


CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

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The Holiday Season is Stressful

What This Means for Your Heart Health

When You're Caught in the Middle

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Understanding Circulation and Vein Problems

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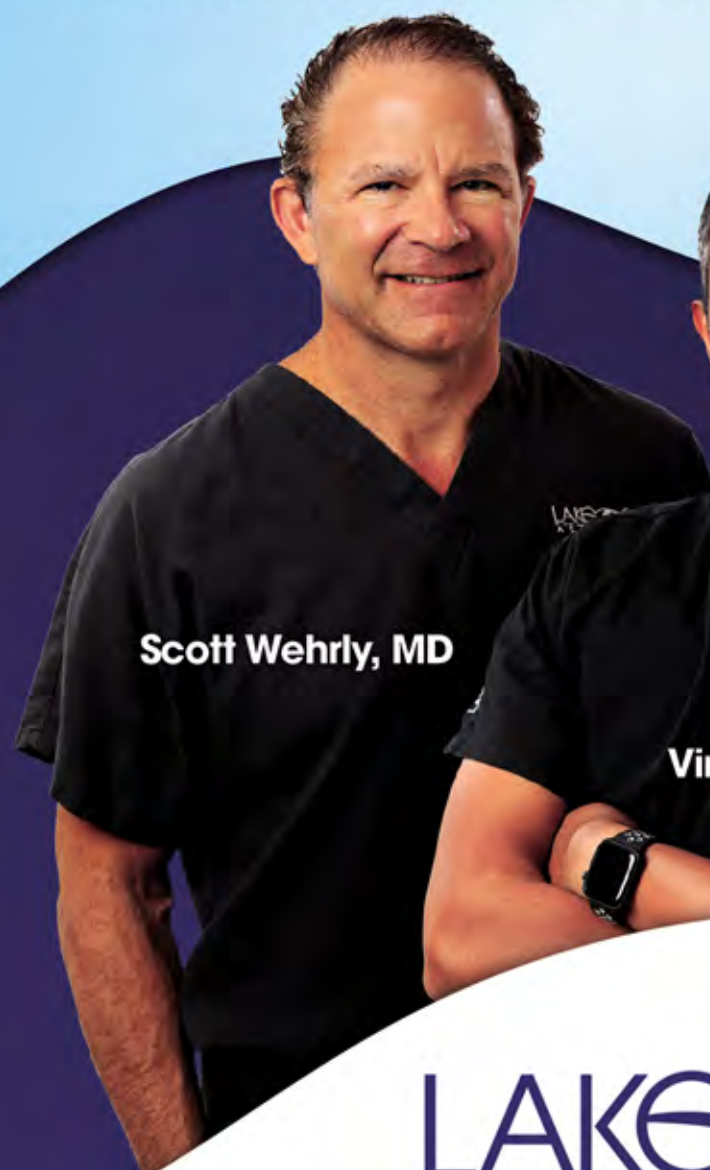


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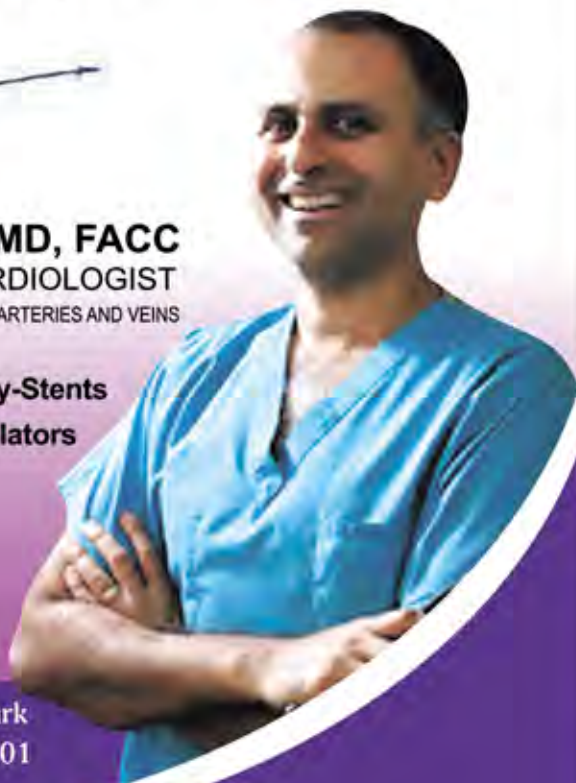
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HOW TO DETERMINE THE BEST TYPE OF LENS FOR YOU

While all glasses lenses are designed to get you as close to 20/20 vision as possible, determining the ultimate lens type for you requires a combination of factors: visual acuity, eye health and condition, and your lifestyle habits and goals. All three must be combined to determine the best possible lens for how you live.

Everything begins with a comprehensive eye exam, which is used to assess eye health, visual acuity and any refractive conditions. After reviewing your personal and family medical history for issues that may affect your vision and eye health, your optometrist or ophthalmologist will perform the following:

1. A Visual Acuity Test – This test uses an eye chart to measure how well you can see at various distances. Using one eye at a time, you'll identify the letters you can see with your bare eyes. To determine each eye's refraction, you will view the chart through a phoropter, which will provide different lens magnifications to choose from. Which is clearer, one or two?

2. A Binocular Vision Assessment – This test evaluates how well your eyes work together, and is used to diagnose dysfunction that can lead to a host of symptoms, including double vision, dizziness, nausea and headaches. Addressing any dysfunction can relieve these symptoms.

3. An Eye Health Evaluation – Your eye doctor will perform a dilated pupil exam to study the internal and external structures of your eyes to check for any signs of eye disease or abnormality. Dilation of the pupil lets extra light into your eye so your doctor can inspect the optic nerve, retina and other areas for signs of glaucoma, macular degeneration, retinal tear or detachment, cataracts, tumors and other maladies.

The results of your comprehensive eye exam will enable your eye doctor to prescribe an accurate prescription for corrective lenses. Once your prescription has been identified, your eye doctor will move on to the next step: working with you to decide which of the various lens types best fits your specific visual challenges, everyday demands, and things like sports, hobbies or long hours in front of a computer.



TYPE OF LENS OPTIONS

• **Single Vision Lenses** – These lenses are the most common type, and are designed to correct vision at a single distance, whether far away (driving), an intermediate distance (watching TV), or up close (reading, crafting, computer work).

• **Multifocal Lenses** – When multiple fields of vision correction are needed, multifocal lenses come in a variety of choices based on your vision and needs:

a) Bifocal Lenses: Bifocals provide two distinct corrections, one for distance and another for near vision. Bifocals are ideal for individuals who have difficulty seeing at both far and near distances.

b) Trifocal Lenses: Trifocals have three vision corrections built into the lens to sharpen distant, intermediate and close-up vision.

c) Progressive Lenses: Also known as no-line bifocals, progressive lenses offer a seamless transition from distant to intermediate to close-up vision without visible lines. They most closely mimic naturally sharp vision.

PROTECTIVE COATINGS TO SUIT YOUR LIFESTYLE

• **Polycarbonate/High Index Lenses** – If you have a high prescription but don't want thick, heavy lenses weighing on your nose or distorting your appearance, thinner, lighter polycarbonate lenses can provide strong correction of nearsightedness, farsightedness and astigmatism, without the bulk or "bug-eyed" effect.

• **Polarized Lenses** – Polarized lenses are specially treated to filter out glare, reducing the eye strain caused by overly bright or harsh lighting sources like fluorescents and reflective environments like water, snow, etc. For optimal outdoor protection, look for polarized lenses bearing the UV protection label.

• **Photochromic Lenses** – Light-adaptive, aka "transition" lenses, can alleviate the burden and hassle of switching back and forth from indoor glasses to sunglasses. If you're someone who is in and out of the sun all day, photochromic lenses are designed to adapt to each lighting environment, creating greater ease and convenience.

• **Specialty Lenses** – These may include occupational lenses for specific tasks, such as blue light filtering for extended computer work, or impact-resistant lenses for sports.

• **Functional Coatings** – Anti-reflective coating can help improve your lenses by making them resistant to glare, light haloing, and other vision-altering reflections. As another benefit, this coating will make your lenses look clear and nearly invisible, so other people can focus on your eyes, not your glasses. High index lenses are especially prone to bouncing light, so anti-reflective coating can really improve their function. Scratch resistant coating offers protection from everyday wear and tear. UV coating protects the eyes from the sun's harmful rays.

FIND THE BEST LENSES FOR YOU AT LAKE EYE

Whether you're getting glasses for the first time, or updating your prescription, talk to your eye doctor about your visual challenges, lifestyle requirements and recreational pursuits. Together, you can determine the best lens type to promote the optimal experience at work, rest and play. It all begins with a comprehensive eye exam or new visual acuity exam at Lake Eye (a US Eye Company). Each Lake Eye location features talented, caring eye doctors and a dazzling array of the latest designer fashion frames, top-quality lenses and contact lenses to clarify and enlighten everything you do.



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TIGHT SKIN ON YOUR LEGS?

UNDERSTANDING CIRCULATION AND VEIN PROBLEMS

Imagine this scenario: you're going about your day when you suddenly notice a tight, uncomfortable feeling in the skin on your legs. It's not pain, but rather a sensation that your skin is stretched and constricted. What could be causing this unsettling tightness? In many cases, this symptom may be linked to circulation and vein problems. In this article, we'll explore the reasons behind that peculiar sensation and delve into the world of circulatory issues that can affect your legs.

Understanding the Circulatory System

Before we dive into circulation and vein problems, let's take a moment to understand how the circulatory system works. The circulatory system, comprised of the heart, blood vessels, and blood, is responsible for delivering oxygen and nutrients to cells throughout the body. Veins carry deoxygenated blood back to the heart, while arteries transport oxygenated blood away from the heart.

When the circulatory system functions correctly, blood flows smoothly through veins and arteries, maintaining a delicate balance. However, when issues arise, blood circulation can be compromised, leading to various symptoms, including tightness in the skin on the legs.

Vein Problems: A Common Culprit

Vein problems are among the leading causes of skin tightness in the legs. The most prevalent condition associated with this sensation is chronic venous insufficiency (CVI). CVI occurs when the valves in the veins of the legs weaken or become damaged, preventing efficient blood flow back to the heart. As a result, blood pools in the leg veins, increasing pressure and causing a range of symptoms.

Common symptoms of CVI include:

- **Skin Tightness:** A common early symptom, individuals with CVI often describe their legs as feeling tight, heavy, or swollen.
- **Varicose Veins:** Visible, bulging veins near the surface of the skin are a hallmark of CVI.
- **Leg Pain:** Some people with CVI experience aching or discomfort in the legs, especially after prolonged periods of sitting or standing.
- **Itching and Burning:** Skin irritation, itching, and a burning sensation may accompany CVI.
- **Skin Changes:** Over time, CVI can lead to skin changes such as discoloration, ulcers, and thickening.

Reduced Blood Flow: An Underlying Issue

Another potential reason for tight skin on the legs is reduced blood flow, a condition known as peripheral artery disease (PAD). PAD occurs when the arteries that supply blood to the legs become narrowed or blocked by atherosclerosis, a buildup of fatty deposits.

The reduced blood flow in PAD can lead to symptoms like:

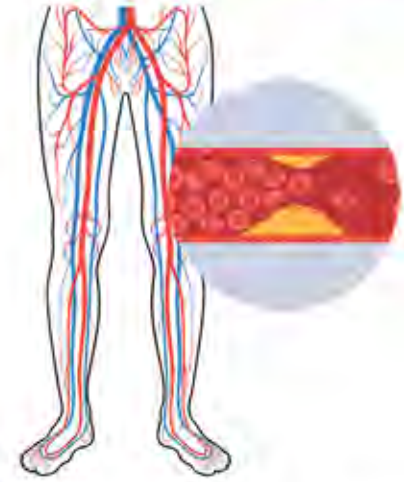
- **Skin Tightness:** Reduced blood flow can cause a sensation of tightness, particularly during physical activity.
- **Intermittent Claudication:** This term refers to pain, cramping, or discomfort in the legs during exercise, which subsides with rest.
- **Cold Feet:** Poor circulation can make your feet feel cold, especially compared to the rest of your body.
- **Numbness or Weakness:** Some individuals with PAD may experience numbness or weakness in their legs.
- **Gangrene:** In severe cases, untreated PAD can lead to tissue damage and even gangrene, a condition where tissue dies due to a lack of blood flow.

Risk Factors and Prevention

Several risk factors can contribute to circulatory and vein problems in the legs. These include:

- **Age:** As we age, the risk of developing circulatory issues increases.
- **Smoking:** Smoking is a significant risk factor for both PAD and CVI.
- **Obesity:** Carrying excess weight puts additional pressure on the veins and arteries.
- **Family History:** A family history of circulatory problems can increase your risk.
- **Inactivity:** A sedentary lifestyle can contribute to poor circulation.
- **Diabetes:** Individuals with diabetes are at a higher risk of developing circulatory issues.
- **High Blood Pressure:** Hypertension can strain blood vessels and increase the risk of circulatory problems.

Prevention and management of these issues often involve lifestyle changes, including quitting smoking, maintaining a healthy weight, regular exercise, and managing underlying conditions like diabetes and hypertension. If symptoms persist or worsen, seeking medical evaluation is essential for proper diagnosis and treatment.



Conclusion

The sensation of tight skin on your legs can be unsettling, but understanding the underlying causes can lead to effective treatment and improved quality of life. Circulation and vein problems, such as chronic venous insufficiency and peripheral artery disease, are common culprits behind this discomfort. Recognizing the symptoms and risk factors associated with these conditions is the first step toward proactive prevention and early intervention.

If you or someone you know experiences persistent skin tightness or related symptoms in the legs, consult a healthcare professional for a thorough evaluation and personalized treatment plan. By taking steps to address circulatory and vein problems, you can regain comfort and mobility, allowing you to enjoy life to the fullest.

Get support for your veins and circulation problems today

You may find that you need medical treatment for your veins and the Central Florida Vein and Vascular Center wants to help. Contact us today to learn more about our services and how we can help you live better.

For more information regarding the causes of tight feeling skin on your legs, visit <https://cfvein.com/causes-of-tight-feeling-skin-on-my-legs/>

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The Holiday Season is Stressful: What This Means for Your Heart Health

The Holiday season is upon us, and with all of the festivities, we should consider that this time of year can actually put a great deal of stress on our hearts. Heart disease is still the leading cause of death in both men and women, and during the holidays, it's essential to better understand and implement heart health and risk prevention.

Did you Know that Heart Attack Risks Increase Around this Season?

The risk of heart attack increases substantially during and after the holidays. The term "post-holiday heart attack" is a condition that is well-known by medical professionals. We are busier than ever during and after the holiday season. With parties, gift shopping, community events, and family gatherings, our stress levels are quite often through the roof. Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, and the fact that most of us overindulge during this time of year. For example, we're overeating, eating the wrong foods, like excessively salty and fatty fare, or we're drinking too much alcohol.

When we overeat, it can raise our cholesterol levels, and when we drink too much alcohol, it can cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical stimulations in your heart, and you may experience a dangerously high heart rate. Taking the time to make wise decisions can be the straw that allows for a happy holiday or an unfortunate one.

Keeping Your Heart Healthy Through the Holidays

- Avoid excessive alcohol consumption
- Cut down on stress levels
- Eat a healthy diet
- Exercise multiple times per week
- Get physical examinations and regular checkups recommendations
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Stop smoking
- Learn to say no/too many activities can lead to undue anxiety



Diet

Eating a healthy diet is strongly recommended for many health benefits, but in terms of keeping our hearts ticking along, a diet low in saturated fat, high in vegetables and fruits, legumes, healthy oils like olive oil and avocado is critical. Also, consuming less unhealthy carbohydrates and more low-fat proteins like fish and poultry are crucial. If you have high blood pressure, minimizing salt is also highly significant. Instead of salt, try substituting with lemon or spices and herbs.

Stay Active

Carve out time to exercise. It's recommended that we get 2.5 hours of moderate exercise weekly or 1.5 hours of active cardiovascular training per week. It's okay to do a combination of the two, by walking one day for 20 minutes and sprinting the next for 30. No matter what you decide, you should always consult your physician before embarking on any workout plan. Along with cardiovascular uptake, exercise helps to increase the oxygen in our blood, and this is relevant to our overall heart health.

Stop the Cycle of Harmful Habits

If you smoke, stop now. Smoking causes an array of adverse health effects, including increasing plaque buildup in our arteries, raising bad cholesterol, decreasing good cholesterol, and damages the vessel walls, to name a few. If you smoke, your chances of a heart attack are incredibly high; smoking causes 6 million deaths per year. Talk to your physician about a specific smoking cessation plan for you. This holds true for any drug addictions that you may have. Do not wait; get help today and enjoy this holiday season with friends and family in a healthy state.

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STOP OVERLOOKING SIGNS OF INCONTINENCE

Urinary Incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life for patients. Incontinence is classified as stress, urge, mixed and overflow.

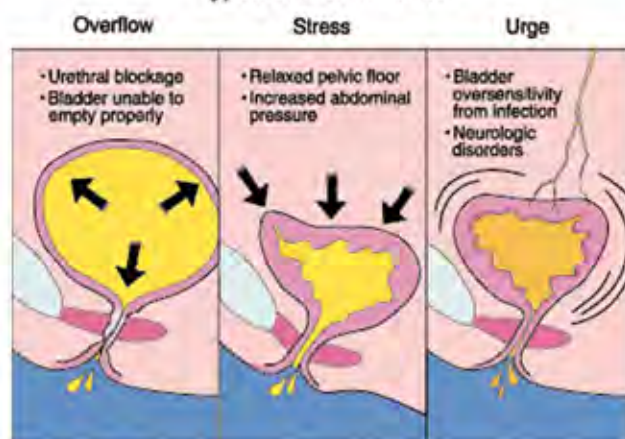
In this article we will address some particular issues about urge incontinence. Urinary urge incontinence (UII) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily.

Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

Types of Incontinence



There are two bladder abnormalities that are associated with UII: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequel of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder overactivity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease



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Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.

EMSCULPTNEO® for Back Pain

By Dr. Tina Chandra

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

EMSCULPTNEO®

How does Emsculpt NEO work?

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

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

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

How can Emsculpt NEO help my back?

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

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

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

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

What can I expect during an Emsculpt NEO session?

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

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

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

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

References:

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

DR. TINA CHANDRA

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



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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.



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Ready or not – the holiday season is here and the countdown to Christmas is on. It's time to surprise and delight your friends and family with bath and body care gifts that will make them look and feel their best. Here's how:

Inner Calm & Peace:

A gift of self care is an excellent way to promote mindfulness and wellness. Self care gifts encourage loved ones to escape the hustle and bustle to enjoy a soothing moment to themselves. Simple ideas include bubbly bath bomb sets, aromatic essential oils with a diffuser, or soothing face masks.

Every Day Luxury:

High-quality skin care can promote the feeling of every day luxury without the high-ticket price. Gifting something as simple as a handmade soap, creamy body lotion or foaming body wash, can provide that feeling of indulgence and joy.

A Complete Set:

You can't go wrong with a carefully curated skin care set. These sets are often filled with complementary products so that the recipient can enjoy a simple self care routine from start to finish. Examples include a face wash, face mask, face toner and face moisturizer. Skin care sets feature mini indulgences that will be enjoyed well beyond the holidays.



Stocking Stuffers:

Fill your stockings with something they'll actually use. From hair clips to massagers to lip balms and butters, it's easy to affordably stuff your stockings with simple items that your friends and family will enjoy.

Hostess Gifts:

Humorous holiday tea towels, Santa-themed wine stoppers and colorful Christmas soaps, are always a hit with the holiday hostess.

Earth-Friendly Gifts:

From eco-friendly, super concentrated shampoo and conditioner bars, to plastic-free bar soaps, to laundry detergent sheets, go for gift ideas with high usage and minimal waste.

This holiday, it's time to glow with your gifting. Your thoughtful gifting will not only help your friends and family look their best but also remind them to indulge in a little self care this festive season.



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



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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 13 stores across the state of Florida. Visit us at naplesssoap.com to find a store near you or shop online and ship for free with orders over \$50.

Navigating Holiday Travel After Orthopedic Surgery: Tips for a Safe and Enjoyable Journey

By Sergio Martinez, DO, AOA, AOA

The holiday season often means travel, but for those recovering from orthopedic surgery, it can present unique challenges. Whether you're heading across the country or just around the corner, navigating holiday travel after orthopedic surgery requires careful planning and considerations to ensure a comfortable and smooth journey.

PREPARATION IS KEY

- **Consult Your Physician:** Before making any travel plans, consult your orthopedic surgeon or healthcare provider. Ensure that traveling is safe considering your recovery stage and any specific precautions you should take.
- **Plan Ahead:** Choose the most convenient mode of travel that aligns with your physical condition. Whether it's by car, train, or plane, consider factors like seating comfort, accessibility, and duration of the journey.

TRAVELING BY CAR

- **Comfortable Seating:** Ensure the car seat provides adequate support for your healing area. Consider bringing extra cushions or pillows for added comfort during the trip.
- **Frequent Stops:** Plan for regular breaks to stretch your legs, adjust your posture, and prevent stiffness or discomfort. This also reduces the risk of blood clots associated with prolonged sitting.

TRAVELING BY AIR

- **Pre-Boarding Assistance:** Request special assistance or early boarding to avoid rushing and ensure a relaxed boarding process.
- **Choose the Right Seat:** Opt for an aisle seat or one with extra legroom to accommodate your comfort and ease of movement.
- **Movement and Exercises:** Perform in-seat exercises recommended by your healthcare provider to promote circulation and prevent stiffness during the flight.

TRAVELING BY TRAIN

- **Accessible Seating:** Inquire about available accessible seating options to ensure comfort and ease during the journey.
- **Storing Medications and Essentials:** Keep your medications and necessary items within reach to avoid unnecessary movement or strain.

GENERAL TIPS FOR ALL MODES OF TRAVEL

- **Pack Wisely:** Bring along necessary medications, assistive devices, and comfortable clothing to ensure a hassle-free trip.
- **Support System:** Consider traveling with a companion who can assist you with luggage and provide support during the journey.
- **Stay Hydrated:** Maintain proper hydration throughout the trip, as it's essential for overall well-being and can prevent complications.
- **Follow Post-Op Guidelines:** Adhere to the specific post-operative guidelines provided by your healthcare professional, including restrictions on physical activities and movements.
- **Travel Insurance:** Consider purchasing travel insurance that covers unforeseen circumstances or medical emergencies related to your condition.

AFTER ARRIVAL

- **Rest and Recovery:** Allocate sufficient time for rest upon reaching your destination. Avoid overexertion and give your body time to recuperate.
- **Accessible Accommodations:** Ensure that your accommodation is equipped with amenities that cater to your needs, such as elevators, grab bars, or a shower chair.
- **Maintain Medication Schedule:** Stick to your prescribed medication schedule even while traveling. Set reminders or alarms if needed.



CONCLUSION

Holiday travel after orthopedic surgery demands thoughtful planning and a focus on comfort and safety. By consulting your healthcare provider, making appropriate travel arrangements, and adhering to post-operative guidelines, you can enjoy the holiday season while ensuring a smooth recovery. Remember, prioritizing your well-being during travel will contribute to a more enjoyable and memorable holiday experience with your loved ones.

SERGIO MARTINEZ, DO, AOA, AOA

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



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MASTERING THE BALANCE:

Understanding the Vitality of Blood Sugar Control

In the intricate dance of maintaining good health, few things are as crucial as controlling your blood sugar levels. The balance of glucose in your bloodstream plays a pivotal role in your overall well-being, influencing everything from energy levels to long-term health outcomes.

At its core, managing blood sugar is about regulating the body's glucose levels. Glucose serves as the primary source of energy for cells, fueling vital bodily functions. However, maintaining this balance is delicate, as both high and low levels can lead to severe health complications.

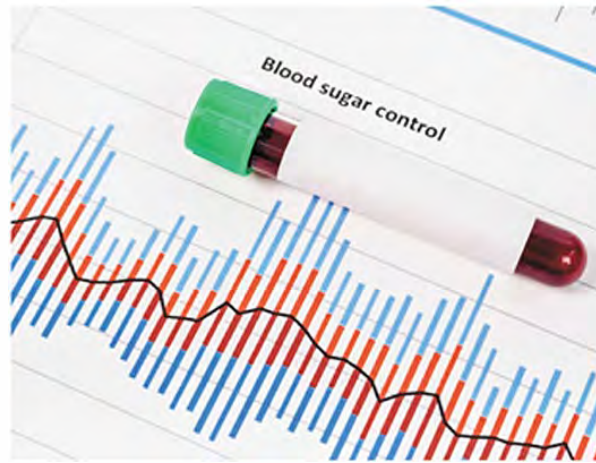
One of the most prevalent conditions related to blood sugar is diabetes. This chronic illness occurs when the body struggles to produce or effectively use insulin, the hormone responsible for regulating glucose levels. Unchecked, diabetes can result in numerous complications, such as heart disease, nerve damage, kidney problems, and even vision impairment.

Beyond diabetes, erratic blood sugar levels can impact anyone, regardless of whether they have been diagnosed with the condition. Spikes and crashes in blood sugar can lead to mood swings, fatigue, and difficulty concentrating. Long-term, it increases the risk of developing chronic conditions like obesity, heart disease, and metabolic syndrome.

Controlling blood sugar isn't just about avoiding sweets or monitoring sugar intake. It involves a holistic approach to diet, exercise, and lifestyle choices. Consuming a balanced diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats helps regulate blood sugar levels. Additionally, portion control and mindful eating can prevent sudden spikes in glucose.

Regular physical activity also plays a pivotal role. Exercise aids in improving insulin sensitivity, allowing cells to better utilize glucose for energy. Even moderate activity, such as walking or cycling, can significantly contribute to managing blood sugar levels.

Furthermore, managing stress levels and ensuring adequate sleep are essential components of controlling blood sugar. Stress triggers the release of hormones that can cause blood sugar levels to rise. Lack of sleep can disrupt insulin production and increase insulin resistance, making blood sugar control more challenging.



Monitoring blood sugar levels is vital for individuals with diabetes. Continuous glucose monitoring systems and regular blood tests empower individuals to track their levels, enabling timely interventions to maintain stability. Moreover, keeping track of carbohydrate intake, medication, and physical activity helps in fine-tuning blood sugar control strategies.

Awareness and education about blood sugar management are crucial. Empowering individuals with the knowledge of how various foods and lifestyle choices affect blood sugar levels enables them to make informed decisions. Community initiatives, educational programs, and accessible resources can significantly impact public health by promoting proactive blood sugar management.

The significance of blood sugar control extends beyond personal health; it affects societal and economic aspects. The prevalence of diabetes strains healthcare systems globally, leading to increased medical costs and reduced workforce productivity. By emphasizing prevention and education, societies can alleviate this burden, fostering healthier communities.

In conclusion, mastering the art of controlling blood sugar is fundamental for overall health and well-being. Whether managing diabetes or striving for optimal health, maintaining balanced blood sugar levels through diet, exercise, stress management, and awareness is key. It's a journey that requires commitment and knowledge but promises profound benefits for a healthier, more fulfilling life.

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- Pre-recorded educational classes
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Ketamine Health Centers:

HELPING NAVIGATE THE HOLIDAYS

October marked the 75th anniversary of World Mental Health Day, with the theme of Mental Health being a Universal Human Right. We all know that the holidays can be a very stressful time for everyone, especially for those who have ongoing mental health wellness issues. This added layer of stress can easily affect functioning and quality of life. Some common symptoms of stress include anxiety, sadness, headaches, body aches, inability to sleep, restlessness, and irritability.

A survey conducted by the American Psychological Association found that over 38 percent of those surveyed felt increased levels of stress, depression, and anxiety and reported more substance abuse during the holiday season.

At Ketamine Health Centers, we address these concerns through a holistic approach that individualizes treatment for each person based on their symptoms and needs. Our goal is to assist our clients in managing this stress in the healthiest possible ways, which will lead to fulfilling holiday experiences.

Here are a few general tips that could lead to more positive outlooks and events for this time of year:

1. **Plan ahead**, and make a list of "must do" items with dates attached of expected completion.
2. **Put yourself first!** Giving to others is often the complete focus, but we must also remember to give to ourselves if we are to continue to give to others. (Examples - yoga, massage, walk in nature, lunch with a friend, mindful breathing)
3. **Be realistic about finances**, only what you can comfortably afford. Being creative and staying within your budget will lower your stress. (4.) Give yourself permission to say "No" to those events that will only cause you to be overwhelmed. Say "Yes" to those that you know will bring you joy and happiness.



5. **Come treat yourself** to an Immunity Boost Alive nutritional infusion!

6. **Honor loved ones who are no longer here.** Celebrate their lives by reflecting or doing something meaningful in their honor.

7. **Give Yourself Permission to Feel Good** (from *Super Attractor* by Gabrielle Bernstein): We need practices for feeling good in order to make feeling good a habit. We've given more faith and energy to the negativity in our minds, and it's time to redirect our focus...The next time something doesn't go your way, do something to feel good fast! Listen to your favorite guided meditation or your favorite song. Call a friend who always makes you laugh. Take a walk outside. Allow yourself to access happiness even in the midst of a difficult time. That joy will be your guide out of the negative experience. It's totally fine to let yourself feel discomfort, but don't be afraid to balance it with joy.

Ketamine Health Centers offers comprehensive clinical consultations, ongoing mental health therapy, medication evaluations, and alternative treatments, including Stellate Ganglion Blocks, IV Ketamine Infusions, Transcranial Magnetic Stimulation, and ALIVE Nutritional Infusions.

According to research studies, infusions of ketamine to treat depression can be effective for 60-80% of individuals. Unlike traditional treatments, ketamine is safe, and patients report minimal side effects.

We are here for you and your loved ones. If you have questions or concerns about holiday stress or other mental health issues, please call or email us. Remember, Mental Health is a universal human right!

What Our Patients Are Saying

"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.



KETAMINE HEALTH CENTERS

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



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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.

Ketamine Health Centers Vision - Create a holistic array of heart-centered services that promote mental, physical, and spiritual health and well-being while partnering with like-minded community resources that share our vision and values.

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 to regain balance in their lives.

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>

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

***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.



Jessica Mitchell

Jessica Mitchell is a Registered Mental Health Counseling Intern working toward licensure Status. She has been servicing clients and patients at Ketamine Health Centers since Spring of 2021.

Jessica completed her Associate in Science Degree in Human Services at Florida Southwestern University, her

BS in Applied Psychology and MS in Clinical Mental Health Counseling at Hodges University; graduating with Honors in May of 2022.

Jessica's passion for understanding Human Behavior, paired with her passion for the application and integration of alternative treatment methods has helped to pave the way for her educational focus, and a career in the field of Mental Health and Wellness.

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Winter can be sparkling white and full of festive spirit, but the truth is that winter isn't always the wonderland we romanticize it to be—between shoveling out your driveway, navigating ice-slicked sidewalks, and trying not to get into a car accident on your way to and from the grocery store. Even those who live south enough to avoid the snow often still travel north to spend time with relatives for the season.

But what if you could retire to a lifestyle where the holiday warmth comes to you? Living in a homey, welcoming community full of communal spaces—like Sumter Senior Living—means you can have family and friends over without needing to brave the icy roads. And with a full team of on-site caregivers, you can spend less time worrying about what happens if you get sick knowing there's always a compassionate team member to take care of you.

So, don't spend the holidays worried about the snow or sniffles; spend this cheerful time in the comfort of a community that will cater to your needs and personal interests and exceed your expectations.

THE DRIVING FACTOR

Driving isn't a seasonal activity, but it is a more relevant topic in December—when the American Automobile Association (AAA) estimates roughly 113 million Americans travel by car for the holidays. Which is why Older Driver Safety Awareness Week was initiated by The American Occupational Therapy Association in 2009—as a way for families to discuss driver safety with their older loved ones during holiday get-togethers.

While driving can help older adults stay mobile and independent, the risk of being injured or killed in a traffic accident increases as you age. According to the Centers for Disease Control and Prevention (CDC), drivers aged 70 and older have higher fatal crash rates than middle-aged drivers (aged 35–54), and more than 257,000 older drivers sustain injuries each year that require a trip to the ER. This isn't due to the senior population's over-involvement in crashes but their higher vulnerability to injury because of age-related fragility.

A survey of 2,500 drivers aged 65 and older, performed by the Insurance Institute for Highway Safety (IIHS), revealed that individuals with medical conditions and self-reported impairments in memory, vision, and mobility were more likely than other drivers to limit themselves behind the wheel by making fewer trips, traveling shorter distances, or avoiding driving at night, on interstates, or in ice and snow.

Older Driver Safety Awareness Week highlights the vital role mobility and transportation play in keeping older adults active in their communities, which is essential to maintaining a sense of autonomy, and driving can feel like our last tie to that independence. But our freedom to come and go, and ability to experience adventure, doesn't need to be dependent upon our capability behind the wheel.



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Spend time with friends 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, and arts and crafts studio. Sumter Senior Living's Vibrant Living Program offers fun, enriching opportunities reflective of our community's culture and the preferences of the residents who live here, celebrating the seasons and milestones of aging with purpose, curiosity, creativity, and fun! Beyond our convenient on-site offerings, you'll also gain access to The Villages® Amenities. Enjoy all-inclusive, restaurant-quality dining and weekly social gatherings, and feel empowered to explore personal interests.

When you feel like venturing into the larger community, our team will connect you with transportation to everything you're accustomed to doing. From group trips to local lunch spots to exciting cultural excursions, theater outings, and more, we believe in keeping you safe on the road while helping you continue to discover life outside your door.

With Florida sunshine, caring associates and friendly neighbors, you'll feel the warmth right away at Sumter Senior Living—your home for the holidays and year-round.

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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.

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SENIORS AGING IN PLACE

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



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

IT FIGHTS ISOLATION

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

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

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

HOME HEALTH CARE CAN HELP

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

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

OUR PROMISE

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

TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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Mental Health and Autoimmune Disease

There is a Connection

Prioritizing your mental health while managing your autoimmune disease is a balancing act. Mental health challenges are a common experience among people with autoimmune diseases and other chronic illnesses. Patients who are managing the symptoms and treatments of an autoimmune disease are 45% more likely to develop anxiety or depression, according to a Danish research study compiled just ten years ago.

The intersection of mental health and autoimmune diseases is a critical aspect often overlooked in treatment protocols. While managing the physical symptoms is paramount, the emotional toll should not be underestimated. Acknowledging and addressing the mental health needs of individuals with autoimmune diseases is a crucial step toward comprehensive care.

Building a robust support system is a cornerstone in the journey of managing mental health alongside autoimmune conditions. Connecting with understanding friends, family, or support groups can provide a crucial outlet for expressing concerns and finding empathy. Sharing experiences with others who understand the unique challenges of autoimmune diseases can foster a sense of community and resilience.

Additionally, engaging in practices that nurture emotional well-being is instrumental. Mindfulness techniques, meditation, and stress-reducing activities can contribute to a more balanced mental state. These practices help cope with the emotional burdens and empower individuals to face physical challenges with greater resilience.

On the provider's side, a shift in approach is essential to ensure that mental health receives the attention it deserves in the treatment of autoimmune diseases. Incorporating mental health support into treatment protocols can significantly enhance the overall quality of care. Healthcare professionals should be attuned to the emotional challenges their patients face and proactively address mental health concerns.

Education also plays a pivotal role in empowering individuals with autoimmune diseases and their healthcare providers. Increasing awareness about the intricate connection between autoimmune conditions and mental health fosters a more comprehensive understanding. This, in turn, promotes a collaborative approach to care that considers the patient, acknowledging the interconnectedness of physical and mental well-being. Sage Infusion's trained and educated providers can help their patients manage mental health alongside autoimmune diseases.



Navigating the intricate landscape of autoimmune diseases requires a tailored and comprehensive approach, especially for individuals with chronic and complex treatment regimens. Conditions such as Rheumatoid Arthritis (RA), Multiple Sclerosis (MS), Migraine, Crohn's disease, Ulcerative Colitis (UC), Thyroid Eye Disease, Osteoporosis, Asthma, Alpha-1 Antitrypsin Deficiency, and Lupus pose unique challenges that extend beyond the physical aspects, encompassing social, emotional, and mental well-being.

For those managing Rheumatoid Arthritis, the journey involves more than just addressing joint pain. It requires a holistic perspective that acknowledges the impact on daily life. Similarly, individuals with Multiple Sclerosis face a range of symptoms affecting mobility and cognitive function, necessitating a comprehensive care plan that considers both physical and mental health.

Migraine, often underestimated, is not merely a headache but a complex neurological condition that can significantly disrupt daily activities. Managing this condition involves understanding triggers and implementing strategies to enhance overall well-being.

Crohn's disease and Ulcerative Colitis, collectively known as Inflammatory Bowel Diseases (IBD), not only present physical challenges but also affect mental health due to the unpredictable nature of symptoms. Balancing treatment for the gastrointestinal aspects while addressing emotional well-being is crucial.

Thyroid Eye Disease introduces unique challenges related to vision and appearance, impacting self-esteem and mental health. A holistic approach is vital in addressing this condition's physical and emotional aspects.

Osteoporosis, a condition characterized by weakened bones, requires both bone-strengthening treatments and measures to promote mental resilience, considering the potential impact on daily activities and independence.

Asthma, a chronic respiratory condition, can affect lung function and mental health due to the impact on daily activities and the potential for exacerbations. Alpha-1 Antitrypsin Deficiency, a genetic condition affecting the lungs and liver, necessitates a comprehensive approach to manage both physical and emotional aspects.

Lupus, an autoimmune disease with a diverse range of symptoms, requires a personalized treatment plan that addresses not only the physical manifestations but also the potential impact on mental health and overall quality of life.

Living with an autoimmune or chronic disease can take a toll on your body and mind. At Sage Infusion we not only focus on treating the disease but also treating the patient. Doctors treat your ailments. Drugs treat your symptoms. You can trust Sage Infusion to treat the patient.

Sage Infusion Can Help

At Sage Infusion, we've reimagined patient care. From a quick start, to upfront pricing and financial assistance to compassionate care by our clinical experts in a serene environment, you will experience infusion therapy like never before. We develop long-term relationships with our patients and work with them to tailor their treatment experience and preferences to make them feel comfortable. We are committed to making every infusion as comfortable, easy, and stress-free as we possibly can. We've designed our space to create an ambience of serenity.

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. We want you to focus on getting better and living a healthier life.

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

By Richard W. Rozensky, DDS, D.ABDSM

Sleep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People 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 ABDSM qualified dentist.

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

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

- Oral appliances can be easily cleaned and disinfected by patients.
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- 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.

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WHEN YOU'RE CAUGHT IN THE MIDDLE

By Janice Martin, Owner of Senior Liaison of Central Florida

I have recently found myself in the position that many family members face when moving their loved one to assisted living and the situation goes badly. I'm not a family member, but I was asked to help a resident at a long term nursing home who had become very dear to me. Helping people move to senior living is what I do for a living. I have done this for a very long time, yet I was unprepared for the significant snags that caught me off guard. I was also unprepared for the emotions of feeling helpless and terribly sad from the experience.

My friend had been living in a nursing home where I first met her nearly two years ago. She shared with me that she wanted desperately to move to assisted living. She wanted to sit in a garden, to paint, and to write. However, the obstacles of her health and her financial situation did not make it possible. Over time, she progressed in her physical abilities, and she was accepted for Medicaid.

I spoke with many employees at the nursing home to make sure that she was a candidate for assisted living. They all assured me that she was able to physically do the things she said she could do. One community came to evaluate her and determined that she was not appropriate for them. I reached out to another and asked if they would evaluate her as well. I fully explained all of her strengths and weaknesses (which are admittedly significant) and firmly requested that they have her demonstrate what she reported she was able to do. I also asked that they promise me that they would not accept her if they didn't feel they could accommodate her needs. I was worried about taking her away from her home and friends she had made in the last 2 years to a place where she knew no one and that her care might not be sufficient. When I told her they had accepted her, she was overwhelmed with joy!

There was no family to help with her transition. I worked with her in my professional capacity and as her "family." I was there to welcome her at her new assisted living apartment and helped to unpack her things and hung pictures to make it feel like home. When I was sure she was settled, I left happy that we had accomplished her wish.

And then it all fell apart. I have learned so much from this experience and it is what I want to share. First, expect the unexpected and accept that what



you believe is an obvious assumption is not always so. For instance, if a person is moving from home or another assisted living to a new assisted living, a supply of their medications are sent with them. When a person moves from a nursing home, it does not. Make certain that the new community receives the medication list so that they have adequate time to have the pharmacy deliver.

Ensure that they have all the personal supplies they need, including and most importantly, incontinence supplies. And be sure to understand who is responsible for ordering them and paying for them. Although she had some, it wasn't enough, and the community didn't check until there were none. Also, the delivery of medical equipment such as hospital beds, toilet and shower seats, walkers, and wheelchairs may be delayed due to their Medicare provider's approval process.

Then the phone calls began. She told me they weren't taking her to the dining room and she spent all day alone in her room. She told me they weren't helping her when she pressed the pendant, and she didn't have "this," and she didn't have "that," and the food was terrible, and on and on.

So, of course I called the administrator in anger and learned an entirely different side of the story. They had very good and valid explanations for all of my concerns that put an entirely different light on the story.

I was stuck in the middle. Just like anyone who has moved a parent or spouse and is feeling guilty. I felt that I had let her down.

I was reminded that there are always two sides to every story. There is always truth and denial from both sides. It's hard to understand the real story.

Yesterday morning she called me crying how awful it is. Today I received a text from the administrator telling me she spoke with my friend's family who visited and reported she told them she was happy to be there and is getting used to her bigger apartment.

I learned that I must allow them to figure this out and that she must make more of an effort to be her own advocate. I asked that all managers visit with her to tell her their responsibilities and how they can help with her concerns.

A transition to a new place is always difficult and it takes time. I preach this every day but have never fully experienced it. It's important to love deeply and to be supportive. But I also encourage you to communicate, listen, and acknowledge that there are things the staff are likely doing that you may not realize. Respect everyone's feelings and responsibilities.... But keep things in perspective and never stop being an advocate!



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



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

By Craig Curtis, M.D.

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

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

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

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

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

Then, in 1984, scientists finally isolated the "plaque" substance initially described by Dr. Alzheimer some 80 years earlier and named it Amyloid. They proposed that Amyloid

becomes "sticky", accumulating in the brain leading to brain cell loss, memory problems and symptoms of dementia. Doctors and scientists all over the world then began the hunt for a treatment that would decrease Amyloid in the brain.

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

DIAGNOSIS

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

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

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

CAN ALZHEIMER'S DISEASE BE PREVENTED?

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

WHAT CAN YOU DO?

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

CRAIG CURTIS, M.D.
US NAVY VETERAN 

DR. CRAIG CURTIS

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

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

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Navigating Life with Crohn's: A Comprehensive Guide to Medications and Management

Living with Crohn's Disease demands a nuanced and individualized approach to management. In this comprehensive guide, we will explore the specifics of managing Crohn's Disease with a focus on prominent medications, including Cimzia, Delzicol, Entyvio, Humira, Pentasa, and Skyrizi.

Understanding Crohn's Disease

Crohn's Disease is a chronic inflammatory condition that primarily affects the digestive system. It can lead to a range of symptoms, from abdominal pain and diarrhea to fatigue and weight loss. While the exact cause is unclear, a combination of genetic, environmental, and immune system factors is believed to contribute to its development.

MEDICATION SPOTLIGHT

1. Cimzia (Certolizumab Pegol)

Cimzia, belonging to the class of biologics, specifically targets tumor necrosis factor alpha (TNF-alpha) to reduce inflammation. Administered via injection, it has shown efficacy in inducing and maintaining remission for some individuals with moderate to severe Crohn's Disease.

2. Delzicol (Mesalamine)

Delzicol, an aminosalicylate, works as an anti-inflammatory agent, primarily used for treating mild to moderate symptoms of Crohn's Disease. Typically administered orally, it releases mesalamine in the colon to reduce inflammation and maintain remission.

3. Entyvio (Vedolizumab)

Entyvio, a gut-selective biologic, targets the alpha-4 beta-7 integrin to modulate the immune response specifically within the gastrointestinal tract. This makes it a valuable option for individuals who have not responded well to other treatments or those with concerns about systemic effects.

4. Humira (Adalimumab)

As one of the most widely prescribed biologics, Humira inhibits TNF-alpha, reducing inflammation and providing relief for those with moderate to severe Crohn's Disease. Administered via injection, it has demonstrated effectiveness in inducing and sustaining remission.



5. Pentasa (Mesalamine)

Similar to Delzicol, Pentasa is an aminosalicylate used to treat mild to moderate cases of Crohn's Disease. Administered orally, Pentasa releases mesalamine throughout the entire gastrointestinal tract, targeting inflammation in various parts of the digestive system.

6. Skyrizi (Risankizumab)

Skyrizi, originally developed for psoriasis, is being explored as a potential treatment for Crohn's Disease. It works by targeting interleukin-23 (IL-23), a cytokine involved in the inflammatory process. Research on its efficacy and safety in Crohn's Disease is ongoing.

NAVIGATING TREATMENT PLANS

Effectively managing Crohn's Disease involves collaboration between patients and healthcare providers to create personalized treatment plans. Factors such as the location and severity of inflammation, previous treatment responses, and potential side effects guide the decision-making process.

Regular communication with healthcare professionals is crucial to monitor treatment efficacy and adjust plans as needed. In some cases, a combination of medications or a switch to a different treatment may be recommended to optimize outcomes.

CHALLENGES AND CONSIDERATIONS

While these medications offer significant relief for many individuals, challenges may arise. Possible side effects, the need for regular monitoring, and

the potential for developing antibodies to certain biologics are factors that necessitate careful consideration and ongoing dialogue between patients and healthcare providers.

In the realm of Crohn's Disease management, a tailored and informed approach is key. By understanding the nuances of medications like Cimzia, Delzicol, Entyvio, Humira, Pentasa, and Skyrizi, individuals living with Crohn's can actively engage in their healthcare journey. Regular communication with healthcare professionals, a commitment to treatment adherence, and a holistic approach to well-being empower individuals to navigate the challenges of Crohn's Disease with resilience and hope.

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DRUG NAME	Retail Cost	Prescription Hope	Total Savings
Cimzia	\$5,193.00	\$60.00	\$5,133.00
Delzicol	\$192.00	\$60.00	\$132.00
Entyvio	\$7,854.00	\$60.00	\$7,794.00
Humira	\$6,654.00	\$60.00	\$6,594.00
Pentasa	\$103.00	\$60.00	\$43.00
Skyrizi	\$18,953.00	\$60.00	\$18,893.00



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WEIGHT LOSS MAKES YOUR BONES AND JOINTS HAPPY

By Physicians Rehabilitation

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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Liver Health and Therapeutic Agents

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

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

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

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

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

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

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

The liver...

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

Non-alcoholic fatty liver disease (NAFLD) is one of the most common chronic liver diseases. Astaxanthin, the active ingredient in Mitopak is a carotenoid, and beneficial effects of astaxanthin, including anti-oxidative, anti-inflammatory, and anti-tumor activity, have been identified.

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

The Role of Astaxanthin in Liver Diseases

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

Liver Fibrosis

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

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

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Why You Should Get Your Omega-3 Index Measured

By Anne-Marie Chalmers, MD

If you're like most Americans of a certain age, you regularly visit the doctor to get your cholesterol levels checked.

But what about your omega-3 index?

Since 2004, the omega-3 index has been proposed as a tool for measuring a person's risk of cardiovascular disease. Today, some studies indicate the omega-3 index may be a better predictor of heart health than cholesterol levels.

Let's take a closer look at this important measurement and why it matters to our health.

What Is the Omega-3 Index?

The omega-3 index measures the amount of EPA and DHA omega-3 fatty acids in the red blood cells.

The higher the number, the better. You want enough EPA and DHA, since these two fatty acids are essential for regulating the flow of nutrients into the cell and reducing inflammation (among other benefits).

Importantly, having a low omega-3 index is considered a risk factor for developing coronary heart disease. Your risk depends on where your number falls on the scale:

- Less than 4% is considered high risk ("undesirable")
- 4 – 8% is considered intermediate risk ("intermediate")
- Above 8% is considered low risk ("desirable")

What Determines Your Omega-3 Index?

Your omega-3 index mostly depends on how much fish you consume. That's because EPA and DHA are predominantly found in fatty fish.

(You can also get EPA and DHA from fish oil supplements.)

Americans don't eat much fish by global standards, so it's no surprise that the majority have low omega-3 index levels as well. Indeed, an estimated 95% of Americans have an omega-3 index of 4% or below, putting them in the high risk category.

Why Your Omega-3 Index Matters

Most of us try to eat a healthy diet. But often, it's hard to tell if our efforts are adequate.



That's where measuring your omega-3 index can be helpful. It tells you how much EPA and DHA actually gets integrated into your cells.

This knowledge matters since a person's omega-3 intake can be tricky to estimate. Even if you eat two or more servings of fish weekly (like the American Heart Association recommends), your fish might contain more or less omega-3s depending on the species, whether it's farm raised or wild caught, and how it's cooked.

Taking fish oil supplements isn't always straightforward either. That's because the amount of EPA and DHA you get can be impacted by the quality of the supplement – as well as individual factors like genetics, age, gender, and lifestyle.

How to Measure Your Omega-3 Index

Some doctors regularly measure their patient's omega-3 index, just like they do with cholesterol levels.

If your doctor does not offer this service, however, several companies provide a quick finger prick test you can take at home.

Tips to Improve Your Omega-3 Index

Since the omega-3 index came on the scene, it's proved to be a powerful health indicator. One study showed that people with low omega-3 index levels were 10 times more likely to die from sudden cardiac death compared to people with higher omega-3 index levels!

The good news is that even if your omega-3 index is low, you can improve it by:

1. Eating More Fatty Fish

Salmon and small oily fish, like sardines and mackerel, are great sources of omega-3s.

2. Taking an Effective Fish Oil Dose

Studies show that it typically takes between 1800 – 2000 mg EPA/DHA daily to move a person's omega-3 index by 4-5 percentage points.

Unfortunately, most regular fish oil supplements contain just 300 mg EPA/DHA per capsule. At that dose, you'd need to consume 6 - 7 capsules daily!

Taking fresh liquid fish oil can be easier for many people. At Omega3 Innovations, we typically find that when people consume one tablespoon (or a single vial) of Omega Cure® Extra Strength daily, their omega-3 index measures around 11 – 15%. That said, there can be variations between people.

3. Waiting At Least 4 Months

Before reassessing your omega-3 index, remember that it takes time for the omega-3s to be fully absorbed into the red blood cells.

4. Reducing Your Consumption of Omega-6s

As you work on increasing your omega-3 levels, it's smart to simultaneously decrease your intake of processed omega-6s. This means eating fewer foods rich in omega-6-rich vegetable oils (like pizzas, doughnuts and fries).

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

<https://omega3innovations.com/blog/why-everybody-should-get-their-omega-3-index-measured/>

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.



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Hypnotherapy the Way to Achieve Gut-Brain Health

By Patrick Watson, PhD

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

The Gut-Brain Connection: A Complex Interplay

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

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

Understanding Hypnotherapy

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

Hypnotherapy and Digestive Disorder

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

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



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

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

Stress Reduction: The Key to Gut Health

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

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

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

The Mind Body Connection

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

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

Unlocking the Potential Within

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

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

Conclusion: Pioneering a Holistic Approach

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

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

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It's A Wonderful Life

By Pastor Timothy Neptune

SpiritualWellness

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine **what you are going to love**. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... **how am I going to live?** To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...**who are you going to help?** If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



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