and the hamper, too. If it leaves the apartment, make sure it's labeled. Things get innocently left in the common areas or other resident's rooms. With hundreds of residents in the same building, it's impossible for staff to remember what belongs to whom.

Communities have protocols in place to assist new residents on move in day. They try hard to introduce them to their new home, other residents, staff, and schedules. They may leave notes and reminders of meal times, laundry and cleaning days, shower days, etc. But in the chaos surrounding the move, information is quickly forgotten.

Things tend to go well on the first day. The staff is smiling and welcoming and everyone tries to accommodate requests to help to ensure that the new family is happy. And then what? The second day comes, and another new resident may be moving in that takes the attention of all the staff that was so helpful the day before.



The family probably visited several communities and looked at a number of different apartment options at each place. Now that they have moved in, they are completely disoriented. Nothing is familiar. Where is the dining room from my apartment? Where are the mailboxes? How do I find a care person? Where is the elevator? How will I find my way back? Even when the family is local, they often become frustrated waiting in the apartment for someone to show them around. If you feel you need some reorientation, please go to the concierge and request someone to help.

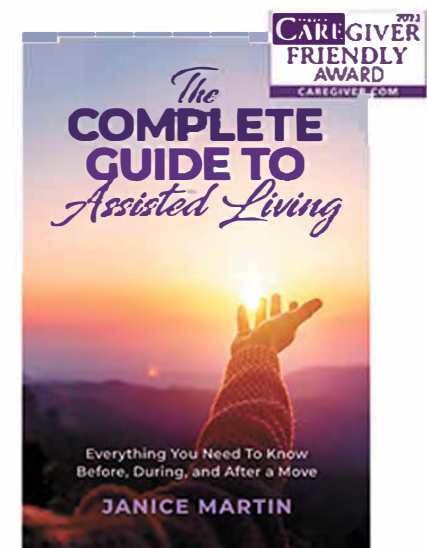
Some communities have a wonderful ambassador program, and this makes a world of difference. Ambassadors are residents who are familiar with the community and other residents. They drop by to introduce themselves, show their new friend the layout of the community, invite them to activities and join them, introduce them to other residents, and join them for meals.

In some circumstances, Senior Liaison of Central Florida may offer a unique service to provide a private caregiver from a local home care company to spend 4 hours a day for the first 3 days at no additional cost to help ensure nothing falls through the cracks. The companion will show them around the community, make sure they are getting their medication and showers as scheduled, that the bed is made, and trash is removed daily. They can reassure the resident and report back to family on how their loved one is adjusting. This service is critical when there is no family or friends to help and especially if there are any challenges related to dementia.

Another stumbling block is having hospital beds or wheelchairs delivered in a timely manner. Also, scheduling outside nursing care or starting physical therapy is often delayed. In order to begin therapy, doctor's orders must be received, and this can take several days. If the new resident is coming from rehab, this may go more smoothly – but not always! It depends upon receiving the appropriate orders, getting insurance approval, and of course paperwork.

Remember to always ask if you have a special request. If there is something special you would like for dinner and it's not on the menu – please ask. If it's available, they will try to honor your request immediately or have it for you for the next dinner. If you have special food allergies or requests, please remind them several times until they remember. They may not clean as you would or fold your clothes or make your bed as you prefer. Rather than get angry, share with them what you like. If you don't have the same staff person at each meal or providing care, it may be necessary to share your request several times. Remember, they have many people with different care needs and preferences to serve.

Living in a community is a drastic change from home. Things don't happen immediately, test results take longer than anticipated, and call bells may take longer depending upon staffing and the care needs of other residents. In assisted living there is no one on one attention like at home. It will take time to adjust. Patience, a smile, and a positive attitude will make a world of difference!



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



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# The Dynamic Duo: B Vitamins and Glutathione—Champions of Liver Health

**T**he liver, one of the body's most vital organs, is a true workhorse, tirelessly performing countless functions that keep us healthy. From detoxifying harmful substances to storing essential nutrients, the liver's role is paramount. In this article, we delve into the importance of B vitamins and the remarkable role of glutathione in supporting liver health.

## B Vitamins: The Liver's Lifeline

B vitamins are a group of essential nutrients that play a multifaceted role in maintaining overall health, with their significance extending to liver function. The B-vitamin family includes B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin).

These vitamins are involved in various metabolic processes within the liver, such as breaking down carbohydrates, fats, and proteins. Specifically, B vitamins aid in the production of enzymes responsible for detoxifying harmful substances, ensuring that the liver can efficiently neutralize toxins and prevent damage.

## Glutathione: The Master Antioxidant

Glutathione, often referred to as the body's "master antioxidant," plays a pivotal role in liver health. It is a tripeptide composed of three amino acids: cysteine, glutamine, and glycine. This powerhouse molecule has the remarkable ability to neutralize harmful free radicals, safeguarding liver cells from oxidative stress and damage.

One of the most critical functions of glutathione is to support the liver in detoxification. It aids in the removal of toxins and waste products from the body, helping the liver operate at its best. Moreover, glutathione recycles other antioxidants like vitamins C and E, ensuring their availability to protect liver cells from damage.

## The Synergy Between B Vitamins and Glutathione

The connection between B vitamins and glutathione in maintaining liver health is fascinating. Several B vitamins, such as B6, B9, and B12, are crucial for the synthesis of glutathione. Without an adequate supply of these vitamins, the liver's ability to produce glutathione is compromised.

Furthermore, B vitamins indirectly support glutathione by aiding in the metabolism of amino acids like cysteine, which is a precursor to glutathione production. In this way, B vitamins act as catalysts for the creation of this vital antioxidant.

In conclusion, the collaboration between B vitamins and glutathione is a key factor in promoting liver health. B vitamins facilitate detoxification processes and provide the necessary building blocks for glutathione synthesis. Meanwhile, glutathione serves as the liver's ultimate protector, defending it against oxidative stress and toxins.

To ensure your liver's well-being, maintain a balanced diet rich in B-vitamin-containing foods like leafy greens, whole grains, and lean proteins. Additionally, consider lifestyle choices that support glutathione production, such as regular exercise and minimizing exposure to environmental toxins.

By understanding and harnessing the power of B vitamins and glutathione, you can help your liver perform its vital functions, ultimately contributing to your overall health and well-being.

Contact Total Nutrition and Therapeutics at 352-259-5190 or go online to [www.TNT4ME.com](http://www.TNT4ME.com) to schedule your appointment today. Initial consultations are always complimentary.

## Total Nutrition & Therapeutics

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



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# The Dry Eye, Cosmetics & Anti-Aging Face Cream Connection

By Bo Martinsen, MD

**D**ry eye complaints are on the rise worldwide – but there's a poor correlation between dry eye sufferers' subjective experience and what medical tests detect. What can explain the disconnect?

Many factors – including age, gender, air pollution, computer use, and contact lenses – play a role in dry eye problems. But few are aware of another driver: The exploding use of cosmetics and anti-aging face creams.

## The TRP System: A Revolutionary Discovery for Dry Eye Management

Scientists have long recognized that regular use of cosmetics and preservative-laden skin products influence eye health. Commonly, it's thought that eye irritation might be due to cosmetic and face cream ingredients migrating onto the ocular surface.

But there is also another mechanism at work.

In 2021, the Nobel Prize in Physiology or Medicine was awarded for the discovery of special TRP ion channels. The TRP system helps explain why the products we put on our face impact our eye health.

In short, beauty products activate special TRP ion channel receptors that trigger pain and inflammation.

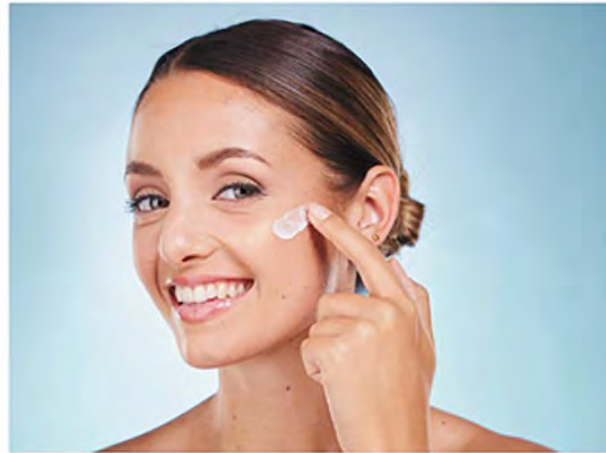
## How the TRP System Works

On the ocular surface and the skin around our eyes, we have lots of TRP ion channels. These channel receptors sense environmental factors, like temperature, pressure, pH levels and chemicals in our surroundings. They then send this information to the brain to compose a response, like blinking or tearing, via the trigeminal nerve.

The ocular surface and eye tissue are densely "innervated" with TRP systems, which is why these areas are so sensitive to the environment.

Unfortunately, the TRP system can get disrupted. Dry eye sufferers typically exhibit TRP imbalances in their ocular tissue. This makes the eye less able to adjust to environmental changes.

There are at least 28 different types of TRP channels, and many of them are involved in dry eye symptoms.



**How Anti-Aging Creams Become Dry Eye Producers**  
Vitamin A derivatives, or retinoids, are among the most common ingredients found in anti-aging creams. They're typically thought to reduce wrinkles and improve skin appearance after initial irritation.

Unbeknownst to many, retinoids can contribute to Meibomian gland dysfunction and eye discomfort – even when applied far away from the eye. This could be because retinoids stimulate at least one type of TRP (TRPV1), which initiates inflammation.

If the skin around the eye experiences chronic, low-grade inflammation, havoc can develop over time. It can cause discomfort and a poor tearing response – common symptoms of dry eyes.

Other common skin cream ingredients – like the preservative phenoxyethanol – also stimulates TRPV1. As do external factors like UV radiation and air pollution. These factors are already known drivers of dry eyes, and the TRPV1 connection can help explain why.

Chronic stimulation of TRPV1 and the resulting inflammation may have consequences for not just the eyes, but the skin too. Some experts worry that while retinoids can smooth wrinkles in the short-term, high doses and prolonged use may actually accelerate skin aging over time.

Interestingly, a variety of skin problems, like rosacea and photodamaged skin, are also characterized by over-stimulated TRPV1 and strongly correlated with dry eye problems. That's a good reason to address both skin and eye issues at the same time.

## Read the Ingredients

If you struggle with dry eyes, take a close look at your skincare products. Do they contain retinoids or harsh preservatives, like phenoxyethanol? If so, it might be time to look for something new.

The good news is that certain ingredients are TRPV1 inhibitors, meaning they can help reduce inflammation. TRPV1 inhibitors include omega-3s, melatonin, as well as many antioxidants and plant extracts. In the right ratios and doses, these ingredients can provide a calming effect and support eye and skin moisture.

These kinds of ingredients are now starting to make their way into eye care-oriented skin products, like Barristrong®. However, it's important to note that since the TRP system is complex, all of the ingredients have to work in synergy to successfully reduce inflammation and support eye comfort.

For references and to learn more, visit [omega3innovations.com](http://omega3innovations.com).

## 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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# Vertigo: How to Stop Spinning—Fast

**V**ertigo is a condition that makes individuals feel sensations of spinning, which causes nausea, vomiting and other unpleasant side effects. A physical therapist will be able to determine if BBPV may be the cause of your symptoms. *(Vertigo may also be caused by a central nervous system disorder, and that type of spinning cannot be corrected with these maneuvers. Doing the maneuvers will help us to determine if the crystals are loose and if it's treatable with therapy).*

Within the inner ear, are semicircular canals. Calcium crystals, known as canaliths help signal movement and positions to the brain. As we age, these crystals slough off of their stem (utricle) and the loose crystals can become displaced within the semicircular ear canals, causing BPPV.

Dr. Epley created a technique to reposition the crystals and get them out of the semicircular canals. The technique is known as the Epley maneuver. Physical therapists (PT) are trained to use the Epley maneuver in their practices and they can also teach patients how to safely perform this technique in the comfort of their home when necessary.

## The Epley Maneuver

The Epley maneuver is performed when the patient is lying down, and a small pillow is placed behind their head. The Physical Therapist will position the head at various angles for holds of 30 seconds. If the holds are inadequate or too long, the maneuver will fail. That is why it's important to fully understand the technique before attempting it at home. Innovative Therapies Group PTs are highly trained in performing the Epley maneuver and instructing patients how to perform it safely at home.



Along with the Epley Maneuver, Benign Paroxysmal Positional Vertigo can be effectively treated with three other manual maneuvers that also move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These other techniques are known as the Semont maneuver, Foster maneuver, and the Brandt-Daroff exercises. These therapies can be performed in the convenience of Innovative Therapies Group's office.

## If you are dizzy or off balance, don't put off treatment.

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Physical and Occupational Therapy is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.

## In Florida, you do not need a referral to see a Physical Therapist

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical & Occupational therapy.

## Types of Treatment Available with Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

Along with PT, Innovative Therapies Group offers Occupational Therapy, Speech Therapy, and Massage.

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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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# Liver Health and Therapeutic Agents

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

**Y**our liver health may not be top of mind, but the minute it malfunctioned there wouldn't be much else on your mind. Cirrhosis, in which liver cells are replaced with scar tissue, can prevent your liver from doing its critical jobs. So can nonalcoholic fatty liver disease, a fast-growing epidemic among the obese, which can lead to cirrhosis. If your liver stopped working, toxins would accumulate, you couldn't digest your food and medications would never leave your body.

In fact — you can't live a week without your liver.

"It's an organ you could easily trash if you don't take good care of it," says Rohit Satoskar, MD, of the MedStar Georgetown Transplant Institute. "And once you trash it, it's gone." Your liver is about the size of a football and sits under your lower ribcage on the right side. It has several important things to do. It helps clean your blood by getting rid of harmful chemicals that your body makes. It makes a liquid called bile, which helps you break down fat from food. And it also stores sugar called glucose, which gives you a quick energy boost when you need it.

There's nothing tricky about keeping your liver in good shape. It's all about a healthy lifestyle, says Ray Chung, MD, medical director of the liver transplant program at Massachusetts General Hospital. "Taking care of your liver is far more about avoiding what's bad than it is about eating or drinking things that are particularly nourishing to the liver," he says.

The liver is your body's largest internal organ, weighing between 3 and 5 pounds. Your liver is located on the right side of your upper body, below the lungs, taking up most of the space in your rib cage. The gallbladder, which stores bile made in the liver, is found tucked under your liver. Your liver is made up of two separate sections, or lobes: the larger right lobe and the smaller left lobe. These two lobes are separated by tissue which anchors your liver in place.

Unlike the lungs or heart, we cannot feel our liver working. Your liver is an incredibly hard-working organ with more than 500 different vital functions. Only your brain has more functions than the liver. Many of the liver's functions are related to your metabolism. These metabolic functions allow you to convert food to energy, break down food to basic building blocks needed by your body and eliminate waste.

## The liver...

- Produces bile
- Produces proteins for blood plasma
- Produces cholesterol and special proteins to help carry fats through the body
- Converts unused glucose into glycogen for storage
- Regulates levels of amino acids in blood
- Stores iron processed from hemoglobin
- Converts poisonous ammonia, made during digestion, to urea
- Processes drugs and other poisonous substances to your body
- Regulates blood clotting (or our ability to stop bleeding)
- Fights infections by making immune factors and removing bacteria from the bloodstream
- Removes bilirubin from red blood cells

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Studies have shown that most carotenes have anti-aging, free radical scavenging, antioxidant, and anti-cancer effects, and have been widely used in the fields of medicine, food, cosmetics, and feed. Astaxanthin is the only carotenoid to penetrate the blood-brain and retinal barriers. It is frequently used as an antioxidant to treat brain injury and cardiovascular diseases and has been extensively studied in clinical practice. In addition, astaxanthin has shown anti-cancer effects in many cancers, including liver cancer, colon cancer, bladder cancer, oral cancer, and leukemia. In addition, many animal experiments have proved that astaxanthin plays an important role in regulating sugar metabolism, improving immunity and improving motor function.

## The Role of Astaxanthin in Liver Diseases

Astaxanthin has been used in the prevention and treatment of a variety of systemic diseases in vivo due to its various biological activities. In recent years, researchers have confirmed that astaxanthin plays an important role in preventing acute liver injury, alleviating insulin resistance and NAFLD, liver fibrosis and liver cancer.

## Liver Fibrosis

Liver fibrosis is a key link in the deterioration of chronic liver diseases such as viral hepatitis and fatty liver. Without effective intervention, 75–80% of these diseases can develop into cirrhosis, which seriously endangers human health. The reversibility of these factors also provides an important research target for the reversal of hepatic fibrosis. The mechanism of liver fibrosis is complex, involving the regulation of histopathology, cytology, cytokines, and their molecular levels. Mitopak can potentially prevent and treat liver diseases by inhibiting inflammation and improving glycolipid metabolism at the mitochondrial level.

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# WEIGHT LOSS MAKES YOUR BONES AND JOINTS HAPPY

By Physicians Rehabilitation

**D**egenerative 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!

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# SENIORS AGING IN PLACE

**F**or 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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# HUNGRY HEART

By Alex Anderson

**T**he songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left God...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

**And the truth is...** If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?

If you are a Christ-follower, then you know how to do this. You...'do again'...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

*"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life."* (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

**Its magnificent light will light up your life.**

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to meditate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

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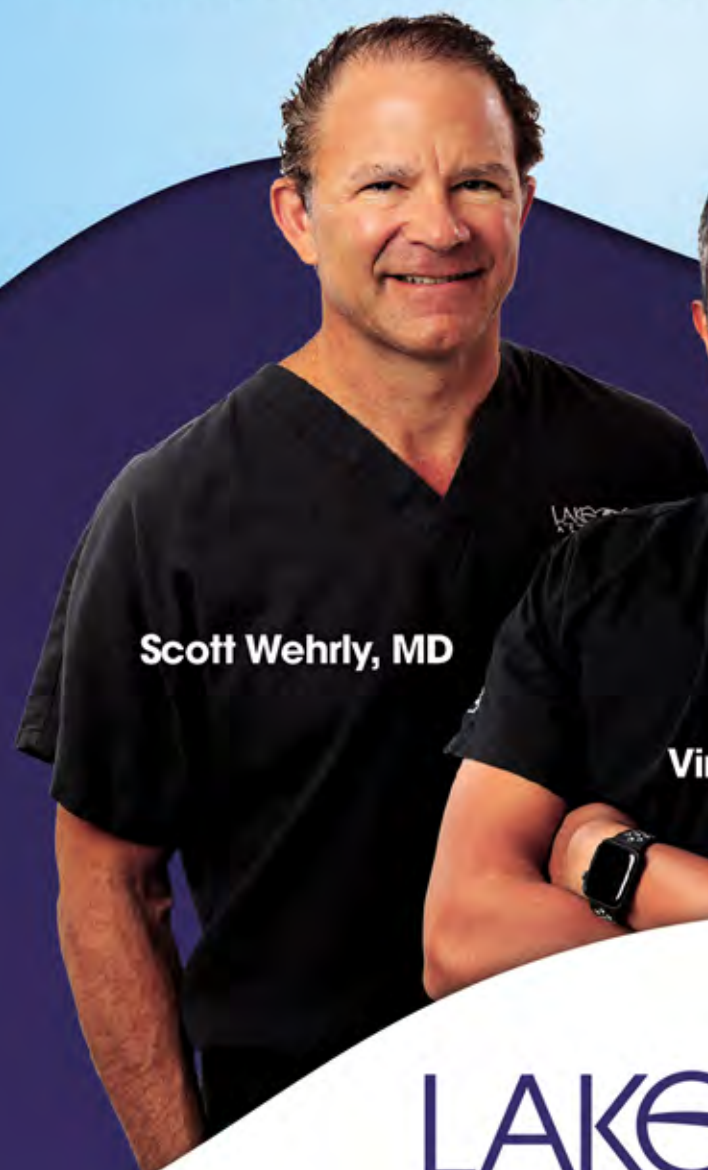




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