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July 2024

Marion Edition - Monthly

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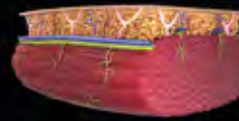
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SUFFERING FROM MEMORY LOSS?
Could it be Alzheimer's Disease?

CRAIG CURTIS, M.D.
US NAVY VETERAN



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

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

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

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CORE TO FLOOR - STRENGTHEN YOUR CORE AND PELVIC FLOOR WITHOUT HITTING THE GYM

By Dr. Tina Chandra

The innovative combination of BTL Industries' most sophisticated technologies has given rise to the latest and only non-invasive core conditioning treatment. The "Core to Floor" combination utilizes HIFEM and radiofrequency energy (Emsculpt NEO only) from the Emsella and Emsculpt NEO devices to strengthen primary core musculature.

Emsella targets the pelvic floor muscles, while Emsculpt NEO works to tone and strengthen the abdominal area. When done in conjunction, these two treatments allow people to improve neuromuscular control, muscular strength, sexual pleasure, and vitality.

Emsculpt NEO

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.

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.

Emsella

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

Emsella has been jokingly referred to as the "Kegel throne" because each 30-minute treatment is equivalent to doing more than 10,000 Kegels. It contracts the muscles by emitting HIFEM to stimulate the muscles of the pelvic floor that have become too weak to control urination. Even with physical therapy and being very disciplined in doing Kegel exercises, it would be humanly impossible to mimic this type of treatment and its results.



How does "Core to Floor" work?

Combining Emsculpt NEO and Emsella technologies into a singular form of core therapy has delivered a 95% satisfaction rate among patients.

Emsculpt Neo for the Abdomen

Core to Floor uses Emsculpt NEO to strengthen the abdominal muscles, stimulating an average of 25% muscle development. An additional bonus is Emsculpt NEO's fat reduction capability, allowing patients to reap the benefits of a 30% fat reduction in the abdominal area.

Emsella for the Pelvic Floor

Emsella is utilized in core to the floor for its innate capability to strengthen the foundation of the core faster and more effectively than any alternative treatments or exercises. These two state-of-the-art technologies together provide a painless and non-invasive solution to anyone struggling with or looking to prevent issues related to a weak core.

Why Choose Core to Floor Therapy?

The core is a grouping of the back, pelvic, glute, hip, abdominal, and diaphragm muscles—all of which stabilize the trunk and support the spine. Sufficient core strength is crucial for any physical activity, from running or swinging a golf club to simple everyday tasks such as grabbing something from the top shelf.

A weak core can cause a multitude of physical impairments, from chronic back pain to lack of mobility and balance. Core to Floor therapy helps train the muscles of the pelvis and abdomen to work in harmony, restoring one's quality of life and helping achieve fitness goals.

The combination of two advanced technologies helps to strengthen, tone, and firm the abdominal and pelvic muscles. The primary benefits of this therapy include:

- Increased Muscle Mass
- Enhanced Core Strength
- Restoration of Neuromuscular Control
- Improved Balance, Mobility, and Posture
- Improved Blood Flow
- Correction of Abdominal Separation
- Correction of Incontinence¹

If you are interested in learning more about "CORE TO FLOOR" using Emsella and Emsculpt NEO from trusted professionals with years of experience, contact Chandra Wellness Center today.

1. Soleiman, D. (2022) Core to floor: EMSculpt Neo & Emsella are an excellent combo, Cosmetic Injectables Center Sherman Oaks, Los Angeles, California. Available at: <https://cosmeticinjectables.com/blog/core-to-floor-emsulpt-neo-and-emsella>.



DR. TINA CHANDRA



DR. RAVI CHANDRA



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THE POWER OF SUNSCREEN:

Protecting Skin, Preventing Cancer

Few skincare products wield as much power and promise as sunscreen. It's not just about avoiding a nasty sunburn. Sunscreen is your first line of defense against skin cancer, the most common cancer in the United States for both men and women. But navigating the sunscreen aisle can be a daunting task.

Decoding the labels: What matters most?

When it comes to sunscreen, knowledge is power.

- Start by deciphering the label. Look for "broad-spectrum protection" to ensure that you're defended against both ultraviolet A (UVA) rays, which can lead to skin damage that causes wrinkles and sunspots, and ultraviolet B (UVB) rays, which are more likely to cause a sunburn.
- Opt for an SPF (sun protection factor) of at least 30, as the American Academy of Dermatology recommends, and avoid being swayed by higher numbers. At a certain point, additional protection is minimal.
- Water resistance is crucial for beach days or intense workouts, while active ingredients such as zinc oxide and avobenzone shield your skin from harm.

Exploring sunscreen varieties: Finding your perfect match
But what do these sunscreens do? Sunscreen isn't one-size-fits-all.

Physical sunscreens with mineral ingredients such as zinc oxide or titanium dioxide offer gentle protection that's ideal for sensitive skin. Think of them as a soothing blanket for your skin, reflecting those harmful rays away.

Some argue that mineral sunscreens aren't super effective due to their lower SPF ratings, but don't let that deter you! These powerhouses still offer excellent protection for your skin.

Chemical sunscreens, known for their lightweight formulas, are ideal for those seeking protection without a heavy feel. Ingredients like avobenzone absorb into the skin and convert UV rays that penetrate the barrier into heat.

Combination sunscreens offer the perfect balance for those wanting both comfort and effectiveness.

Mastering sunscreen practices: Your skin's daily ritual
The key to sunscreen success lies in practice.

Don't skimp — slather on that sunscreen liberally, ensuring that every inch of skin exposed to sunlight gets its due. And remember, reapplication is non-negotiable, especially after a dip in the pool or a sweaty workout. Keep an eye on expiration dates, too — an outdated sunscreen is about as useful as a chocolate teapot.



Tailor your choice of formulation to your skin type and lifestyle. Whether it's a lotion for everyday wear, a powdered sunscreen (which is a great option for your scalp) or a spray for on-the-go touch-ups, there's a sunscreen out there for everyone and every situation.

Sunscreen is your skin's unsung hero

Consistent use of sunscreen is a crucial part of a healthy skincare routine. It is pivotal in protecting your skin from short-term damage and long-term health risks associated with UV exposure. For skin cancer prevention, its benefits are vital. Next time you grab sunscreen, remember that it's not just about protecting your skin; it's about keeping it strong.

Stay aware of skin cancer signs, and teach loved ones the importance of using sunscreen to stay safe.

Florida Cancer Specialists & Research Institute (FCS) urges everyone to talk with their physician about the importance of using sunscreen, getting regular skin cancer screenings and following recommended guidelines. Here are some other skin cancer prevention tips:

- **Avoid peak sun hours:** Limit exposure to the sun between 10 a.m. and 4 p.m., when the sun's UV rays are strongest.
- **Wear protective clothing:** Wear lightweight, long-sleeved shirts and pants, a wide-brimmed hat and sunglasses to cover as much skin as possible.
- **Seek shade:** Use umbrellas, trees or other shelters when outdoors.
- **Avoid tanning beds and other artificial tanning lamps:** UV radiation from tanning beds can increase your risk of skin cancer.
- **Conduct regular skin checks:** Perform self-examinations monthly, and report any changes to your dermatologist or provider. Look for new growths, changes in existing moles or any sores that don't heal.

- **Know your skin type:** People with fair skin, freckles or a history of severe sunburns (especially in their younger years) are at higher risk and should take extra precautions. Did you know that just one blistering sunburn during childhood can nearly double your chances of developing melanoma, the most dangerous form of skin cancer?

- **Eat a healthy diet:** Maintain a plant-based diet rich in antioxidants, which can help protect and strengthen your skin. Foods high in antioxidants include fruits, vegetables, nuts, seeds and whole grains.

- **Hydrate:** Drink plenty of water to keep your skin healthy and resilient.

- **Avoid smoking:** Smoking and other tobacco products can increase the risk of developing skin cancer, especially on the lips, and affect the skin's healing process.

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Alzheimer's and Dementia:

What's the Difference

Cobra Chamblee, D.O.

In the realm of cognitive health, two terms often intermingle, causing confusion: Alzheimer's and dementia. While they are related, understanding their distinctions is crucial for proper diagnosis, treatment, and support. Grasping the contrast between Alzheimer's disease and dementia not only aids those living with these conditions but also offers invaluable guidance to caregivers. Read on to unravel this perplexity and shed light on the disparities between Alzheimer's disease and dementia.

What is Dementia?

Dementia isn't a specific disease but rather an umbrella term encompassing a range of symptoms affecting cognitive abilities such as memory, communication, and reasoning. Think of it as a collective noun under which various cognitive impairments reside. These impairments significantly interfere with daily life and function.

It's important to note that dementia is not a normal part of aging. It is caused by damage to brain cells and can stem from multiple underlying causes, including Alzheimer's disease, vascular dementia, Lewy body dementia, and frontotemporal dementia, among others. Each type presents distinct symptoms and progression trajectories.

Understanding Alzheimer's Disease

Alzheimer's disease is the most prevalent form of dementia, accounting for 60 to 80 percent of cases. It is a progressive neurodegenerative disorder characterized by the accumulation of abnormal protein deposits in the brain, namely beta-amyloid plaques and tau tangles. These neurobiological changes lead to the deterioration of brain cells and the subsequent decline in cognitive function.

Key Differences Between Alzheimer's and Dementia

Cause: Alzheimer's disease has a specific pathology involving the accumulation of beta-amyloid plaques and tau tangles, while dementia encompasses various conditions with diverse underlying causes, such as vascular issues or Lewy bodies.



Progression: Alzheimer's typically progresses gradually over several years, starting with mild memory loss and advancing to severe cognitive impairment and functional decline. Other types of dementia may have different progression patterns depending on their underlying causes.

Symptoms: While both Alzheimer's and dementia involve cognitive decline, Alzheimer's often presents with specific memory-related symptoms early in the disease process, whereas other forms of dementia may manifest with distinct symptoms such as visual hallucinations and tremors in Lewy body dementia or changes in behavior and language in frontotemporal dementia.

Treatments: While there is no cure for Alzheimer's or for most types of dementia, treatments and interventions may help manage symptoms and slow disease progression. However, specific treatments may vary depending on the type of dementia and its underlying cause.

Importance of Early Diagnosis and Intervention

Early detection of cognitive impairment is crucial for providing appropriate care and support to individuals affected by Alzheimer's or dementia. Diagnosis involves comprehensive evaluations of medical history, cognitive testing, neurological exams, and sometimes imaging studies. Timely intervention can enable access to treatments, support services, and lifestyle modifications that may improve quality of life and slow disease progression.

Support and Resources

Caring for someone with Alzheimer's or dementia can be challenging, both emotionally and practically.

Fortunately, numerous resources and support networks exist to assist caregivers and individuals living with these conditions. These include memory care facilities, support groups, respite care services, and educational programs aimed at enhancing understanding and coping strategies.

In the intricate landscape of cognitive disorders, Alzheimer's and dementia stand as prominent figures, each with its unique characteristics and challenges. By unraveling the differences between them, we empower ourselves to navigate this terrain with clarity and compassion. Through education, early intervention, and unwavering support, we can strive to enhance the lives of those affected by these conditions and advance our collective efforts toward finding effective treatments and, ultimately, a cure.

Empower yourself against Alzheimer's and Dementia

Take charge of your brain health today! Schedule an appointment with VIPcare and proactively assess your cognitive well-being. Call 352-558-6759. Let's tackle Alzheimer's and dementia together, starting with a proactive step towards a healthier future. Don't wait, act now!



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SUFFERING FROM MEMORY LOSS?

Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

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

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

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

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

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

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



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

DIAGNOSIS

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

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

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

CAN ALZHEIMER'S DISEASE BE PREVENTED?

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

WHAT CAN YOU DO?

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



CRAIG CURTIS, M.D.
US NAVY VETERAN 

DR. CRAIG CURTIS

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

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

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TOP SUN SAFETY TIPS

Sun safety is always in season, but especially in these warmer months that are upon us it's vitally important to protect yourself from the sun's harmful rays. We decided to get with all our providers and find out their favorite sun safety tips! Check out the list below, and don't forget to schedule your annual skin exam!



Dr. Ashley Cauthen

1. Don't skip the sunscreen
2. Don't skip the sunscreen
3. Don't skip the sunscreen

For real though. When people aren't hot from the sun, they often forget to apply and/or reapply. On a completely overcast day, 10-15% of suns

UV rays still get through. It's twice that on a partly cloudy day. Also, I'm a huge advocate of hats but that doesn't mean you can forgo the sunscreen. Water reflects about 10% of UV rays and sand reflects 25%! That means if you are under an umbrella at the beach, you still need sunscreen. Lastly, a lotion or stick is better than a spray, BUT sprays are convenient and better than nothing. And, I can at least get something on my kids as they are squirming and running away with a spray. Just be sure to not inhale the aerosolized sprays. You want them coating your skin, not your airway passages and lungs. Now go and enjoy the Florida sunshine...just be smart and wear sunscreen!

Colby Crile, PA-C

Apply mineral based cream sunscreens before putting on your bathing suit and leaving the house. My favorite SPF is Elta MD Sport for body and I use Clearstem mineral based sunscreen/moisturizer as base, then use their powder for reapplication.



Katie Keel, APRN-C

My mom tip/trick for sunscreen with kids is to try a beauty blender (or similar) sponge to get sunscreen on every crease and crevice of their faces. I also love the ISDIN powdered Mineral Brush for quick reapplication for busy, squirming kiddos. Personally, I am an



ISDIN fan for sure! The ISDIN Eryphotona tinted sunscreen lays so beautiful on the skin – better than a lot of makeup I have tried and it offers SPF 50 and other moisturizing and antioxidant ingredients that are good for the skin. It also doesn't break me out which a lot of other sunscreens do. I also love the ISDIN Mineral Brush for easy reapplication.



Anna Wilemon, Licensed Medical Aesthetician & Laser Tech

I don't go out without a wide brimmed hat, my makeup on and sunglasses! (yes, full face of makeup even at the beach!) And our powder brush by ISDIN is my favorite for reapplying and easy coverage throughout

the day, especially your part in your hair.

Sierra Rebchook, PA-C

Mineral based SPF is the way to go! Apply every two hours, if not more when in the water. Pro tip: Elta MD UV Sport has beeswax in it so it can prevent the sunscreen from dripping in your eyes when having fun in the sun!



Hope Allen, PA-C

My tip is to remember to pick a hat that covers your ears! When it comes to skin cancer, the ears are considered a high-risk area based on the chance of metastasis. Also, surgeries on the ears are challenging to repair so remember prevention is key!

Dr. Puja Kathrotiya

When driving in the car, UPF gloves are a great way to keep the sun off your hands. The backs of our hands get a lot of sun through the wind shield while we're driving.



Allison Harbilas, APRN-C

Remember to apply sunscreen 10 minutes before you leave your house and don't forget to grab a hat. UV Elements from Elta MD is my favorite sunscreen, I also love the spray zinc sunscreen.

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How to Protect Yourself Against Summer Urinary Tract Infections

As the temperatures rise and summer activities begin, it's crucial to pay attention to your urinary health. Urinary tract infections (UTIs) can be a common and uncomfortable issue, especially during the warmer months. This article will explore why UTIs are more prevalent in summer and provide practical tips to help you stay infection-free while enjoying the season.

Understanding Urinary Tract Infections

UTIs occur when bacteria enter and multiply in the urinary system, which includes the kidneys, ureters, bladder, and urethra. These infections can cause symptoms such as frequent and painful urination, cloudy or strong-smelling urine, and pelvic pain. While anyone can develop a UTI, women are more susceptible due to their anatomy.

Why Summer Increases UTI Risk

Several factors contribute to the increased prevalence of UTIs during summer:

- 1. Heat and Humidity:** Warm, moist environments create ideal conditions for bacteria to thrive. Sweating more in summer can lead to moisture accumulation in the genital area, potentially increasing bacterial growth.
- 2. Water Activities:** Swimming in pools, lakes, or oceans exposes you to different bacteria. Staying in wet swimwear for extended periods can also create a breeding ground for harmful microorganisms.
- 3. Travel and Hygiene Changes:** Summer vacations often disrupt regular routines, including bathroom habits and hygiene practices. Unfamiliar environments and limited access to clean facilities can increase the risk of UTIs.
- 4. Dehydration:** Higher temperatures lead to increased fluid loss through sweat. When you're dehydrated, you may urinate less frequently, allowing bacteria to multiply in the urinary tract.

Protecting Yourself Against Summer UTIs

By following these preventive measures, you can significantly reduce your risk of developing a UTI during the summer months:

1. Stay Hydrated

Proper hydration is crucial for urinary health. Aim to drink at least 8-10 glasses of water daily, and increase your intake during hot weather or physical activities. Adequate fluid consumption helps flush out bacteria from your urinary system.



2. Practice Good Hygiene

Maintain proper hygiene, especially during summer activities:

- Shower or rinse off after swimming
- Change out of wet swimwear promptly
- Wipe from front to back after using the bathroom
- Urinate before and after sexual activity
- Avoid using harsh soaps or douches in the genital area

3. Choose Appropriate Clothing

Opt for breathable, moisture-wicking fabrics to keep the genital area dry. Loose-fitting cotton underwear is ideal for allowing air circulation and reducing moisture buildup. Avoid tight-fitting synthetic materials that can trap heat and moisture.

4. Maintain Healthy Bathroom Habits

Don't hold your urine for extended periods. Try to urinate at least every 3-4 hours to help flush out bacteria. When traveling, plan regular bathroom breaks and prioritize finding clean facilities.

5. Mind Your Diet and Nutrition

What you eat and drink can impact your urinary health. Consider these dietary tips:

- Limit caffeine and alcohol intake, as they can irritate the bladder
- Incorporate vitamin C-rich foods to help acidify urine and inhibit bacterial growth
- Consume probiotic-rich foods to promote a healthy balance of bacteria in your body

Introducing Utiva Cranberry PACs: A Clinically Effective Prevention

While lifestyle changes are essential, sometimes additional support is needed to maintain urinary health. Utiva Cranberry PACs offer a clinically effective solution for UTI prevention. These supplements

contain 36mg of proanthocyanidins (PACs), the active compounds in cranberries that help prevent bacteria from adhering to the urinary tract walls.

Utiva Cranberry PACs provide a concentrated dose of these beneficial compounds without the added sugars often found in cranberry juices. By incorporating this supplement into your daily routine, you can give your body an extra layer of protection against UTIs, especially during the high-risk summer months.

Additional Summer UTI Prevention Tips

- 1. Be Cautious in Public Pools:** Ensure the pool you're swimming in is properly chlorinated and maintained. Avoid swallowing pool water, and shower immediately after swimming.
- 2. Stay Fresh During Travel:** When on long trips, pack antibacterial wipes and change your underwear regularly. Consider bringing a portable bidet for improved hygiene when clean facilities are unavailable.
- 3. Balance pH Levels:** Use pH-balanced intimate washes to maintain a healthy environment in the genital area. This can help prevent the overgrowth of harmful bacteria.
- 4. Boost Your Immune System:** A strong immune system can help fight off potential infections. Ensure you're getting enough sleep, managing stress, and consuming a balanced diet rich in fruits and vegetables.
- 5. Consider Natural Supplements:** In addition to Utiva Cranberry PACs, other natural supplements like D-mannose or probiotics may support urinary health. Always consult with a healthcare professional before starting any new supplement regimen.

Conclusion

Summer should be a time for enjoyment, not discomfort from UTIs. By understanding the increased risks during this season and implementing these preventive measures, you can significantly reduce your chances of developing a urinary tract infection. Remember to stay hydrated, maintain good hygiene, choose appropriate clothing, and consider supportive supplements like Utiva Cranberry PACs. With these strategies in place, you can focus on making the most of your summer activities while keeping your urinary health in check.

Sources:

- https://www.utivahealth.ca/blogs/resources/summertime-utis-are-we-more-prone-to-utis-in-hot-weather?_pos=2&_sid=53734ad06&_ss=r
- https://www.utivahealth.ca/blogs/resources/summer-time-tips?_pos=1&_sid=53734ad06&_ss=r

For more information, visit Utiva's webpage.

<https://www.utivahealth.com> or call:

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ASSISTED LIVING FOR MEMORY CARE: UNDERSTANDING THE BENEFITS

Assisted living communities are designed to provide a comfortable and supportive environment for seniors who need assistance with daily activities. Memory care, which is a specialized form of assisted living, is designed for individuals who have been diagnosed with memory-related conditions such as dementia or Alzheimer's disease. Here at AdviniaCare at Paddock Ridge, we provide a secure and structured environment that is tailored to meet the unique needs of residents with memory loss.

AdviniaCare at Paddock Ridge offers many benefits to seniors with memory-related conditions, including:

A Safe and Secure Environment

We provide a secure environment that is designed to prevent residents from wandering or getting lost. AdviniaCare at Paddock Ridge has locked doors and security features that prevent residents from leaving the community without assistance. This provides peace of mind for family members who may worry about their loved one's safety.

Specialized Care

We provide specialized care that is tailored to meet the unique needs of residents with memory loss. Staff members are trained to provide assistance with activities of daily living, such as bathing, dressing, and grooming, as well as specialized care for individuals with memory-related conditions.

Structured Activities

We provide structured activities that are designed to engage residents and promote cognitive function. These activities may include memory games, music therapy, art therapy, and other activities that are specifically tailored to meet the needs of individuals with memory loss.

Nutritious Meals

We provide nutritious meals that are designed to meet the unique dietary needs of residents with memory loss. Many memory care facilities also offer snacks and hydration stations throughout the day to ensure that residents are properly nourished.

Socialization Opportunities

We provide socialization opportunities that are designed to promote social interaction and engagement. Many communities have common areas where residents can gather, as well as planned activities and events that promote socialization and community.

24/7 Monitoring

We provide 24/7 monitoring to ensure that residents are safe and secure at all times. Staff members are trained to recognize the signs of memory-related conditions, such as confusion or disorientation, and to provide appropriate support and care.

Peace of Mind for Family Members

AdviniaCare at Paddock Ridge provides peace of mind for family members who may worry about their loved one's safety and well-being. Knowing that their loved one is receiving specialized care and support can alleviate the stress and worry that often comes with caring for someone with memory loss.

In addition to these benefits, AdviniaCare at Paddock Ridge also provides support and resources for family members. Many communities offer support groups, educational resources, and other services that are designed to help family members cope with the challenges of caring for someone with memory loss.

Memory Care Services Include:

- Assistance setting appointments and coordinating outside health care needs
- Daily verbal prompting for meals, activities of daily living, and life enrichment programming
- Daily bed making and routine night checks
- Coordinate diagnostics testing/scheduling transportation for doctor visits
- Daily personal assistance with grooming and/or dressing
- Personal assistance with bathing
- Personal escort to meals and activities
- Personal assistance with dining and menu selections
- Assistance with behavioral expressions
- Medications management is included



Choosing a Memory Care Community

When choosing a memory care community, it's important to consider the needs and preferences of the individual with memory loss. Some factors to consider include:

Location: Choosing a community that is close to family members and loved ones can make it easier to visit and stay connected.

Size: Some individuals may prefer a smaller community with a more intimate environment, while others may prefer a larger facility with more amenities.

Services: Consider the services and amenities offered by the facility, such as specialized care, structured activities, and nutritious meals.

Staffing: Ask about the staff-to-resident ratio and the qualifications and training of staff members.

Cost: Memory care communities can vary widely in cost, so it's important to consider the budget and financial resources of the individual with memory loss and their family.

We at AdviniaCare recognize that caring for loved ones with memory loss can both be a pleasure and a challenge at times. With our memory care programs, we can relieve some of the burden off of your shoulders and create a beneficial experience for both you and your loved one.



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DISPELLING HOSPICE CARE MYTHS

Submitted by Hospice of Marion County

Unfortunately, there are misguided notions about what hospice is and many myths continue to surface. Here we seek to help you better understand hospice care and dispel some of the common myths so that you and your loved ones can make better informed decisions about end-of-life care.

WHAT IS HOSPICE CARE?

Hospice care is a philosophy of comprehensive compassionate care for those in the final stages of life. It includes an integrated team of physicians, nurses, nursing assistants, social workers, grief care and spiritual care professionals, along with volunteers helping to support patients and their families.

Once a person is admitted onto hospice care, the focus will be on comfort, dignity and emotional support, treating the family as the unit of care. Quality of life for the patient is the highest priority. No one walks this journey alone. Our Monarch Center for Hope and Healing is there for the patient and family before, during and after the loss of a loved one, providing grief counseling to children, teens and adults, to individuals and groups.

COMMON MYTHS ABOUT HOSPICE

Myth: Hospice is for people who only have a few days left to live.

FACT: Hospice care is available with a diagnosis of six months or less. All Medicare recipients are entitled to 180 days of hospice care, which is 100% covered. Most families wished their loved one had received hospice care much earlier in their illness giving patients time with family, friends, pets and support from the hospice interdisciplinary team.

Myth: Hospice care isn't the same level of care as the hospital.

FACT: Hospice of Marion County provides the same quality care as the patient would get in a hospital, sometimes better due to understanding the special needs of hospice patients. A comprehensive hospice model, Hospice of Marion County has earned Deemed Status accreditation from the Joint Commission, the national gold standard for quality healthcare, the same governing body that gives accreditation to hospitals.



Myth: Hospice care is only available in a hospice house.

FACT: Hospice care is available wherever the patient calls home. At Hospice of Marion County, approximately 86% of our patients receive care in their home. Patients may receive services in their own home, assisted living facility, nursing home or in one of our three hospice houses.

Myth: Only a doctor can refer someone to hospice care.

FACT: Anyone can make a referral for hospice care. It could be a friend, a neighbor, a caregiver or a concerned relative that calls Hospice of Marion County to make a referral. Hospice will make a call to the patient's physician to assist in obtaining a formal referral, which is required for admission onto our service. A social worker schedules a visit, medical equipment and prescriptions are delivered directly to wherever the patient calls home.

Myth: You can't keep your own doctor if you enter hospice care.

FACT: Hospice care encourages engagement with your family doctor or specialist. Together they develop a care plan for the patient's situation.

Myth: Hospice is only for cancer patients.

FACT: The majority of hospice patients, about 70%, are admitted to hospice with non-cancer diagnoses.

Some of the most common non-cancer diagnoses are heart disease, dementia, lung disease, kidney disease, and liver disease.

Myth: Hospice care is more expensive.

FACT: Hospice care is frequently less expensive than conventional care during the last six months of life. Hospice care is covered by Medicare, Medicaid and most insurance companies. As a not-for-profit hospice, we never exclude service to anyone who is eligible, regardless of ability to pay. With the help of our hospice thrift stores and the generosity of donors, Hospice of Marion County has contributed more than \$2.3 million to charitable care over the past five years.

Myth: Hospice requires a DNR (Do Not Resuscitate) Order.

FACT: The purpose and benefit of hospice care is to allow for a peaceful death in a comfortable and familiar setting like home with loved ones near. While many people who choose hospice care wish to have a DNR to avoid unnecessary medical intervention and hospitalization, a DNR is not required to receive hospice care.

Myth: Hospice is only for the elderly.

FACT: Hospice care is available to anyone who meets the eligibility requirements. Hospice care is for children, teens and adults with any terminal illness.

Although end-of-life care may be difficult to discuss, it is best for family members to share their wishes long before it becomes a crisis. This can greatly reduce the patient's and the family's stress when the time for hospice care is needed. Visit HospiceofMarion.org or call (352) 873-7415 to make a referral.



Visit HospiceofMarion.org for more info.

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THE IMPORTANCE OF REGULAR EYE EXAMS: WHAT TO EXPECT AND WHEN TO SCHEDULE

Regular comprehensive eye exams are an easy and effective way to promote clear, crisp vision and prevent vision loss throughout your lifetime. Many eye problems produce no symptoms in the beginning, as they stealthily damage vision. In some cases, this damage is irreversible, so discovering problems before they impact vision is of utmost importance.

By scheduling regular eye exams, your eye doctor can pinpoint irregularities before they produce symptoms and progress to the point of creating serious – even permanent – vision loss.

HOW OFTEN SHOULD YOU GET A REGULAR EYE EXAM?

The frequency of comprehensive eye exams depends on elements such as age, overall health, and certain risk factors. In general, regular eye exams should be scheduled as follows:

1. Children 0-19 years old – If you're in charge of a child or grandchild, it's important to make sure they get regular eye exams as recommended by their pediatrician.

2. Adults 20-59 years old:

- Adults with clear vision and no risk factors should have a comprehensive eye exam every two years.
- Adults with risk factors for eye diseases like diabetes, high blood pressure, a family history of eye conditions, or previous eye surgery, may need more frequent exams. Your eye doctor will advise you on the appropriate frequency based on your risk factors.

3. Adults 60 years and older:

- Seniors are at increased risk of developing age-related eye conditions such as cataracts, glaucoma, and macular degeneration. Having an annual comprehensive eye exam promotes the early discovery and treatment of these diseases.

The good news is that, when discovered early, nearly all eye diseases can be successfully treated or managed, and vision loss halted and even reversed. That's why routine eye exams are so crucial to a lifetime of bright, healthy vision.

WHAT TO EXPECT DURING A COMPREHENSIVE EYE EXAM

If it has been a while since your last comprehensive eye exam, the time to schedule one is now. Even if your vision seems fine, vision loss can be so subtle it goes unnoticed until permanent damage is done. A vision-protecting comprehensive eye exam is painless, easy, and fairly quick.

The tests and evaluations applied to your case may vary somewhat, but in general will include:

1. Your Medical History – Your eye doctor will ask about your vision and discuss any problems or concerns you may be having. You'll go over elements like your current medications and supplements, previous eye conditions, family health history, and lifestyle factors that may impact your vision and raise your potential to have eye problems.

2. Visual Acuity Test – This is the familiar eye chart where you're asked to read letters from a distance to measure your visual acuity. This test determines how well you can see at various distances.

3. Refraction Test – This test involves looking through a tool called a phoropter to assess your prescription for corrective lenses. It's where you're asked, "Which is clearer, one or two?" This test determines the lens power needed to correct refractive errors like nearsightedness, farsightedness or astigmatism.

4. Visual Field Test – This test is used to evaluate your peripheral vision. Your doctor will move a light or object to various locations in your visual field to determine if you have limitations or blind spots.

5. Eye Muscle Movement Test – By having you follow a moving object with your eyes, your doctor will examine your eye alignment and coordination.

6. Eye Pressure Measurement – This test, known as ocular tonometry, measures the pressure inside your eyes. It's important for detecting glaucoma, a condition characterized by increased intraocular pressure that, left untreated, can damage the optic nerve. Tonometry is also used to assess the success of glaucoma treatment protocols.

7. Dilated Eye Exam – Your eye doctor may use eye drops to dilate your pupils to provide a wider and deeper view of the back of your eye (retina), optic nerve, and blood vessels. This part of the exam is used to detect more serious conditions like macular degeneration, diabetic retinopathy, retinal tears and others requiring immediate attention to prevent vision loss.

8. Eye Health Evaluation – Your doctor will use a variety of specialized instruments (such as a slit lamp microscope) to scrutinize the eyelids and margins for signs of inflammation or infection, and the internal structures of your eyes for abnormalities like undue dryness and diseases like cataracts.

During your exam, your eye doctor will answer any questions you may have, and describe their findings. In many cases, people learn they need an increase in their lens prescription. When issues such as cataracts, glaucoma or other problems are discovered, your doctor will recommend appropriate treatment to help prevent vision damage from starting or worsening. And remember, with timely discovery, many cases of vision deterioration can actually be reversed and healthy vision restored.

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REGAINING CONTROL: THE BENEFITS OF EMSELLA FOR URINARY INCONTINENCE

For millions of people, urinary incontinence is an uncomfortable and embarrassing condition that can significantly impact their quality of life. Whether it's a occasional leak during physical activity or a constant struggle to make it to the restroom in time, urinary incontinence can be a source of frustration, social isolation, and even depression. However, thanks to a revolutionary new treatment called EMSELLA, those suffering from urinary incontinence now have a non-invasive and effective solution to regain control over their bladder.

Understanding Urinary Incontinence

Urinary incontinence is the involuntary leakage of urine, and it can occur for a variety of reasons. In women, it is often caused by weakened pelvic floor muscles, which can result from pregnancy, childbirth, or the natural aging process. Men, on the other hand, may experience incontinence due to prostate problems or as a side effect of certain medical treatments. Regardless of the cause, urinary incontinence can be a source of significant physical and emotional distress.

The EMSELLA Solution

EMSELLA is a revolutionary treatment that uses high-intensity focused electromagnetic (HIFEM) technology to stimulate and strengthen the pelvic floor muscles. During a typical EMSELLA session, the patient sits fully clothed on a specialized chair that delivers thousands of supramaximal muscle contractions to the pelvic floor area. These contractions are similar to the muscle contractions that occur during Kegel exercises, but are significantly more intense and efficient.

The Benefits of EMSELLA

One of the primary benefits of EMSELLA is its non-invasive nature. Unlike surgical procedures or medications, EMSELLA does not require any incisions, injections, or oral medications. This means that patients can undergo treatment without the risk of complications or side effects associated with more invasive interventions.

Another significant advantage of EMSELLA is its effectiveness. Clinical studies have shown that EMSELLA can significantly improve urinary incontinence symptoms in both men and women. In one study, 95% of patients reported a significant



improvement in their quality of life after undergoing EMSELLA treatment. Additionally, EMSELLA has been shown to be effective in treating other pelvic floor disorders, such as fecal incontinence and sexual dysfunction.

EMSELLA is also convenient and time-efficient. Each treatment session lasts only 28 minutes, and most patients require a series of six sessions spaced a week apart. This means that patients can receive the full course of treatment in just six weeks, with minimal disruption to their daily routine.

Furthermore, EMSELLA is a comfortable and painless treatment. Patients may feel a slight tingling sensation during the treatment, but the procedure is generally well-tolerated and does not require any anesthesia or recovery time.

Regaining Confidence and Quality of Life

For those struggling with urinary incontinence, the impact on daily life can be significant. Simple activities like exercise, social gatherings, or travel can become sources of anxiety and embarrassment. However, with the help of EMSELLA, many patients are able to regain control over their bladder and reclaim their confidence and quality of life.



One patient, Sarah, a 47-year-old mother of two, had been struggling with urinary incontinence for years after giving birth to her children. "I was always worried about leaking, especially during exercise or when I laughed too hard," she recalls. "It was embarrassing and made me feel self-conscious." After undergoing EMSELLA treatment, Sarah noticed a significant improvement in her symptoms. "It's been life-changing," she says. "I can exercise without worry, and I feel so much more confident in social situations."

Another patient, John, a 62-year-old retiree, had been dealing with urinary incontinence as a result of prostate problems. "It was really limiting my lifestyle," he explains. "I couldn't travel or participate in activities without worrying about finding a restroom." After completing his EMSELLA treatment, John reports a dramatic improvement in his symptoms. "I feel like I have my freedom back," he says. "It's been a game-changer for me."

Conclusion

Urinary incontinence is a common and often debilitating condition, but with the help of EMSELLA, those suffering from this condition now have a safe, effective, and convenient treatment option. By strengthening the pelvic floor muscles, EMSELLA can help patients regain control over their bladder and improve their overall quality of life. Whether you're a new mother, an active adult, or someone dealing with the effects of aging, EMSELLA offers a promising solution for regaining confidence and freedom from the constraints of urinary incontinence.



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Understanding Alzheimer's Disease: A CALL FOR INCREASED AWARENESS

By David Culbreth, Senior Transitions Specialist, Realtor, SRES

Alzheimer's disease is a degenerative brain disorder that slowly erodes memory, thinking skills, and the ability to perform even the simplest of daily tasks. As the most common form of dementia, Alzheimer's impacts millions of individuals worldwide, robbing them of their independence and altering the very core of who they are. Despite its prevalence, there remains a concerning lack of awareness and understanding surrounding this debilitating condition. It is time to shed light on Alzheimer's and rally support for those impacted by this cruel disease.

The Devastating Impact

The journey of an Alzheimer's patient is a heart-breaking one. Initially, the disease manifests as mild memory loss and confusion, often dismissed as a natural part of aging. However, as it progresses, the symptoms become increasingly severe, with individuals experiencing disorientation, difficulty communicating, and an inability to recognize loved ones. Simple tasks like dressing, bathing, and eating become insurmountable challenges. Ultimately, Alzheimer's renders those affected completely dependent on caregivers, stripping them of their autonomy and dignity.

Beyond the toll on individuals, Alzheimer's disease places an immense burden on families and caregivers. The emotional and financial strain of caring for a loved one with Alzheimer's is immense, often leading to burnout, stress, and even depression among caregivers. The ripple effect extends far beyond the patient, impacting entire families and communities.

A Growing Crisis

As the global population ages, the prevalence of Alzheimer's disease is on the rise. According to the Alzheimer's Association, an estimated 6.5 million Americans aged 65 and older are living with Alzheimer's. Worldwide, this number soars to over 55 million individuals affected. Alarmingly, these figures are projected to nearly triple by 2050 without significant medical breakthroughs.

The economic impact of Alzheimer's is staggering, with the annual cost of caring for those affected exceeding hundreds of billions of dollars globally. This financial burden extends to healthcare systems, governments, and society as a whole, underscoring the urgency for increased investment in research, treatment, and support services.



Shattering the Stigma

Despite its widespread impact, Alzheimer's disease remains shrouded in misconceptions and stigma. Many individuals fear the disease, associating it with a loss of personhood and dignity. This societal perception often leads to isolation and marginalization of those affected, exacerbating the challenges they face.

Raising awareness is crucial to combating these harmful stigmas and fostering a more compassionate and inclusive society. By educating the public about the realities of Alzheimer's, we can promote greater understanding, empathy, and support for those impacted by the disease.

A Call to Action

Addressing the Alzheimer's crisis demands a multifaceted approach. Increased funding for research is paramount, as scientists continue their quest for effective treatments and, ultimately, a cure. Additionally, bolstering support services, such as respite care and counseling for caregivers, can alleviate the immense burden shouldered by families.

Furthermore, advocacy efforts play a vital role in raising awareness and driving policy changes that prioritize the needs of those affected by Alzheimer's. From grassroots initiatives to national campaigns, every voice counts in amplifying the call for action and fostering a more supportive and inclusive environment.

As individuals, we all have a role to play in this fight against Alzheimer's. By educating ourselves and others, offering support to caregivers, and advocating for increased resources, we can make a tangible difference in the lives of those affected by this devastating disease.

Alzheimer's disease is a formidable challenge, but one that can be overcome through collective action, compassion, and a unwavering commitment to supporting those impacted. By raising awareness and rallying support, we can create a society that empowers individuals living with Alzheimer's and provides them with the dignity and care they deserve.



Meet David Culbreth, your dedicated Marion County Florida realtor with a heartfelt commitment to seniors. As a proud native Floridian with deep connections in the Marion County area, David combines his extensive local knowledge with a genuine passion for making a difference in the lives of others.

With a specialized Seniors Real Estate Specialist (SRES) designation, David is acutely attuned to the needs of senior citizens, recognizing the contributions they've made and the unique challenges they face when buying or selling property. He is driven by a deep-seated belief that our elders deserve the utmost respect and support as they transition into the next chapter of their lives.

Whether it's assisting seniors with downsizing, navigating the real estate market's complexities, or helping families find the perfect place to grow and create lasting memories, David's approach is tailored to your individual needs.

At Invictus Real Estate and Concierge Management, your journey is as important as the destination. As part of a full-service real estate firm, David Culbreth is equipped to offer a comprehensive array of resources that ensure seamless and successful transactions, whether you're looking to buy your dream home, sell for top value, or secure a residential or commercial lease.



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The Paralyzing Fears When Facing Important Decisions for Care - Part Two

By Janice Martin, Owner of Senior Liaison of Central Florida

When accepting there's a need for assisted living for a loved one, there are situations that can become overwhelming and hinder the ability to make decisions. I refer to it as paralysis and I've identified four types that will delay progress at the expense of your loved one. Last month, I addressed two types – Financial Paralysis and Analysis Paralysis. This month I'll discuss the remaining two.

INFORMATION PARALYSIS

When I meet with families searching for assisted living to understand their care needs, financial situation, and location preference, I can narrow the search to no more than two or three assisted living communities. Before starting Senior Liaison, I was working as a Director of Sales in senior living. There were times when multiple members of the same family would visit me with notebook in hand and a list of questions that did not help to differentiate what made one community different from the other. They would tour ten or more communities to determine what was the perfect choice. In the end, it was impossible to remember one community from the other only to find that there is no such thing as perfect. They were also relying on the promises that can be made by managers regarding care. Sadly, families don't know how to verify those promises other than unreliable online reviews. They were making decisions based on 1) how the community looked, 2) the food, 3) what the room was like and, 4) if they liked the sales person. On top of that, they planned to take their loved one to 3-4 places to let THEM choose and give their approval.

They were experiencing information paralysis. Too much information. Too many communities. Too many people involved in the process. Remember – 1) Even the newest and most beautiful community can have terrible care while an older community could have wonderful care. 2) The food might be great when you visit. But, the day AFTER your loved one moves in, the chef could quit! 3) If you choose an apartment and later decide that it's not the right fit for any reason, you can always request to move to another one in the community! And, 4) The sales person is not providing the care and there is frequent staff turnover.

By working with a professional such as Senior Liaison, we can understand your individual needs and discern the appropriate communities to suggest. We also research reputable resources to obtain any complaints that may have been reported regarding care



concerns and how often complaints may have been made. We will happily provide a comparison spreadsheet and accompany you on tours, allowing for a confident choice.

GUILT PARALYSIS

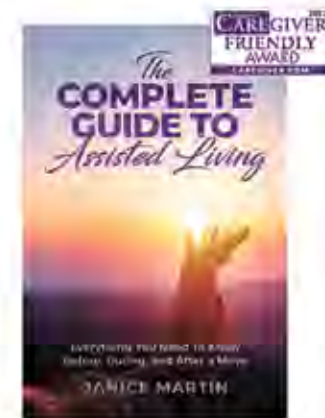
The guilt that comes after making a promise to "never move me to one of those places" or "til death do us part" is enormous. But those promises were likely made long before the current situation. Ask yourself if they would have asked if had they known then how great their care needs would become and the toll it's taking on you. It's also likely they never visited today's assisted living communities and had a terrible nursing home experience years ago.

There is also the adult child's guilt and fear of making their mom or dad mad at them. That may indeed happen, but I am confident they will move past it. Additionally, many men don't want to be perceived as a failure to their family or friends. I received a call from a son trying to find care and safety for his mother diagnosed with advanced dementia. His father refused to agree to place her. They had been married over 60 years and it was his duty to care for her at all costs – including her safety. I have helped a few husbands who visited the same community dozens of times yet found it impossible to do anything. They had always made big decisions together or their wives made the decisions and they're afraid of making a wrong one. One husband spent months agonizing over placing his wife. Sadly, he waited so long that when he finally did move her, she died within a very short time. This brings additional feelings of guilt that her death may not have happened so quickly if he'd kept her home. It's difficult to understand and accept how late in the disease process they may be.

Too many people insist on waiting for their loved one's permission so they don't feel guilty. I will tell you with absolute certainty that it's highly unlikely that their permission will ever be offered. And if they do agree, they will often change their mind and you'll be back to square one.

It is necessary to move beyond the guilt to do what is in your loved one's best interest for their care and safety. Not to mention your own mental and physical health that is compromised from being a full time caregiver or adult child balancing the needs of your own family while caring for a parent.

Financial, Analysis, Information, and Guilt Paralysis are all very real. The longer you wait and allow the paralysis to distract you from the goal, the harder it will become. And during this time, your loved one's health will decline, making the situation more urgent. Do not wait for a crisis to force you to make that decision! A crisis will not take the burden off of you – it will only add to everyone's stress and the ability to make good decisions.



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



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THE WEIGHTY LEGACY: HOW CHILDHOOD OBESITY SHAPES ADULT HEALTH AND WELL-BEING

Childhood obesity has become a global epidemic, with rates tripling since the 1970s. This alarming trend not only affects children's immediate health and quality of life but also casts a long shadow into adulthood. The consequences of carrying excess weight during formative years extend far beyond physical appearance, impacting various aspects of adult life, from physical health to emotional well-being and socioeconomic status.

One of the most significant long-term effects of childhood obesity is the increased risk of chronic health conditions in adulthood. Children who are obese are more likely to become obese adults, and this prolonged state of excess weight can lead to a host of health problems. Type 2 diabetes, once considered an adult-onset disease, is now increasingly diagnosed in children and adolescents due to obesity. This early onset of diabetes can result in more severe complications in adulthood, including kidney disease, blindness, and cardiovascular problems.

Cardiovascular health is another major concern for adults who were obese as children. Studies have shown that childhood obesity is associated with a higher risk of hypertension, high cholesterol, and atherosclerosis in adulthood. These conditions significantly increase the likelihood of heart disease and stroke, which remain leading causes of death worldwide. The cumulative effect of carrying excess weight from childhood through adulthood places an enormous strain on the cardiovascular system, potentially leading to premature mortality.

Musculoskeletal issues are also more prevalent among adults who were obese as children. The excess weight puts undue stress on growing bones and joints, leading to problems such as osteoarthritis, chronic pain, and reduced mobility in adulthood. These issues can severely impact quality of life, limiting physical activity and potentially contributing to further weight gain, creating a vicious cycle.

Beyond physical health, the psychological impact of childhood obesity can persist well into adulthood. Children who are obese often face bullying, social isolation, and discrimination, which can lead to low self-esteem, depression, and anxiety. These emotional scars can carry over into adulthood, affecting mental health, relationships, and overall life satisfaction. Adults who were obese as children may struggle with body image issues, disordered eating patterns, and difficulty forming intimate relationships.

The socioeconomic consequences of childhood obesity in adulthood are often overlooked but are nonetheless significant. Studies have shown that individuals who were obese as children tend to achieve

lower levels of education and earn less income as adults compared to their normal-weight peers. This disparity may be attributed to various factors, including health-related absenteeism, reduced productivity due to physical limitations, and societal biases against individuals with obesity.

Furthermore, the healthcare costs associated with treating obesity-related conditions can be substantial, placing a significant financial burden on individuals and healthcare systems. Adults who have been obese since childhood may face higher insurance premiums, more frequent medical visits, and greater out-of-pocket expenses for managing chronic conditions.

The reproductive health of adults who were obese as children can also be affected. Women who were obese in childhood are more likely to experience fertility issues, complications during pregnancy, and have a higher risk of gestational diabetes. Men may face reduced fertility and an increased risk of erectile dysfunction.

It's important to note that the long-term effects of childhood obesity are not inevitable. Early intervention and lifestyle changes can significantly reduce the risk of these adverse outcomes. Encouraging healthy eating habits, regular physical activity, and positive body image from a young age can help prevent obesity and its associated complications.

Parents, educators, healthcare providers, and policymakers all have crucial roles to play in addressing childhood obesity. Implementing school-based programs that promote healthy eating and physical activity, improving access to nutritious foods in underserved communities, and educating families about the importance of a balanced diet and active lifestyle are all essential steps in combating this issue.

Additionally, creating supportive environments that reduce stigma and promote inclusivity for children of all body sizes is crucial. This approach can help mitigate the psychological impact of obesity and encourage healthier behaviors without damaging self-esteem.

In conclusion, the long-term effects of childhood obesity on adult health and well-being are far-reaching and complex. From increased risks of chronic diseases to psychological and socioeconomic challenges, the impact can be felt throughout one's lifetime. However, with awareness, early intervention, and comprehensive approaches to prevention and treatment, it is possible to break the cycle of obesity and improve outcomes for future generations. By addressing childhood obesity, we invest not only in the health of our children but also in the well-being of the adults they will become.

MEET THE TEAM

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



Christopher Bagley, APRN

Chris is lifelong a resident of Marion county. Chris graduated with a Bachelors degree from the University of Florida in Health Science Education with a specialization in Health Promotion. Chris worked as a firefighter, paramedic and registered nurse prior to becoming a nurse practitioner. Chris has worked primarily as an ER nurse practitioner but also has experience in primary care and long term care.

Chris has always had a passion for health and after committing himself to his health, he was inspired along with Eldon, to open Elite Medical, a comprehensive wellness practice that focuses on health and well-being to prevent sickness and chronic diseases.



Eldon Waters, MSN, APRN

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

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

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



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Financial Wellness; Retirement Planning

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

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

The Need for Retirement Planning:

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

Starting Early: A Strategic Advantage:

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

Adapting to Life's Changes:

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

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

Mitigating Risks and Uncertainties:

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

Securing Financial Independence:

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

Seeking Professional Guidance:

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

Conclusion:

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

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Understanding Interventional Pain Management: A Comprehensive Approach to Pain Relief

By Brent Compton, MD

Chronic pain is a debilitating condition that affects millions of people worldwide, significantly impacting their quality of life. While traditional pain management strategies, such as medication and physical therapy, can provide relief, interventional pain management offers a more targeted and minimally invasive approach to addressing the root causes of pain. In this article, we'll delve into the world of interventional pain management and explore its role in the comprehensive treatment of chronic pain.

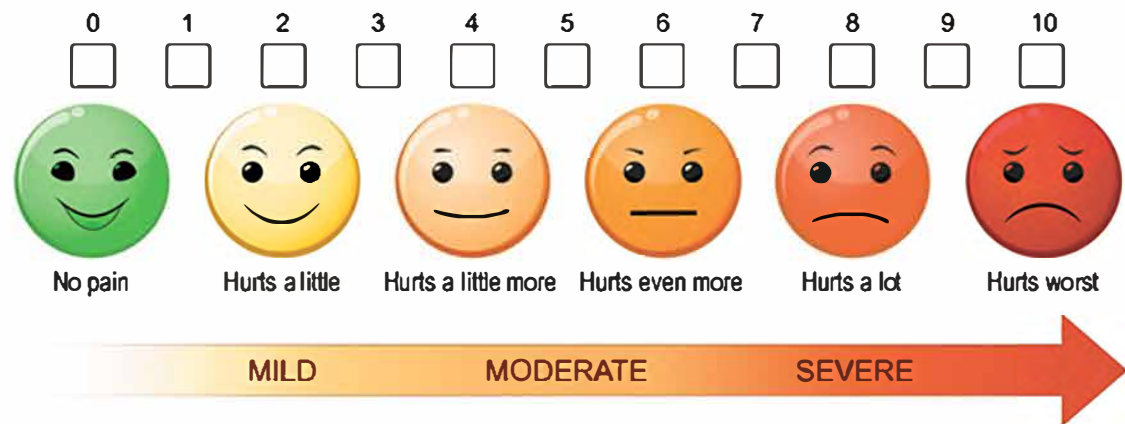
Interventional pain management is a specialized field of medicine that focuses on diagnosing and treating various types of chronic pain through minimally invasive techniques. These procedures are performed by highly trained physicians, often pain management specialists or anesthesiologists, who use advanced imaging techniques and specialized equipment to target specific areas of the body responsible for pain.

One of the primary goals of interventional pain management is to reduce or eliminate pain while minimizing the need for oral medications, particularly opioids, which can have significant side effects and carry the risk of addiction. By targeting the source of pain directly, interventional techniques can provide long-lasting relief and improve overall functionality.

The decision to pursue interventional pain management typically follows a structured pathway, beginning with conservative treatments and progressing to more advanced interventions as necessary. This pathway can be visualized as a decision tree, guiding patients through the various options available to them.

At the most basic level, patients may begin with non-invasive treatments such as chiropractic care, physical therapy, massage, and home exercises. These approaches aim to alleviate pain through manual manipulation, stretching, and strengthening exercises, often addressing musculoskeletal issues or improving overall mobility.

If these initial treatments prove insufficient, the next level may involve medications and imaging tests. Pain medications, including over-the-counter and prescription options, can provide temporary relief, while imaging techniques like X-rays, MRI, or CT scans can help identify the underlying cause of pain and guide further treatment decisions.



When conservative methods and medications fail to provide adequate relief, interventional pain management techniques become a viable option. These minimally invasive procedures include:

- 1. Epidural steroid injections:** These injections deliver corticosteroids directly into the epidural space of the spine, reducing inflammation and providing pain relief for conditions such as herniated discs, spinal stenosis, or radiculopathy.
- 2. Facet joint injections:** Targeted injections into the facet joints of the spine can alleviate pain caused by arthritis or injury in these joints.
- 3. Radiofrequency ablation:** This procedure uses heat generated by radio waves to disrupt the transmission of pain signals from specific nerves, providing long-term relief for conditions like chronic back or neck pain.
- 4. Spinal cord stimulation:** Implanted devices deliver electrical impulses to the spinal cord, modulating pain signals and providing relief for various chronic pain conditions.
- 5. Nerve blocks:** These injections involve the administration of medication, such as anesthetics or steroids, near specific nerves to block the transmission of pain signals.

If all other interventions fail to provide adequate relief, surgery may be considered as a last resort. However, interventional pain management techniques often allow patients to avoid or delay the need for surgical intervention, reducing the risks and recovery time associated with major procedures.

It's important to note that interventional pain management is not a one-size-fits-all solution. Each patient's condition is unique, and treatment plans are tailored to address their specific needs. Pain management specialists

work closely with patients to develop comprehensive treatment strategies, combining interventional techniques with other modalities, such as physical therapy, medication management, and lifestyle modifications.

In conclusion, interventional pain management offers a promising solution for individuals suffering from chronic pain. By targeting the source of pain directly through minimally invasive techniques, these procedures can provide significant relief and improve overall quality of life. As awareness of these techniques continues to grow, more patients can benefit from this comprehensive approach to pain management.

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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When your golf swing is lacking, it may be because of underlying mobility issues that are actually affecting your entire body. Whether impinged muscles, injury, stiffness or pain are limiting your range-of-motion, physical therapy will not only get you out of pain but can improve your golf game by increasing you mobility and strength.

Instability, especially in the core and spine, along with hip and ankle limitations can also be impeding upon your ability to drive the ball like you used to. With the right method of physical therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

Innovative Therapies Group works with you to customize your specific plan depending on your injuries, health, goals and needs. These plans include increasing mobility, stability, strength, and endurance. The area's most commonly needing physical therapy are hips, spine, posture, and lower extremities.

Return to Golf Program

If you are having pain, limited range of motion, stiffness or unable to swing your golf club like you once were, Innovative Therapies Group has a **Return to Golf Program** to get you back in the game you love.



The **Return to Golf Program** are customized, individual-specific programs, which are determined in order to promote improved swing mechanics, balance, flexibility, and muscular strength and balance. These techniques are used to enhance function and maximize your golf swing and dynamic stability.

Masking your pain with pain medications is not the answer. Getting to the root cause of your condition is the key to healing your body and living the life you deserve.

For numerous individuals Physical therapy is the leading way to relieve pain and discomfort at its core. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Common Conditions That Improve Significantly 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

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with at-home exercise guidelines and self-help management to promote and maintain independent function and increase mobility, Innovative Therapies Group has got you covered.

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

To find out more about Innovative Therapies Group **Return To Golf Program** or to schedule your appointment, please contact them today.

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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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Failure is a Part of Growth

By Pastor Timothy Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

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