

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

November 2023

Lake/Sumter Edition - Monthly

www.HealthAndWellnessFL.com

FREE 



Suffering from Memory Loss?

Could it be Alzheimer's Disease?

Tis' The Season for Gifting

The Growing Concern

Diabetes and the Soaring Cost of Medications

Drinks and Key Ingredients for Enhancing Blood Circulation

Men's Health

Why You Need to Stay on Top of Your Medical Exams

Aging Gracefully

7 Strategies to Avoid Knee Replacement Surgery

CENTRAL FLORIDA VEIN & VASCULAR CENTER



Vein Care Experts with More than 100 Years Experience



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

Board Certified Vascular
Surgeons And Phlebologists

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

Results You Can See & Feel

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

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



(352) 562-0078 • www.cfvein.com

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

**MOST PROCEDURES ARE COVERED
BY INSURANCE**

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

CRAIG CURTIS, M.D.
US NAVY VETERAN



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

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

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

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

www.CraigCurtisMD.com

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

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



WELCOME TO TNT'S IV NOURISHMENT BAR

TNT's nourishment therapies offered:

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

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

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

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





SAY NO TO INCONTINENCE

and take back control of your bladder

EMSELLA®

95%

Improvement in
Quality Of Life*



cWc
CHANDRA
WELLNESS
CENTER

StrongAndHealthyOcala.com

TH
CS

TRUSTED HOMECARE SERVICES




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

Services

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

352.240.7522 WWW.TRUSTEDHCS.COM



**TAKE
CONTROL
OF YOUR
HEALTH
TODAY!**

TOP UROLOGISTS IN FLORIDA DEDICATED TO YOUR HEALTH

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

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

THE VILLAGES
(352) 259-4400

The Villages
12109 CR 103
Oxford, FL 34484

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

OCALA
(352) 351-1313

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

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

www.advancedurologyinstitute.com

EXCELLENCE IN PATIENT-CENTERED CARE

Technological Advances in **Knee Arthritis** Treatment and Replacement

Dr. Nam Dinh, MD, FAAOS

Joint Replacement Surgeon and Orthopaedic Surgeon

LEARN ABOUT OUR INNOVATIVE
LATERAL APPROACH FOR
KNEE REPLACEMENT

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



Optimotion
ORTHOPAEDICS

For a healthy and active lifestyle

(407) 355-3120

www.optimotion.com

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

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

Peace of mind Dentistry

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



Richard Rozensky, DDS
Diplomate, ABDSM

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

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

**LAUREL
MANOR
DENTAL**

**LAUREL
MANOR
SLEEPCARE**

352.430.1710 laurelmanordental.com

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

CONTENTS NOVEMBER 2023

- | | |
|---|--|
| 6 How Can I Treat Dry Eyes Naturally? | 22 Asking the Right Questions When Searching for Assisted Living |
| 7 Drinks and Key Ingredients for Enhancing Blood Circulation | 23 Aging Gracefully: 7 Strategies to Avoid Knee Replacement Surgery |
| 8 Emsella Treatment for Incontinence | 24 Healing the Mind: The Power of Hypnotherapy for PTSD |
| 9 Chronic Obstructive Pulmonary Disease (COPD) & Your Heart Health | 25 Gastro Health and the Bidet |
| 10 The Deadly Connection: Smoking, COPD, Lung Cancer, and Impaired Wound Healing | 26 Can Omega-3 with Melatonin Reduce Overactive Bladder at Night? |
| 11 Men's Health: Why You Need to Stay on Top of Your Medical Exams | 27 Diabetic Neuropathy: How Physical Therapy Can Help |
| 12 Obstructive Sleep Apnea & Oral Appliances | 28 Chiropractic: A Safe and Natural Alternative to Medication and Surgery |
| 13 'Tis' The Season for Gifting | 30 The Growing Concern: Diabetes and the Soaring Cost of Medications |
| 14 Ketamine Health Centers: Helping Patients Reduce Stress with SGB | 31 Managing Arthritis Pain and Discomfort: Why Mitochondrial Health Matters |
| 16 Suffering from Memory Loss? Could it be Alzheimer's Disease? | 32 Seniors Aging in Place |
| 17 Benefits of IV Therapy | 33 Attorney Patrick Smith Radio Show Now on 14 Stations |
| 18 Sumter Senior Living: Proud to Serve Our Veterans | 34 Spiritual Wellness: What's Your Diet? |
| 20 Alzheimer's or Dementia How Do You Know? | |

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



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

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

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

It's your heart. It should be personal.

And that's how I treat it.

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

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

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

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



Call Office for Consultation
352.750.2040

www.drvcardio.com

HOW CAN I TREAT DRY EYES NATURALLY?

Keratoconjunctivitis sicca is the fancy medical term for dry eye syndrome, or chronic dry eye. While everyone can experience dry eyes sometimes, it can become ongoing in some people due to hormonal changes, certain medications, specific autoimmune diseases, allergies, inflamed or blocked eyelid glands, contact lens use, vitamin A deficiency, and LASIK vision correction surgery. Most often it is owed to conditions created by simple aging. It is more common among women, particularly after menopause. People may suffer from decreased tear production, increased tear evaporation, or both.

Chronic dry eyes should not be ignored. Not only are dry eyes uncomfortable, they're more susceptible to distorted vision, eye infections, inflammation, and corneal damage, which could result in vision loss.

Luckily, there are natural ways to help relieve the symptoms of dry eye, including blurring, itching, stinging, redness, grittiness, foreign body sensation and photosensitivity.

NATURAL WAYS TO HELP ALLEVIATE DRY EYES

1. Blink more! Our addiction to phone, computer and tablet screens often reduces our normal tendency to blink. Making a deliberate effort to blink more often throughout the day, especially when staring at a screen, can help keep eyes lubricated. A good rule of thumb is to blink 5-10 times every minute or two, and close your eyes for a few minutes after every hour of prolonged focus.

Also beneficial, utilize the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds. Making these efforts a habit can go a long way toward relieving dry eye symptoms.

2. Stay hydrated. Try to drink at least 8-10 glasses of water per day. Bear in mind that caffeine, alcohol and diuretics are dehydrating, so regular consumers of these substances should be especially mindful to drink enough water.

3. Add Omega-3s. Foods rich in omega-3 fatty acids, such as salmon, sardines, flaxseeds and walnuts, as well as fish oil supplements, contain anti-inflammatory properties that may help improve tear production and reduce dry eye symptoms.

4. Address dry air conditions. High altitudes, desert conditions, airplane travel and other environments can result in dry conditions. Using a humidifier and avoiding direct air flow from wind, fans and air conditioning can help reduce tear evaporation.

5. Avoid smoke. Smoke from cigarettes, cigars, etc. can really irritate and dry out eyes.

6. Add warmth. The eye's meibomian glands are responsible for producing the oily layer of tear film, which keeps tears from evaporating off the eye's surface. Blocked meibomian glands are a leading cause of chronic dry eye, especially among people over 50. A warm compress applied to closed eyelids for about 5-10 minutes can help unblock these tiny glands, improving tear quality and reducing dryness.

7. Keep eyelids clean. Keeping allergens, dust and grit off your eyelids and eyelid margins can help reduce dryness and discomfort, and help prevent infection. Gently clean your lids and margins with a mild, preservative-free cleanser designed for eyelids.

8. Use artificial tears. Over-the-counter artificial tear drops can provide quenching relief from dry eye symptoms. Due to recent cases of serious problems associated with off-brand eye drops, stick to trusted name brands like Systane, Refresh, Blink and others. If you find you use eye drops more than four times a day, go for preservative-free eyedrops, as preservatives can irritate eyes. Preservative-free types can be used as often as needed. Avoid products that claim to "get the red out," as the active ingredients that treat redness can dry eyes even further.

9. See your eye doctor. If you try these natural remedies for dry eyes and symptoms persist or worsen, make an appointment with an eye doctor. Having a comprehensive eye exam can help determine the cause of your chronic dry eye, and initiate more effective treatment, such as prescription eye drops, medications or treatment for blocked meibomian glands, which accounts for an estimated 86% of all dry eye cases. Lake Eye offers an effective, drug-free treatment designed to help gently unblock these glands so that healthy tear film can be restored safely and naturally.



VISIT DRY EYE THERAPY PROFESSIONALS

Lake Eye (a US Eye Company) offers a range of proven treatments to help alleviate and manage dry eye conditions, so your eyes will see, feel and function better, and remain healthy and bright. If your eyes could use a check-up, make an appointment today.



LAKE EYE
ASSOCIATES

A US EYE COMPANY

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

352-632-2020 • LakeEye.com

DRINKS AND KEY INGREDIENTS FOR ENHANCING BLOOD CIRCULATION

Maintaining optimal blood circulation is crucial for overall health and well-being. Proper blood flow ensures that oxygen, nutrients, and immune cells are efficiently delivered throughout the body, while waste products are removed. In recent years, there has been growing interest in blood circulation drinks – beverages formulated with ingredients believed to support and improve blood circulation. This article delves into the science behind blood circulation drinks, their potential benefits, and the key ingredients commonly found in these beverages.

The Importance of Blood Circulation

Blood circulation plays a pivotal role in maintaining the body's physiological functions. A well-functioning circulatory system ensures that vital organs receive the nutrients and oxygen they need to operate efficiently. Poor blood circulation has been associated with various health issues, including cardiovascular diseases, cold extremities, and cognitive impairment.

Understanding Blood Circulation Drinks

Blood circulation drinks are beverages designed to promote and enhance blood flow within the body. These drinks often contain a combination of natural ingredients that are believed to have a positive impact on circulation. While research on the specific effects of these drinks is ongoing, many of the ingredients they contain have been studied individually for their potential benefits on blood flow.

Key Ingredients in Blood Circulation Drinks

- **Nitric Oxide Boosters:** Nitric oxide is a vasodilator that relaxes blood vessels, allowing for improved blood flow. Ingredients like beetroot and pomegranate have been shown to increase nitric oxide production and help widen blood vessels, potentially enhancing circulation.¹
- **Antioxidants:** Ingredients rich in antioxidants, such as vitamin C and polyphenols found in berries and green tea, help protect blood vessels from oxidative stress and inflammation, supporting healthy blood circulation.²
- **Ginger and Turmeric:** These spices have anti-inflammatory properties that may help reduce arterial stiffness and improve blood vessel function, contributing to better circulation.³
- **Omega-3 Fatty Acids:** Found in sources like fish oil, omega-3 fatty acids have been linked to improved arterial function and reduced blood clot formation, thus aiding in maintaining healthy circulation.⁴
- **Cayenne Pepper:** The compound capsaicin in cayenne pepper has been associated with improved blood flow and enhanced circulation due to its vasodilatory effects.⁵



Top Drinks for Blood Circulation (quick list)

- **Pomegranate Juice:** Pomegranate juice is rich in polyphenol antioxidants, which research suggests can improve blood circulation. This juice also has nutrients, including vitamin C, which strengthens blood vessels and can improve blood flow in that way. Pomegranate juice also has nitrate, which can widen blood vessels and facilitate blood flow. If you live with varicose veins, you may also appreciate that pomegranate juice has anti-inflammatory properties.
 - **Tea:** Some teas contain antioxidants, which can improve blood circulation by protecting you from the free radicals that can lead to clogged arteries.
- To improve circulation, consider incorporating tea into your daily routine. Green and black teas are packed with antioxidants that help protect the body from free radicals, which can lead to heart disease. Additionally, ginger tea has been found to improve blood flow as a natural vasodilator, widening blood vessels and enhancing blood flow. So, when selecting tea, opt for green and black varieties or try ginger tea for an extra circulation boost.

- **Beetroot Juice:** Beets can dilate the blood vessels, and in doing so increase blood flow throughout your body. Beetroot juice can also help lower your blood pressure, which is often a problem when your arteries are partly blocked. Plus, beets have nitrate, which your body uses to make nitric oxide, a compound that increases blood flow by widening blood vessels.
- **Water:** Blood is mostly water, so it is logical that staying hydrated with water can support healthy blood flow. Interestingly, experts suggest drinking warm water rather than cold, since icy water can cause veins to contract temporarily. You may also want to carry a water container that lets you measure how much you are drinking to keep track of your consumption.

Most adults should drink up to two liters of water daily. This is the equivalent of 67 ounces or a little over 4 16 oz. bottles of water per day.

Conclusion

Blood circulation drinks have gained popularity as a potential way to enhance overall cardiovascular health and well-being. These beverages often contain a blend of natural ingredients known for their potential benefits on blood flow. While the individual ingredients have shown promise in scientific research, more comprehensive studies are needed to fully validate the efficacy of blood circulation drinks. As with any dietary supplement, it's advisable to consult with a healthcare professional before incorporating these beverages into your routine. Maintaining a balanced diet, engaging in regular physical activity, and managing stress remain fundamental strategies for promoting optimal blood circulation and overall health. *Read more on this subject from specialty trained, vascular surgeon, Dr. John Horowitz, at Central Florida Vein and Vascular Center: <https://cfvein.com/blood-circulation-drinks/>*

At Central Florida Vein and Vascular Center, our team of board-certified, fellowship-trained vascular surgeons is equipped with the experience and resources necessary to deliver high-level comfort and care. We treat patients of all ages, offering a wide range of minimally invasive treatments. We are dedicated to discussing all treatment options with you and ensuring you understand all aspects of your venous care. Whether you are experiencing tender veins or ulcers, we'll diagnose your condition and come up with an advanced, minimally invasive treatment plan based on your specific needs.

References:

1. Hoon MW, Johnson NA, Chapman PG, Burke LM. The effect of nitrate supplementation on exercise performance in healthy individuals: a systematic review and meta-analysis. *Int J Sport Nutr Exerc Metab.* 2013;23(5):522-532.
2. Shidfar F, Froghifar N, Vafa M, Rajab A, Hosseini S, Shidfar S. The effects of tomato consumption on serum glucose, apolipoprotein B, apolipoprotein AI, homocysteine and blood pressure in type 2 diabetic patients. *Int J Food Sci Nutr.* 2011;62(3):289-294.
3. Mozaffari-Khosravi H, Naderi Z, Dehghan A, Nadjarzadeh A, Fallah Huseini H. Effect of ginger and chamomile on nausea and vomiting caused by chemotherapy in Iranian women with breast cancer. *Asian Pac J Cancer Prev.* 2017;18(1):281-284.
4. Calder PC. Omega-3 fatty acids and cardiovascular disease: evidence explained, and mechanisms explored. *Clin Sci (Lond).* 2004;107(1):1-11.
5. Izzo AA, Ernst E. Interactions between herbal medicines and prescribed drugs: an updated systematic review. *Drugs.* 2009;69(13):1777-1798.

CENTRAL FLORIDA
VEIN & VASCULAR CENTER

(352) 562-0078 • www.cfvein.com

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

MOST PROCEDURES ARE
COVERED BY INSURANCE

Convenient Golf Cart Path Access

EMSELLA® Treatment for Incontinence

By Dr. Tina Chandra

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

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

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

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



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

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

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

DR. TINA CHANDRA

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



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

DR. RAVI CHANDRA

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



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



StrongAndHealthyOcala.com
352.861.0224

Chronic Obstructive Pulmonary Disease (COPD) & Your Heart Health

Nearly 24 Million Americans have COPD, and large number of them are over the age of 40 and have a history of smoking or being subjected to respiratory irritants such as chemicals and pollutants. COPD is a disease that is encompassed by chronic bronchitis, emphysema, and asthma, causing shortness of breath, productive coughing and inflammation of the airways. It is a progressive lung disease with no cure. Most patients are put on steroids (oral and inhaled), bronchodilators and antibiotics.

Individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breath. They frequently feel as if they are drowning and call 911 often due to this terrifying sensation. This is why it's important to speak to your physician about your COPD treatment and the best at home care techniques to keep you safe and comfortable.

Having a disorder like COPD is challenging with continual progressive changes and side effects. Talking to your physician about any fluctuations in your health or symptoms is critical.

COPD Symptoms

- Coughing
- Producing phlegm
- Wheezing
- Shortness of breath with normal activity
- Blue tinge to fingernails
- Fatigue

The COPD and Cardiac Connection

Both disease states are linked systemically to chronic inflammation in the body. Most individuals are unaware of the fact that they have chronic inflammation, because it's not typically something they can see and what they feel, they often ignore as general aging complaints like stiffness, brain fog, high blood pressure or high lipid levels, diabetes, etc. These issues are what lead to the vast amount of people that have comorbidities.

Patients with COPD have fluid retention, which is also attributed to cardiac issues, and can exacerbate cardiovascular conditions. For both sets of conditions diet is a critical component. Making sure that low sodium, low sugar and carbohydrates are minimal in the diet is helpful to lessen the effects of the inflammatory response. Exercise is also important but should be monitored and discussed with your physician.



The health of the heart and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of heart disorders are being overweight, poor dietary habits, having high blood sugar levels and living a sedentary lifestyle.

Depending on the stage of the COPD, some patients might need to consider home health care or private duty nursing. When under home health care, their team of nurses and medical director can prevent these readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes. Your physician is still in charge of your medical care, and all reports from the home health team are reported to your primary care doctor.

Talking to your primary care physician or cardiologist about diagnostic testing, lab work, medication management, and lifestyle changes is critical for your quality of life when dealing with COPD, heart issues or any other health changes or conditions that you might be experiencing.

Dr. Vallabhan

Call Office for Consultation
352.750.2040

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



Dr. V

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

It's your heart.
It should be
personal.
And that's how I treat it.

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

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

THE DEADLY CONNECTION:

Smoking, COPD, Lung Cancer, and Impaired Wound Healing

By Dr. Nam Dinh, MD, FAAOS

Smoking has long been recognized as a major public health hazard, with a laundry list of adverse health effects. Among the most devastating consequences are Chronic Obstructive Pulmonary Disease (COPD) and lung cancer, both closely linked to smoking. Additionally, the negative effects of nicotine on wound healing underscore the crucial need to quit smoking prior to surgery.

COPD: A Slow and Silent Killer

COPD is a progressive lung disease that encompasses conditions like chronic bronchitis and emphysema. The primary culprit behind COPD is tobacco smoke, responsible for nearly 90% of all COPD cases. Smoking introduces harmful chemicals and irritants into the respiratory system, leading to inflammation and damage in the airways. This can result in a reduced ability to breathe, chronic coughing, and impaired quality of life.

Lung Cancer: A Lethal Consequence of Smoking

Lung cancer remains one of the deadliest cancers globally, and smoking is its leading cause. The carcinogens in tobacco smoke, such as benzene and formaldehyde, can initiate genetic mutations in lung cells, leading to the uncontrolled growth of cancerous tumors. Sadly, lung cancer often remains undetected until advanced stages, contributing to its low survival rate.

Nicotine's Role in Wound Healing

While the lung-related dangers of smoking are widely known, the negative effects of nicotine on wound healing are less publicized but equally significant. Nicotine, a highly addictive compound found in tobacco, narrows blood vessels and reduces blood flow. This constriction limits the delivery of essential nutrients and oxygen to healing tissues, slowing down the body's natural recovery process.

Furthermore, nicotine disrupts the delicate balance of inflammation and anti-inflammatory responses in the body. This imbalance can result in prolonged inflammation at the wound site, delaying healing and increasing the risk of complications, such as infections and poor scarring.

The Critical Importance of Quitting Before Surgery

For individuals facing surgery, whether it's elective or necessary, quitting smoking is paramount. Smoking before surgery increases the risk of complications



during and after the procedure. Reduced blood flow and impaired wound healing can lead to slower recovery times, increased postoperative pain, and a higher likelihood of infections.

Surgeons often recommend quitting smoking for a certain period before surgery to optimize outcomes. The duration can vary based on the type of surgery and individual health factors. In some cases, even a few weeks of abstinence can significantly improve the body's readiness for the operation.

How to Quit Successfully

Quitting smoking is a challenging endeavor, but it is far from impossible. Numerous resources and strategies are available to help individuals kick the habit and improve their health:

- 1. Nicotine Replacement Therapy (NRT):** NRT products like nicotine gum, patches, and lozenges can help gradually reduce nicotine dependence.
- 2. Prescription Medications:** There are prescription medications, such as varenicline and bupropion, that can aid in smoking cessation.
- 3. Behavioral Support:** Counseling and support groups can provide essential guidance and motivation to quit smoking successfully.
- 4. Mindfulness and Stress Reduction:** Practicing mindfulness techniques and finding healthy ways to manage stress can be critical in maintaining a smoke-free lifestyle.
- 5. Support from Loved Ones:** Inform friends and family about your decision to quit smoking and ask for their support.

- 6. Set a Quit Date:** Choose a specific date to quit smoking and prepare for it mentally and emotionally.

A Path to Better Health

The connection between smoking, COPD, lung cancer, and impaired wound healing is undeniable. The negative impact of nicotine on the body's ability to heal wounds underscores the necessity of quitting smoking before surgery. By taking this important step, individuals not only improve their surgical outcomes but also reduce their risk of developing lifethreatening lung diseases and ultimately pave the way for a healthier, smoke-free future. The journey to quitting is undoubtedly challenging, but the rewards for your health and well-being are immeasurable.

About Dr. Nam Dinh

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



Optimotion
ORTHOPAEDICS
For a healthy and active lifestyle
(407) 355-3120
www.optimotion.com

Men's Health:

Why You Need to Stay on Top of Your Medical Exams

The month of November is also referred to as MOVEMBER for Men's Health. We often hear jokes that men prefer to stay away from the doctor, but more and more men have become proactive about their healthcare than ever before, which allows for healthier lifestyle choices and earlier diagnosis. Men taking the lead on their health is always better for long term outcomes and living well.

When it comes to men's health, Advanced Urology Institute (AUI) offers numerous treatments and diagnostics for erectile dysfunction, vasectomies, urinary, kidney, and bladder health, and prostate disorders.

Getting Your Prostate Checked is Not Optional

Prostate cancer is often referred to as a silent killer. As men age, it can become enlarged, infected, and cancerous. Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. This year alone, it will take over 31,620 men's lives. But it doesn't have to be this way! With just a standard examination and regular checkups, prostate cancer can be diagnosed and treated effectively, alleviating these grim statistics. Early diagnosis is critical and achievable with the right steps. Due to prompt diagnosis, 3 million men in the US are prostate cancer survivors!

Some of the Most Common Symptoms of the Disorder are:

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

Diagnostics

There are several distinctive tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells—the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells;



this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

The normal PSA level is 4.0, which is four nanograms per milliliter of blood (ng/ml), but in younger men, an average of 2.5 ng/ml is normal, while in older men a reading above four may not necessarily be alarming.

Additional Testing

Certain medications, herbal supplementation, or being overweight can also have a counter effect on your PSA levels. For example, a person taking a daily aspirin may have a lower PSA level due to the effect of the medicine on the blood protein count.

Before you are tested, it's imperative to tell your physician everything that you are taking, or any other health conditions or symptoms that you are experiencing. Additional more detailed testing includes transrectal MRI or transrectal ultrasound, as well as biopsies.

If diagnosed with cancer, a Gleason Score biopsy will be taken to determine the aggressiveness of prostate cancer. This grading system allows urologists to choose the appropriate and optimal treatment option.



Advancedurologyinstitute.com

THE VILLAGES | **OCALA**
(352) 259-4400 | **(352) 351-1313**

Treatment

All treatment options are not going to be suitable for every prostate cancer case. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor, and personal circumstances, the treatment may vary significantly. For some patient's hormone therapy is appropriate, and for others, a "watch and wait" approach is suitable. In some instances a single surgical removal may be fitting, while for others radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.

Advanced Urology Institute

AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients. We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

Services Offered & Conditions We Treat

- Erectile Dysfunction
- Benign Prostatic Hyperplasia (BPH)
- Kidney Stones
- Da Vinci Robotic Assisted Surgery
- Prostate Cancer Treatment
- Vasectomy & Vasectomy Reversal
- Urinary Tract Infection
- Pediatric Urology
- Women's Urological Health

We Value Patient-Centered, Evidence-Based Care

As a patient, you can be certain that you are a critical member of our treatment team. We will answer your questions and strive to provide the best services and the best care, based on your individual needs, preferences, and choices. AUI Physicians emphasize the use of proven treatment guidelines within our specialty, to optimize clinical decision making. Through our internal measures, our involvement in research studies, and our passion for continuous learning, you can be confident that our treatment team is providing you with the best treatment options.



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

By Richard W. Rozensky, DDS, D.ABDISM

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

What Is Sleep Apnea?

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

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

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

What are the symptoms of Sleep Apnea?

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

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy?

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



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

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

Laurel Manor Dental/Laurel Manor SleepCare

352.430.1710

laurelmanordental.com

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

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

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

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

Meet Dr. Rozensky

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

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

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

TIS' THE SEASON FOR GIFTING

Often times it may not feel like the holiday season with Florida's toasty temperatures, but don't be fooled. The holidays are here! There's an undeniable sense of anticipation in the air, as many of us are looking forward to reconnecting with friends and family.

With Christmas 2023 just around the corner, the age-old tradition of exchanging gifts and spreading joy takes center stage. This year, however, there's a growing trend that savvy shoppers are embracing – the art of shopping early. Beyond the twinkling lights and bustling holiday markets, the wisdom of starting your Christmas shopping ahead of time becomes evident. As we navigate through a world of ever-changing dynamics, early holiday shopping not only ensures access to the finest gifts but also offers a respite from the last-minute chaos, allowing for a more thoughtful and enjoyable celebration.



2023 Gifting Trends

Everyone is under a lot of stress, so consider gifting something focused around health, wellness and mindfulness. Think self care, aromatherapy, meditation, journaling and even fitness. The great thing about wellness gifts is that they are perfect for people of all ages and enjoyed by both men and women alike.

Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a handwritten friendship note on the first page of a gorgeous leather-bound journal. Your co-workers may like an aromatic collection of soaps or essential oils. And, your significant other will love a set of comfy pajamas or workout clothes for the gym.



Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies, have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around, and people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us have put on some "lb's" over the past few years, so do everyone a favor and skip the sweets and choose health & wellness options.

Give Experiences

Another gift idea that is on trend for 2023 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally-owned stores in your community. Many small businesses and restaurants have struggled the past few years. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.

Skip the holiday hustle this year. Make your list. Check it twice. And get your holiday shopping done!



www.naplessoap.com

Naples Soap Company has carefully curated a huge assortment of gift sets to make your gift giving a breeze this holiday season. From our coastal-inspired "Christmas on the Beach Box" to our all-new "Self Care Essentials Sets" to our fan favorite "Soap Stacks," we have something for every budget and for everyone on your list. Naples Soap Company has 14 stores across the state of Florida. Visit us at naplessoap.com to find a store near you or shop online and ship for free with orders over \$50.

Ketamine Health Centers:

HELPING PATIENTS REDUCE STRESS WITH SGB

The Stellate Ganglion Block (SGB) is a medical procedure for managing pain-related conditions and certain neurological disorders. It involves the injection of local anesthetics, such as Lidocaine and Ropivacaine, into the stellate ganglion, a cluster of nerve cells located in the neck on either side of the voice box (larynx), at the level of the sixth cervical vertebra. Two nerve blocks are used, one at the C6 and the second at the C4.

Indications:

- SGB is commonly used to treat the upper extremities' complex regional pain syndrome (CRPS).
- It can also be considered in managing neuropathic pain, vasospastic disorders, and conditions like post-traumatic stress disorder (PTSD).

How it Works:

- During the procedure, a trained medical professional typically uses ultrasound to locate the stellate ganglion accurately.
- A local anesthetic is injected into this nerve cluster.
- The medication temporarily blocks or modulates the nerve signals in the region, which can help reduce pain and improve blood flow.

Procedure Details:

- The procedure is usually performed on an outpatient basis.
- You may be asked to fast for several hours before the procedure.
- It's essential to inform your healthcare provider about any allergies or medical conditions you have.

Effectiveness:

- The effectiveness of SGB can vary from person to person. Some individuals experience significant mental health and pain relief, while others may have more modest results.
- It is often combined with other treatments and therapies, depending on the underlying condition.

Post-Procedure Care:

- You might experience temporary numbness or weakness in the upper extremity on the side where the block was administered.
- Follow your healthcare provider's instructions for post-procedure care, which may include restrictions on certain activities.

Seek Medical Advice:

- If you are considering a Stellate Ganglion Block, it is essential to consult a qualified medical provider.
- Discuss your symptoms, medical history, and treatment options thoroughly with your healthcare professional.

According to Dr. Raul Cruz, Medical Director at the Miami and West Palm Beach locations: *"The SGB procedure has really been a game changer for our patients at KHC. It is a highly effective, safe, quick, and fast-acting procedure used synergistically with our ketamine infusions to provide a robust Body (SGB) and Mind (Infusions) solution to PTSD symptoms, where other modalities may only scratch the surface. It will take an overactive fight or flight response that has become deranged and normalize it in minutes and hours, providing relief for months. There is nothing else that comes close to its speed and effectiveness."*

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.

Begin Your Recovery Journey Today!

What Our Patients Are Saying

"The KHC team really cares about every single person that walks in the doors. From the moment I walked in, I felt welcomed and relaxed! The facilities are beautiful and the people are so kind & professional. I highly recommend Ketamine Health Centers and am so grateful for their work."

- Francesca T.

"I did my first treatment in January of 2019, and it was life changing to say the least. The staff is spectacular, and this place was essential on my road to mental health recovery. You can view my testimonial on the Instagram page for the ketamine health centers. Truly grateful, thank you so much!!"

- Juan C.

"So grateful for the entire team at Ketamine Health centers! They all genuinely care about their patients. What they have done for my brother and our family is priceless. No better group of people to help someone you love through a crisis."

- Janelle M.



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.



ketamine
HEALTH CENTERS
POWERED BY
EMERGENCE

239-387-3496

www.ketaminehealthcenters.com

BONITA SPRINGS
26800 S. Tamiami Trail
Suite 310
Bonita Springs, FL 34134

MIAMI
9408 SW 87th Ave.
Suite 302
Miami, FL 33176

ORLANDO
616 E. Altamonte Dr.
Suite 206
Altamonte, FL 32701

WEST PALM BEACH
1411 N. Flagler Dr.
Suite 9300B
West Palm Beach, FL

In addition to ketamine infusion therapy, our centers have multiple treatment options designed to help you regain control and start living again. Considering your health, our practical and minimally invasive therapies are available for various conditions.

At **Ketamine Health Centers**, our goal is for our patients to succeed. We want you to be happy and healthy. Our mission is to help depression, fibromyalgia, and post-traumatic stress disorder sufferers, as well as recovering substance abusers, to 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/watch?v=OmTvhURAUzIs>

***Ketamine Health Centers** is affiliated with **Irwin Naturals Emergence** as a mental health and chronic pain provider. We are collaborating with the nutritional supplements company to address the mind-gut connection.



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.



Raul Cruz, MD, Medical Director

Dr. Cruz is a Certified Diplomate of the American Board of Anesthesiology and has been a licensed, practicing anesthesiologist for 15 years. Dr. Cruz has had extensive experience in both the academic and private practice settings including teaching, operating room and practice management, and direct patient care.

Dr. Cruz has been involved in the full spectrum of anesthesia practice ranging from procedural medicine and all the surgical sub-specialties, including level 1 Trauma and Burn surgery; as well as anesthetic management in Obstetrics and Psychiatry. During his 15 years in practice, Dr. Cruz has developed an expert knowledge in the use of and delivery of IV ketamine to treat burn patients, as well as those with acute and postoperative pain. He has had success treating patients with comorbid depression, anxiety, and/or PTSD using ketamine infusions in the hospital setting, while also using it as an anesthetic, an analgesic, and as a sedative.

Optimistic Approach

REGAIN CONTROL OF YOUR LIFE



Ketamine Infusion & Other Effective Treatment Options For Many Conditions

- Major Depression • Bipolar Depression • Severe Anxiety
- Suicidal Ideations • Post-Traumatic Stress Disorder (PTSD)
- Obsessive-Compulsive Disorder (OCD)
- Fibromyalgia and Pain Syndromes • Autism
- SGB Treatment • Post COVID Relief Therapy
- Addiction Treatment • TMS

ketamine
HEALTH CENTERS



POWERED BY
EMERGENCE

407-270-2473

616 E. Altamonte Dr., Suite 206, Altamonte, FL 32701

www.ketaminehealthcenters.com



SUMTER SENIOR LIVING
A GRACE MGMT COMMUNITY



CELEBRATING THOSE WHO SERVED

10% Discount for Veterans and Spouses*



Veterans Assistance Program

Sumter Senior Living is proud to be home to many brave men and women who have served our country. As a thank you for their service, we are pleased to offer a 10% discount on monthly rent* to qualified Veterans and their spouses who make our community their home.

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

It's not like home. It is home.™

*Restrictions apply. Contact Executive Director to learn more.

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

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

Assisted Living License Number: 12227

SUFFERING FROM MEMORY LOSS?

Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

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

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

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

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

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

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



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

DIAGNOSIS

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

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

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

CAN ALZHEIMER'S DISEASE BE PREVENTED?

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

WHAT CAN YOU DO?

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



CRAIG CURTIS, M.D.
US NAVY VETERAN 

DR. CRAIG CURTIS

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

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

www.CraigCurtisMD.com
352-500-5252

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

BENEFITS OF IV THERAPY

If you've ever gone to the hospital or emergency room you know that one of the first things to happen is getting an IV. This is done because getting fluids, vitamins, medications, nutrients, etc through an IV is the quickest, most efficient way to get these essential materials into your body because they are delivered directly into your circulation and allow for quicker and more complete absorption. IV therapy is not limited to the hospital though and can be done on an elective basis which can bring many benefits but at a much lower cost while also helping to prevent the need to be seen in the ER by helping to resolve small illnesses, boost your immune system, and provide specific medications in some cases.

What is IV therapy?

IV therapy offers a fast, effective way to replace vitamins, minerals, and nutrients that may be lacking as well as administer certain medications for quick relief of ailments such as stomach flu, cold, food poisoning, hangover, and migraine headaches to name a few. This can help improve many health concerns, combat illness, boost immunity, and improve overall wellness.

IVs are placed by a medical professional into a peripheral vein and can have predetermined mixtures of nutrients, minerals, vitamins, amino acids, and/or medications or can be customized individually. These get placed in a bag of IV fluid that is pH balanced to match our bodies natural fluids and is administered slowly with most treatments taking 60-90 minutes although some medications require a slower infusion and can therefore last 2-4 hours.

Why IV therapy?

- Allows you to bypass your GI system by providing direct administration to the bloodstream making nutrients instantly available without any loss through absorption.
- Allows medications/fluids/electrolytes to be given/replaced when unable to tolerate anything orally.
- Provides nutrients that are lacking in our diets. Soils are often depleted of many nutrients now days so even the best efforts at healthy diets can still leave us deficient.
- Provides body with what it needs to stay in tip top shape allowing for decreased illness, improved mental clarity, and overall improved energy and well-being.
- Our daily needs vary from day to day based on environmental factors, stress, diet, and other health conditions. IV therapy allows you to easily get all the nutrients your body needs with 100%

absorption so you can conveniently give your body all the building blocks it needs to help you feel your best every day.

Is IV therapy safe?

IV therapy is a safe procedure when performed by a licensed medical professional who monitors the infusions.

What are possible side effects?

Typically, there are no significant side effects, however, some people may experience a feeling of being cold/chilled while others report feeling sleepy; these feelings are typically based on the specific nutrients being given. Occasionally people report a sensation of tasting the vitamin or mineral in their mouth during treatment; this is normal and nothing to be concerned about.

How often can I get an IV?

Time between IV treatments vary by individual but typically no more often than once a week although there are a few exceptions that will be discussed at your appointment.

At Total Nutrition & Therapeutics, our IV therapy menu addresses most concerns and can also be customized depending on your needs. If you are wondering if IV therapy could be helpful for you look at the benefits you can get through IV therapy:

- Immediate rehydration
- Energy boost
- Increased mental clarity
- Migraine headache relief
- PMS relief
- Quicker recovery from illness (cold/flu, food poisoning, etc.)
- Improved athletic performance and recovery
- Guaranteed vitamin absorption
- Immunity boost/illness prevention; improved overall wellness
- Decreased stress/fatigue
- Rapid results
- Eliminate toxin build up
- Improved mood/decreased anxiety and depression
- Improved overall wellness
- Hangover recovery
- Weight loss
- Skin Improvement, hair and nail growth, anti-aging support
- Replenished nutrients that are lacking in our diets



Who is a candidate?

Most people are candidates for IV therapy but the nutrients, vitamins, minerals, and medications given will vary from person to person. Every patient meets with our team and reviews their medical history before determining if they are a candidate and what formula would be most beneficial.

Who should not get IV therapy?

There are some health issues that can exclude you from getting an IV treatment. Common conditions that may limit being able to receive IV therapy include kidney disease, heart disease and high blood pressure. While these do not exclude being treated with IV therapy you should have a full medical history review with a physician who can determine if you are a candidate for IV therapy and what formulations are safe for you and which aren't.

How do I get started?

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

Total Nutrition & Therapeutics

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



TOTAL NUTRITION
AND THERAPEUTICS

TOTAL NUTRITION AND THERAPEUTICS

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

352.259.5190

WWW.TNT4ME.COM



SUMTER SENIOR LIVING

A GRACE MGMT COMMUNITY

Proud to Serve Our Veterans

Known most widely for bringing Thanksgiving and the ensuing commercial buzz of Black Friday, November rarely gets the credit it deserves for honoring the brave individuals who have served our country. Every year, Veterans Day recognizes the formal agreement that marked the official end of World War I in 1918, and the country has a day devoted to thanking those who have previously served in the U.S. military.

The annual observance on November 11th encourages assisted living communities nationwide to offer a variety of events and activities to celebrate the members of their communities, as well as to help educate Veterans and their families about this distinctive avenue of long-term care.

November is also known as Military Family Month, dedicated to military families around the world. The observance recognizes the commitment these families make to their service members, providing a vital foundation at home that allows confidence in the field.

While one day—or month—alone is not enough, the platform provided by November's holidays allows communities, like Sumter Senior Living, to inform Veterans and their spouses how senior living can offer them a lifetime of recognition.

NOTABLE NOVEMBER

Veterans Day, not to be confused with Memorial Day or Armed Forces Day, celebrates all United States military Veterans. The historic and symbolic roots of this federal holiday only serve to bolster its significance. Acknowledged annually on November 11th, Veterans Day recognizes the Armistice—when, on the 11th hour of the 11th day of the 11th month in 1918, allied forces and Germany came together to sign the peace treaty officially marking the end of World War I.

Well-known in some countries still as Armistice Day or Remembrance Day, the U.S. holiday evolved into the current Veterans Day in 1954. According to Veterans Affairs, the first celebration using the current-day term occurred in 1947 in Birmingham, Alabama, when a World War II Veteran, Raymond Weeks, organized a parade and festivities to honor all Veterans and dubbed it "National Veterans Day." A bill was later proposed, passed by Congress, and signed by President Eisenhower, proclaiming November 11th as Veterans Day.

Veterans Day allows us to publicly acknowledge the heroes of our nation—along with Memorial Day, set aside for remembering the men and women who died while serving; Armed Forces Day, recognizing the men and women currently serving; Gold Star Mother's and Family's Day, to honor the families of fallen service members; and the many other military observances throughout the year.



THANK YOU, VETERANS

Sumter Senior Living strives to make a difference in the lives of those we serve—including those who have served our country. As part of our community's initiative to honor Veterans during national military appreciation holidays recognized in May, September, and November—and year-round—Sumter Senior Living offers Veterans and their spouses a rent discount.*

In addition, Sumter Senior Living accepts the VA Aid & Attendance Benefit, which may be able to help cover the cost of senior living expenses as needs change and you begin to add more care. This benefit, available through the U.S. Department of Veterans Affairs, is a monthly pension that aids many Veterans and their families in financing senior living.

Because we understand that for the brave men and women who call Sumter Senior Living home, it's not just feeling like you're home—but actually feeling at home. Which is why, along with a variety of living options, our vibrant, active community offers daily wellness, cultural, and educational programs created by listening to and learning from you.

Spend time with family in our community rooms. Take care of your health in our Fitness Center and indoor, heated therapy pool. Explore enriching interests at the Library, Theater, or Arts and Crafts Studio. Whatever your interests, there are countless opportunities to connect, grow, and live up to your full potential with like-minded individuals at Sumter Senior Living.

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.

*Some restrictions apply. The 10% discount applies to base rent only and is offered to qualifying individuals. All residents remain subject to typical annual rate increases. See Executive Director or Sales Director for additional details.

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

IMAGELIFT FACIAL BEAUTY SEMINARS



*Results Typical and Do Vary

Surgical or Non-Surgical

UPCOMING SEMINARS

**EXCLUSIVE SEMINAR PRICING
MEET PAST PATIENTS**

WATERFRONT INN

Thursday, December 7th @ 2pm
1105 Lake Shore Drive

BROWNWOOD HOTEL

Wednesday, January 10th @ 2pm
3003 Brownwood Blvd

**FREE FACIAL WITH THE COMPLETION
OF A SEMINAR CONSULTATION.**

DR. RICH CASTELLANO FACIAL SPECIALIST

Facelifts (Surgical and Non Surgical)

Facial Sculpting (Fillers, Wrinkle Relaxers)

Facial Polishing (CO2, IPL, SkinPen Microneedling)



TOP DOCTORS®
2023

Double Board Certified
Facial Plastic Surgeon

Dr. Richard Castellano



IMAGELIFT®

ImageLift.com

Rich Castellano, M.D.

**Free
Book!**

**+4,000
Facelifts**

**Double
Board Certified
Facial Plastic
Surgeon**



352-227-1501

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

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

Alzheimer's or Dementia...

How do you know?

In the realm of cognitive disorders, it's vital to understand the nuances that set Alzheimer's disease and dementia apart. While Alzheimer's is a specific type of dementia, the distinction lies in the scope and underlying causes of these conditions. Dementia is a broader term encompassing various cognitive impairments. Alzheimer's disease and dementia can exhibit similar cognitive and behavioral symptoms, making distinguishing between the two challenging. The two may appear identical in memory loss, disorientation, difficulty in communication, and impaired judgment. Now, let's compare the differences between the two.

Definition:

Alzheimer's Disease is a specific and progressive brain disorder that primarily affects memory, thinking, and behavior.

Dementia: Dementia is an umbrella term for a range of cognitive impairments that interfere with daily life. Alzheimer's is the most common cause of dementia, but there are other types, such as vascular dementia and frontotemporal dementia.

Cause:

Alzheimer's Disease: The exact cause is not fully understood, but it is characterized by the accumulation of abnormal protein deposits in the brain, including beta-amyloid plaques and tau tangles.

Dementia: Dementia is a syndrome caused by various underlying conditions, not limited to Alzheimer's. It can result from vascular issues, Lewy body disease, Parkinson's disease, and others.

Progression:

Alzheimer's Disease: Alzheimer's tends to progress gradually, with symptoms worsening over time. It typically follows a predictable pattern of decline.

Dementia: The progression of dementia can vary depending on its underlying cause. Some types of dementia may progress more rapidly than Alzheimer's.



Symptoms:

Alzheimer's Disease: Common early symptoms include memory loss, difficulty with problem-solving, and changes in mood and behavior. As it progresses, individuals may have trouble with language and motor skills.

Dementia: Symptoms of dementia can include memory loss, difficulty with communication, disorientation, impaired reasoning, and changes in behavior and personality. The specific symptoms can vary based on the underlying cause.

Diagnosis:

Alzheimer's Disease: Diagnosis is often made through a comprehensive assessment that includes medical history, cognitive tests, and brain imaging. A definitive diagnosis in the past was only made by examining brain tissue after death but improvements have been made so that it can now be diagnosed through PET scan imaging and examining cerebrospinal fluid through lumbar puncture.

Dementia: Dementia is diagnosed by evaluating a person's cognitive and behavioral symptoms. Identifying the underlying cause may require additional tests and investigations.

Treatment:

Alzheimer's Disease: There are medications available to help manage symptoms of Alzheimer's and slow its progression, but there is no cure.

Dementia: Treatment aims to address the underlying cause and manage symptoms. In some cases, symptoms may be reversible if the underlying cause is treatable.

Prevention:

Alzheimer's Disease: While there is no surefire way to prevent Alzheimer's, some lifestyle factors like regular exercise, a healthy diet, and cognitive stimulation may help reduce the risk.

Dementia: Prevention strategies often focus on addressing the risk factors associated with the specific type of dementia, such as managing cardiovascular health to reduce the risk of vascular dementia.

It's essential to remember that both Alzheimer's and other forms of dementia require a medical diagnosis and professional management. If you or someone you know is experiencing cognitive changes, seeking medical advice from a healthcare provider is crucial.

Stages of Alzheimer's Disease*

Stage 1/2	Stage 3	Stage 4	Stage 5	Stage 6
<ul style="list-style-type: none"> •Preclinical AD •Evidence of AD pathological biomarkers but no symptoms 	<ul style="list-style-type: none"> •MCI due to AD •Mild symptoms appear, but they do not interfere with daily activities 	<ul style="list-style-type: none"> •Mild AD Dementia •Symptoms interfere with some daily tasks 	<ul style="list-style-type: none"> •Moderate AD Dementia •Daily activities become more difficult, behavior may change, and some care assistance may be required 	<ul style="list-style-type: none"> •Severe AD Dementia •Physical health is affected, and care assistance becomes necessary

*Alzheimer's Association. Alzheimer's Association Report: 2020 Alzheimer's disease facts and figures. *Alzheimers Dement.* 2020;16(3):391-460.

for proper evaluation and care and to know what stage you or your loved one are in to ensure timely and appropriate care.

At Sage Infusion, we recently started treating patients with **Leqembi**, recently approved by FDA in July 2023. **Leqembi** treatment is recommended for patients with mild cognitive impairment or mild dementia stage of disease as diagnosed and referred by their physician. Leqembi is designed to target stage 2 and stage 3 of the disease as outlined in the chart above.

According to NBC Health News statements released July 6, 2023, "Leqembi, from Japanese drugmaker Eisai and U.S.-based drugmaker Biogen, targets a type of protein in the brain called beta-amyloid, long thought by scientists to be one of the underlying causes of Alzheimer's disease. In a phase 3 clinical trial of 1,795 patients with mild cognitive impairment or early-stage disease, progression of the illness was slowed by 27% over an 18-month period."



Visit <https://www.nbcnews.com/health/health-news/leqembi-alzheimers-drug-fda-approval-eisai-biogen-rcna92377> to read the full news story.

Sage Infusion continues to expand options for our patients by adding the ability to service newly approved medications including Leqembi. We administer several medications across specialties and diagnoses to help close to a 1000 patients per month. Our team keeps a pulse on new to market drugs as well as drugs needed to service our patients.

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 reimaged 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.

352-565-5553

sageinfusion.com/swwellness

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

IS HYPNOTHERAPY RIGHT FOR ME?

THE MOST QUALIFIED HYPNOTHERAPIST IN CENTRAL FLORIDA:
PROMOTING HEALTH AND WELLNESS



PATRICK WATSON, PHD

352.789.9133

DrWatson@MindSetSolution.net

SERVICES:

- Clinical/Medical Hypnotherapy
- Virtual Hypnotherapy
- Breathwork Classes
- Weight loss/Mindful Eating
- Brain Health Coaching
- Holistic Wellness Coaching
- NeuroMeditation



*Affordable, Convenient,
and Expert Infusion Care*

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



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





ASKING THE RIGHT QUESTIONS WHEN SEARCHING FOR ASSISTED LIVING

By Janice Martin, Owner of Senior Liaison of Central Florida

A family recently contacted me to help them find an assisted living community that would provide an appropriate placement for their loved one with significant care needs. They had been through one ordeal after another and felt they had been given promises that were not fulfilled. Only after moving into a community did they realize they'd been misled when a life threatening occurrence arose.

Sadly, this is not an uncommon situation. When an individual has a care need that has the potential to need a heightened degree of responsiveness due to their diagnosis, it is imperative that the questions that are asked during the initial visit are very specific. The perfect example is related to nursing availability. The question is often asked, "Do you have nurses 24/7?" While this appears to be precise, it is not. In this example, the evasive answer is generally yes. Yes, they have caregivers and nurses available 24/7. What is often not disclosed is that the nurse goes home at a certain hour and is then only available by phone. Should an urgent need arise in the middle of the night, the staff must call and wake the nurse and explain the situation. The nurse must then get dressed, drive to the community, park the car, and make their way to the resident before providing the care. This could easily take up to an hour or longer, which is not always practical.

Instead, the correct way to phrase it is, "Are there nurses IN THE BUILDING 24/7?" Very specific. What is surprising is there are very few communities that do. Some will tell you that they don't because it's difficult to find nurses. While this is true, there are staffing agencies that readily provide temporary nurses to assist until a permanent nurse is hired. Sadly, they may choose not to utilize this due to cost.

While assisting this family, I reached out to several communities to ask about their nursing standards. Although I knew a few that have nurses in the building overnight, I was shocked to learn that some that previously did no longer do. Because I didn't specifically ask if the protocol had changed, they didn't share that it had. Thankfully, I was able to locate one that does.

There are three levels of licenses in assisted living - Standard, Limited Nursing Services (LNS), and Extended Congregate Care (ECC). Each offers an increasing degree of authority to provide care.

Previous regulations governing assisted living communities had only allowed those with an LNS or ECC license to provide hands-on nursing care. However, a Standard license now allows nurses the authority to provide greater care. What is interesting is that although a community with an LNS or ECC may deny a potential resident due to their care needs, a community with a Standard license may choose to accept them. It will depend upon the community's protocols and the availability of nurses in the building.

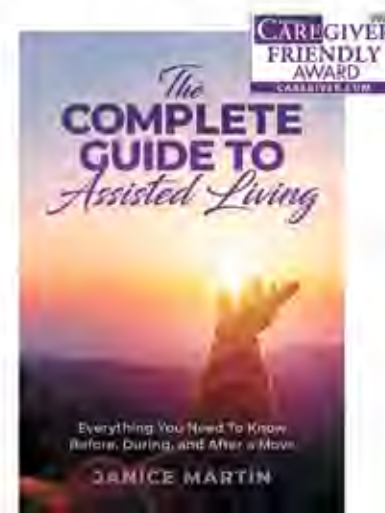


Such was the case while helping this family. I met with the Executive Director of a community with a Standard license who consulted with their Director of Nursing to determine if they could provide the care needed with 24 hour LPNs. I was assured by this trusted leader that they could help.

Despite my confidence, I felt it was necessary to reach out to the Agency for Health Care Administration (AHCA). AHCA is the governing agency that creates and enforces the regulations surrounding assisted living communities. I spoke with a representative and specifically asked if a community with a Standard license has the authority to provide the level of care needed in this situation. I was assured they could. I then asked if I could see it in writing for final confirmation and they obliged.

There are some key factors that are important to understand. Not all situations require this level of oversight. Critical needs that would make it necessary includes 1) someone who may have frequent falls where a nurse is available to assess the situation before automatically sending the resident to the hospital; 2) someone with a blood disease that causes heavy bleeding in need of frequent bandaging; 3) a diabetic who needs to have their glucose closely monitored and insulin administered; 4) a person with a port that is prone to infection; 5) or a colostomy bag that could leak. Not all licenses will allow for all of these circumstances so it's important to disclose these needs during your search.

The story I shared is the perfect example of why a family should never walk into a community without representation when there is a life threatening health concern that must be managed diligently. It is important that the representative has a solid understanding of the communities in the area, understands their licenses, protocols, and staffing, and communicates full disclosure of the specific situation before referring the community to a family. There are national companies that are merely directories of community names that do not understand this. I encourage you to work with a LOCAL professional who will guide you one on one to achieve the outcome you and your family deserve.



Janice Martin is an author, educator, and specialist on senior living options and the owner of Senior Liaison of Central Florida Inc. She assists families in locating senior living communities and 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 visit www.seniorliaisoncfl.com.



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

AGING GRACEFULLY

7 STRATEGIES TO AVOID KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

Knee pain can be a debilitating condition that significantly impacts your quality of life. For many, the prospect of knee replacement surgery is a last resort. However, the good news is that there are numerous strategies you can employ to avoid knee replacement surgery and maintain your mobility and independence. In this article, we will explore seven effective ways to keep your knees healthy and strong as you age.

1. Maintain a Healthy Weight

One of the primary risk factors for knee problems is excess weight. Carrying extra pounds puts additional stress on your knee joints, leading to wear and tear over time. By maintaining a healthy weight, you can reduce the strain on your knees and decrease your risk of developing knee issues. A balanced diet and regular exercise are key components of weight management.

2. Stay Physically Active

Regular physical activity is essential for knee health. Low-impact exercises such as swimming, cycling, and walking can help strengthen the muscles that support your knees. Strong muscles provide better stability to the joint, reducing the risk of injury or damage.

3. Strengthen Your Muscles

Strong muscles around the knee joint are crucial for preventing knee problems. Focus on exercises that target the quadriceps, hamstrings, and calf muscles.

A physical therapist can help design a personalized strength training program to improve your knee stability.

4. Proper Footwear

Wearing appropriate footwear is often overlooked but plays a significant role in knee health. Ensure your shoes provide proper arch support and cushioning to reduce the impact on your knees. Consult with a podiatrist to find the right shoes for your specific needs.

5. Manage Knee Injuries Promptly

If you experience a knee injury, it's vital to address it promptly. Ignoring or downplaying knee injuries can lead to long-term damage. Consult a healthcare professional, such as an orthopedic specialist, to receive appropriate treatment and rehabilitation.

6. Physical Therapy and Alternative Treatments

Physical therapy can be highly effective in managing knee pain and avoiding surgery. Therapists can teach you exercises to improve mobility and reduce discomfort. Additionally, alternative treatments like acupuncture, chiropractic care, and massage therapy can provide relief for some individuals.

7. Anti-Inflammatory Diet and Supplements

Inflammation in the knee joint is a common source of pain and discomfort. An anti-inflammatory diet rich in fruits, vegetables, and omega-3 fatty acids can help reduce inflammation. Additionally, supplements like glucosamine and chondroitin have been found to support joint health in some studies.



While knee replacement surgery is a viable option for those with severe knee issues, there are several proactive steps you can take to avoid or delay it. Maintaining a healthy weight, staying active, strengthening your muscles, wearing proper footwear, and addressing injuries promptly are all crucial aspects of knee care. Furthermore, exploring alternative treatments and embracing an anti-inflammatory lifestyle can significantly improve your knee health.

Remember that prevention and early intervention are key in preserving your knees and maintaining your mobility as you age. By following these strategies, you can increase your chances of avoiding knee replacement surgery and continue to enjoy an active and pain-free life.

Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

(855) 276-5989

www.PhysiciansRehab.com



Prescription Hope
Unmatched Rx Savings



Affordable Brand-Name Medication

Helping people get the medication they need at a price they can afford.

\$60 A Month for Each Medication
Even if you take generic medications, we can help.

Prescription Hope provides access to over 1,500 Brand-Name medications each at \$60 a month per medication through Prescription Hope's medication access service.

To learn more, visit: www.PrescriptionHope.com

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

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





PHYSICIANS REHABILITATION
www.PhysiciansRehab.com

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

We are Medicare providers and accept most insurance plans.

5 LOCATIONS SERVING FLORIDA
(855) 276-5989

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

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



HEALING THE MIND: The Power of Hypnotherapy for PTSD

By Patrick Watson, PhD

Post-Traumatic Stress Disorder (PTSD) can be a heavy burden to carry, affecting not only the mind but the body as well. Traumatic experiences can leave indelible marks on one's psyche, causing persistent anxiety, stress and emotional turmoil. In such cases, traditional therapy may not always provide the complete solution. That's where the field of Integral Clinical/Medical Support Hypnotherapy comes into play. In this article, we will explore how hypnotherapy, led by experts like Patrick Watson PhD at MindSet Solutions LLC can offer new hope for individuals struggling with lasting effects of trauma.

Understand PTSD and Its Impact

When a traumatic event occurs, our minds record the experience and create a behavior pattern in response to it. This learned behavior becomes our default reaction when similar situations arise. Unfortunately, in some cases, these reactions can be unhealthy, causing severe distress. PTSD is a mental health condition characterized by these unhealthy reactions, and it often follows a traumatic event.

People with PTSD may experience symptoms such as anxiety, stress, emotional arousal, nightmares, flashbacks, insomnia and severe anxiety. These symptoms can disrupt daily life and lead to a state of constant distress. Chronic stress can suppress the immune and digestive systems which can lead to physical manifestations and serious illness. This is where Integral Clinical/Support Hypnotherapy can be a powerful tool for healing and recovery.

The Role of Hypnotherapy

Hypnotherapy, guided by Dr. Patrick Watson, works on the principle that the mind can be effectively influenced during a state of deep relaxation. By inducing this trance-like state, hypnotherapy helps clients access their subconscious mind and address the root cause of their trauma-related symptoms.

Here's how Integral Clinical/Medical Support Hypnotherapy can help Individuals with PTSD:

1. Relaxation and Stress Reduction: Hypnotherapy induces deep relaxation, helping individuals manage anxiety, stress, and emotional arousal, which are commonly associated with PTSD. This relaxed state is vital for developing better coping mechanisms to deal with symptoms.



2. Exploring Subconscious Emotions: The subconscious mind becomes more accessible during hypnotherapy sessions. This accessibility is instrumental in uncovering and exploring emotions, memories, and beliefs related to traumatic events, allowing for a deeper understanding of the experiences contributing to PTSD symptoms.

3. Reframing traumatic Memories: Through hypnotherapy, clients can reprocess traumatic events and develop a different perspective or understanding. This reframing process can reduce the emotional intensity associated with the trauma and promote healing.

4. Desensitization and Memory Recall: Hypnotherapy helps clients confront and process traumatic memories within a controlled and safe environment. This controlled approach enables individuals to gradually reduce the emotional distress and psychological reactions linked to their traumatic experiences.

5. Symptom-Specific Techniques: Hypnotherapy can target specific PTSD symptoms such as nightmares, flashbacks, insomnia and anxiety. Techniques like Breathwork, meditation, relaxation exercises, self-hypnosis, and guided imagery help manage or alleviate these symptoms.

The Integral Hypnotherapy Process

At MindSet Solutions, Dr. Patrick Watson employs a structured approach to help clients overcome the burdens of PTSD. The process unfolds in the following steps:

1. Reframing the Problem: The initial step involves identifying and reframing the trauma, offering a fresh perspective on the traumatic experience and events.

2. Deep Relaxation: Clients are guided into a state of deep relaxation, allowing them to become fully absorbed in Dr. Watson's words or imagery.

3. Dissociation: Critical thoughts are temporarily set aside, enabling clients to let go of their inner critics and become more receptive to suggestions.

4. Response to Suggestions: During this phase, clients comply with the hypnotherapist's suggestions, enabling them to access and address their subconscious mind.

5. Return to Usual Awareness: After the session, clients return to their usual state of awareness, often feeling refreshed and with newfound insight.

6. Reflection: Clients reflect on their experiences during the session, gradually making sense of the healing process. Dr. Watson provides the clients with tools such as individualized, customized recordings to assist the client in maintaining a peaceful state of mind.

Reclaiming Control

Hypnotherapy is a powerful tool for individuals seeking to regain control over their lives after experiencing trauma. Dr. Patrick Watson's approach helps clients access, examine, and reprocess their traumatic memories. By doing so, they can gain a better understanding of their feelings and triggers associated with their past traumatic experiences.

Through this process, unhealthy dissociation, anxiety and stress can be reduced, allowing individuals to reframe their memories and feelings surrounding trauma. The ultimate goal of Integral Clinical/Medical Support Hypnotherapy is to empower clients to recover control over their lives, helping them to find the path to healing and resilience.

Conclusion

PTSD can cast a long shadow over one's life, but hope is not lost. Integral Clinical/Medical Support Hypnotherapy, led by experts like Patrick Watson, PhD, offers a promising avenue for healing and recovery. By helping individuals access their subconscious mind, reframe traumatic memories, and manage their symptoms, hypnotherapy provides a holistic approach to dealing with PTSD.

If you or a loved one is struggling with the weight of PTSD, consider exploring hypnotherapy as a means to find relief, understanding, and, ultimately, the path to a healthier, happier future. To take the first step toward healing and reclaiming control over your life, contact Dr. Patrick Watson at MindSet Solutions LLC by calling 352-789-9133 for your free consultation or you may visit our website at www.mindsetsol.net. We have offices in Ocala and in The Villages.

MindSet Solutions
"ReTrain Your Brain"

352.789.9133

DrWatson@MindSetSolution.net

929 US-441 STE 101, Lady Lake, FL 32159

GASTRO HEALTH AND THE BIDET: A Lifesaver for Thanksgiving Indulgence

The holiday season is a time of celebration, joy, and of course, indulgent feasting. Thanksgiving, in particular, is synonymous with bountiful meals that often leave us feeling uncomfortably full. While these occasions are a gastronomic delight, they can take a toll on our digestive health. Thankfully, there's a simple yet effective solution that can aid those with gastro issues or anyone who overindulges during holiday gatherings – the bidet.

Gastrointestinal problems are all too common, and they can be a real nuisance in our daily lives. Conditions like constipation, diarrhea, and irritable bowel syndrome (IBS) can cause discomfort and inconvenience. Furthermore, the aftermath of a hearty Thanksgiving meal can leave you feeling bloated and sluggish. Bidets, often seen as a luxury item, can actually be a secret weapon in promoting gastro health and relieving post-feast distress.

Gentle Cleansing: Bidets provide a gentle and thorough cleansing experience. They use a stream of water to cleanse the perianal area, eliminating the need for abrasive toilet paper. This is especially beneficial for individuals with sensitive skin or those suffering from conditions like hemorrhoids.

Preventing Irritation: Excessive wiping with toilet paper can irritate the skin and exacerbate gastro issues. Bidets help reduce this friction, which is essential for individuals dealing with digestive sensitivities.

Hemorrhoid Relief: Hemorrhoids are a common gastro woe. Bidets can soothe the discomfort associated with hemorrhoids by providing a soothing and cleansing flow of water.

Hygiene Matters: Good hygiene is paramount for gastro health. Bidets ensure thorough cleaning, reducing the risk of infections and promoting overall well-being.

Constipation Aid: Bidets have a gentle massaging effect that can help stimulate bowel movements, providing relief to those suffering from constipation.

Now, let's talk about the post-Thanksgiving scenario. We've all been there – the grand feast leaves you feeling overstuffed and regretful. This is where the bidet can come to the rescue:

Ease of Cleaning: After a Thanksgiving feast, a bidet can be a savior, helping you feel clean and fresh. No need to struggle with the aftermath of an indulgent meal.

Stress Reduction: Overeating can be stressful, both mentally and physically. Using a bidet can alleviate some of this stress by offering comfort and cleanliness.

Promoting Healthy Digestion: Bidets can stimulate circulation and provide a sense of relaxation, which can aid in digestion after a heavy meal.



In conclusion, gastro health is a crucial aspect of our overall well-being. Whether you're dealing with chronic digestive issues or simply indulged a bit too much on Thanksgiving, bidets can be a valuable addition to your bathroom. They offer gentle, hygienic, and effective cleansing, making them an ideal solution for maintaining gastro health. So, this holiday season, consider the many benefits of a bidet and experience the comfort and relief it can provide, especially when faced with the temptations of a hearty Thanksgiving meal.

House of Bidets

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

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

HOUSE OF BIDETS

813-280-5317 | www.tryabidet.com

Manage Arthritis with MitoPak



110x Stronger than Vitamin E
800x Stronger than CoQ10
6000x Stronger than Vitamin C

Improve Joint Mobility

Visit MitoPak.com or order by calling (239) 238-8456



HOUSE OF
BIDETS

**Try a Bidet
RISK FREE!**

Feel cleaner and
healthier.

tryabidet.com

813-280-5317

Can Omega-3 with Melatonin Reduce Overactive Bladder at Night?

By Anne-Marie Chalmers, MD

It was a subject she normally felt too embarrassed to talk about — even with her physician. Now Harriet was so thrilled she had to share the good news with me!

“Instead of getting up three to four times a night to tinkle, I now only wake up once,” she explained. “Sometimes, I even sleep until 6 am. I feel like a new person!”

What Is Nocturia?

Harriet struggled with nocturia, a condition that requires getting up to urinate at least once during the night.

Surprisingly common, nocturia impacts millions of Americans. Between 2-28% of people between the ages of 20 and 40 are impacted by “clinically relevant nocturia,” which is defined as having to void at least two times per night.

For people over age 70, those numbers increase to 28-62%.

Health Issues Related to Nocturia

While nocturia often gets dismissed as a ‘mere nuisance’, it can significantly impact a person’s quality of life when experienced regularly. For many, sleep deprivation caused by nocturia can lead to fatigue, reduced productivity, mood disorders and impaired cognitive performance.

What’s more, needing to void at night often puts people at risk of falling and injuring themselves. It’s estimated that the US healthcare system spends \$1.5 billion a year on nocturia-related hip fractures alone!

What Causes Nocturia?

While the prevalence and severity of nocturia correlate with age, frequent night-time urination shouldn’t be discounted as a normal part of aging.

This condition is typically described as a “multifactorial,” meaning several factors usually play a role. Common causes include everything from specific behaviors (like drinking too much liquid before bed) to underlying health issues like cardiovascular disease, diabetes, sleep disorders, urinary tract problems, and urinary infections.

Which Comes First: Poor Sleep or the Need to Urinate?

Nocturia is especially complex in that even when the apparent causes are addressed, many people still get up at night to urinate.



From a medical viewpoint, this begs the question: Is it the need to void at night that causes poor sleep? Or could it be that poor sleep contributes to having to get up to urinate?

If it’s the latter, focusing on sleep hygiene could have big payoffs for people struggling with nocturia.

Taking Control of Nocturia

Nocturia deserves more public attention and open conversation — especially because, in many cases, it can be helped by a variety of therapies.

One of those therapies might include the combination of omega-3s and melatonin. Indeed, one of the more interesting pieces of feedback that we’ve heard from users is that Omega Restore (a combination of omega-3s and melatonin) seems to reduce frequent urination at night.

Here is what we have learned about how melatonin and omega-3s may impact nocturia:

Melatonin Research

Often referred to as the “sleep hormone,” melatonin has a profound impact on our circadian rhythm. For people with certain sleep disorders, taking melatonin has been found to improve sleep quality. Since sleep disorders are strongly correlated with nocturia, it’s possible that melatonin could improve both.

Melatonin has also been found to reduce smooth muscle spontaneous activity in the bladder, which might reduce the urge to urinate.

Studies already show that older people with nocturia secrete less melatonin than normal. But the question of how melatonin supplementation impacts nocturia is still relatively new. To date, only a handful of small studies have tackled the topic. While the results look promising, more research is needed.

Omega-3 Research

Researchers also theorize that omega-3 fatty acids could make a difference for people with nocturia, for a variety of reasons:

- Reduce inflammation: Research shows that inflammation often plays a major role in overactive bladders. In clinical studies where anti-inflammatory drugs

(NSAIDs) were given to people with nocturia, the NSAIDs reduced nocturia episodes and increased urinary retention. Since omega-3s work on the same biochemical pathways as NSAIDs, researchers believe omega-3 supplements could have a similar positive effect when taken in effective doses.

- Improve cell signaling: Omega-3s are also involved in the communication between cells. Without enough omega-3s, the body’s signaling pathways don’t function optimally. Case in point, one study found that the omega-3 signaling pathways often don’t work normally in older men with nocturia.

- Improve melatonin secretion: Omega-3s additionally influence our body’s relationship with melatonin. Animal studies show that low omega-3 intake is associated with dysfunctional melatonin secretion. Research also demonstrates that omega-3s help regulate the pineal gland, which is responsible for the production of melatonin at night.

The interconnectedness between omega-3s and melatonin could explain why one 2016 study found that people who ate the most fish enjoyed better sleep quality than those who rarely ate fish. This same study also showed that increased omega-3 intake positively influenced the circadian rhythm.

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

<https://omega3innovations.com/blog/can-omega-3-with-melatonin-reduce-excessive-urination-at-night/>

About Anne-Marie Chalmers, MD

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



OMEGA3
INNOVATIONS

Call us at 941.485.4400
www.omega3innovations.com

Diabetic Neuropathy:

How Physical Therapy Can Help

Roughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

Peripheral Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers



Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of peripheral diabetic neuropathy. Physical medicine provides alternative therapeutic and rehabilitating procedures that can offer significant pain relief and limit drug dependency. Physical therapy helps with balance and can reduce the risk of falls.

When you have diabetic neuropathy, your feet and legs can feel so numb that you may trip, fall and injure yourself just by trying to get through normal daily activities. This can be dangerous for obvious reasons. Along with dietary changes, orthopedic shoes and compression stockings, physical therapy can help.



Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Massage therapy
- Electrical nerve stimulation
- Help with daily tasks & Living
- Cold laser treatment

Patient & Occupational Education 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.

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.

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

Innovative Therapies Group, Inc.

352-433-0091 | innovativetherapiesgroup.com

Revolutionize Your Eye and Skin Care with Barristrong®



Reduces need for eye drops



Learn more at Omega3Innovations.com | Call 941.485.4400



Changing lives...
One patient at a time!

352-433-0091

www.innovativetherapiesgroup.com



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

(MM30672)

Ocala

2801 SW College Rd
Ocala, FL 34474

Summerfield

14031 Del Webb Blvd
Summerfield, FL 34491

Lady Lake

929 US-27 #301
Lady Lake, FL 32159

Wildwood

805 S. Main St
Wildwood, FL 34785

Chiropractic: A Safe and Natural Alternative to Medication and Surgery

By Daniel Taylor D.C. - Compton Chiropractic Care

Chiropractic medicine is one of the fastest growing fields within the medical community. It is a natural form of health care that corrects biomechanical fixations in the body in order to restore function. For example, when there is a misalignment in the spine, the disruption of nerve pathways can lead to localized pain, muscle spasms or pain traveling down one's arms or legs. Doctors of Chiropractic (DC) evaluate a patient much like any other medical practitioner. However, rather than using drugs to mask symptoms, chiropractors look to treat the source of the problem. In order to properly diagnose and treat patients, Doctors of Chiropractic must undergo intensive training over an eight year period. As well, they are regulated by both state and national boards.

Your first appointment will begin with a thorough review of your case history. This is followed by orthopedic, neurological, and chiropractic exams with a focus on the affected area; digital x-rays are performed only when medically necessary. After the evaluation, the doctor will explain the cause of your pain and suggest various treatment options. Typically, treatment can start at the time of your first visit.

You probably know someone that has received an "adjustment" from a chiropractor. What does this actually do, though? The purpose of an adjustment is to restore proper range of motion and biomechanical function to the affected joint by correcting the misalignments. This is an extremely safe and effective

Sciatic Nerve



form of health care that has been deeply researched by various scholars, physicians and medical journals alike. Manipulations have been used for thousands of years and are still utilized by Doctors of Chiropractic and Doctors of Osteopathy as treatment options. Some patients can hear a popping sound and, while this can have a startling effect, it is a completely normal occurrence. The noise comes from gas being released between the joints. During a manipulation, the affected joint will open slightly and become mobile again; this causes a change in pressure inside the joint resulting in the sound of gas being released. The same effect occurs when you crack your knuckles; which, contrary to popular belief does not damage the joint or cause arthritis.

Even if you have had a past surgery or suffer from osteoporosis, there are still many techniques that can be utilized to meet your needs. Besides using common "hands-on adjustments", our doctors at Compton Chiropractic are trained in special techniques to provide adjustments with little or no force at all.

What about sciatica? Doctors of Chiropractic welcome treating patients with complicated conditions like sciatica; in fact, we excel at it on a daily basis. At Compton Chiropractic, we offer the Cox Flexion Distraction Technique as a non surgical method of treating disc related injuries. Many are familiar with the terms herniated disc, sciatica, pinched nerve, bulging disc, stenosis and decompression. Most are also aware that surgery and or

Confused About Senior Living Communities and Senior Services?

One phone call can answer all your questions!

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

Call for a free consultation!

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



Senior Liaison
OF CENTRAL, FLORIDA

**We are
"Your Guide Through The Chaos!"**

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



(352) 391-9467

HOURS: MON-FRI 9-5



11974 CR 101, SUITE 101, PALM RIDGE PLAZA GOLF CART FRIENDLY



opiates are often unsuccessful treatments for these conditions. However, years of research and technology have pushed the field of Chiropractic into the 21st century and now there is hope for those who suffer from this debilitating pain. This conservative treatment has been clinically shown to decrease intradiscal pressure by approximately 75%; thus allowing relief from the symptoms of disc related pain and stenosis within as little as 8-12 visits. In past years, physicians would send patients to physical therapy prior to considering surgery. While therapy is excellent at rehabilitating muscles in the body, it has been shown less effective than chiropractic care in the treatment of low back pain.

At Compton Chiropractic, our primary goal is pain relief. Treatment will not take 30 visits and will not cost thousands of dollars. Every new patient is treated as an individual and receives an initial examination in order to properly diagnosis the condition. With a proper diagnosis and treatment plan, patients will recover faster as opposed to treating the site of pain without a full understanding of the pain generator.

FREE consultation

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination or treatment that is performed as a result of and within 72 hours of responding to this advertisement. Expires 12/1/2023

We accept all major insurances and our friendly staff will communicate with your carrier prior to treatment to determine eligibility and benefits. This typically helps avoid any future surprises. So stop living with pain and call 352-391-9467 today for a free consultation with one of our physicians.

TESTIMONIALS

See what some of our patient's had to say about our practice:

"I suffered from sciatica for 25 years until a friend told me about Dr. Compton. After 4 treatments, I was back on the golf course and out of pain."
- K.R.

"I thought I would live with this pain for the rest of my life, but thankfully I was wrong and Doc was right." - M.M.

"Dr. Compton fixed the numbness in my foot. I am back to playing tennis and loving it!" - J.J.

"I had a bad experience with chiropractors before, but you're the best. I forgot what living without pain was like. Thanks Doc" - C.C.

"My other doctors could not help my mid-back pain and kept giving me pain medication. After seeing Dr. Taylor, he not only took my pain away but prevented it from returning" - B. D.

"I was having severe pain in my right arm. I tried everyone else, so I decided to give Compton Chiropractic a try. In three visits, my arm pain was completely gone" - M.C.

COMPTON CHIROPRACTIC CARE

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

Our Philosophy

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

Our Facility Offers

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

Accepting

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



Compton Chiropractic Care
352-391-9467

The Growing Concern: Diabetes and the Soaring Cost of Medications

In recent years, diabetes has become a global health epidemic, affecting millions of individuals worldwide. While the physical and emotional toll of managing this chronic condition is challenging in itself, another significant burden looms large – the escalating cost of diabetes medications. This article explores the ever-increasing financial strain that diabetes medications impose on patients and the healthcare system, shedding light on the causes and potential solutions to this critical issue.

Diabetes, a metabolic disorder characterized by high blood sugar levels, requires ongoing management to prevent complications. Medications play a pivotal role in controlling blood glucose, but their rising costs are creating barriers for patients. Several factors contribute to the increasing expense of diabetes medications, including research and development costs, pharmaceutical company practices, and the complex healthcare system in the United States.

Research and development are essential in creating innovative diabetes drugs, but the cost is often passed on to consumers. Drug companies invest vast sums of money in developing and testing new medications, and these expenses are factored into the final product's price. Unfortunately, these high development costs are disproportionately borne by individuals with diabetes, making it a major challenge for them to access the medications they need.

Pharmaceutical company practices, including pricing strategies and patent protections, also contribute to the soaring cost of diabetes medications. Some companies have been criticized for raising prices without apparent justification, and the lack of competition in the marketplace allows them to maintain high prices. Furthermore, patent protections often prevent more affordable generic versions of drugs from entering the market, further limiting choices for patients.

The complexity of the healthcare system in the United States adds another layer of confusion to the issue of medication costs. Insurance plans, copayments, and deductibles vary widely, making it challenging for individuals with diabetes to predict

their out-of-pocket expenses. This unpredictability leaves many struggling to budget for their medications, leading to skipped doses or medication non-adherence, which can exacerbate their condition and lead to more expensive complications.

To address the growing concern of diabetes medication costs, several potential solutions can be considered. Policymakers can work to promote transparency in drug pricing, enabling patients to make informed choices about their medications. Encouraging competition among pharmaceutical companies through patent reform and price controls could also help to lower costs.

Furthermore, expanding access to affordable healthcare for all, as seen in the implementation of universal healthcare systems in some countries, can alleviate the financial burden on patients with diabetes. These comprehensive healthcare systems often negotiate directly with drug companies, resulting in lower medication prices and ensuring that patients have access to necessary treatments.

On a personal level, individuals with diabetes can explore alternative ways to reduce medication costs, such as switching to generic medications, participating in assistance programs, or seeking out affordable healthcare options. It's crucial for patients to advocate for themselves and become informed about available resources.

In conclusion, the increasing cost of diabetes medications is a pressing issue that affects millions of individuals globally. While the causes of these rising costs are multifaceted, potential solutions exist at the policy and personal levels. By addressing the problem of diabetes medication costs, we can work towards ensuring that individuals with diabetes receive the treatments they need without being financially overwhelmed, ultimately improving their overall health and well-being.

Prescription Hope is a national prescription drug benefit program that offers 1,500 Brand-Name medications at \$60 per medication per month no matter the retail cost.

For the set price of \$60 per month per medication, our advocates order, manage, track, and refill your prescription medications through patient assistance programs for those who qualify. We manage your enrollment with these programs throughout the year, working with over 180 pharmaceutical manufacturers and their pharmacy. There are no other costs, fees, or charges associated with your medication or our program.

Diabetes			
Drug Name	Retail Cost	Prescription Hope	Total Savings
Admelog	\$194.00	\$60.00	\$134.00
Apidra	\$512.00	\$60.00	\$452.00
Apidra SoloStar	\$512.00	\$60.00	\$452.00
Basaglar	\$248.00	\$60.00	\$188.00
Cycloset	\$328.00	\$60.00	\$268.00
Farxiga	\$551.00	\$60.00	\$491.00
Fiasp	\$285.00	\$60.00	\$225.00
Fiasp FlexTouch	\$544.00	\$60.00	\$484.00
Glyxambi	\$577.00	\$60.00	\$517.00
Humalog	\$269.00	\$60.00	\$209.00
Humalog KwikPen	\$412.00	\$60.00	\$352.00
Humalog Mix 50/50	\$217.00	\$60.00	\$157.00
Humalog Mix 50/50 KwikPen	\$325.00	\$60.00	\$265.00
Humalog Mix 75/25 KwikPen	\$217.00	\$60.00	\$157.00
Humulin 70/30 KwikPen	\$506.00	\$60.00	\$446.00
Humulin R U-500	\$1,432.00	\$60.00	\$1,372.00
Humulin R U-500 KwikPen	\$556.00	\$60.00	\$496.00
Janumet	\$1,584.00	\$60.00	\$1,524.00
Janumet XR	\$533.00	\$60.00	\$473.00
Januvia	\$533.00	\$60.00	\$473.00
Jardiance	\$578.00	\$60.00	\$518.00
Jentadueto	\$460.00	\$60.00	\$400.00
Jentadueto XR	\$460.00	\$60.00	\$400.00
Lantus SoloStar	\$425.00	\$60.00	\$365.00
Levemir	\$451.00	\$60.00	\$391.00
Lyumjev	\$246.00	\$60.00	\$186.00
Ozempic	\$907.00	\$60.00	\$847.00
Synjardy	\$579.00	\$60.00	\$519.00
Synjardy XR	\$579.00	\$60.00	\$519.00
Toujeo SoloStar	\$397.00	\$60.00	\$337.00
Tradjenta	\$460.00	\$60.00	\$400.00
Trijardy XR	\$578.00	\$60.00	\$518.00
Victoza	\$722.00	\$60.00	\$662.00
Xigduo XR	\$556.00	\$60.00	\$496.00



Prescription Hope

Unmatched Rx Savings

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



Managing Arthritis Pain and Discomfort: WHY MITOCHONDRIAL HEALTH MATTERS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MITOPAK™
MitoPak.com | 239-238-8456

SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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

Attorney Patrick Smith Radio Show Now on 14 Stations

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



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

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

**Healthy skin is a
reflection of
overall wellness**

We've got you covered

Three convenient Ocala offices
12 talented providers

www.midstateskin.com



MidState Skin Institute

Clinical Chemist, Dermatologist



Dr. Ashley Cauthen



PATRICK SMITH
ATTORNEY AT LAW
GET A FREE
ESTATE PLANNING CONSULTATION
CALL 352-204-0305



Wills • Trusts • Probate • Estate Planning

www.attorneypatricksmith.com

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

What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they

knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



Your *Holiday* Headquarters

Gifts Galore • Holiday Decor • Self Care & More



Naples • Estero • Ft Myers • Kissimmee • Lakewood Ranch • Mount Dora
Plantation • Punta Gorda • Santa Rosa Beach • The Villages • Wellen Park
Visit NAPLESSOAP.COM & ship for free on orders \$50+



NAPLES
SOAP COMPANY
.....
Happiness is Here



Central Florida's Health & Wellness Magazine



On the Web

HealthAndWellnessFL.com



On Facebook

[facebook.com](https://www.facebook.com/HealthAndWellnessFL)



On Twitter

[twitter.com](https://twitter.com/HealthAndWellnessFL)



In Your Inbox

Receive our monthly newsletter. Sign up online



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

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

PANAKEIA®

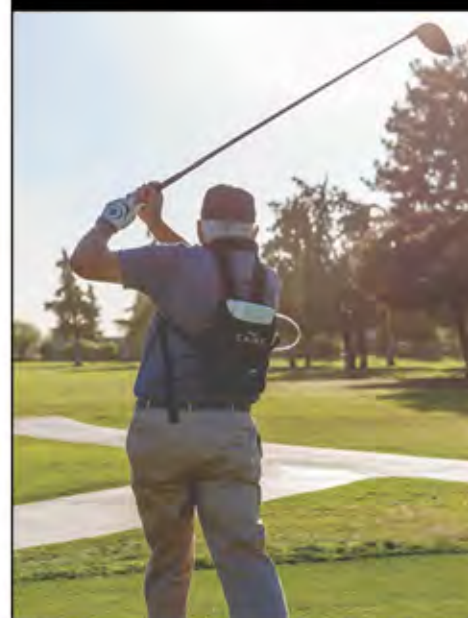


Specializing in....

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

We are a Service Disabled
Veteran-Owned Small Business.

www.PanakeiaUSA.com



**Medical Innovations
to live your life.**

Headquartered in Naples, FL

P: (202) 656-8848

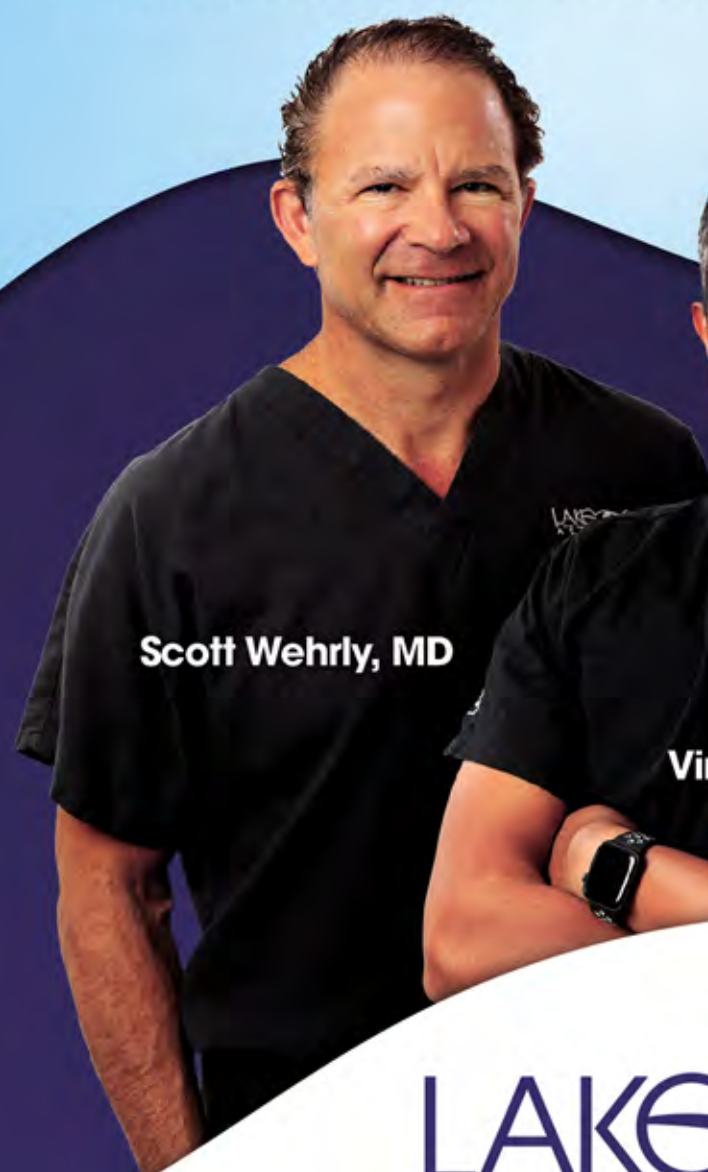
F: (202) 204-0262

info@PanakeiaUSA.com

Your Clear Choice For Cataract Surgery

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

Because your eyes deserve nothing short of amazing.



Scott Wehrly, MD



Vinay Gutti, MD



Scot Holman, MD

LAKE EYE

 A US EYE COMPANY

Board-certified Ophthalmologists & Optometrists:

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

352-775-1533 • LakeEye.com •  