

CENTRAL FLORIDA'S

# Health & Wellness<sup>®</sup> MAGAZINE

April 2024

Lake/Sumter Edition - Monthly

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## EMSELLA

A Revolutionary Treatment for Incontinence

## RECURRENT UTIs

Addressing the Risk of Antibiotic Resistance

## YOUR NEW, HASSLE-FREE LIFESTYLE

## ALCOHOL AWARENESS

## ANXIETY DISORDER

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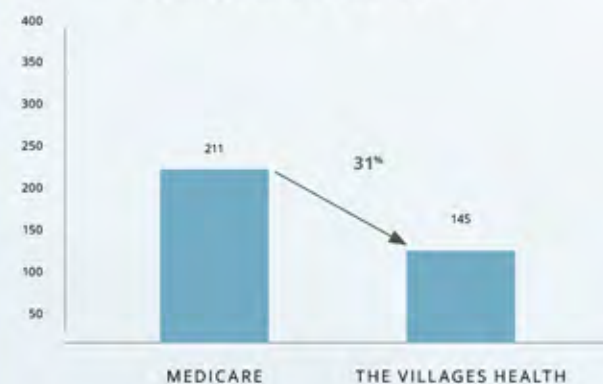
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Annual Wellness Visits	30 minutes	<b>30 - 60 minutes</b>
Follow Up Visits	15 minutes	<b>30 minutes</b>
On-site Labs & X-Rays	✗	✓
On-site Audiology & Behavioral Health	✗	✓
Wound Care Program	✗	✓
Hospitalist Program	✗	✓
Saturday EZ-Care Clinic at Creekside Care Center	✗	✓
13 In-house Specialties	✗	✓
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<sup>1</sup>Based on The Villages Health 2023 hospital admissions per 1000 patients compared to the Medicare benchmark of 211.

<sup>2</sup>Based 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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# CUSTOMIZABLE LIGHT ADJUSTABLE LENS A GAMECHANGER FOR CATARACTS PATIENTS

All Americans have some degree of cataract change by the age of 75. As the country's population advances in years, cataract surgery has become one of the most common surgical procedures, nearing 4 million cases annually. Recent advances in cataract surgery, including computer-assisted eye mapping and laser assisted cataract removal, have made restoring clear, crisp vision safer and more predictable than ever.

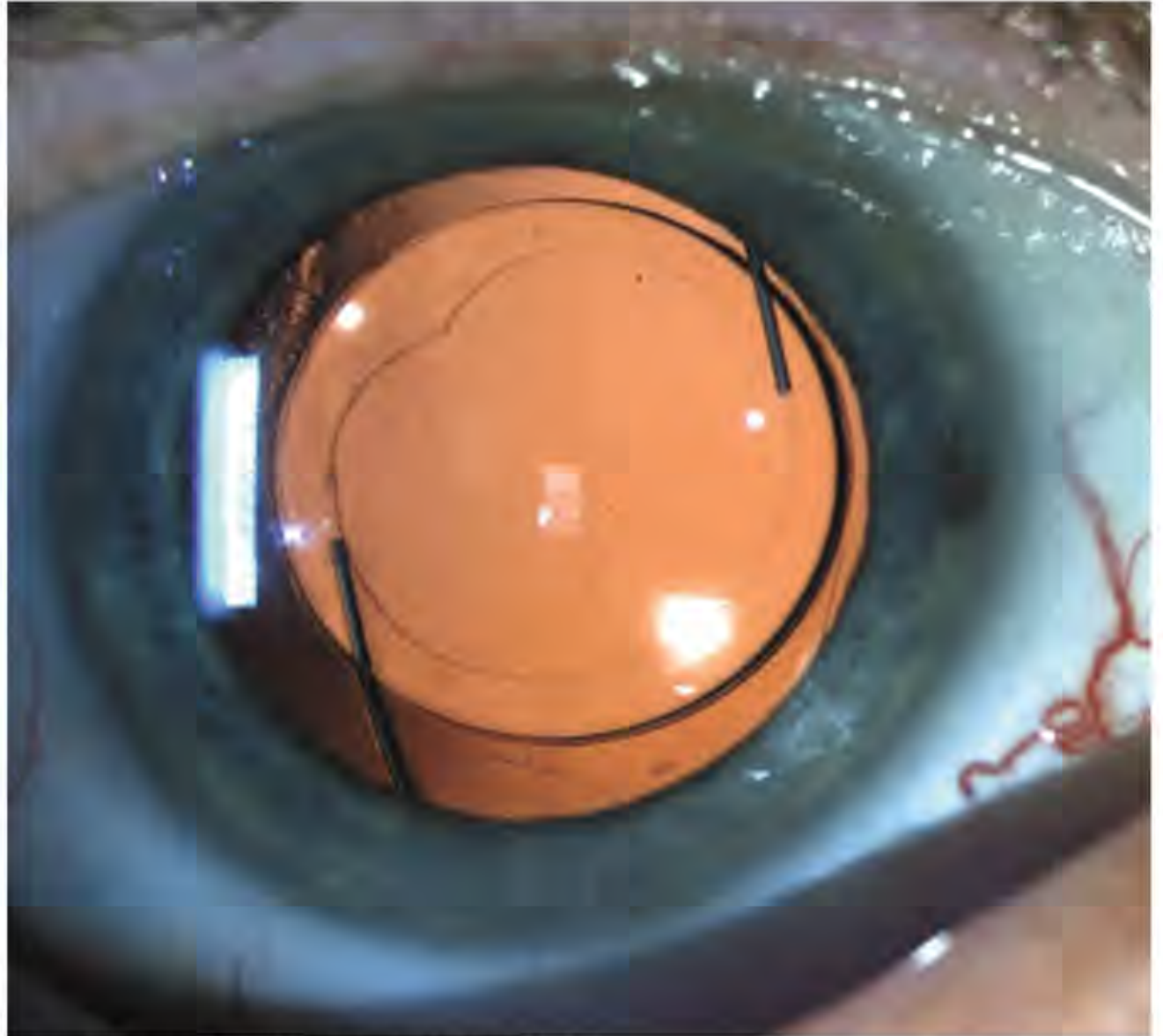
In yet another leap forward, Lake Eye Associates, Central Florida's leader in cataract surgery, is the first local practice to provide the revolutionary new RxSight Light Adjustable Lens®, or LAL.

Previously, ophthalmologists utilized sophisticated formulas to determine the power of post-surgical vision correction. Now, LAL gives Lake Eye's team of experienced, Board-certified ophthalmologists the ability to fine-tune a patient's vision after cataract surgery, so the final outcome can be customized to be even sharper and clearer, often producing the best vision of a patient's lifetime.

The LAL is composed of a photosensitive material that responds to ultraviolet light, enabling ophthalmologists trained in the procedure to adjust the shape and power of the implanted lens. This enables eye surgeons to refine vision more precisely and ideally for each patient than ever before.

Multiple studies demonstrate that patients receiving the RxSight Light Adjustable Lens® with post-surgical refinements achieved higher rates of 20/20 vision or better without glasses than those who opted for standard lens implants. The LAL provides unparalleled customization for each person's eyes, vision and lifestyle goals.

"Post op, minor healing differences can result in small, unanticipated prescription changes after successful cataract surgery," says Lake Eye's Medical Director, Dr. Scott Wehrly. "With the LAL, we have the opportunity to correct for those small postoperative changes and give the patient clearer and sharper vision than ever before." As a surgeon



Source: <https://www.eyeworld.org/2018/what-to-know-about-the-light-adjustable-lens/>

who has performed over 26,000 successful cataract surgeries, and the first surgeon in Central Florida to perform the groundbreaking laser assisted cataract surgery, Dr. Wehrly is always determined to pursue the safest and most advanced technologies that deliver the most satisfying vision. "We're always striving to provide the best care possible for our patients, and with the LAL, we have another powerful tool to achieve that."

With seven state-of-the-art locations throughout Central Florida, Lake Eye (a US Eye company) is a regional leader in comprehensive eye and vision care. Contact Lake Eye today to schedule an exam.



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# PREVENTING VARICOSE VEIN BRUISING

**U**nderstanding how to prevent varicose veins is crucial, especially if you want to avoid the added discomfort of bruising. Varicose veins are particularly susceptible to bruising due to increased pressure and weakened vein walls. A minor bump or injury can lead to vein rupture, resulting in varicose vein bruising. These bruises can be more severe than typical bruises and may take longer to heal.

Maintaining optimal circulation and avoiding activities that strain the veins is essential to minimize the risk of varicose vein bruising. Varicose vein bruising, or spider vein bruising, occurs when bleeding occurs beneath the skin's surface. Spider veins, broken capillaries visible on the skin, commonly appear on the face, particularly around the nose, cheeks, and chest. These veins can become irritated and more prominent, mainly when existing varicose veins are in the same area. Vigorous touching or rubbing of the skin can exacerbate spider vein outbreaks.

Preventing spider vein bruising involves adopting simple yet effective strategies to protect your skin and promote healthy circulation. When washing your face, avoid applying excessive pressure. Instead, use a soft washcloth or let the water stream gently over your face in the shower. Constipation can contribute to varicose veins and bruising, causing capillaries to rupture during straining. Incorporating more fiber into your diet can alleviate constipation and reduce the likelihood of bruising.

Crossing your legs while sitting can contribute to the development of spider veins. Aim to keep your legs uncrossed and positioned straight to the floor to promote healthy circulation. Protect your skin from the sun's harmful UV rays using high-SPF sunscreen and wearing a hat and sunglasses outdoors. Limiting sun exposure can help prevent skin damage and minimize the risk of spider vein development. Consider wearing compression socks to improve leg circulation and reduce the incidence of spider veins and bruising. These socks are beneficial for everyday wear, especially during extended periods of sitting or standing.

Regular physical activity promotes healthy blood flow and circulation, reducing the risk of developing spider veins and leg bruising. Aim for at least 30 minutes of exercise daily, such as walking or cycling, to maintain vascular health. Incorporating



these preventive measures into your daily routine can effectively minimize the risk of varicose vein bruising and promote overall vascular health.

Treatment for varicose veins typically involves lifestyle modifications, minimally invasive procedures, or surgery, depending on the severity of the condition. Lifestyle changes may include maintaining a healthy weight, regular exercise, elevating the legs, and avoiding prolonged periods of sitting or standing. Minimally invasive procedures such as sclerotherapy, laser therapy, or radiofrequency ablation can effectively treat smaller varicose veins by closing them off or destroying them. For more prominent varicose veins, surgical options like vein stripping or ligation may be necessary to remove or ligate the affected veins. Consulting with a vascular specialist is essential to determine the most appropriate treatment approach based on individual needs and preferences.

**Get support for your veins and circulation problems today.**

You may need medical treatment for your veins, and the team at Central Florida Vein and Vascular Center wants to help. Contact them today to learn more about their services and how they can help you live better. Their board-certified Vascular Surgeons and Phlebologists specialize in minimally invasive vein therapy.

For more information regarding the prevention of varicose veins, please read their blog at:

<https://cfvein.com/what-is-venous-hypertension/>

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# The Role of Alcohol and Kidney Health: What You Need to Know

**A**lcohol consumption has been a part of human civilization for centuries, serving various cultural, social, and even medicinal purposes. However, while moderate alcohol consumption may have some potential health benefits, excessive or chronic use can wreak havoc on several organ systems, including the kidneys. The kidneys play a crucial role in filtering waste products from the blood and maintaining fluid balance in the body, thus making understanding the relationship between alcohol and kidney health so paramount for maintaining overall well-being.

## The Basics of Kidney Function

Before going into the effects of alcohol on kidney health, it's essential to understand the basic functions of these vital organs. The kidneys are responsible for filtering waste products and excess fluids from the bloodstream, which are then excreted as urine. Additionally, they help regulate electrolyte levels, blood pressure, and the production of red blood cells. The part of the kidneys that does the work is called the nephron. It is a complex structure consisting of a glomerulus and a tubule, where filtration, reabsorption, and secretion processes occur.

## Alcohol Consumption and Kidney Function

The impact of alcohol on kidney function depends largely on the amount and duration of consumption. Moderate alcohol consumption, defined as up to one drink per day for women and up to two drinks per day for men, may not significantly affect kidney health in healthy individuals. In fact, some studies suggest that moderate alcohol intake, particularly red wine, may have protective effects on the cardiovascular system due to its antioxidant properties.

However, excessive alcohol consumption, or binge drinking, can lead to acute and chronic kidney injury. One of the primary ways alcohol harms the kidneys is through dehydration. Alcohol is a diuretic, meaning it increases urine production and can lead to dehydration if not counteracted by adequate fluid intake. Dehydration reduces blood flow to the kidneys, impeding their ability to filter waste products effectively.



Chronic alcohol abuse can also cause structural and functional changes in the kidneys, leading to conditions such as alcoholic nephropathy. This condition is characterized by inflammation, fibrosis, and impaired kidney function, ultimately increasing the risk of kidney failure. Additionally, alcohol abuse is a leading cause of hypertension (high blood pressure), which is a significant risk factor for chronic kidney disease (CKD).

## Other Risk Factors for Kidney Disease

It's essential to recognize that alcohol consumption rarely occurs in isolation and often coexists with other risk factors for kidney disease. For example, heavy drinkers are more likely to smoke, have poor dietary habits, and engage in sedentary lifestyles, all of which contribute to poor kidney health. It's also important to note that alcohol interacts with various medications, including those used to treat hypertension and other comorbidities, potentially exacerbating kidney damage.

## Protecting Your Kidneys

If you choose to consume alcohol, it's crucial to do so in moderation and with consideration for your overall health. Here are some tips for protecting kidney health while consuming alcohol:

- Stick to recommended guidelines for alcohol consumption to minimize the risk of kidney damage.
- Drink plenty of water before, during, and after consuming alcohol to counteract its diuretic effects and maintain adequate hydration.
- Maintain a balanced diet, engage in regular physical activity, and avoid smoking to reduce the burden on your kidneys.
- If you have risk factors for kidney disease or a history of heavy alcohol consumption, consider regular check-ups with your healthcare provider to monitor kidney function.



## Drink Wisely for Better Kidney Health

While moderate alcohol consumption may not pose significant risks to kidney health in healthy individuals, excessive or chronic use can lead to several side effects, including kidney disease. Understanding the relationship between alcohol and kidney health is essential for making informed choices about alcohol consumption and prioritizing kidney health. By practicing moderation and following the other precautionary tips, you can mitigate the potential adverse effects of alcohol on your kidneys and overall well-being.

Take charge of your kidney health today! Don't delay—take the first step towards a healthier future by calling VIPcare today. Call 352-268-9841 to schedule your appointment.



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# ALCOHOL AWARENESS MONTH: How it Affects Your Health and Your Heart

T.E. Vallabhan, MD, FACC

In our social culture, drinking with family and friends is common for celebrating special occasions and in some instances coping with life. Drinking alcohol has become extremely accepted in our society, and with that acceptance and desensitization of the harmful effects, comes a lot more alcohol abuse than most people are aware of, or willing to acknowledge.

We all know the guidelines of the healthy version of drinking. A glass of wine or liquor for women and two for men is usually the allotted daily amount recommended for the health benefits to transpire. Despite the health claims in moderate drinking, not everyone should drink.

Alcohol damages the liver, kidneys, brain, and heavy drinking also damages the heart, which can lead to heart palpitations and irregular beating, high blood pressure, heart attack, stroke, and cardiomyopathy.

According to a study titled *Effects of Alcohol on the Heart* reported the following. Some evidence suggests that light to moderate alcohol consumption protects against cardiovascular diseases. However, this cardioprotective effect of alcohol consumption in adults is absent at the population level. Approximately 20 to 30% of patients admitted to a hospital are alcohol abusers. In medical practice, it is essential that patients' levels of consumption are known because of the many adverse effects that might result in the course of routine care. Ethanol damage to the heart is evident if alcohol consumption exceeds 90 to 100 g/d. Heavy ethanol consumption leads to increased risk for sudden cardiac death and cardiac arrhythmias.<sup>1</sup>

In patients with coronary heart disease, alcohol use was associated with increased mortality. An early response to drinking was an increased ventricular wall thickness to diameter ratio, possibly proceeding with continuous drinking to alcoholic cardiomyopathy, which had a worse outcome compared with idiopathic dilative cardiomyopathy if drinking was not stopped or at least reduced (< 60 g/d). In the ICU, patients with chronic alcoholism have more cardiac complications postoperatively. These complications probably are caused by biventricular dysfunction, particularly with the occurrence of severe infections or septic shock, events that are three to four times more frequent among chronic alcoholics



than occasional drinkers or nondrinkers. To prevent further complications from drinking and for long-term management of drinking, patients with alcohol abuse and heart failure should be treated in brief intervention and follow-up programs. Prognosis is good even in patients with New York Heart Association class IV heart failure caused by cardiomyopathy if complete abstinence is accomplished. Noncompliance to smoking and alcohol restrictions, which are amenable to change, dramatically increases the risk for hospital readmissions among patients with heart failure.<sup>1</sup>

Alcohol plays a significant role in your bodies overall health. A full 24 hours after an episode of drinking, your immune system is more susceptible to disease and infection and the entire body and it's organs experience an inflammatory response.

The functions that are damaged by alcohol abuse are often longstanding. If you stop drinking, some of the damage will lessen, or improve like problem-solving, memory recall, attention span, and motor functions, but this will take time. Researchers usually see improvements to the brain after several months or years after abstinence takes place.

There are benefits to moderate drinking, but the problem is that with the acceptance and social aspect of alcohol, many people are at risk of becoming dependent on it for one reason or another. It's quite common to start out drinking socially and to then need it more often as your tolerance level increases.

April is Alcohol Awareness Month, and the National Council on Alcohol and Drug Dependence shines a light on the first weekend in April every year as the weekend of abstinence. If you have trouble avoiding alcohol for those three days, they encourage you to speak to you physician or therapist about getting help.

Source: 1. <https://www.ncbi.nlm.nih.gov/pubmed/11505330>

# Dr. V

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# EMSELLA: A Revolutionary Treatment for Incontinence

Incontinence, the involuntary loss of bladder or bowel control, affects millions of people worldwide, significantly impacting their quality of life. While this condition is common, it can be distressing and embarrassing, leading many sufferers to seek effective treatments. Enter Emsella, a groundbreaking non-invasive solution offering hope and relief to those struggling with incontinence.

Developed as a pioneering technology, Emsella utilizes high-intensity focused electromagnetic (HIFEM) technology to target and strengthen the pelvic floor muscles, which play a crucial role in controlling bladder function. Unlike traditional methods such as medication or surgery, Emsella offers a safe, painless, and non-surgical approach to address incontinence, making it an appealing option for many patients.

The treatment process is straightforward and convenient. Patients simply sit fully clothed on the Emsella chair, which emits electromagnetic energy to stimulate thousands of pelvic floor muscle contractions in a single session. These contractions are similar to those experienced during Kegel exercises but are far more intense and effective. Each session typically lasts around 30 minutes, during which patients can relax and read a book or browse their phone.

One of the key advantages of Emsella is its efficacy. Clinical studies have shown significant improvement in urinary incontinence symptoms after just a few sessions. Patients report fewer leaks, better bladder control, and a notable reduction in the frequency and urgency of urination. These improvements translate to enhanced confidence, freedom, and an improved overall quality of life.

Another benefit of Emsella is its non-invasive nature. Unlike surgical interventions, there is no downtime or recovery period associated with Emsella treatment. Patients can resume their daily activities immediately after each session, without any restrictions or discomfort. This makes it an ideal option for individuals with busy schedules or those seeking a hassle-free solution to their incontinence woes.

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Moreover, Emsella is suitable for a wide range of patients, including men and women of all ages. Whether the cause of incontinence is childbirth, aging, or other factors, Emsella can offer relief to those affected. Additionally, it can complement other treatment modalities, such as pelvic floor exercises or medication, for a comprehensive approach to managing incontinence.

Beyond its effectiveness in treating incontinence, Emsella also holds promise for addressing other pelvic floor disorders, such as pelvic organ prolapse and sexual dysfunction. By strengthening the pelvic floor muscles, Emsella can help alleviate symptoms associated with these conditions, providing further benefits to patients.

As with any medical procedure, safety is paramount, and Emsella delivers on this front as well. The treatment is FDA-approved and has been rigorously tested for both safety and efficacy. Side effects are minimal and typically limited to mild muscle soreness or discomfort during or after the session, which resolves quickly.

In conclusion, Emsella represents a game-changer in the field of incontinence treatment. Its innovative technology, coupled with its non-invasive nature and impressive results, make it a highly attractive option for individuals seeking relief from the burdens of incontinence. With Emsella, sufferers can reclaim control over their bladder function and enjoy a renewed sense of confidence and freedom.

## The Sunshine Med Spa Experience: Expertise and Personalized Care

Choosing a reputable med spa is paramount when seeking aesthetic treatments for anti-aging. Qualified professionals with expertise in PRF therapy, microneedling, and laser treatments can guide clients through the process, discussing individual concerns and developing personalized treatment plans. Sunshine Med Spa prioritizes client safety, comfort, and satisfaction, making the experience both rejuvenating and transformative.

In conclusion, the world of aesthetic treatments has evolved to provide effective anti-aging solutions that go beyond surface-level improvements. PRF therapy, microneedling, and laser treatments offer individuals the opportunity to revitalize their skin by addressing collagen loss and promoting natural regeneration. The med spa experience, with its focus on expertise and personalized care, ensures that clients embark on a journey to timeless beauty with confidence and satisfaction.

### Look And Feel Younger Today

Anti-aging treatments provide you with the ability to look and feel younger regardless of your numerical age. Once you begin a treatment plan that includes one or more of these anti-aging treatments, you will realize that age truly is nothing but a number. You can target aging from the inside and the outside by addressing your hormones, improving your skin, and taking steps to look and feel your best.

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Sunshine Med Spa is a medical aesthetics practice that offers a variety of services for men and women who are looking to feel refreshed and renewed. Allow our staff to determine the perfect treatment plan for you.

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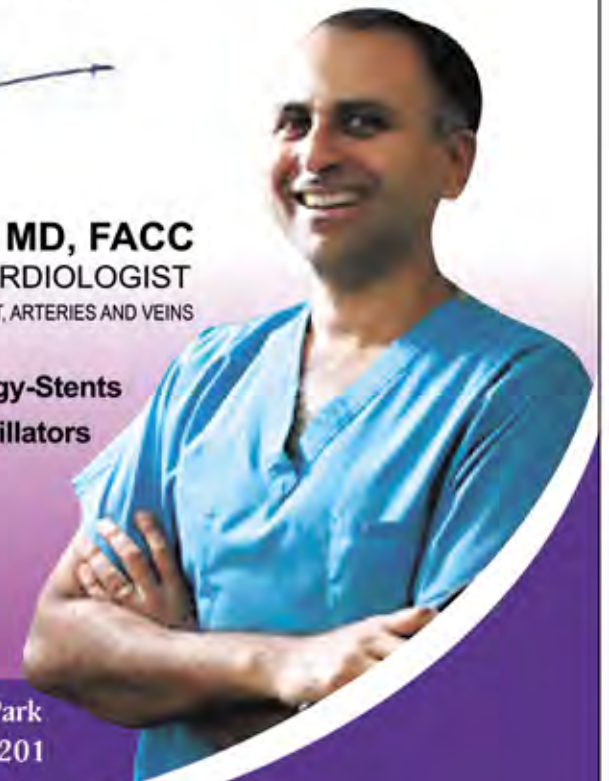
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# Recurrent UTIs: Addressing the Risk of Antibiotic Resistance

Urinary tract infections (UTIs) are common bacterial infections that affect millions of individuals worldwide each year. While typically treated with antibiotics, the rising prevalence of antibiotic resistance poses a significant challenge in managing recurrent UTIs effectively. In this article, we'll explore the importance of addressing recurrent UTIs and strategies to mitigate the risk of antibiotic resistance, focusing on Utiva Cranberry PACs as a clinically effective prevention.

## 1. Overview of Urinary Tract Infections (UTIs):

Urinary tract infections (UTIs) occur when bacteria enter the urinary tract and multiply, leading to frequent urination, burning sensation during urination, and pelvic discomfort. UTIs can affect various parts of the urinary tract, including the bladder (cystitis), urethra (urethritis), and kidneys (pyelonephritis).

## 2. Importance of Addressing Recurrent UTIs:

Recurrent UTIs, defined as two or more infections within six months or three or more within one year, pose significant health risks and can profoundly impact quality of life. Individuals who experience recurrent UTIs often face frequent discomfort, disruption of daily activities, and an increased risk of complications such as kidney damage and sepsis.

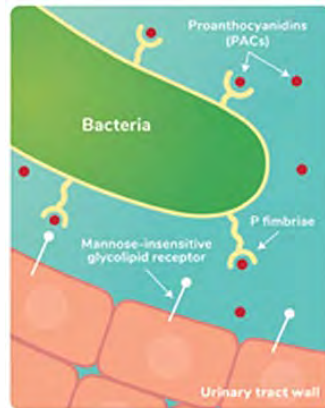
## 3. The Growing Concern of Antibiotic Resistance:

Antibiotic resistance has emerged as a global health threat, compromising the effectiveness of antibiotics in treating bacterial infections. Recurrent UTIs present a particularly challenging scenario, as they often result in repeated antibiotic courses, contributing to the development of antibiotic-resistant bacteria. A 2019 study published in the National Center for Biotechnology Information (NCBI) found alarming rates of antibiotic resistance among UTI-causing bacteria, with more than 92 percent resistant to at least one common antibiotic and almost 80 percent to at least two.

(Source: NCBI Study)

## 4. UTI Prevention: Strategies to Avoid Unnecessary Antibiotic Use:

Given the risks associated with antibiotic resistance, it's essential to explore preventive strategies to reduce the reliance on antibiotics for recurrent UTIs. Healthcare providers emphasize the importance of adopting lifestyle modifications and hygiene practices, such as staying hydrated, urinating after intercourse, and



practicing proper genital hygiene to prevent UTIs. Additionally, avoiding unnecessary antibiotic use for non-severe UTIs and considering alternative approaches for prevention are crucial in combating antibiotic resistance.

**5. Utiva Cranberry PACs: A Clinically Effective Prevention:** Utiva Cranberry PACs offer a promising solution for UTI prevention without contributing to antibiotic resistance. Cranberry proanthocyanidins (PACs) have been extensively studied for their ability to inhibit bacterial adhesion to the urinary tract, preventing the colonization and proliferation of UTI-causing bacteria. A urogynecologist, Dr. Emily Rutledge emphasizes, "There is a lot of evidence that cranberry supplements are safe and effective. You can find all sorts of cranberry supplements but if they don't have that 36 mg PAC and are measured by DMAC/A2 then they are a waste of money." Utiva Cranberry PACs, with a standardized dose of 36 mg PACs measured by DMAC/A2, provide a clinically effective option for individuals seeking to reduce their risk of recurrent UTIs.

Recurrent UTIs pose a significant health concern, exacerbated by the growing threat of antibiotic resistance. Healthcare providers and patients play a vital role in addressing this challenge by adopting preventive strategies and exploring alternative approaches to UTI management. Dr. Colleen McDermott, another urogynecologist, recommends,

"Antibiotics are the first-line treatment, but there are clinically proven options to help prevent. When considering cranberry supplements, I recommend my patients select a product with 36 mg of PACs." Utiva Cranberry PACs offer a safe, evidence-based option for UTI prevention, empowering individuals to take proactive steps towards better urinary health and reduced reliance on antibiotics.

Sources:

- [https://www.utivahealth.ca/blogs/resources/antibiotics-resistance?\\_pos=1&\\_sid=51bf18b74&\\_ss=r](https://www.utivahealth.ca/blogs/resources/antibiotics-resistance?_pos=1&_sid=51bf18b74&_ss=r)
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6436442/>



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### What Customers are Saying

Wonderful Product! ★★★★★

I cannot say enough good things about the Utiva Cranberry PACs. They have been instrumental in my battle with recurrent UTIs. They have enabled me to be free of infection and have so much peace of mind. Customer service is always fantastic, whether it is a question about their product line or help with my orders. 5 stars for Utiva! 🍷

Jo-Ann G.



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# Work(out) Smarter, Not Harder with Emsculpt NEO

By Dr. Tina Chandra

If you could lose fat and gain muscle without working out and see results in around 2 months, would you do it? Is it possible? Is there technology that can sculpt the body and make us look better? It's not a dream. The day has finally arrived!

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, and calves.

### 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.

### What can I expect in an Emsculpt NEO session?

During a 30-minute session, an applicator is strapped to the area being treated, the abdomen, for example. 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.

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.



### What areas can be treated?

According to the brand website, Emsculpt NEO is intended to be used on the "abdomen. It is cleared for improvement of abdominal tone, strengthening of the abdominal muscles and development of firmer abdomen, along with the strengthening, toning and firming of buttocks, thighs and calves, and improvement of muscle tone and firmness for strengthening muscles in the arms."

### What results can be expected?

Studies of the product have shown that clients see an average of 30% fat loss and an increase of 25% in muscle mass leaving a smaller waistline. The brand boasts a satisfaction rate of 88-100%.

### Is Emsculpt NEO too good to be true?

EMSCULPT NEO and the embedded high intensity magnetic field (HIFEM) technology have been clinically tested for safety and efficacy through seven clinical studies. Moreover, 30 scientific publications make HIFEM the most intensively researched body contouring technology since its introduction in 2018.

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



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# Anxiety Disorder: Can CBD Help?

**A**nxiety, phobia, fear, and PTSD (Post-traumatic stress disorder) are responses of our body to potential danger, promoting survival. It is a primary response to keep us safe from threats that could harm us. The problem arises when there is an imbalance between the sympathetic nervous system - responsible for preparing your body for a flight or fight response - and the parasympathetic nervous system, which is meant to calm the body. Your parasympathetic and sympathetic systems are subsystems of the autonomic nervous system. The autonomic nervous system is part of the central nervous system (CNS), constantly working; the unconscious system that controls breathing and digestion. The sympathetic nervous system overreacts when threats or danger are not present, triggering disorders like chronic anxiety, PTSD, as well as other phobias or psychoses. Modulators of these triggered responses are believed to be norepinephrine, serotonin, dopamine, and gamma-aminobutyric acid (GABA). The CNS plays a significant role in regulating the body's responses, and Cannabidiol, also known as CBD, helps regulate all the body's systems, including the autonomic nervous system (ANS), which controls the sympathetic and parasympathetic responses.

Another chemical, like serotonin and dopamine, that our body produces is called anandamide and is known as the "Bliss Molecule"; it also acts on the same reward center of the brain as serotonin and dopamine. CBD tells the body to produce more anandamide, which is why CBD has been so beneficial in helping individuals with symptoms of anxiety, PTSD, as well as depression. There are many forms of neuropsychiatric disorders; one study in 2015 states, "We found that existing preclinical evidence strongly supports CBD as a treatment for generalized anxiety disorder, panic disorder, social anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder when administered acutely." Anecdotal evidence, as well as clinical studies, support that CBD has a wide range of therapeutic benefits, including antipsychotic, anxiolytic, neuroprotective, antiemetic, analgesic, anti-inflammatory, antioxidant, antiarthritic, antineoplastic, immunomodulatory, and antiproliferative properties. In this study, it was noted that a review of potential side effects in humans found CBD to be well-tolerated up to 1500mg a day orally, with no reports of it slowing psychomotor function, negative mood effects, or abnormal vital signs. CBD was found to react with many of the receptors that regulate fear and anxiety-related behaviors. CBD is



anxiolytic, meaning anxiety-reducing, whereas some strains of THC, the psychoactive component of the cannabis plant, can be anxiogenic or anxiety-causing. Some people with paranoia and anxiety have been afraid to use cannabis because they have experienced what happens when they use the wrong product. Education and understanding of which cannabinoids to look for are crucial when seeking to use this natural plant medicine to combat the symptoms of many neuropsychiatric disorders. Elevated anandamide enhances fear extinction due to the acute anxiolytic effects. In layman's terms, CBD can be taken orally in an oil form, and it works fast, usually within about 10 to 15 minutes, to relieve the symptoms. Receptors in the brain that regulate mood, anxiety, reward, as well as fear extinction, are influenced and supported by the regulation of the central nervous system by binding to the CB1 receptors and inhibiting a range of neurotransmitters, including norepinephrine.

Norepinephrine is a neuromodulator that is responsible for arousal and vigilance, which is responsible for the symptoms of anxiety disorders. Low serotonin also plays a role in depression and anxiety, even mania, while too much serotonin can also cause anxiety, restlessness, and irritability. Finding balance in today's uncertain world is key to being happy and healthy. Stress, anxiety, as well as other neuropsychiatric disorders, can be debilitating and have a major impact on the quality of life, as well as lead to physiological health problems. CBD for yourself or someone you love can be life-changing.

Educate yourself on the benefits of CBD. Be kind and patient and love one another by speaking positive and encouraging words to yourself and others every day. As always, if you are on medications, talk to your doctor or pharmacist to see if CBD might be right for you or reach out to us with any questions or concerns.



*There are many forms of Neuropsychiatric disorders:*

**Generalized Anxiety Disorder (GAD)** - affects more women and is often associated with depression.

**Panic Disorder (PD)** - women are affected 2x more than men.

**Social Anxiety Disorder** - not gender discriminate and typically manifests around 13 years old.

**Stress** - affects everyone anxiety is a response to stress.

**Obsessive-Compulsive Disorder (OCD)** - affect women 3x more than men.

**Post-traumatic Stress Disorder (PTSD)** - affects women 5x more than men. War, rape, sexual abuse are some traumas associated with developing PTSD.

<https://adaa.org/understanding-anxiety/facts-statistics#-Facts%20and%20Statistics>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3267552/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4604171/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6486906/>  
<https://neuro.psychiatryonline.org/doi/10.1176/jnp.2009.21.2.iv>



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In honor of National No Housework Day and Stress Awareness Month, consider how senior living can take care of the day-to-day challenges, so you can spend time with the people who mean the most to you and do the activities that bring you joy.

#### NEVER LIFT A FINGER AGAIN

Don't let the daily upkeep of life get tiring and wear you down. Instead, focus on picking up that hobby you have always wanted to try or making friends with your neighbors. That's the beauty of senior living—housework becomes a thing of the past. Say goodbye to chores and hello to the new life of freedom that is waiting for you. Now is the time to enjoy all the simple pleasures life has to offer.

#### LEVELS OF CARE

Senior living can be beneficial for any older adult, regardless of the level of care they could use. With health concerns at the forefront for seniors, it's important to consider the care that individuals need. According to The World Health Organization, older adults are more likely to experience hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. Geriatric syndromes are often the result of various factors, such as falls and frailty that contribute to further long-term issues. Senior living can help older adults receive the proper care they need, wherever they are in their journey.

Sumter Senior Living offers Independent Living, Assisted Living, and Memory Care, with the ability to adjust your living situation as your needs change. For those who want a taste of our lifestyle, respite stays are the ideal option—providing both short-term care and an opportunity to explore the host of amenities available to our residents. Regardless of your needs, there are opportunities to receive care aligned with your health goals in our community.

#### SERVICES AVAILABLE

Live your life comfortably and effortlessly with the countless resources available in senior living. Help yourself to restaurant-quality dining, perfectly crafted by our in-house chefs. Enjoy nourishing, delicious food without experiencing the stress of cooking and deciding what to make. Senior living offers you the opportunity to put you and your health first without all the hassle.

Keep yourself healthy and mobile by taking advantage of available on-site therapy services. Our occupational, physical, and speech therapy professionals can help you maintain an active lifestyle and stay sharp on daily self-care tasks that may otherwise become more challenging with age. With the help of a therapist, you can even stay on top of chronic conditions to maintain and improve your quality of life.

According to The American Occupational Therapy Association Inc., "Therapy targeting health management in frail older adults and older adults with osteoarthritis or muscular degeneration improves physical functioning and occupational performance." Having access to various therapies can help seniors take care of chronic conditions as well as serve as preventive care, allowing for all to age gracefully.

#### AMENITIES AT SUMTER

Sumter Senior Living provides all the necessities for day-to-day life, so you can live stress-free. Enjoy the luxury of having your housework, laundry, and everyday essentials taken care of for you.

Fun-filled events are always happening on-site, and transportation is offered, so you can travel to medical appointments or enjoy the restaurants and shops of the greater community. With so much to do, there is never a dull moment at Sumter.

We want you to live your life exactly as you want, which is why we are a proud, pet-friendly community. Moving into senior living doesn't have to mean saying goodbye to your furry companion; bring your pet with you to our welcoming community!

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

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# DO YOU NEED HIP REPLACEMENT SURGERY?

## What Are Your Options?

By Sergio Martinez, DO, AOA, AOA

**H**ip replacement surgery is a common procedure performed to alleviate pain and restore function to the hip joint. The surgery involves replacing the damaged hip joint with an artificial joint made of metal, plastic, or ceramic materials. Hip replacement surgery is typically recommended for patients who suffer from severe arthritis, have had a hip injury, or have a hip deformity that causes pain or difficulty walking. In this article, we will explore the different options available for hip replacement surgery and how to choose the best option for your individual needs.

### Traditional Posterior Approach Hip Replacement Surgery

Traditional posterior approach hip replacement surgery involves making an incision in the posterior lateral aspect of the hip to access the joint. In this approach an incision is made through the gluteus muscle and the muscles posterior to the hip are cut to access the joint. The damaged bone and cartilage are removed, and the artificial joint is inserted.

Traditional posterior approach hip replacement surgery has been performed for over 50 years and is a safe and effective procedure. Most patients experience significant pain relief and improved mobility after surgery. However, traditional posterior approach hip replacement surgery requires a longer recovery period than other options and may not be suitable for patients with certain health conditions or who have had previous hip surgery.

### Anterior Approach Hip Replacement Surgery

Anterior approach hip replacement surgery is a newer technique that uses an incision in the anterior aspect of the hip to access the joint. In this approach the incision is made between muscle groups and does not cut muscles to access the joint. This approach results in less tissue damage and a quicker recovery time.

Anterior approach hip replacement surgery may be a good option for patients who want to return to normal activities quickly. However, the procedure requires a highly skilled surgeon and may not be suitable for all patients. In addition, the smaller incision may limit the surgeon's view and access to the joint, potentially increasing the risk of complications.



### Partial Hip Replacement Surgery

Partial hip replacement surgery, also known as hip resurfacing, involves replacing only the damaged surface of the hip joint with a metal cap. The rest of the joint is left intact. This procedure is typically recommended for younger patients with hip arthritis who have good bone density.

Partial hip replacement surgery offers several benefits over traditional hip replacement surgery, including a shorter recovery time, less blood loss, and a lower risk of dislocation. However, the procedure requires a highly skilled surgeon and may not be suitable for patients with certain types of hip arthritis or deformities. This surgery is also associated with higher failure rates which may lead to revision surgery.

### Robotic-Assisted Hip Replacement Surgery

Robotic-assisted hip replacement surgery is a newer technique that uses a robotic arm and computer guidance to perform the surgery. The surgeon uses a computer tomography (CT) scan of the patient's hip joint to plan the surgery and the robot to assist with the actual procedure. The robot assists with inserting the artificial joint with greater accuracy than traditional methods. Either an anterior or posterior approach can be used for robotic-assisted surgery.

Robotic-assisted hip replacement surgery may be a good option for patients with complex hip conditions or deformities. The procedure offers greater precision and accuracy, potentially reducing the risk of

complications and improving outcomes. However, the procedure requires specialized training and equipment and may not be available at all hospitals.

Hip replacement surgery is a safe and effective procedure that can help to improve pain and mobility in patients with severe hip joint damage or disease. With advances in surgical techniques and implant materials, there are more options than ever before for patients considering hip replacement surgery.

### SERGIO MARTINEZ, DO, AOA, AOA

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



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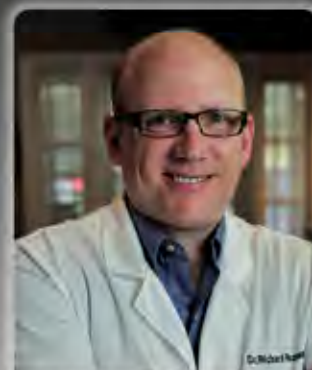
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# SENIORS AGING IN PLACE

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



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

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

## IT FIGHTS ISOLATION

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

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

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

## HOME HEALTH CARE CAN HELP

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

## HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

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

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

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

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

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

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

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

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

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

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

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

## OUR PROMISE

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

## TRUSTED HOMECARE SERVICES MISSION STATEMENT

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

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# The Connection Between Anxiety and Eye Health: Understanding the Impact on Vision

Ashley-Ann Walker, M.D.

In the fast-paced world we live in, stress and anxiety have become almost commonplace. From work deadlines to personal responsibilities, it's easy to become overwhelmed by the demands of daily life. While the effects of stress and anxiety on mental health are well-documented, their impact on physical health, particularly eye health, is often overlooked.

Anxiety, a feeling of worry or nervousness, can manifest in various physical symptoms, including changes in blood flow to the eyes. This alteration in blood flow can lead to a range of eye-related issues, such as blurred vision, eye strain, and dry eyes. For individuals already prone to eye problems, such as glaucoma or dry eye syndrome, prolonged stress and anxiety can exacerbate these conditions, worsening their symptoms and potentially leading to further complications.

One of the most common symptoms of stress and anxiety-related eye issues is blurred vision. This occurs when the muscles in the eyes become tense due to heightened stress levels, affecting their ability to focus properly. As a result, objects may appear blurry or out of focus, making tasks such as reading or driving challenging and uncomfortable.

Eye strain is another prevalent issue associated with stress and anxiety. When we feel anxious or stressed, we tend to tense our muscles, including those in the eyes, leading to fatigue and strain. Staring at screens for extended periods, a common occurrence in today's digital age, can exacerbate this strain, causing discomfort, headaches, and difficulty concentrating.

Dry eyes are also a common complaint among individuals experiencing heightened levels of stress and anxiety. Stress can disrupt the natural balance of tear production and drainage in the eyes, resulting in inadequate lubrication and discomfort. Without sufficient moisture, the eyes may feel gritty, irritated, or excessively watery, impacting both comfort and vision quality.

Moreover, for individuals already dealing with underlying eye conditions such as glaucoma or dry eye syndrome, stress and anxiety can pose additional challenges. Glaucoma, a group of eye diseases



characterized by damage to the optic nerve, can be exacerbated by elevated intraocular pressure, which may occur during periods of stress. Similarly, stress-related changes in tear production can worsen the symptoms of dry eye syndrome, leading to increased discomfort and potential damage to the cornea.

Given the significant impact of stress and anxiety on eye health, it is essential to prioritize self-care and stress management strategies. Incorporating relaxation techniques such as deep breathing, meditation, or yoga into your daily routine can help alleviate stress and promote overall well-being. Additionally, taking regular breaks from screen time, practicing good eye hygiene, and staying hydrated can support optimal eye health and minimize the impact of stress-related symptoms.

Furthermore, seeking professional help and support is crucial for managing anxiety and its associated effects on both mental and physical health. Whether through therapy, medication, or holistic approaches, there are various resources available to help individuals cope with stress and anxiety effectively.

In conclusion, the relationship between stress, anxiety, and eye health is undeniable. From blurred vision and eye strain to dry eyes and exacerbation of existing conditions, prolonged

stress can take a toll on our eyesight and overall well-being. By prioritizing stress management techniques and seeking appropriate support, we can protect our vision and cultivate a healthier, more balanced lifestyle. Let's raise awareness about the importance of mental health in preserving our precious sense of sight.

## Retina Group of Florida

If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, you should see an ophthalmologist right away. The earlier a disease is detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Retina Group of Florida.

Please call (352) 419-8928 today to schedule your eye exam. When necessary same day appointments can often be accommodated.



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**Ashley-Ann Walker, M.D.**

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# Xolair: Revolutionizing Asthma and Severe Food Allergy Treatment through Infusion Therapy

In the world of respiratory health, allergies and asthma pose significant challenges for millions of individuals worldwide. However, recent advancements in medical research and treatment options offer hope for those grappling with these conditions. One such breakthrough involves the expanded indications of Xolair, a medication traditionally used for asthma management, to include severe food allergies now. This development represents a milestone in medical innovation and underscores the importance of infusion therapy in managing complex respiratory conditions.

**Xolair's New Indications for Severe Food Allergies:** According to a recent article in Forbes, the asthma drug Xolair has received approval for expanded use in treating severe food allergies. This development is particularly significant considering the rising prevalence of food allergies globally. In the United States alone, it is estimated that over 32 million people have food allergies, with approximately 5.6 million of them being children. Among these, allergies to peanuts, tree nuts, shellfish, and dairy are among the most common.

Xolair, known generically as omalizumab, functions by targeting immunoglobulin E (IgE), a key component involved in allergic reactions. Xolair is an injectable prescription medicine for subcutaneous use. Xolair blocks the IgE which helps reduce the severity and frequency of allergic reactions, including those triggered by food allergens. Clinical trials have demonstrated the efficacy of Xolair in mitigating allergic reactions and improving the quality of life for individuals with severe food allergies.

The expansion of Xolair's indications to include food allergies provides a much-needed treatment option for those who experience life-threatening reactions to certain foods. However, access to this therapy remains a challenge, with insurance coverage being a key determinant of affordability and accessibility. Efforts to advocate for comprehensive insurance coverage for Xolair and other life-saving medications are underway to ensure that individuals with severe allergies can access the treatment they need to stay safe and healthy.

## Treatment Tips for Asthma and Allergy Management:

For individuals with severe asthma and food allergies who require infusion therapy, ensuring optimal treatment outcomes involves careful planning and



adherence to best practices. Sage Infusion, a leading provider of infusion therapy services, offers valuable insights and tips for managing treatment effectively for infusions and injections:

- 1. Establish a Treatment Schedule:** Consistency is key. Work with your healthcare provider to establish a treatment schedule that aligns with your lifestyle and ensures timely medication administration.
- 2. Monitor Symptoms Closely:** Pay close attention to changes in asthma/allergy symptoms, and triggers. Promptly communicate any concerns or worsening symptoms to your healthcare provider. Regular monitoring allows for early intervention and adjustments to treatment as needed.
- 3. Follow Pre-Appointment Instructions:** Prior to each injection session, follow any pre-appointment instructions provided by your healthcare team. This may include fasting requirements, medication adjustments, or other preparatory measures to optimize the process.
- 4. Report Side Effects:** Be vigilant for any potential side effects or adverse reactions during and after injection. Report any discomfort, allergic reactions, or other symptoms to your healthcare provider immediately for appropriate management.

As advancements in medical science continue to expand the treatment landscape for allergies and asthma, infusion therapy emerges as a vital tool in managing these complex conditions. With Xolair's new indications for severe food allergies and the ongoing evolution of infusion treatment options, individuals with respiratory conditions can find hope and relief in the pursuit of improved health and well-being. By embracing evidence-based practices and collaborating with healthcare providers, patients can navigate their treatment journey with confidence and optimism.

## Sage Infusion Can Help

Sage Infusion provides expert patient-centered infusion care in a contemporary boutique environment. We offer asthma and allergy infusion and injection treatments to patients and will coordinate care with the referring physician, 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 a private room.

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. Sage Infusion offers the best infusion and administration facilities in the Sunshine State with seven locations - Brandon, Clearwater, Fort Myers, Orlando, Sarasota, Tampa, The Villages Lake Sumter and The Villages Spanish Springs | Lady Lake (opening Spring 2024).



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[sageinfusion.com/swwellness](https://www.sageinfusion.com/swwellness)

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

By Richard W. Rozensky, DDS, D.ABDSM

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

## What Is Sleep Apnea?

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

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

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

## What are the symptoms of Sleep Apnea?

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

## Obstructive Sleep Apnea & Oral Appliances:

### Have you tried CPAP therapy?

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



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

*Laurel Manor Dental/Laurel Manor SleepCare*

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

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

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

## Meet Dr. Rozensky

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

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

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





## THE ROAD TO ASSISTED LIVING IS NOT A DEAD END STREET

By Janice Martin, Owner of Senior Liaison of Central Florida

There are times in life when circumstances prove that a change in the direction we're going is necessary. Sometimes the situation is temporary, and other times it may have to be long term. When people think about a move to assisted living, the common belief is that you are now entering "heaven's waiting room" at a dead end street and there's no turning back.

That is not always the case.

When a person is hospitalized, there are discussions that must take place for discharge. After they've been admitted for several days or weeks, they will often go to rehab to regain some of their strength and mobility. However, whether discharged directly from the hospital or from rehab, the return home may not be a safe or realistic option – at least for the time being.

Returning home is always what is preferred. But when it's not an option, it may not mean it will never be. Perhaps a move to assisted living might be a good transitional plan. When additional therapy beyond rehab is needed, it can be continued in an assisted living. Upon discharge, orders are sent to a home health provider to provide therapy at the community. Payment will be covered under Medicare. Depending upon the orders, it might be covered under Part A or B, with a possible co-pay. While the individual gets stronger, the goal can always be to return home. **(Note - Medicare never pays for the stay at assisted living in any way – only the therapy portion.)**

This care can be accomplished with a short-term stay, or respite. Respite is a temporary stay in a furnished apartment and a daily rate is charged. All care, meals, housekeeping, laundry, cable, Wi-Fi, maintenance, transportation to doctors or specialists, and activities are included in the daily rate. Most communities require a minimum respite of 30 days. However, it may be more cost effective to have a long term agreement which is often less than the daily respite rate. Most assisted living communities have a 30 day cancellation policy for a long-term agreement whereby you simply provide written notice of termination at any time.

When the person is the primary caregiver for another, their loved one can move to assisted living and receive care in their absence. After discharge, it may be helpful to join them in the assisted living



together until strong enough to resume their caregiving responsibilities before returning home. Or it could be the other way around where the caregiver may wish to move to be together while keeping an eye on things. A smaller second person fee is charged along with care fees if needed.

If you are considering assisted living and have been in Florida for some time, the option of moving to be close to your family in the chilly northern states may not be appealing. In this case, an easier transition could be to move to assisted living close to where you currently live for the time being. When your care needs increase and you find that your children need to travel more often to help or make decisions for your care, that might be the time to consider a move near them.

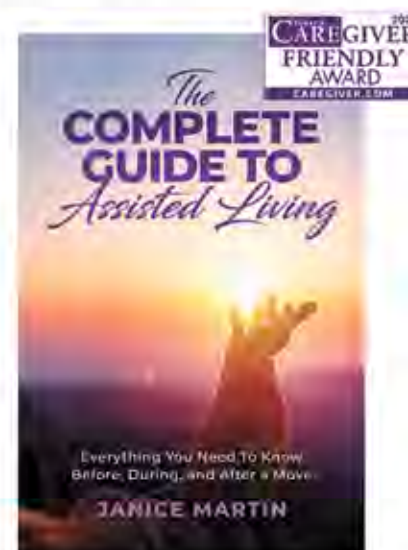
If you do move to an assisted living and you are unhappy and you feel your needs and concerns are not being addressed, there is no reason you can't give notice and move to another. There are certainly plenty of choices for different communities! Keep in mind that it generally takes at least three months to fully transition to this new way of living – so give it time!

Although this article is about assisted living, it's also important to discuss independent living and regular apartment living. Most independent living communities are also month-to-month. However, in both assisted living and independent living, you are not necessarily required to give 30-day notice if your health declines and the community cannot provide the care you need. It's important to discuss the community's policy before moving in.

In a regular apartment complex (not independent living), a one-year lease is common. However, be sure to ask for an addendum that will allow you to break the lease in the event that your health declines. I recently helped a 90 year old gentleman

who had been living in an independent living community and decided that he wanted to move to an apartment. He signed the lease with the belief that his health would not decline in a year. But it did. He hired a private home care company to help. Shortly after, they called me with concern that it was not safe for him to live alone. Before we had a chance to look at assisted living communities together, he fell in his apartment, went to the hospital, then on to rehab and could not return home. His daughter contacted the apartment manager and they allowed him to break his lease, but he had to pay for the next 60 days regardless of the situation. During that time, he had to pay for rent, utilities, AND assisted living which was a significant financial drain.

You always have choices, but make sure your decisions are realistic. Take things in transitional stages. Look at the best options for your health, safety, and well-being now, re-evaluate it in a few months, and then decide what's best while keeping future needs in mind. It's not a dead end street!



*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 either at home or to a community 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](http://www.seniorliaisoncfl.com).*



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# Why Choose a Certified Hand Therapist or CHT for Your Upper Extremity Injury?

**A** Certified Hand Therapist (CHT) specializes in treating upper extremity disorder for the shoulder, elbow, wrist and hand. A CHT requires a high level of specialization including postgraduate education and extensive clinical experience. They work closely with orthopedic and general surgeons who specialize in the hand to maximize rehabilitation outcomes with acute functional return of upper extremity use after an injury or chronic condition.



Figure 1  
1 Dynamic Hand Wrist Orthosis Splint  
Figure 2  
2 Dynamic Digit Extension Orthosis

Guidance by a CHT will help patients' regain range of motion, strength, nerve function, fine and gross motor skills and can also provide post-operative wound care and overall rehabilitation of the hand. A CHT is also able to fabricate onsite custom orthotic static, splints; dynamic traction splints, static progressive splints and casts individuals dependent on the diagnosis and their needs for recovery.



Figure 3



Figure 4

3 Single Digit/Finger Extension Orthosis  
4 Dynamic Wrist Extension MCPJ Flexion and Thumb Abduction Orthosis

Furthermore, an accurate assessment performed by a Qualified Certified Hand Therapist will eliminate the need for multiple medical providers and help facilitate faster recovery, decreased medical costs and faster return to work and productive lifestyles and leisure activities.



Figure 5

5 Dynamic Custom Orthosis  
6 Digit Extension Orthosis



Figure 6

**Innovative Therapies Group** also offers occupational therapy to help patients learn to use their new glove for daily living activities. Our Occupational Therapist, CHT (Certified Hand Therapist) is Certified in Saebo fittings and training.

## Innovative Therapies Group

If you often experience pain, stiffness, immobility, or balance issues, being proactive about physical therapy treatments and techniques can help to alleviate or lessen these circumstances.

For patients suffering from pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Innovative Therapies Group offers Hand Therapy Specialists, Occupational Therapy, Physical Therapy, Speech Therapy and Massage Therapy. They embrace alternative methods 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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- Occupational Therapy (Hand Therapy)
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# The Price of Procrastination:

## How Ignoring Financial Planning for Retirement Adds to Anxiety and Can Affect Your Health

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

As we journey through life, retirement often stands as a beacon of hope—a time to relax, pursue passions, and cherish moments with loved ones. However, the dream of a stress-free retirement can easily transform into a nightmare if financial planning is neglected. Far from being a mere concern for the future, inadequate retirement preparation can significantly contribute to anxiety during retirement and have a profound impact on one's health. It is comforting to know that planning for retirement, emphasizing the importance of early preparation and the guidance of holistic retirement planners can make a world of difference.

Picture this: you've reached retirement age, bid farewell to the workforce, and eagerly anticipated the freedom that retirement promises. Yet, as the days unfold, you find yourself consumed by worry. Will your savings last? How will you cover unexpected expenses? The absence of a solid financial plan casts a shadow over your golden years, fostering anxiety that infiltrates every aspect of your life. Numerous surveys of retired people show their number one financial concern is running out of money. This is not an unreasonable concern; a 2022 study from the Consumer Bankruptcy Project reported 12.2% of all bankruptcies are filed by people over 65 and it was 2.1% in 1991. Most of which could be avoided with a good plan.

Financial uncertainty breeds anxiety. Without a clear roadmap for retirement, individuals may constantly fret over their financial security, leading to sleepless nights and a constant sense of unease. The fear of outliving one's savings or being unable to afford essential healthcare amplifies stress levels, contributing to a decline in mental well-being.

Moreover, the impact of financial stress on physical health should not be underestimated. Stress can be linked to numerous health ailments, including heart disease, hypertension, and gastrointestinal issues. The persistent strain of financial worries can weaken the immune system, making individuals more susceptible to illnesses and slowing down the healing process. Thus, the toll of neglecting financial planning extends far beyond monetary concerns.

However, there is a beacon of hope amidst the uncertainty: proactive retirement planning. By taking the reins early on individuals and couples can navigate the complexities of retirement with confidence and peace of mind. Conventional financial



advisors tend to focus solely on investments in clients' working years and don't adequately prepare clients for retirement and often do not have the tools or needed expertise. Financial Planners who focus on retirement adopt a comprehensive approach, considering various aspects of retirement, including budgeting, insurance, estate planning, and healthcare expenses. All these items are handled differently in retirement.

**Early planning is key.** By starting early, individuals can harness the power of compounding, maximizing their savings and investment returns over time. Moreover, early planners have the luxury of exploring diverse retirement options and invest in a way that enables flexibility.

Holistic retirement planners like Securenet Financial, LLC. have tools, experience, and retirement expertise that play a pivotal role in crafting personalized retirement strategies tailored to individual needs and aspirations. They offer invaluable guidance in optimizing retirement accounts, minimizing taxes, and devising contingency plans to weather unexpected financial storms. Moreover, holistic retirement planners prioritize education, empowering clients with the knowledge and tools needed to make informed financial decisions before retirement and throughout their retirement journey.

Furthermore, holistic retirement planners recognize the interconnectedness of financial well-being and overall health. By alleviating financial stressors, they contribute to improved mental health outcomes and mitigate the risk of stress-related illnesses. Through proactive financial planning, individuals can cultivate

a sense of security and serenity in retirement, enabling them to savor life's precious moments without the burden of financial worry.

In conclusion, procrastinating or neglecting to plan for retirement can exact a hefty toll on one's well-being, exacerbating anxiety and compromising health. However, by embracing early planning and seeking guidance from holistic planners like Securenet Financial, LLC., individuals can navigate the complexities of retirement with confidence and vitality. Remember, the journey to a fulfilling retirement begins with a single step—take charge of your financial future today, and pave the way for a brighter tomorrow, it's rarely too early.



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

**W**hen 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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# SUFFERING FROM MEMORY LOSS?

## Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

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

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

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

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

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

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



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

### DIAGNOSIS

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

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

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

### CAN ALZHEIMER'S DISEASE BE PREVENTED?

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

### WHAT CAN YOU DO?

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



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

### DR. CRAIG CURTIS

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

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

[www.CraigCurtisMD.com](http://www.CraigCurtisMD.com)  
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# When You Are At Your Wits End

By Pastor Timothy Neptune

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31*

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.





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The screenshot shows the homepage of Health & Wellness Magazine. At the top, there's a search bar and navigation links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large article titled "Skincancer" with a photo of a woman wearing a sun hat. Below this, there are sections for "Read Our Flip Book Version" showing three magazine covers for Charlotte County, Collier County, and Lee County. A "Featured Article" section highlights "The Other Side of Parkinson's Disease" by Ramon A. Gil, M.D., with a photo of an elderly man. On the right side, there's a "Sign Up For Our Newsletter" form and a "Recent" section with various article teasers.



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