

CENTRAL FLORIDA'S

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

July 2024

Lake/Sumter Edition - Monthly

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

**R**egular 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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# THE CONNECTION BETWEEN VARICOSE VEINS AND WATER RETENTION

**V**aricose veins and water retention are two conditions that often go together. Understanding their link is crucial, as addressing one can impact the other. The vein specialists at Central Florida Vein & Vascular Center in Orlando are here to explain how these conditions are intertwined and what you can do to manage them.

## WHAT IS WATER RETENTION?

Water retention, or edema, occurs when excess fluid builds up in the body's tissues. The body, composed of about 70% water, maintains fluid balance through the circulatory, lymphatic, and renal systems. When these systems fail to function properly, fluid accumulates, leading to swelling, particularly in the lower legs, ankles, and feet. Persistent swelling may indicate a more serious underlying condition.

## THE LINK BETWEEN WATER RETENTION AND VARICOSE VEINS

Varicose veins develop when vein valves in the lower legs weaken or become damaged, impeding blood flow back to the heart. This causes blood to pool in the veins, leading to varicose veins. This impaired circulation can also contribute to water retention. Conversely, existing water retention can increase pressure on the veins, potentially damaging vein valves and leading to varicose veins.

When these conditions coexist, they can cause significant discomfort, including swelling in the ankles and feet that worsens throughout the day, heavy or painful legs, and an increased risk of ulcers or skin discoloration due to high pressure in the lower legs.

## MANAGING WATER RETENTION AND VARICOSE VEINS

### Symptomatic Relief

To alleviate day-to-day swelling caused by water retention and varicose veins:

- **Elevate Your Legs:** Raising your legs, especially at the end of the day, helps reduce pressure and improve blood circulation.
- **Compression Stockings:** These garments gently guide blood upwards through the legs. It's advisable to consult a specialist to ensure you choose the right fit and type.



### Long-Term Solutions

While elevation and compression stockings provide temporary relief, they don't address the underlying issues. A specialist can determine if your water retention is related to varicose veins and develop a treatment plan. This plan might include:

- **Lifestyle Changes:** Modifications such as increased physical activity, weight management, and dietary adjustments can improve overall vein health.
- **Minimally Invasive Treatments:** Endovenous Laser Treatment (EVL) can effectively treat varicose veins. EVLT uses laser energy to seal off affected veins, redirecting blood flow to healthier veins.
- **Lifestyle Changes:** Drink plenty of water to stimulate the kidneys, flush out the body, and decrease fluid retention.
- **Swimming Pool Therapy:** Helps with fluid retention in the legs. Walk in the shallow end of the swimming pool or perform heel raises on the side of the pool will mobilize fluid that is pooling in the legs.

Varicose veins and water retention are often interconnected conditions that can significantly impact your quality of life. Understanding their relationship and seeking appropriate treatment is essential. Central Florida Vein & Vascular Center specialists are dedicated to providing personalized care to help you manage these conditions

effectively. If you're experiencing persistent swelling or other symptoms, don't hesitate to schedule a consultation to explore your treatment options.

For more information or to book an appointment, contact Central Florida Vein & Vascular Center today. Your journey to healthier veins and improved well-being starts here.

## GET SUPPORT FOR YOUR VEINS AND CIRCULATION PROBLEMS TODAY.

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

For more information regarding the prevention of varicose veins, please see our blog at: <https://cfvein.com/blog/water-retention/>

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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 Incontinence<sup>1</sup>

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-emsculpt-neo-and-emsella>.



DR. TINA CHANDRA



DR. RAVI CHANDRA



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# HEAT SAFETY PRECAUTIONS FOR THE SUMMER MONTHS

**W**ith weather approaching the upper 90's and, on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is especially true when we factor in the high level of humidity. Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we also perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. If you suffer from any heart conditions, the loss of these minerals can be detrimental to your cardiac health.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated with cool water, not sugary drinks. If we become dehydrated, we increase our risk of raising blood pressure and having heart palpitations. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. When the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

Syncope is a fancy medical term for fainting. Syncope can occur due to many different complications but is commonly seen due to heat exhaustion. What happens is, the body's oxygen and blood are not able to adequately reach the brain, usually due to a drastic change in blood pressure, which creates a pooling of blood into the lower extremities, and this will cause collapsing and fainting. If the person is not put in a reclined position with the feet elevated, they could potentially suffer additional complications, including a seizure. Syncope can quickly escalate into a dangerous outcome for many individuals. If you have any heart irregularities, you may be more susceptible to these types of fainting spells.



Heat Disorder Symptoms can include muscle cramping, heart palpitations, dizziness, fainting, headache, nausea, and fatigue. If you experience any of these symptoms, it's imperative to get to a cool place, drink cool water and call 911 if symptoms persist.

#### *Tips to stay cool and avoid heat-related heart issues*

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

If you have congestive heart failure, you should talk to your cardiologist about specific ways to stay cool that will not interfere with your fluid and sodium intake issues.

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**If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.**



# 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/summertime-utis-are-we-more-prone-to-utis-in-hot-weather?_pos=2&_sid=53734ad06&_ss=r)
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# ENHANCING FAMILY HEALTH AND WELL-BEING

## Physical and Mental Health Through Shared Activities and Knee Replacement for Older Family Members

By Dr. Nam Dinh, MD, FAAOS

**M**aintaining good health and fitness is crucial for individuals of all ages, and when it comes to family, it becomes even more important. Engaging in physical activities together not only strengthens familial bonds but also promotes the overall well-being of all family members. In particular, older family members often face barriers due to joint pain, hindering their ability to actively participate in these shared activities. However, advancements in medical technology, such as knee replacement surgery, offer a viable solution to alleviate joint pain and improve their quality of life.

### The Importance of Family Activities for Physical and Mental Health

Participating in activities as a family has numerous benefits that extend beyond mere physical fitness. Engaging in regular physical activities together promotes stronger family relationships, encourages healthy habits, and creates lasting memories. Whether it's a simple walk in the park, a game of catch, or even a dance session, family activities provide an opportunity for bonding, laughter, and mutual support.

In addition to physical health, family activities have a positive impact on mental well-being. They help reduce stress levels, enhance mood, and boost overall mental resilience. Regular exercise stimulates the release of endorphins, which are known to improve mood and reduce symptoms of anxiety and depression. By engaging in these activities together, families can support each other's mental health and create a positive and supportive environment.

### The Challenges Faced by Older Family Members

As family members age, they may experience joint pain, particularly in their knees, which can limit their ability to participate in physical activities. This joint pain can be caused by various factors, including arthritis, injury, or general wear and tear. Sadly, this can lead to social isolation, reduced mobility, and declining overall health.

### The Importance of Knee Replacement Surgery

For older family members suffering from chronic knee pain, knee replacement surgery can be a life-changing solution. This surgical procedure involves replacing the damaged joint with an artificial one, relieving pain, and restoring mobility. By



opting for knee replacement, older individuals can regain their independence and actively participate in family activities once again.

### Improving Quality of Life and Family Dynamics

Knee replacement surgery not only addresses physical limitations but also significantly enhances an older family member's overall quality of life. With reduced pain and improved mobility, they can fully engage in family activities, contributing to the strengthening of family bonds and fostering a sense of belonging.

### Health and Fitness Are Key Topics for Consideration at All Ages

Older family members' physical and mental health is dependent on being involved in familial activities. Joint pain can be a barrier for these family members to stay engaged. Knee replacement can be a resolution to these barriers and improve your family member's quality of life.

- Knee replacement through the lateral (side) muscle-sparing approach can help get patients up and walking faster than traditional knee replacement through the front of the knee.
- This approach has proven to increase patient's satisfaction after surgery, reduce pain associated with healing, and improve functioning earlier.
- This type of surgery broadens criteria for elderly patients to have outpatient surgery given clearance by their doctors. Meaning your loved ones can get back to their home and engage with their families sooner.

Family activities play a vital role in promoting the physical and mental well-being of all family members. For older individuals facing joint pain, knee replacement surgery offers a viable solution to alleviate their discomfort and enable them to actively participate in these shared activities. By embracing a healthy lifestyle as a family and providing support to older members through medical interventions like knee replacement, families can ensure the well-being of their loved ones and create a harmonious environment that promotes health and happiness for everyone.

### About Dr. Nam Dinh

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



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# Alzheimer's and Dementia:

## What's the Difference

Samuel Alfano, 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.

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# REGAINING CONTROL: THE BENEFITS OF EMSELLA FOR URINARY INCONTINENCE

**F**or 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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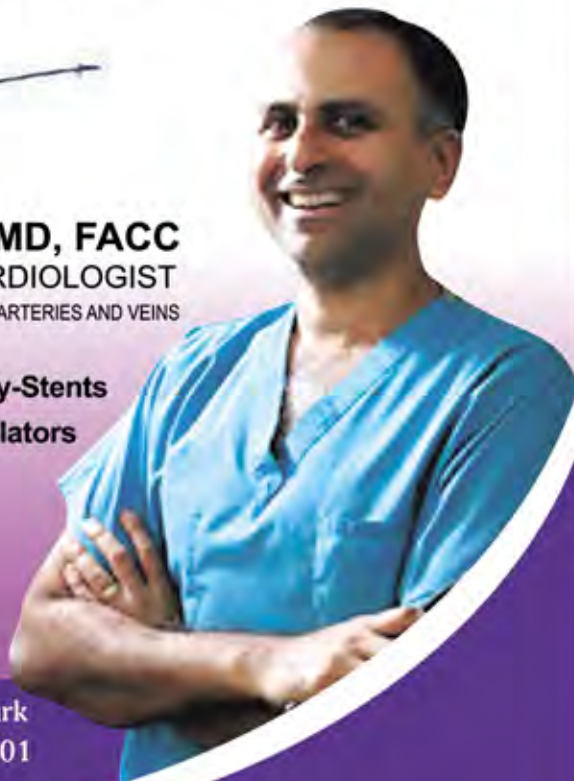
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By Thomas G. Ward, D.O.

# Prioritize Your Peepers:

## Four Essential Tips for Healthy Vision Month



**J**uly marks the annual Healthy Vision Month, serving as a timely reminder to prioritize our precious eyes. These remarkable organs, responsible for capturing the world's vibrant hues and intricate details, deserve our utmost care and attention. By adopting simple yet effective habits, we can safeguard our vision and maintain our ability to fully appreciate life's visual wonders. In this article, we'll explore four essential tips to celebrate Healthy Vision Month and protect your eyes for years to come.

### 1. Embrace the Power of Sunglasses

Ultraviolet (UV) radiation from the sun can be detrimental to our eyes, potentially leading to cataracts, macular degeneration, and other vision-related issues. Investing in high-quality sunglasses with 100% UV protection is a simple yet crucial step in shielding your eyes from harmful rays. Look for sunglasses that block both UVA and UVB rays, and opt for wraparound styles that provide comprehensive coverage. Remember, sun damage is cumulative, so make wearing sunglasses a habit, even on cloudy days.

### 2. Give Your Eyes a Break from Digital Screens

In our increasingly digital world, our eyes endure prolonged exposure to blue light emitted from computers, smartphones, and other electronic devices. This constant strain can lead to eye fatigue, headaches, and dry eye syndrome. To combat these issues, follow the 20-20-20 rule: every 20 minutes, take a 20-second break and focus your eyes on something at least 20 feet away. Additionally, consider investing in blue light-blocking glasses or adjusting your device's settings to reduce blue light exposure.

### 3. Nourish Your Eyes with a Balanced Diet

Just like the rest of our body, our eyes require essential nutrients to function optimally. Incorporate eye-friendly foods into your diet, such as leafy green vegetables rich in lutein and zeaxanthin, fatty fish like salmon and tuna packed with omega-3 fatty acids, and citrus fruits brimming with vitamin C. These nutrients can help protect against age-related macular degeneration and other eye conditions, while also promoting overall eye health.

### 4. Stay Hydrated and Blink Frequently

Dry eyes can be uncomfortable and, if left untreated, can lead to more severe eye problems. Staying hydrated by drinking plenty of water and blinking frequently can help maintain healthy tear production and lubricate your eyes. Additionally, consider using over-the-counter eye drops or investing in a humidifier to combat dry air, which can exacerbate dry eye symptoms.

By incorporating these four essential tips into your daily routine, you'll be taking proactive steps to protect your vision and celebrate Healthy Vision Month in the best possible way. Remember, our eyes are precious windows to the world, and taking care of them should be a priority. Embrace these habits, and you'll be rewarded with a lifetime of clear, comfortable vision, allowing you to fully appreciate the beauty that surrounds you.

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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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The way to the heart is through the stomach, which is why July recognizes the culinary artists who bring inventive recipes and creative dishes from the kitchen to our table with National Culinary Arts Month. All month long, cooks and chefs hone their skills to stay on the edge of culinary perfection. This celebration spotlights the best in the industry and honors their achievements.

That's why, at Sumter Senior Living, we celebrate July with an extra serving of satisfaction. Whether sharing an intimate meal with a friend or commemorating a special occasion with your loved ones, food brings us together. And living at Sumter will satisfy your appetite for connection with others and for the most delicious cuisine. Our compassionate, skilled dining team and welcoming community provide the restaurant-quality dining, care, programming, health, and wellness resources necessary to thrive in an environment that's not just like home—it is home.

#### FOOD FOR THOUGHT

The Office of Disease Prevention and Health Promotion (ODPHP) emphasizes that older adults must maintain an active lifestyle and nutrient-dense diet in order to mitigate the risk of chronic diseases. But eating habits change throughout the lifespan. As calorie needs decrease with age, nutrient needs tend to increase—due to decreased physical activity, changes in metabolism, or age-related loss of muscle and bone mass. According to the ODPHP, “Nutrient needs in [the older adult] population are also affected by chronic health conditions, use of multiple medicines, and changes in body composition.”

Which makes it especially important for this age group to follow healthy dietary patterns to ensure every bite counts. The National Institute on Aging suggests that older adults enjoy a variety of foods from each food group—with little to no added sugar, saturated fats, and sodium—to help reduce the risk of developing high blood pressure, diabetes, hypertension, heart disease, cancer, and osteoporosis.

As we age, eating healthy can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Though eating healthy has benefits for all age groups, the U.S. Department of Agriculture (USDA) reports that the effects can be particularly favorable for older adults. The USDA's analysis of the unique dietary needs of people aged 60 and over suggests a necessity for individuals to stay hydrated, get enough protein to maintain muscle mass, and find out how many daily calories are required to preserve energy. For increased longevity and well-being, it's vital that older adults learn how the foods and drinks they choose help them meet daily nutritional needs, maintain a healthy body weight, and reduce the risk of chronic disease.

#### DINE GRACEFULLY

Because Sumter Senior Living's skilled team understands that a healthy lifestyle starts with healthy eating options, our meals are made with real ingredients—by real chefs. From 24/7 availability of snacks and beverages to options for social, family-style meals, dining at Sumter is sure to add flavor to your everyday experience. Homemade and restaurant-quality, our food is fit for any taste.

Tired of cooking or eating alone? Our community turns eating into a social affair. Meals are more enjoyable when you eat with others, so residents are encouraged to invite friends to join them. Or, if a more intimate setting is preferred, residents can serve their guests in their apartment homes or Sumter's private dining room—whether they prefer to cook for themselves or enjoy our community's meal delivery services.



Foods not as tasty as you remember? It might not be the cook's fault! Maybe your sense of taste or smell—or both—has changed. Growing older, dental problems, and medication side effects can alter the senses. At Sumter, our dining services team knows how important taste and smell are for sustaining a healthy appetite. Our cooks, led by Sumter's Executive Chef, add fresh herbs, spices, or lemon juice to their plates—crafting culinary delicacies sure to have your mouth watering anew.

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# SUFFERING FROM MEMORY LOSS?

## Could it be Alzheimer's Disease?

By Craig Curtis, M.D.

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

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

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

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

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

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



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

### DIAGNOSIS

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

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

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

### CAN ALZHEIMER'S DISEASE BE PREVENTED?

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

### WHAT CAN YOU DO?

If you, a friend, or a loved one are experiencing memory loss, currently taking a medication such as Donepezil or Memantine, or just interested in learning more, please contact Dr. Curtis at (352) 500-5252 or visit [www.CraigCurtisMD.com](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

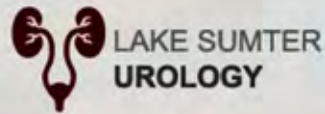
Dr. Craig Curtis, MD, is a national expert on Alzheimer's Disease with 25 years spent researching treatments and brain health. He focuses on prevention and treatment of Alzheimer's Disease and his research has been published in leading national and international medical journals including the New England 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:

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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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The screenshot shows the website's header with the logo and navigation links. The main content area features a large article on Skincancer with a photo of a woman. Below it are three flip book versions of the magazine for different counties. A featured article titled "The Other Side of Parkinson's Disease" is also visible. On the right side, there is a "In This Issue" sidebar and a newsletter sign-up form.



# Revolutionizing Hormone Replacement Therapy: The Pellet Advantage

In the ever-evolving landscape of hormone replacement therapy (HRT), a new frontier is emerging, one that promises to revolutionize the way we approach hormonal health. This game-changing solution comes in the form of hormone pellets, a cutting-edge delivery method that is rapidly gaining traction among healthcare professionals and patients alike.

Traditionally, HRT has relied heavily on methods such as oral medications, creams, gels, and injections. While these options have proven effective for many, they often come with a set of challenges. Oral medications can be difficult to absorb consistently, creams and gels can cause skin irritation, and injections can result in fluctuating hormone levels, leading to undesirable side effects.

Enter hormone pellets, a revolutionary approach that addresses many of these concerns. These tiny, rice-sized pellets are meticulously compounded with bioidentical hormones, such as estrogen or testosterone, and strategically inserted beneath the skin, typically in the hip area. Once in place, these pellets steadily release a consistent, physiologic dose of hormones directly into the bloodstream, mimicking the body's natural hormone production.

One of the key advantages of hormone pellets is their ability to maintain stable hormone levels over an extended period, typically ranging from three to six months. This consistency is crucial, as it helps eliminate the roller coaster effect of hormone fluctuations often experienced with other delivery methods. By providing a steady, balanced supply of hormones, pellets can alleviate a wide range of symptoms associated with hormonal imbalances, including hot flashes, mood swings, fatigue, and decreased libido.

Furthermore, hormone pellets offer unparalleled convenience for patients. Unlike creams or gels that require daily application or injections that necessitate frequent visits to a healthcare provider, pellets are a "set it and forget it" solution. Once inserted, patients can go about their daily lives without the need for constant monitoring or frequent re-administration, significantly improving treatment compliance and overall satisfaction.

But the benefits of hormone pellets extend beyond mere convenience. This delivery method also boasts superior absorption rates compared to oral medications, which can be hindered by the digestive process and liver metabolism. By bypassing these potential barriers, pellets ensure that the body receives the full



therapeutic dose of hormones, enhancing treatment efficacy and potentially reducing the need for higher dosages.

While hormone pellets have garnered widespread acclaim for their efficacy in treating hormonal imbalances in women, their applications are not limited to a single gender. Testosterone pellets have proven to be a game-changer for men as well, offering a convenient and effective solution for addressing issues such as low libido, decreased muscle mass, and fatigue.

At the forefront of this hormone pellet revolution is Recharge Clinic, a pioneering facility that has set the standard for excellence in HRT. Led by the visionary Dr. Tieche, Recharge Clinic has become a beacon of hope for individuals seeking to reclaim their hormonal balance and improve their overall quality of life.

What sets Recharge Clinic apart is their unwavering commitment to patient-centered care and a relentless pursuit of the latest advancements in hormone therapy. Each member of their highly trained team undergoes rigorous education and mentorship, ensuring that they possess the expertise necessary to deliver exceptional care tailored to the unique needs of every patient.

Moreover, Recharge Clinic's dedication to excellence extends beyond their clinical prowess. They prioritize patient education, empowering individuals with the knowledge and understanding they need to make informed decisions about their health. By fostering a collaborative relationship built on trust and open communication, Recharge Clinic ensures that patients feel supported and confident throughout their hormone therapy journey.

As the demand for hormone pellets continues to soar, it is essential to recognize the importance of seeking care from reputable, experienced providers like those at Recharge Clinic. With their state-of-the-art facilities, cutting-edge techniques, and unwavering

commitment to patient safety, they are leading the charge in ushering in a new era of hormone replacement therapy – one where optimal hormonal health is within reach for all.

In the ever-changing landscape of healthcare, the emergence of hormone pellets represents a paradigm shift, a revolution that promises to transform the way we approach hormonal imbalances. As this innovative therapy continues to gain traction, the future of hormone replacement therapy is here, and Recharge Clinic stands at the forefront, setting the standard for excellence and paving the way towards a future of optimal hormonal health and well-being.

## About Us

At Recharge Clinic, Dr. Tieche and his team of providers treat patients with a variety of innovative medical treatments. We believe in listening to our patients! We want to know how they are feeling, and what concerns they have. That is where our medical care starts. We want our patients to be and feel optimized at all times. We want to "Recharge" everyone!

Some of the services we offer consist of Bioidentical Hormone Replacement (BHRT), lab work, medical weight loss, vitamin injections, IV therapy, medical marijuana, pain injections, epidurals, quick care and primary care, aesthetic injectables, and laser therapies for hair/vein/tattoo removal, skin rejuvenation and so much more!

We pride ourselves in having the look and feel of a high-end medical spa but offering everything that a full-service medical office can offer. There are three convenient locations with a fourth location to open in the Fall of 2024:

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47 SW 17th St, Suite A, Ocala, FL 34471

**Northwest Ocala**  
Marketplace at Ocala Shopping Center  
4417 NW Blitchton Rd, Ocala, FL 34482

**Lady Lake**  
Sunset Professional Plaza  
809 Co Rd 466 C 303, Lady Lake, FL 32159

**Southwest Ocala (Opening Fall of 2024)**  
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The first steps to starting at our clinic are scheduling or walking in for a free consultation. In this consultation, our staff will get you started in the right direction!

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# Understanding Interventional Pain Management: A Comprehensive Approach to Pain Relief

By Brent Compton, MD

**C**hronic 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.

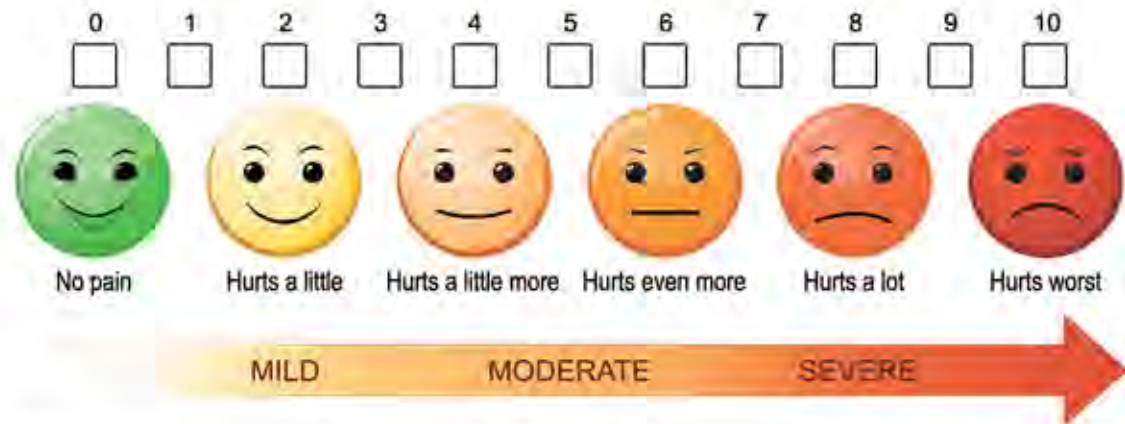
Interventional pain management is a specialized field of medicine that focuses on diagnosing and treating various types of chronic pain through minimally invasive techniques. These procedures are performed by highly trained physicians, often pain management specialists or anesthesiologists, who use advanced 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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## The Paralyzing Fears When Facing Important Decisions for Care - Part Two

By Janice Martin, Owner of Senior Liaison of Central Florida

**W**hen 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

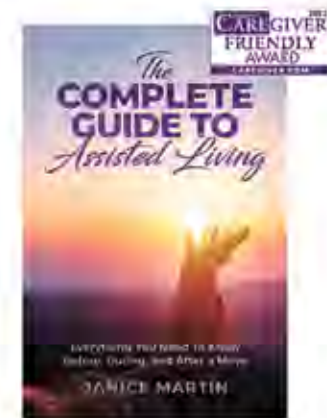
The guilt that comes after making a promise to "never move me to one of those places" or "til death do us part" is enormous. But those promises were likely made long before the current situation. Ask yourself if they would have asked if had they known then how great their care needs would become and 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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# Financial Wellness; Retirement Planning

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

**P**lanning 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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# Infusion Therapy a Better Way to Manage Autoimmune Disorders and Chronic Illnesses

There are more than 100 known autoimmune disorders and chronic illnesses that often require long-term management strategies to alleviate symptoms and improve a patient's quality of life. Traditionally, many of these conditions have been treated with daily oral medications. However, advancements in medical treatments have introduced infusion therapy as an effective alternative.

Infusion therapy involves administering medication directly into the bloodstream through an intravenous (IV) line, providing several benefits, including improved medication absorption, reduced frequency of administration, and prolonged symptom relief. Infusion therapy treatments have proven helpful in patients with diseases such as Crohn's disease and UC, multiple sclerosis and rheumatoid arthritis.

## Crohn's Disease and Ulcerative Colitis

Crohn's disease and ulcerative colitis (UC) are inflammatory bowel diseases (IBD) that cause chronic inflammation of the gastrointestinal tract. Patients with these conditions often experience symptoms such as abdominal pain, diarrhea, and weight loss, significantly impacting their quality of life. Infusion therapy has emerged as a promising treatment option for managing IBD, particularly with newer medications like Skyrizi (risankizumab) and Omvoh (vedolizumab).

- **Skyrizi (Risankizumab):** Skyrizi is a monoclonal antibody that targets interleukin-23 (IL-23), a cytokine involved in inflammatory processes. Clinical trials have demonstrated its efficacy in inducing and maintaining remission in patients with Crohn's disease. The convenience of Skyrizi lies in its dosing schedule, administered as a subcutaneous injection every eight weeks after the initial three infusion doses. This reduces the burden of daily medication adherence and offers sustained symptom relief.

- **Omvoh (Vedolizumab):** Omvoh, another monoclonal antibody, explicitly targets the  $\alpha 4\beta 7$  integrin, which is involved in the migration of inflammatory cells to the gut. Vedolizumab has shown significant efficacy in both inducing and maintaining remission in patients with Ulcerative Colitis. It is administered a subcutaneous injection every eight weeks after the initial three infusion doses, providing a long-term solution for UC management with fewer administrations than daily pills.

## Multiple Sclerosis

Multiple sclerosis (MS) is a chronic autoimmune disorder affecting the central nervous system, leading to symptoms such as fatigue, muscle weakness, and cognitive difficulties. Infusion therapies, including Ocrevus (ocrelizumab), Briumvi (ublituximab), and Tysabri (natalizumab), have revolutionized the treatment landscape for MS by offering potent disease-modifying effects.

- **Ocrevus (Ocrelizumab):** Ocrevus is a monoclonal antibody targeting CD20-positive B cells, which play a crucial role in the pathogenesis of MS. It is the first and only therapy approved for both relapsing and primary progressive forms of MS. Administered as an infusion every

six months after initial induction dosing, Ocrevus has been shown to significantly reduce relapse rates and slow disease progression, providing patients with a convenient and effective treatment option.

- **Briumvi (Ublituximab):** Briumvi is another anti-CD20 monoclonal antibody that has demonstrated efficacy in reducing MS relapses. Its unique dosing regimen, with infusions every six months after initial induction dosing, aligns with patients' needs for fewer hospital visits while maintaining robust disease control. Clinical trials have highlighted its potential in reducing disability progression, making it a valuable addition to the MS treatment arsenal.

- **Tysabri (Natalizumab):** Tysabri works by inhibiting the migration of immune cells into the central nervous system, thereby reducing inflammation and preventing relapses. Administered as a monthly infusion, Tysabri has been shown to significantly decrease relapse rates and improve quality of life for patients with relapsing-remitting MS. Its targeted mechanism of action provides an effective alternative to oral medications, especially for patients who have not responded well to other treatments.

## Rheumatoid Arthritis

Rheumatoid arthritis (RA) is an autoimmune disorder characterized by chronic joint inflammation, leading to pain, stiffness, and potential joint damage. Infusion therapy with Rituxan (rituximab) offers a viable treatment option for patients with RA, particularly those who have not responded to traditional oral medications.

- **Rituxan (Rituximab):** Rituxan is a monoclonal antibody that targets CD20-positive B cells, reducing the immune system's attack on the joints. It is administered as two infusions separated by two weeks, followed by maintenance doses every six months. Clinical studies have demonstrated its efficacy in reducing disease activity and improving physical function, providing a sustained therapeutic effect with fewer infusions compared to daily pills.

## Iron Deficiency Anemia

Iron deficiency anemia (IDA) is a common condition characterized by low levels of iron, leading to fatigue, weakness, and impaired cognitive function. For patients who do not tolerate oral iron supplements or require rapid iron replacement, infusion therapy with Monoferric (ferric derisomaltose) and Venofer (iron sucrose) is an effective alternative.

- **Monoferric (Ferric Derisomaltose):** Monoferric is an intravenous iron formulation that allows for high-dose iron administration in a single infusion. It is particularly beneficial for patients with severe IDA or those who need quick correction of iron levels. Clinical trials have shown its safety and efficacy in increasing hemoglobin levels and improving symptoms of anemia.

Sources:

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<https://ameripharmaspecialty.com/ivig-and-autoimmune-diseases>

<https://www.self.com/story/biologic-medication-autoimmune-condition>

- **Venofer (Iron Sucrose):** Venofer is another intravenous iron therapy that has been widely used for treating IDA. It is administered in multiple infusions, depending on the severity of iron deficiency. Venofer offers a well-tolerated and effective option for patients who cannot achieve adequate iron levels with oral supplements alone.

## Other Autoimmune Disorders

Intravenous immunoglobulin (IVIG) therapy treats various autoimmune disorders, including chronic inflammatory demyelinating polyneuropathy (CIDP), myasthenia gravis, and lupus. IVIG involves administering pooled immunoglobulins from healthy donors to modulate the immune response and reduce inflammation.

- **Intravenous Immunoglobulin (IVIG):** IVIG therapy has been shown to be effective in stabilizing and improving symptoms in patients with various autoimmune disorders. The frequency of infusions depends on the specific condition and patient response, ranging from monthly to every few weeks. IVIG provides a versatile treatment option, especially for patients who have not responded well to other therapies or oral medications.

## Talk to your Doctor

Infusion therapy represents a significant advancement in the treatment of autoimmune disorders and chronic illnesses. With infusion therapy, patients can benefit from reduced oral medication frequency, improved adherence, and effective disease management. If you are considering infusion therapy, it is necessary to consult with a healthcare provider to determine the best treatment plan tailored to your specific needs. Early intervention and appropriate management can greatly enhance the quality of life for individuals living with these conditions.

## Sage Infusion Can Help

Sage Infusion provides expert patient-centered infusion care in a contemporary boutique environment. We offer infusion 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 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.

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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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# Understanding Alzheimer's Disease: A CALL FOR INCREASED AWARENESS

By David Culbreth, Senior Transitions Specialist, Realtor, SRES

**A**lzheimer'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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# 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.

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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.

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## Failure is a Part of Growth

By Pastor Timothy Neptune

**T**he 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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