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March 2024

Marion Edition - Monthly

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**A HEALTHY BODY
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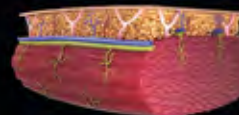
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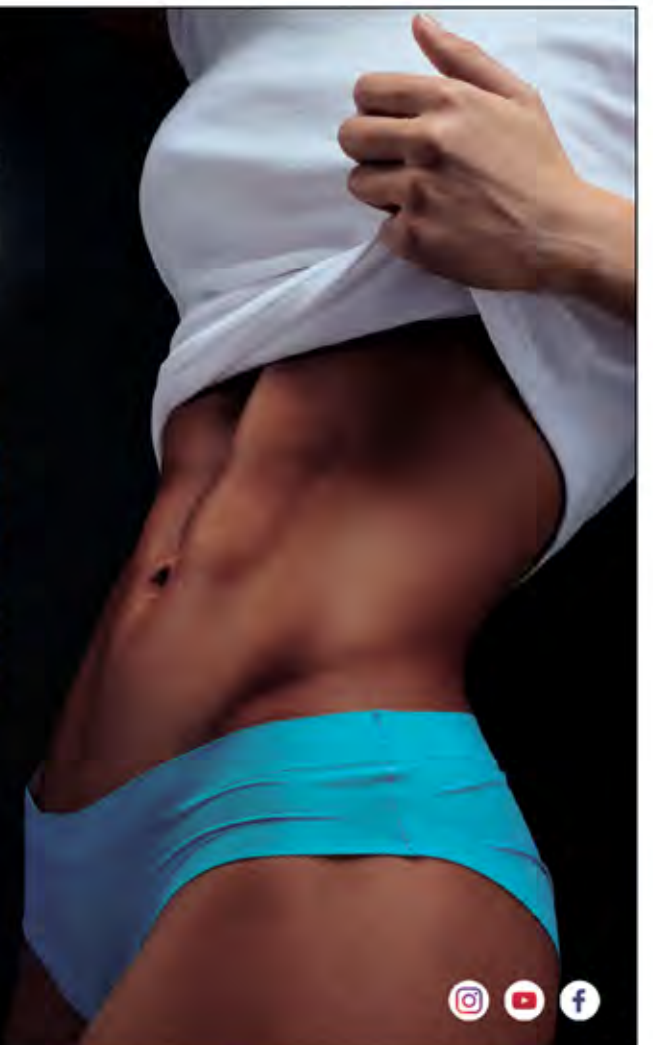
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EXCELLENCE IN PATIENT-CENTERED CARE



The Journey to Gut Happiness:

Unveiling the Secret to Family Harmony

By Elisha Lopez

Hey there, fellow health enthusiasts! Welcome back to my world of wellness and wonder. In my last article, I spilled the beans on my family's epic quest for optimal health. We dove deep into the abyss of burnout, unraveled the mysteries of our genetics, and witnessed the mind-blowing transformation that comes with lifestyle changes. But today, my friends, we're embarking on a gut-centric adventure. Buckle up and get ready to explore the magical land of happy bellies!

Picture this: a family sitting around the dinner table, their laughter echoing through the air, and an overwhelming sense of contentment filling the room. What's their secret ingredient? You guessed it—gut health! Science has uncovered a mind-boggling connection between our guts and brains, revealing how a happy gut can work wonders for our mental well-being and family harmony.

Welcome to the wild world of the gut-brain axis—a two-way highway that connects our brain to the wondrous realm of our intestines. This bustling thoroughfare carries neurotransmitters, hormones, and gut microbiota, all working together to transmit signals and influence our moods, emotions, and overall mental state.

When our gut is in a state of bliss, it churns out an abundance of feel-good neurotransmitters like serotonin, often referred to as the "happy hormone." Serotonin not only boosts our mood but also regulates sleep, appetite, and digestion. If you want your family to experience pure joy and serenity, it's time to pay attention to those gut vibes!

To promote gut health and overall well-being, it's wise to bid adieu to certain foods that can stir up inflammation, even if you're not allergic to them. Gluten, sugar, and dairy are common culprits notorious for wreaking havoc on our guts. By ditching these troublemakers, we can create a happier gut environment for the whole family.

Now, let's talk about the rockstars of gut-friendly nutrition—high-quality protein and good fats. These bad boys will be your partners on this journey to well-being. They'll help you minimize your reliance on grains, gluten, dairy, and sugar while still getting all the essential nutrients your body craves.

Ah, stress! The notorious troublemaker that wreaks havoc on our overall well-being and turns family dynamics into a circus. But here's the twist—stress can also throw our gut off balance because the



gut-brain connection works both ways. To cultivate a happy gut and a more peaceful family environment, it's crucial to incorporate stress-busting techniques into our daily routines. Whether it's meditation, yoga, exercise, or indulging in hobbies, finding ways to kick stress to the curb can work wonders for our gut and overall happiness.

And now, let's raise our glasses to the elixir of life—water! Staying hydrated is a vital ingredient in maintaining a happy gut. Guzzle enough water throughout the day, and you'll support digestion, prevent constipation, and create an ideal gut environment. So, keep those water bottles handy, and spice things up with herbal teas or infused water. Quenching your gut's thirst will lead to a more harmonious and well-balanced family life.

My fabulous health warriors, never underestimate the power of gut health in shaping your happiness and family harmony. Remember, I'm not a doctor, so it's always smart to consult with your healthcare provider before making major dietary changes. But let's face it, reducing gluten, sugar, and dairy from our diets benefits everyone, even those without allergies. So, take charge of your gut health, and may your journey toward happiness and family peace be filled with laughter, love, and a dash of sassy attitude. Cheers to gut happiness!

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



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CANCER PREVENTION? NUTRITION MATTERS

National Nutrition Month® is sponsored annually by the Academy of Nutrition and Dietetics to focus on the importance of making informed food choices, developing good eating habits and staying physically active.

Did you know a healthy lifestyle can lessen your chances of developing cancer?

Nearly 2 million Americans will be diagnosed with and more than 611,000 will die of cancer in 2024, according to the American Cancer Society. Research shows that nearly one half of these cancer cases and deaths are preventable.

There is growing evidence that what we eat plays a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Certain types of breast and colorectal cancer have also been linked to what we eat.

A diet high in fruits, vegetables, beans and whole grains and low in red meat, processed foods and sugar is recommended to help reduce cancer risk. It's also important to limit alcohol consumption to no more than two drinks a day for men and one drink a day for women.

Old American Plate New American Plate



Source: American Institute for Cancer Research (AICR)

The New American Plate

The Dietary Guidelines, published most recently in 2020 by the U.S. Departments of Agriculture (USDA) and Health & Human Services (HHS), are designed to help Americans make healthy food choices at distinct stages of life to maintain health and reduce the risk of chronic diseases.

Many of us may be familiar with the MyPlate graphic, which recommends filling half our plates with fruits and vegetables and the other half with grains and protein-rich foods, with a cup of dairy on the side. Still, the traditional American meal often contains sizable portions of meat (beef, lamb and pork, which are associated with an increased risk of colon and rectal cancer) and processed foods, few vegetables and too many calories.

The American Institute for Cancer Research (AICR) provides healthy eating recommendations specifically to prevent cancer. The AICR New American Plate aims to have non-starchy vegetables, fruits, whole grains and beans make up two-thirds (or more) of each meal, and lean poultry, such as poultry and seafood, make up one third (or less). Fruit is a suggested dessert.

Reflecting the latest and most authoritative scientific worldwide research, the AICR recommends a plant-based diet.

What exactly does plant-based mean, and is this diet right for you? Many think "plant-based" means eating tofu, brown rice and vegetables for every meal. Not so! This term refers to eating less animal protein and more fruits, vegetables, whole grains and plant protein.

A plant-based diet can help prevent or ease the effects of many conditions, including cancer, diabetes or high cholesterol, as well as aiding in weight loss and the prevention of stroke and heart disease. Of course, if you have a unique medical condition, work with your health care provider to develop a diet that best suits your needs.

An easy tip? Plan for a variety of foods and colors, and if your plate looks like a rainbow, you are making great food choices. Here's a partial list of plant-based foods that contain valuable vitamins and minerals proven to lower cancer risk:

- | | | |
|--------------------|---------------|----------------|
| • Apples | • Cauliflower | • Kale |
| • Asparagus | • Cherries | • Oranges |
| • Blueberries | • Cranberries | • Raspberries |
| • Broccoli | • Flaxseed | • Spinach |
| • Brussels sprouts | • Grapefruit | • Strawberries |
| • Carrots | • Grapes | • Tomatoes |

Does Sugar Feed Cancer?

"Does sugar feed cancer?" is one of the top questions patients ask oncology dietitians. There is no clear evidence that sugar directly fuels cancer growth or that eliminating sugar can slow cancer growth.

However, AICR guidelines recommend limiting sugar-sweetened drinks and excess sugar, which can lead to weight gain. According to AICR, excess body weight increases the risk of at least 12 cancer types.

Save Money and Eat Healthier

It may seem like healthier foods are too expensive, but it may be easier than you think to plan your menus around them. You'll get the most out of your food budget by purchasing some of the foods listed here:

- Beans, peas and lentils
- Potatoes and sweet potatoes
- Peanut butter
- Canned salmon, tuna and crab meat
- Grains such as oats, brown rice and barley
- Frozen or canned fruits and vegetables
- Eggs – Yes! Even if a dozen eggs cost five dollars, that's 42 cents each for a high-quality, versatile protein source!

Make Healthy Snacks at Home

Eating more healthily can be less costly if you think and plan ahead.

Make homemade snacks by purchasing quart containers of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit, and whole grain pretzels or cereal to portion accordingly. Air-popped popcorn and fresh fruits in season also tend to cost less than pre-packaged items. Bananas and apples are terrific snacks that travel well.

Aside from healthy eating, there's much more you can do to reduce your cancer risk. Limit the time you spend sitting and strive for daily physical activity. Aim for a healthy weight, limit alcohol and avoid smoking and tobacco in any form.

Independent scientific studies from around the world show that the more closely you follow these cancer prevention recommendations, the lower your risk of developing cancer. It's definitely worth the effort!

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Dr. Cobra Chamblee:

A Life of Care and Compassion

Primarily care providers serve as crucial figures in the lives of their patients, embodying roles beyond those of mere doctors. They act as health advocates, attentive listeners, trusted confidantes, educators, and counselors. Dr. Cobra Chamblee epitomizes these multifaceted roles in her practice at VIPcare Ocala - Downtown.

Dr. Chamblee is a highly-skilled, board-certified primary care physician specializing in family medicine. She has over 25 years of experience in the medical field and enjoys getting to know her patients.

Who is Dr. Cobra Chamblee?

Dr. Cobra Chamblee's journey in medicine is a testament to her dedication, versatility, and deep-rooted compassion. Originally from Texas, particularly the Dallas-Fort Worth area, her passion for helping others began early in life.

Growing up, Dr. Chamblee shared a special bond with her brother, caring for him with a natural ease that reflected their strong sibling connection. Their mutual support and camaraderie laid the foundation for her future in healthcare.

Despite initial doubts about her ability to pursue medicine, Dr. Chamblee's confidence soared when she found herself teaching a comparative anatomy lab course to aspiring medical students. Encouraged by her students' success and armed with newfound self-assurance, she embarked on her own journey to medical school, realizing her lifelong dream.

Dr. Chamblee's career trajectory is as diverse as it is impressive. "I like to say I am a Jill of all Trades," she said.

From family medicine and obstetrics to emergency medicine and hospitalist roles, she has navigated various specialties with finesse. Her dedication to patient care led her to participate in delivering close to 1,000 babies, embodying the joy and responsibility of ushering new life into the world.



With a heart for the elderly and a knack for empathetic listening, Dr. Chamblee embraces every patient encounter as an opportunity to connect on a deeper level. Her genuine respect for each individual, regardless of circumstance, underscores her commitment to holistic care.

"I love the continuity of care in family medicine," she said. "Seeing patients over again and knowing their stories. I can feel a patient's feelings quite easily and relate to them. I have often been through a similar experience and so can relate to their problem from the same place."

Beyond medicine, Dr. Chamblee is a passionate reader and writer. She's already added the title "published author" to her name with the success of her children's book, *Brenby Conquers the Sea*. Her aspiration to write a medical thriller reflects her ongoing thirst for new challenges and her deep-rooted connection to storytelling.

In every facet of her life, Dr. Cobra Chamblee exemplifies the qualities of a true healer – compassion, resilience, and an unwavering dedication to serving others. Her journey from Texas to Florida is not just a geographical transition but a testament to a life devoted to the well-being of those around her.

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Come Meet Dr. Chamblee at VIPcare Ocala - Downtown

Meet Dr. Chamblee at VIPcare Ocala Downtown, located at 230 SW 3rd Ave, Ocala, FL 34471, and see just how great she is. She is currently accepting new Medicare Advantage patients and can't wait to meet and join you on your journey to Better Health. Schedule an appointment with her today by calling 352-558-6759.



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A Healthy Body = A Healthy Mind

By Brooklynn Curley, APRN-C

Long ago; Hippocrates, an ancient Greek physician, once said, "let thy food be thy medicine". This is a powerful quote that still holds true today. March is my favorite month and not only because it is my birthday month. March represents National Nutrition Month, and this is such a powerful thing. One of the few things in this life that we have control over is what we choose to fuel our bodies with. This decision alone can affect us in so many ways including our health, energy, performance, mind, body, and spirit. So let's dive in on some tips to help you become the best version of yourself.

Digest This!!

Eating is one of America's favorite social pastimes. However, what we don't think about is what we consume and the digestion process that follows. Did you know the acid in our stomach is powerful enough to dissolve most metals? Our stomach is a chemical and mechanical machine. Its job is to break down the food for absorption of nutrients and storage for fuel. Water helps soften food and assists with easier digestion. Our body has a circadian clock that helps regulate our daily behaviors including but not limited to the sleep/wake cycle, hormone release, and heart function. Our body expects certain fuels like fats and sugars at certain times of the day. Random eating and mindless snacking overwork your stomach and can cause bloating and indigestion. Fiber for the win, as it passes through our body undigested and can help regulate our hunger sensation. This can be found in oats, peas, beans, carrots, etc. **KEY TIPS:** Eat every 3-5 hours smaller meals to process food and fuel the body. Chew your food since the chewing motion mixes with saliva (packed with digestive enzymes) and helps your body absorb the greatest amount of nutrients.

Drink your Water!

When you want to reach for the diet coke, energy drink, sweet tea, or coffee....think again. Water is vital to the human body. It aids in the livelihood of cellular functions, digestion, and both mental and physical performance. The human body is roughly made up of 60% water. We are constantly losing water through urine, sweat, and even breathing. Assuring we have adequate water intake helps ensure all cells, tissues, and organs are functioning optimally. Adequate water intake energizes you and helps flush toxins out of your body. H2O is a



lubricant for all joints helping produce synovial fluid and cartilage which helps maintain healthy joints and smooth movements. The smallest amount of dehydration which amounts to a loss of water at 1-2% of your body weight can affect cognitive function, concentration, alertness, and physical performance and endurance. **KEY TIP:** Within 30 minutes of waking up, drink 12 oz water, which will help kick-start your metabolism for the day. Also, here in the Dermatology world...hydration is key for your immune system, and it can even help prevent acne. Adequate water helps keep your skin's microbiome strong and helps fight off acne-causing bacteria.

Our health is in our hands. What does this mean?

Don't let 2024 be the year you fall into the fad diets and the crash diets. The theme for this year's national nutrition campaign is "Beyond the Table". I love this idea that addresses the farm-to-fork aspect of nutrition. This campaign helps address food production and distribution, how to navigate grocery stores and farmers markets, and how to implement home food safety and storage practices. Meal prepping, smart snacking, and tips and tricks to choosing foods is a great way to get your nutrition under control for you and your family. Here are some easy-to-follow guidelines. Be sure to choose salt-free seasoning and liquid aminos for flavor. Celery, carrots, and cucumbers are foods that you can eat as much as you want as they are full of fiber and help keep you full. Do not drink your calories, meaning say no to juices, milk, or sodas. With that being said, there is nothing wrong with balancing your nutrition and enjoying life. Alcohol consumption stops your body from burning fat. It decreases the digestive enzymes and inhibits the absorption of nutrients and the breakdown of food. Hence why, it is sometimes

forced to be stored as fat. **KEY TIP:** No sugary drinks and avoid drinking more than 1 night a week. Shop the outside of the grocery store first. Why? The outside perimeter of a grocery store is where you tend to find the freshest foods including produce, meat, and dairy. Your processed foods are typically in the center aisles. By shopping this way, you have better control over your diet's fat and sodium intake. Remember, processed foods contain preservatives or chemicals and additives to maintain shelf life.

Midstate Skin Institute: Here for you.

What can we offer you to help you meet your 2024 goals? A former trainer of mine once said, "You can't workout a bad diet". That has stuck with me for years. Nutrition is the key to a healthier, longer, and more fulfilling life. I truly believe that having a supportive team behind you, you can achieve anything you want in life. We are happy to offer the latest and greatest lasers, ultrasounds, and medication management to help you get closer to your "health" goals. One of our services includes EMSCULPT NEO. This uses radio frequency and high-intensity electromagnetic energies to help with fat reduction and muscle growth. The main mechanism is heat, think about an intense warm-up before a workout. Clinical studies have shown a 30% reduction in subcutaneous fat. It is non-invasive and is only 30 minutes! Another service offered is Sofwave. This is a skin-tightening ultrasound approach. This can be used on all skin types and is also noninvasive. It is FDA-approved for short-term improvement of cellulite. This machine helps stimulate the production of new collagen and elastin helps reduce fine lines and wrinkles. We would love to consult with you and come up with a plan to help you achieve success.

To sum it up...

As you can see, I am very passionate about nutrition and taking control of your life. It could be the former personal trainer in me but I LOVE helping others change their lives and feel their best from the inside out. This is why I LOVE Dermatology because our skin's health truly starts on the inside. Knowledge is power. Feed your brain, feed your soul, feed your body and you will be unstoppable. Until next time.... Brooklynn.



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EMSCULPTNEO® for Back Pain

By Dr. Tina Chandra

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

EMSCULPTNEO®

How does Emsculpt NEO work?

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

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

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

How can Emsculpt NEO help my back?

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

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



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

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

What can I expect during an Emsculpt NEO session?

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

These pulses (or waves) cause contractions on the target site which may feel mildly discomforting and strange to the patient but will cause no actual pain.

During treatment, the muscles in the target area will have contracted around 200,000 times; a feat that would take thousands of hours in the gym to replicate. This not only strengthens the muscles in the area but also destroys neighboring fat cells as well. The intensity of these contractions can also be fine-tuned to fit the specific needs of each patient.²

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

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

References:

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DR. TINA CHANDRA



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KIDNEY AWARENESS MONTH

Did you know that 37 million adults have kidney disease and the majority of people do not know they have it? One out of 3 three people are at risk for kidney disease. The kidneys are our primary source of detoxification. These two small organs clean the blood and filter waste products and toxins from the body through the urine.

The National Kidney Foundation Explains How The Kidneys Work Below:

- Blood enters the kidneys through an artery from the heart
- Blood is cleaned by passing through millions of tiny blood filters
- Waste material passes through the ureter and is stored in the bladder as urine
- Newly cleaned blood returns to the bloodstream by way of veins
- Bladder becomes full and urine passes out of the body through the urethra.¹

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts are eliminated from the body in the form of urine, while the remainder, about 198 quarts, is retained in the body. The urine we excrete has been stored in the bladder for approximately one to eight hours.¹

There are several key warning indicators of kidney disease. While many of these get confused with other conditions or get ignored completely, if you have any of the following symptoms, it's imperative to see your healthcare provider and to get additional testing done.

According the National Kidney Foundation, these are the 10 most common signs of kidney disease:¹

1. Fatigue—You're more tired, have less energy or are having trouble concentrating. A severe decrease in kidney function can lead to a buildup of toxins and impurities in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anemia, which can cause weakness and fatigue.

2. Trouble Sleeping—When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep. There is also a link between obesity and chronic kidney disease, and sleep apnea is more common in those with chronic kidney disease, compared with the general population.

3. Dry, Itchy Skin—Healthy kidneys do many important jobs. They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease, when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

4. Frequent Urination—If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection or enlarged prostate in men.

5. Blood in Urine—Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signaling kidney disease, blood in the urine can be indicative of tumors, kidney stones or an infection.

6. Foamy Urine—Excessive bubbles in the urine—especially those that require you to flush several times before they go away—indicate protein in the urine. This foam may look like the foam you see when scrambling eggs, as the common protein found in urine, albumin, is the same protein that is found in eggs.

7. Puffy Eyes—Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be due to the fact that your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

8. Swollen Feet and Ankles—Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of heart disease, liver disease and chronic leg vein problems.

9. Poor Appetite—This is a very general symptom, but a buildup of toxins resulting from reduced kidney function can be one of the causes.

10. Muscles Cramps—Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramping.

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Reference:

1. The National Kidney Foundation, *Kidneys and Your Health*, <https://www.kidney.org/phi/form?version=health>

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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CAREGIVING IMPACTS YOUR HEALTH

Submitted by Hospice of Marion County

According to the 2023 Alzheimer's Disease Facts and Figures, the Alzheimer's Association reported that more than 11 million Americans provided unpaid care for people with Alzheimer's or other dementias. These caregivers provided an estimated 18 billion hours valued at \$340 billion. Additionally, 59% of these caregivers report that their own health has suffered due to care responsibilities with high or very high levels of emotional stress.

Health of Caregivers Impacted

Most caregivers receive little or no support from their own families or other organizations and are basically on their own. There's been a growing trend over the last few decades of closing mental health facilities, early discharge of hospital patients, and implementation of managed care practices which causes a shift and burden to families and caregivers. This often results in financial loss, strain among families, and caregiver health issues that manifest due to increased stress.

Studies consistently show the following impacts on a caregiver's health:

- Higher levels of depression and depressive symptoms than in non-caregivers
- Depressed caregivers are more likely to have coexisting anxiety disorders, substance abuse or dependence
- Chronic stress in caregivers sometimes is associated with an increase in hypertension, inflammation and decreased immune function
- Caregivers who experience chronic stress may be at a greater risk for cognitive decline
- Caregivers report having a higher incidence of stress, weight gain, headaches, and back strain among other physical ailments and pain associated with caregiving

Women tend to be, more often than not, the primary caregivers. However, being a caregiver whether male or female affects your quality of life and increases the challenge of balancing your personal schedule with that of the intense, demanding focus needed to be a caregiver.



Resources and Tips Available

Caregivers tend to put others first and themselves last. It's not uncommon to see the impact of ongoing stress from caregiving sometimes results in anger and resentment. It's vitally important for caregivers to make sure they are taking care of themselves mentally, physically and socially. How can a caregiver take care of a loved one, if they are not being mindful of their own needs and health? Below are some resources and tips:

- Don't be afraid to ask for help from family members or close friends who could run errands
- Practice meditation and exercise to help relieve stress—set aside early morning or evening for yourself
- Do something socially just for you—see a movie, have lunch with friends
- Check into your office policies to see if you have family leave benefits

Call Hospice of Marion County for support from these programs:

Transitions Program at (352) 854-5200 – This is a community supported volunteer-based resource with caregiver support groups, respite for the caregiver, providing assistance whether in homes or assisted living facilities.

Nancy Renyhart Dementia Education Program at (352) 291-5138 – This program provides education for those caring for someone with dementia. It is provided at no charge and provides a three-hour workshop with tips and helpful caregiving resources, along with a Virtual Dementia Tour® that lets the caregiver experience dementia through the eyes of their loved one.

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Nourishing the Nation: Celebrating National Nutrition Month

By Elizabeth Mello, Executive Director

March marks the arrival of National Nutrition Month, an annual campaign aimed at raising awareness about the importance of making informed food choices and developing healthy eating habits. Initiated by the Academy of Nutrition and Dietetics, this month-long observance provides an opportune moment to reflect on the significance of nutrition in our lives and communities. In today's fast-paced world, where convenience often takes precedence over nutritional value, National Nutrition Month serves as a timely reminder to prioritize our health and well-being. With rising concerns about obesity, chronic diseases, and nutritional deficiencies, adopting a balanced diet has never been more crucial.

One of the key messages of National Nutrition Month is the promotion of a varied and nutrient-rich diet. This entails incorporating a diverse range of foods from all food groups, including fruits, vegetables, whole grains, lean proteins, and dairy products. By doing so, individuals can ensure they obtain essential vitamins, minerals, and other vital nutrients necessary for optimal health.

Furthermore, National Nutrition Month encourages mindful eating practices, such as paying attention to portion sizes and practicing moderation. In a culture where oversized servings and super-sized meals have become the norm, being mindful of what and how much we consume can make a significant difference in our overall health outcomes.

Education plays a fundamental role during National Nutrition Month, with a focus on empowering individuals to make informed choices about their diet and lifestyle. Through workshops, seminars, and educational resources, people gain valuable insights into reading food labels, deciphering nutritional information, and planning balanced meals tailored to their specific needs.

The importance of nutrition extends beyond individual health; it also impacts societal well-being and economic prosperity. Poor dietary habits contribute to a range of health issues, placing a significant burden on healthcare systems and diminishing workforce productivity. By investing in nutrition education and promoting healthy eating environments, communities can mitigate these challenges and foster a healthier population.



National Nutrition Month also highlights the significance of sustainable food practices and environmental stewardship. Embracing locally sourced, seasonal produce and reducing food waste are essential components of a sustainable food system that promotes both human and planetary health.

As we celebrate National Nutrition Month, let us reaffirm our commitment to making nutritious choices that nourish our bodies, minds, and communities. By prioritizing healthful eating habits, we lay

the foundation for a brighter, healthier future for generations to come. Together, let us embark on a journey towards wellness, one wholesome meal at a time.

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SUFFERING FROM MEMORY LOSS?

Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

Is your memory not what it used to be?

Are you experiencing or having trouble with:

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

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

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

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

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



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

DIAGNOSIS

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

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

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

CAN ALZHEIMER'S DISEASE BE PREVENTED?

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

WHAT CAN YOU DO?

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



CRAIG CURTIS, M.D.
US NAVY VETERAN 

DR. CRAIG CURTIS

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

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

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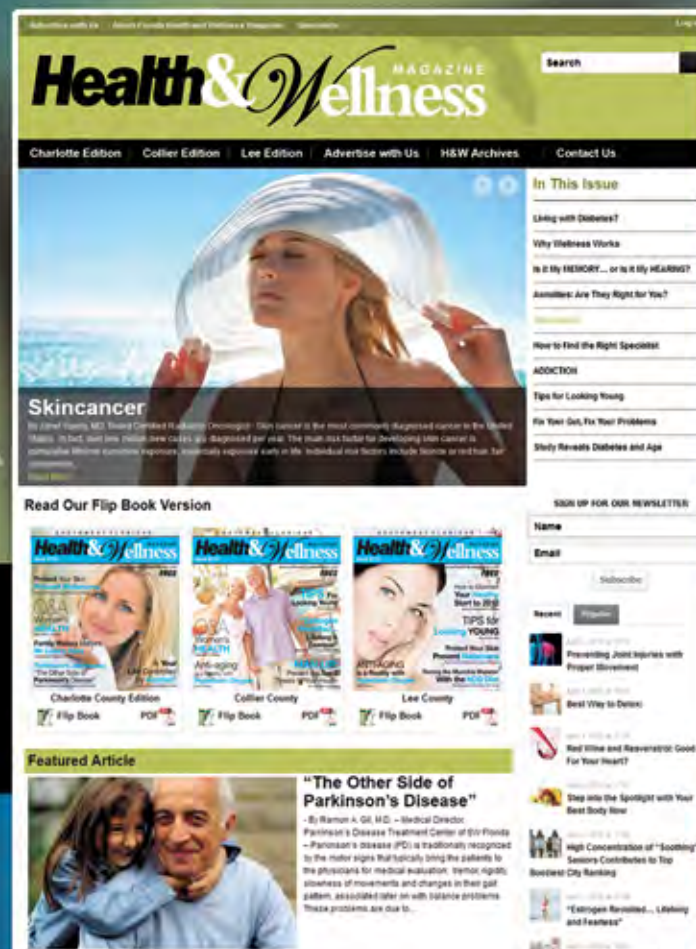


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March is Pain Awareness Month

According to the US Pain Foundation, research tells us that 50 million Americans live with chronic pain, or pain that lasts most days or every day for three months or more. Of this group, 20 million experience high-impact chronic pain, or pain that interferes with basic functioning and activities of daily living. Pain is the number one reason that Americans access the health care system and costs the nation up to \$635 billion each year in medical treatments, disability payments, and lost productivity.¹

There are a multitude of treatments available for chronic pain: medication, massage, exercise, acupuncture, and a wide variety of other treatments. Physical therapy (PT) for chronic pain is also an option, and it may help you manage your pain and regain normal mobility.

If you have chronic pain, working with a physical therapist can help your pain go away, and your therapist can give you strategies to keep the pain away. So, what does physical therapy for chronic pain look and feel like, and what can you expect from PT for chronic pain?

Physical therapists (PT) are experts not only in treating pain, but also finding its source. Your PT will look for areas of weakness or stiffness that may be adding stress to the places that hurt. They will treat those areas with certain exercises to ease pain and help you move better.

What to Expect from Physical Therapy

When attending physical therapy for chronic pain, your first session will be an initial evaluation. During this session, you will meet your physical therapist and discuss your condition. Your therapist should ask questions about your pain and how it behaves. Is your pain present constantly or intermittently, and how does it affect your life? What makes it better or worse? Your physical therapist should also ask about any previous treatments you have received and the effect those treatments have had.

He/she might do a review of your overall medical history and will perform various tests and measures to get a sense of any impairments that may be contributing to your pain, including:

- Range of motion
- Posture
- Strength
- Balance
- Endurance



Some of these tests may increase your pain, while others may cause your pain to decrease. Be sure to communicate with your physical therapist how you are feeling and how sensations are changing during your evaluation.

Once your PT evaluation is complete, your physical therapist should work with you to develop realistic and attainable goals for therapy. Goals may include pain relief, extended range of motion, increased strength and improved functional mobility. Your goals should be personal and should give you a plan to follow during your rehabilitation program. Following this initial evaluation, your treatment can begin.

PT Treatments

When you attend physical therapy for chronic pain, you may experience various treatments that may be used to decrease pain, improve your mobility, and help you fully function. Common treatments used by physical therapists for chronic pain patients include:

Exercise: Exercise should be your main PT tool in the treatment of chronic pain because it can help your body improve strength and mobility. When you can move with little or no pain, you are telling your brain that the movement is not going to hurt. This positive feedback allows you to move more with less pain. So, while you are getting stronger and improving mobility, you are also training your sensitive nervous system to trust that the movement is safe.

TENS and Electrical Stimulation: Transcutaneous electrical nerve stimulation (TENS) is a therapeutic modality that uses electricity to decrease pain signals coming from your body to your brain.

Massage: Some physical therapists employ massage techniques to decrease pain by improving muscular blood flow and relieving tightness.

Dry Needling: Dry needling is a newer treatment employed by some physical therapists to decrease painful muscle knots and trigger points. This treatment involves using small needles (like acupuncture needles) to pierce muscle tissue and knots, relieving the pain in these spots.

Heat or Ice: Modalities like heat and ice are often used by PTs to help decrease pain and inflammation. These treatments have not been proven to be effective with patients dealing with chronic pain, but they are often used as adjunct treatments during your PT sessions.²

Each of these treatments is designed to achieve a specific goal. It is important that you discuss with your physical therapist the intent of the treatment, so you know what to expect.

Innovative Therapies Group offers massage, physical, occupational and speech therapy. They embrace alternative and eastern medicine philosophies and will help you explore new inventive ways to combat your pain or disorders.

Types of Treatment Available with Physical Therapy

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

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Financial Wellness; Retirement Planning

By Steve Schneider, MBA - CEO, Securenet Financial, LLC.

Planning for retirement is not merely a task for the elderly; it's a crucial aspect of financial wellness that individuals should engage in at any age. In today's dynamic economic landscape, where uncertainties abound, having a concrete retirement plan is indispensable. This article delves into the significance of retirement planning in fostering financial stability and security, emphasizing its relevance irrespective of one's age.

The Need for Retirement Planning:

Retirement marks a significant transition in life, where the regular inflow of income ceases, and individuals rely on their savings and investments to sustain their lifestyle. Without adequate planning, this transition can be daunting, leading to financial stress and uncertainty. Retirement planning provides a roadmap for accumulating savings over the years, ensuring a comfortable and secure retirement.

Starting Early: A Strategic Advantage:

One of the key tenets of retirement planning is starting early. Fortunately, modern planning tools and investment opportunities make the planning process easier and more enjoyable. The power of compounding works wonders over time, allowing even modest contributions to grow substantially. By initiating retirement planning at a young age, individuals can harness this power, enabling their savings to grow exponentially. Moreover, starting early provides a longer time horizon to weather market fluctuations and adjust investment strategies accordingly.

Adapting to Life's Changes:

A well-crafted retirement plan isn't static; it evolves with changing life circumstances. Whether it's starting a family, advancing in one's career, or facing

unexpected challenges, a robust retirement plan accommodates these changes. Regular reassessment of financial goals, risk tolerance, and investment strategies ensures that the plan remains aligned with one's evolving needs and aspirations.

Mitigating Risks and Uncertainties:

Life is replete with uncertainties, ranging from health issues to economic downturns. Retirement planning acts as a shield against these risks, providing a buffer to withstand unforeseen challenges. Through diversification of investments, allocation to different asset classes, and insurance coverage, individuals can mitigate potential risks and safeguard their retirement nest egg.

Securing Financial Independence:

Retirement planning isn't just about accumulating savings; it's about achieving financial independence. By envisioning the desired lifestyle in retirement and setting concrete financial goals, individuals can work towards realizing their aspirations. Whether it's traveling the world, pursuing hobbies, or supporting loved ones, a well-executed retirement plan empowers individuals to live life on their own terms.

Seeking Professional Guidance:

While self-directed retirement planning is commendable, seeking professional guidance can provide invaluable insights and expertise. Financial advisors possess the knowledge and experience to tailor retirement plans to individual circumstances, optimize investment strategies, and navigate complex financial landscapes. By leveraging their expertise, individuals can enhance the effectiveness of their retirement planning efforts and make informed decisions.

Conclusion:

In conclusion, retirement planning is an essential component of financial wellness, irrespective of one's age. By initiating planning early, adapting to life's changes, mitigating risks, and seeking professional guidance, individuals can secure a comfortable and fulfilling retirement. Embracing retirement planning as a lifelong endeavor empowers individuals to take control of their financial future, ensuring peace of mind and prosperity in the golden years. Start planning today; your future self will thank you for it.

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TRANSFORMATIVE WEIGHT LOSS

The Synergy of Nutrition, Lifestyle Changes, and GLP-1 Simulate Medications

In the relentless pursuit of a healthier and more fulfilling life, the journey towards weight loss is often multifaceted. Embracing a holistic approach that combines mindful nutrition, sustainable lifestyle changes, and cutting-edge medications such as GLP-1 simulate drugs can pave the way for transformative results.

Nutrition: The Foundation of Weight Loss

Nutrition serves as the bedrock for any successful weight loss journey. Adopting a balanced and nutrient-rich diet is not just about cutting calories; it's about providing your body with the essential elements it needs to thrive. Emphasizing whole foods, lean proteins, fruits, and vegetables can create a sustainable and enjoyable eating plan.

The principle of mindful eating comes to the forefront – paying attention to hunger cues, savoring each bite, and choosing quality over quantity. A well-rounded diet not only fuels the body but also helps in maintaining steady energy levels and keeping cravings at bay. Consulting with a nutritionist can offer personalized insights, ensuring that the dietary choices align with individual goals and health conditions.

Lifestyle Changes: A Commitment to Wellness

While nutrition sets the stage, lifestyle changes take center stage in the weight loss narrative. Incorporating regular physical activity is a cornerstone of a healthy lifestyle. From brisk walks to intense workouts, finding an activity that brings joy and can be sustained over time is key. It's not just about shedding pounds; exercise contributes to improved mood, enhanced cardiovascular health, and increased overall well-being.

Adequate sleep plays a crucial role in weight management. Poor sleep disrupts hormonal balance, leading to increased cravings and a tendency to overeat. Prioritizing a consistent sleep schedule and creating a restful environment can significantly impact weight loss efforts.

Stress management is equally vital. Chronic stress triggers the release of cortisol, a hormone associated with fat storage, particularly in the abdominal region. Incorporating mindfulness practices such as meditation or yoga into daily routines can help manage stress and support weight loss goals.

GLP-1 Simulate Medications: A Revolutionary Approach

In recent years, GLP-1 simulate medications have emerged as a revolutionary addition to the arsenal against obesity. These drugs mimic the action of glucagon-like peptide-1 (GLP-1), a naturally occurring



hormone that regulates appetite and glucose metabolism. By enhancing feelings of fullness and reducing food intake, GLP-1 simulate medications contribute to weight loss.

The medications also exhibit additional benefits, such as improved blood sugar control and a lower risk of cardiovascular events. While not a standalone solution, when integrated into a comprehensive weight loss strategy, GLP-1 simulate medications can provide an extra layer of support for individuals facing challenges in achieving and maintaining a healthy weight.

The Synergy of Nutrition, Lifestyle, and Medication

The key to a successful weight loss journey lies in the synergy of these elements. A carefully crafted nutrition plan ensures that the body receives essential nutrients, while lifestyle changes contribute to enhanced physical and mental well-being. GLP-1 simulate medications, when prescribed under medical supervision, can act as a catalyst, helping individuals overcome barriers to weight loss.

It's crucial to approach these interventions with a personalized mindset, recognizing that what works for one may not work for another. Consulting with healthcare professionals, including nutritionists and physicians, can guide individuals towards an integrated approach that aligns with their unique needs and health status.

In conclusion, achieving transformative weight loss involves a comprehensive and tailored strategy. Nutrition and lifestyle changes form the foundation, while advancements in medications like GLP-1 simulate drugs offer a promising avenue for those navigating the complexities of obesity. By embracing this holistic approach, individuals can embark on a journey towards lasting wellness, reaping the rewards of a healthier body and a more fulfilling life.

MEET THE TEAM

Elite Medical is comprised of a team who is dedicated to helping you on your journey to better health.



Christopher Bagley, APRN

Chris is a lifelong Marion County resident who grew up in the northern part of the county. He attended North Marion High School, College of Central Florida and the University of Florida. After graduating college, Chris became a firefighter/paramedic and attained the rank of Lieutenant before retiring.

Chris became a registered nurse and worked at Advent Health Ocala and HCA Ocala Regional. Chris has always had a passion for health and after committing himself to his health, he was inspired along with Eldon, to open Elite Medical, a comprehensive wellness practice that focuses on health and well-being to prevent sickness and chronic diseases.



Eldon Waters, MSN, APRN

Eldon is a Marine Corps veteran and attended the College of Central Florida, University of Virginia and completed a Bachelors of Science in Nursing from University of Central Florida. Eldon also completed his Masters of Science in Nursing from South University.

Eldon started as an EMT/Medic at the University of Virginia Medical Center, a level 1 trauma center and teaching facility. He went on to work at Advent Health Ocala as a tech then registered nurse. After gaining more experience, Eldon worked at Ocala Health in the ER as a Nurse Practitioner.

To find out more or to schedule your appointment, please contact Elite Medical today.



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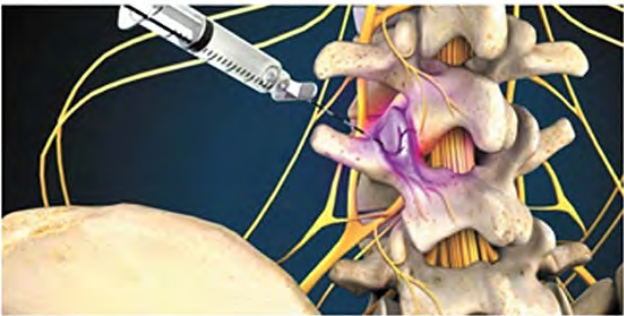
Discover Superior Pain Management at The Interventional Pain Institute with Dr. Brent Compton in The Villages and Ocala, Florida

When it comes to pain management, The Interventional Pain Institute (IPI) is the new name creating waves in The Villages and Ocala, Florida. Led by Dr. Brent Compton, the institute offers a comprehensive array of interventional pain services designed to alleviate chronic and acute pain, thereby enhancing patients' quality of life.

Dr. Brent Compton was raised locally in Lady Lake, FL and after finishing his medical training and work in Texas has relocated his family back home to The Villages where he opened the practice in August of 2023. His vast experience, combined with a deep commitment to patient care, is the propelling force behind the success of IPI. Dr. Compton's approach integrates the most advanced medical technology with a compassionate understanding of each patient's journey, resulting in personalized treatment plans that address both the physical symptoms and the emotional impact of pain.

Regardless of if you are experiencing acute (new) or chronic (long term) pain, The Interventional Pain Institute has a treatment option specific to you. Dr. Compton knows every patient is unique and every patient is treated as such. Some patients require medication while others do not. This clinic specializes in a wide range of interventional pain services and our goal is to provide pain relief with the most conservative means possible. Our services include but are not limited to:

1. Epidural Steroid Injections: These are employed to relieve pain in the neck, back, arm, and leg caused by



inflamed spinal nerves due to conditions such as spinal stenosis, disc herniation, radiculopathy, and sciatica.

2. Facet Joint Injections: These injections can help identify the cause and location of pain while providing relief by reducing inflammation and irritation.

3. Radiofrequency Ablation (RFA): This technique uses heat generated by radio waves to target specific nerves and interrupt their ability to send pain signals.

4. Spinal Cord Stimulation: This involves the stimulation of the spinal cord with mild electrical pulses to block the sensation of pain.

5. Sacroiliac Joint Injections: Used to diagnose and treat pain associated with sacroiliac joint dysfunction.

6. Trigger Point Injections: These are used to treat painful areas of muscle that contain trigger points, or knots of muscle that form when muscles do not relax.

7. Peripheral nerve stimulation: This unique and newer technique uses stimulation technology that was once reserved for the spine only and now allows us to treat extremity pain as well.

8. Minimally Invasive Lumbar Decompression (M.I.L.D): Offers relief for patients with spinal stenosis with a minimally invasive procedure.

9. Medicare and insurance approved Back and knee braces.

10. Kyphoplasty/Vertebral Augmentation: Treatment for compression fractures of the spine.

At The Interventional Pain Institute, each patient's pain is thoroughly evaluated and a customized treatment plan is developed. Dr. Compton and his team are dedicated to treating every patient with the utmost respect and care, with a mission to help patients regain functionality and improve their quality of life.

The Interventional Pain Institute also places a strong emphasis on patient education. An informed patient is an empowered patient, and the team strives to provide as much information as possible about each patient's condition and treatment options.

With offices conveniently located in The Villages and Ocala, Florida, The Interventional Pain Institute is an excellent choice for those suffering from chronic or acute pain. Under the care of Dr. Brent Compton, patients can find not just relief, but also a renewed sense of hope for a pain-free future. Experience the difference at The Interventional Pain Institute today.

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Facing The Gray Area When Choosing Memory Care

By Janice Martin, Owner of Senior Liaison of Central Florida

Memory Care is often confused as being a nursing home. Although a few nursing homes have a memory care area, it is most often a specialized “neighborhood” within assisted living. Memory care does not mean advanced care – it is specialized care. There may be more caregivers per resident from the increased hands-on attention related to the decline from dementia. Staff utilizes alternative communication and approaches to the different ways dementia presents itself. If someone is experiencing an increase in falls or requires more care but does not have dementia, memory care is not appropriate.

Memory impairment comes with many associated terms – mild cognitive impairment (MCI), dementia, Alzheimer’s, and others. In order to reside in memory care, the individual must have a dementia-type diagnosis. There are circumstances when a husband and wife can reside in memory care together when one spouse doesn’t have dementia. Someone with a brain injury who is not experiencing dementia may not be appropriate due to certain behaviors associated with the brain injury. Mental illnesses such as schizophrenia as the primary diagnosis are not appropriate, nor is an alcoholic when the family wishes to eliminate access to drinking.

Memory Care is a secure area of the assisted living community. The doors are locked and a resident cannot leave unless they are escorted. If a person with memory impairment is living in general assisted living and is found off the premises, can’t find their way back, and doesn’t know where they live, they are considered an “elopement risk”. For their safety, an immediate move to memory care will be necessary. If they are in the stairwell and can’t find their way out or walk the halls knocking on doors crying for help, they may be asked to move to memory care.

Sometimes a person in assisted living with a dementia diagnosis may have difficulty participating in activities because they don’t understand directions with multiple steps, have difficulty following conversations, or become over stimulated during group events. They may sit in their rooms alone because they don’t know how to use the call pendant to ask for help or to be taken to activities or meals. They may not know how to use the remote, no longer have reading comprehension, and have become isolated. In these circumstances, memory care may be a better option.



The challenge presents itself when a person with memory impairment can no longer live alone at home or it has become too stressful for the primary caregiver. They may fall in that gray area between assisted living and memory care. For example, they may have experienced a stroke that has affected their speech and have difficulty communicating, have limited mobility or need a wheelchair, do not know what to do in an emergency, and have some form of memory impairment. BUT they still understand what others are saying and still enjoy playing games, puzzles, and some crafts. It can be difficult to accept that memory care may be a better option.

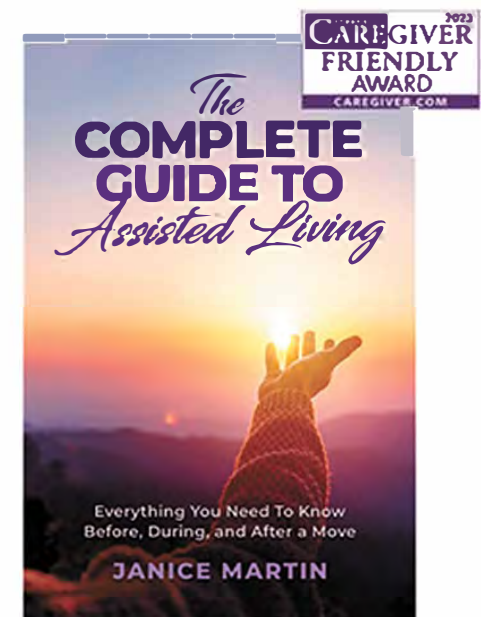
If you have been caring for a loved one for any length of time, you have probably learned to compensate for the things they can no longer do. Together you create new communication techniques and you may prompt them during tasks or step in to finish tasks for them. If you visit a memory care community as an option, the natural response is that your loved one is “not like those people.”

Too often, the family is in denial of the extent of the impairment and the choice is made to move to assisted living. This “wait and see how it goes” approach is not in your loved one’s best interest. By making this decision, your loved one is now living without the person who has been stepping in for them and they will struggle without that one on one support. If things don’t improve, within a short time the family will be asked to move them to memory care. Sometimes families wait for this so they don’t have to be responsible for the decision. The consequence is your loved one could feel like they did something wrong, or that they are a failure.

I encourage you to set your loved one up for success from the very beginning! Consider an initial move to memory care but ask the staff to allow your loved one to join in some activities in assisted living. Staff

may bring them over to play games or they may participate in group outings. Many memory care residents are included in entertainment and movies. If they are not an elopement risk, they do not need to be supervised during the activity. Family and friends may enjoy a meal with them in the assisted living dining room as often as they like. As they become more familiar with their surroundings, the staff, the routine, and they are thriving, everyone may agree that a move to assisted living is appropriate. When this happens, they will feel empowered!

If someone moves to memory care, it doesn’t mean it has to remain that way forever. It can be a transitional stage as they acclimate to their new environment. This may take some time, but when appropriate a subsequent move to assisted living is possible! The most important thing is to get it right from the beginning, so everyone feels successful and supported.



Janice Martin is an author, educator, and specialist on senior living options and the owner of Senior Liaison of Central Florida Inc. She assists families in locating senior options and communities and has written “The Complete Guide to Assisted Living: Everything You Need to Know Before, During, and After a Move” available on Amazon.com. For more information, call 352-477-1866 or visit www.seniorliaisoncfl.com.



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BENEFITS OF HYPERBARIC OXYGEN THERAPY (HBOT)

By Sandra Reddick

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

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

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

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

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

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

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



Why it's done

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

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

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

Reference:

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

Ocala Infectious Disease and Wound Center

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

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

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

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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen

rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

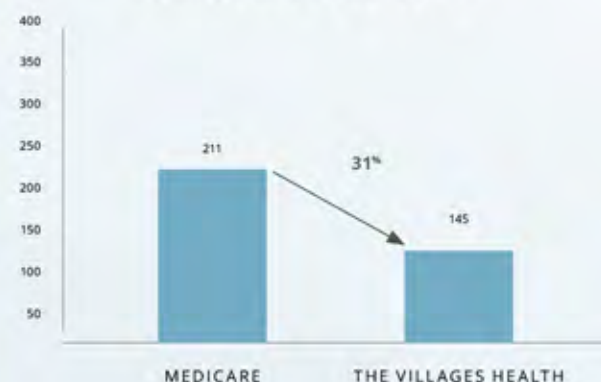
your choice

The Villages Health Offers Better Health Outcomes with Exceptional Service

If you are one of nearly 29,000 of The Villages Health's Medicare Advantage patients, you are 31% less likely to be admitted to a hospital.¹ We also offer less time in the waiting room!

	OTHERS	THE VILLAGES HEALTH
New Patient Visits	30 minutes	60 minutes
Annual Wellness Visits	30 minutes	30 - 60 minutes
Follow Up Visits	15 minutes	30 minutes
On-site Labs & X-Rays	×	✓
On-site Audiology & Behavioral Health	×	✓
Wound Care Program	×	✓
Hospitalist Program	×	✓
Saturday EZ-Care Clinic at Creekside Care Center	×	✓
13 In-house Specialties	×	✓
Paramedics at Home Program	×	✓

ADMISSIONS PER 1,000



NET PROMOTER SCORE² CONSISTENTLY IN THE **90s**

World CLASS



Schedule a Tour

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The Villages Health

¹Based on The Villages Health 2023 hospital admissions per 1000 patients compared to the Medicare benchmark of 211.

²Based on Net Promoter Scores (NPS) for 2023. NPS is a gold standard customer experience metric using a range of -100 to 100+ with anything over 80 considered "world class".



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