


CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2024

Lake/Sumter Edition - Monthly

www.HealthAndWellnessFL.com

FREE 

BREAST CANCER MYTHS

What Seniors
Need to Know

REVOLUTIONIZING NEUROPATHY TREATMENT

The Summus Laser
Approach at LASERLAB

TOGETHER
FOR THE
FUTURE OF
HEALTH

HEALTHY
AGING
& QUALITY OF LIFE
Within Reach with a
Proactive Approach

SAFEGUARDING YOUR SIGHT

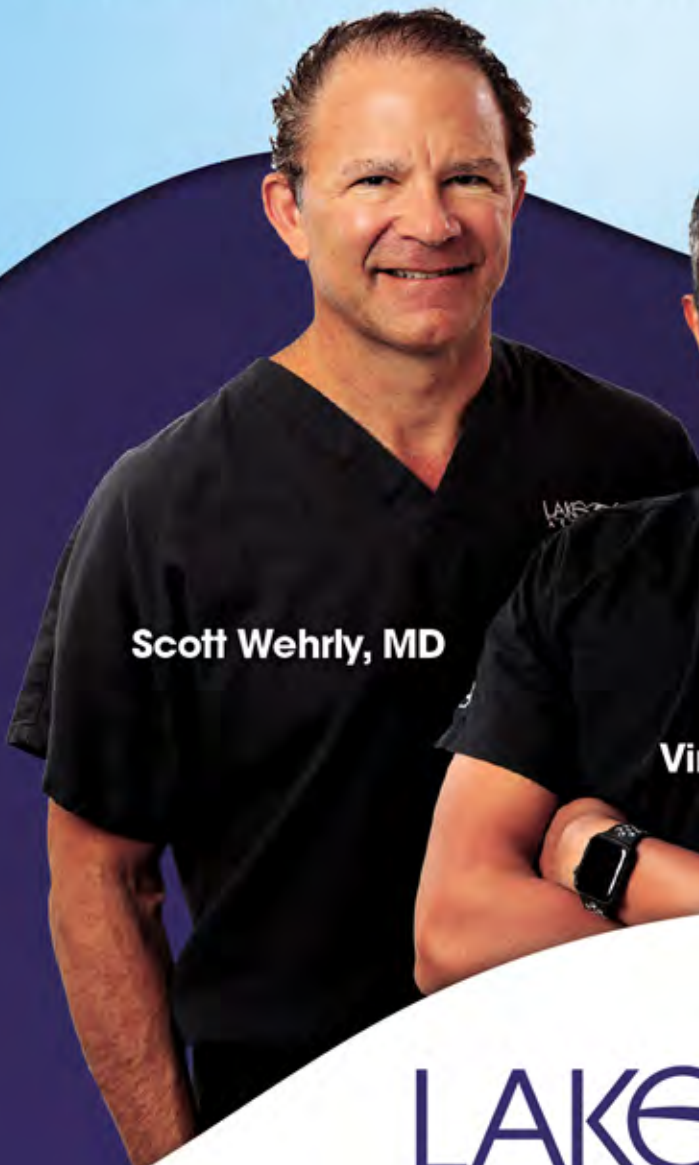
Essential Tips for
Eye Injury Prevention



Your Clear Choice For Cataract Surgery

With thousands of successful, state-of-the-art cataract surgeries behind them, Dr. Scott Wehrly, Dr. Scot Holman and Dr. Vinay Gutti are leaders in the region's quickest, safest, most advanced laser cataract removal and vision restoration technologies.

Because your eyes deserve nothing short of amazing.



Scott Wehrly, MD




Vinay Gutti, MD



Scot Holman, MD

LAKE EYE

 A US EYE COMPANY

Board-certified Ophthalmologists & Optometrists:

Scott R. Wehrly, MD • Shelby L. Terpstra, DO • Scot C. Holman, MD • Vinay Gutti, MD
Jose Alfredo Vazquez, MD • Lindsey Walsh, OD • Adria Young, OD • Alexandria Rawls, OD

352-775-1533 • LakeEye.com •  

we take care of you



So you can feel empowered!

Live life on your terms. Choose a care team that supports your health goals so you can enjoy an active lifestyle.

Contact us to take a tour and learn more.

WELCOMING NEW PATIENTS
WITH SELECT MEDICARE ADVANTAGE PLANS



The Villages Health®



TheVillagesHealth.com/stay-well - 352-268-8993



**SAY NO
TO INCONTINENCE**
and take back control of your bladder

EMSELLA®

95%
Improvement in
Quality Of Life*



StrongAndHealthyOcala.com



**Don't Just Add Years to Your Life.
Add Life to Your Years.**

Embrace a healthier, fuller life with VIPcare.
Primary care for 65+.

vipcare 

www.getvipcare.com

Schedule your appointment and
start living your best life

(352) 268-9841

3429 Warm Springs Ave, The Villages, FL 32163

CONTENTS OCTOBER 2024

6 Choosing the Right Sunglasses: UV Protection and Style Combined

7 Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

8 Say NO to Incontinence and Take Back Control of Your Bladder with Emsculpt NEO

9 Understanding the Connection Between Varicose Veins & Heart Health

10 Revolutionizing Neuropathy Treatment: The Summus Laser Approach at LASERLAB

11 Breast Cancer Myths: What Seniors Need to Know

12 Regaining Control: The Benefits of EmSella for Urinary Incontinence

13 Healthy Aging and Quality of Life Within Reach with a Proactive Approach

14 Safeguarding Your Sight: Essential Tips for Eye Injury Prevention

17 Together for the Future of Health: Understanding Hypertension

18 National Physical Therapy Month: The Importance of PT After Hip and Knee Replacement Surgery

20 Vision for the Future: Protecting Your Eyesight and the Security of Financial Health

21 Recurrent UTIs: Addressing the Risk of Antibiotic Resistance

22 Understanding Your Rights in Assisted Living

23 Cosmetic Dentistry is More Than a Pretty Smile

24 Unlock Your Hormonal Wellness: Women's Health at The Recharge Clinic

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

26 October is National Eczema Awareness Month

27 Vertigo: How to Stop Spinning-Fast

28 ADHD Awareness: Understanding the Invisible Condition

29 Attorney Patrick Smith Radio Show Now on 14 Stations

30 Spiritual Wellness: Hungry Heart

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonnygensing@yahoo.com



Publishing • Advertising • Web Design • Graphic Design

Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2024. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

CENTRAL FLORIDA VEIN & VASCULAR CENTER



Vein Care Experts with More than 100 Years Experience

Board Certified Vascular Surgeons And Phlebologists

**Most Qualified
Vein Care Experts
in The Villages
Community**



Dr. Rafael Quinones,
Amber Werner, APRN

Results You Can See & Feel

Specialists in the non-surgical, minimally invasive treatment of:

- Varicose Veins
- Spider Veins
- Leg Pain & Leg Swelling
- Lower Extremity Heaviness & Tiredness



(352) 562-0078 • www.cfvein.com

13953 NE 86th Terrace, Unit 101
Lady Lake, FL 32159
Convenient Golf Cart Path Access

**MOST PROCEDURES ARE COVERED
BY INSURANCE**

CHOOSING THE RIGHT SUNGLASSES: UV PROTECTION AND STYLE COMBINED

When it comes to selecting the perfect pair of sunglasses, it's imperative to have both UV protection and incredible style. 100% UV protection is essential for protecting your eyes from the damaging rays of the sun, and the styling flatters your face and showcases your tastes. With that in mind, here's a guide to help you make an informed choice when picking out sunglasses.

UV PROTECTION IS AN ABSOLUTE NECESSITY

The primary function of sunglasses is to protect your eyes from the harmful effects of ultraviolet radiation, which include an increased risk of cataracts, macular degeneration, photokeratitis (sunburn of the cornea), pterygium (yellow growths on the white of the eye), skin cancer of the eyelid, and other detrimental conditions.

When picking out a pair of sunglasses, check the label for:

- **100% UV Protection:** Make sure any sunglasses you pick block 100% of both UVA and UVB rays. If the sunglasses contain no UV information, it's safer to assume they lack the requisite protection.
- **UV400 Label:** This means the lenses block all light rays with wavelengths up to 400 nanometers, offering maximum UV protection.

INVEST IN A DURABLE PAIR

Sunglasses come in various materials, mainly plastic, metal, or a combination of both. Choose a material that complements your lifestyle and overall look. Metal frames tend to be more durable and classic looking, while plastic frames are often lighter, making them more comfortable for some, and come in a wide variety of shapes and colors.

For maximum wear and ongoing protection, look for lenses made from durable materials like polycarbonate to ensure clarity and impact resistance. For enjoyment outside, driving and playing sports, polarized lenses can reduce glare for optimal performance and comfort. The lenses as well as any coatings can affect the safety, effectiveness and lifespan of your sunglasses. Things to consider include:

- **Polarized Lenses:** Polarization reduces glare from the sun as well as reflective surfaces like water, glass and pavement.
- **Lens Color:** While lens color doesn't affect UV protection, it can enhance visual comfort and clarity in different lighting conditions. **Gray lenses** can reduce overall brightness while preserving natural color balance. **Brown/amber lenses** can boost



contrast and depth perception, making them great for sports and driving. **Green lenses** can provide a balance of contrast and color accuracy.

- **Scratch-resistant Coating:** If you play sports, tend to drop your glasses, or slide them in and out of a pocket or purse throughout the day, this coating can prevent minor abrasions.
- **Transitions/Photochromatic:** These specialty lenses change to perform for your current environment, darkening in bright settings and clearing in darker ones.

To protect your sunglasses, remember to store them in a protective case when not in use.

MAKE SURE TO GET THE PERFECT FIT

A good fit is crucial for both comfort and effective protection. To prevent slipping, choose a sunglass style that fits snugly but comfortably, to avoid pressure points over the course of the day. Make sure sunglasses rest on your nose and ears without pinching. A skilled optician can help ensure a perfect fit by adjusting the nose pads and temple tips to customize the fit.

PICK A STYLE THAT SUITS YOUR FACE

While UV protection is crucial, style is what makes wearing sunglasses fun and fashionable. The right sunglasses make your face and outfit dazzle! While the design of your sunglasses is entirely up to your personal sense of style, picking the right pair can be challenging. That's why it's always good to have a friend, or perhaps even more helpful, a skilled optician, on hand to help you pick out the most flattering sunglasses for your face.

While there are no rigid rules for picking a frame style (you do you!), different frame types can be especially complementary to certain face shapes.

For instance:

- **Round Faces:** Angular frames, such as square, rectangular and cat-eye, add flair and definition to rounder faces.
- **Square Faces:** Round or oval frames, wire frames and thin rim styles help balance strong jawlines.
- **Heart-Shaped Faces:** Frames that are wider at the top than the bottom are especially flattering to heart-shaped faces.
- **Triangular Faces:** A broad jawline and narrower forehead can be complemented by frames that draw the eye upward, such as rectangular and cat-eye styles.
- **Oval Faces:** Oval faces have the benefit of working well with most frame shapes, including bolder frames.

For sports and driving, you may want to consider wraparound frame styles, which deliver peripheral protection against UV rays, glare, and debris.

UV PROTECTION LENSES FROM LAKE EYE

Remember, investing in a good pair of sunglasses is about more than just looking cool, but also about protecting your eyes from the sun and other potential hazards. By choosing sunglasses that offer both excellent UV protection and a style that suits your personal tastes, you'll protect your eyes, and look sensational doing it.

Need help choosing the right sunglass style, lenses or coating? Look no further than Lake Eye (a US Eye company). Each Lake Eye location features a full-service optical center with a vast array of sunglass frames by famous name designers, cutting-edge lenses and coatings, and skilled, friendly opticians ready to help you select the right sunglasses for your face, wardrobe and active lifestyle.



LAKE EYE
ASSOCIATES

A US EYE COMPANY

The Villages • Wildwood • Lady Lake • Leesburg
Tavares • Mount Dora • Altamonte Springs

352-632-2020 • LakeEye.com

Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

There are Several Different Types of Strokes:

- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B – Balance loss

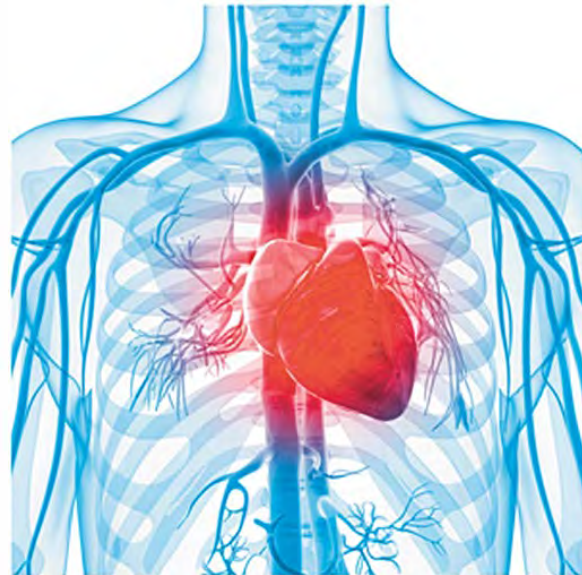
E – Eyesight changes

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call 911



Staying Healthy and Avoiding Stroke Complications

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

Dr. Vallabhan

Call Office for Consultation
352.750.2040

Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159



Dr. V

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

**It's your heart.
It should be
personal.**

And that's how I treat it.

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

To find out more information on the Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, Drvcardio.com

Say NO to Incontinence and Take Back Control of Your Bladder

By Dr. Tina Chandra

Urinary incontinence is a common occurrence in women. It can be caused by vaginal childbirth, changes due to menopause, or even by being overweight. There are two types of urinary incontinence.

Stress urinary incontinence is when urine escapes due to physical activities such as running or jumping, or it can be provoked by a sneeze or a cough. It is caused by weak pelvic muscles that may be a result of obesity, childbirth, or repeated strains such as lifting heavy objects or high-impact exercise. Urge incontinence is different in that it is an unusually frequent urge to urinate. The cause is unknown, but one possible contributor could be diabetes.

When a patient suffers from both of these conditions, it is known as mixed urinary incontinence. All three types are quite common, especially in older women.

No matter which type of urinary incontinence presents itself, it has been shown to increase with any or all of the following factors: age, menopause, a persistent cough, weight gain, and vaginal childbirth, among others. For some women, the increase is gradual while other women might experience a loss of control immediately after childbirth.

Is there a solution for urinary incontinence or do I just buy stock in pads and diapers?

In the past, the primary method for dealing with urinary incontinence has been surgery or therapies that can be both difficult and embarrassing. Today the solution is primarily physical therapy with a urinary incontinence specialist showing the patient how to do vaginal exercises to strengthen the pelvic floor muscles. This has proved itself to be an effective treatment, however, many women avoid it because of its intimate nature.

There is some 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 uses high-intensity focused electromagnetic technology (HIFEM) 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 Kegals. It contracts

EMSELLA®

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.

What type of results can be expected from using Emsella?

According to the company's website, btaesthetics.com, Emsella patients report a 95% improvement in their quality of life and a 75% reduction in the use of pads.

Patients often see results after just one 30-minute session. For maximum results, a minimum of 6 sessions are recommended with a minimum of 2 days between each session. Results will, of course, vary by patient and by the severity of muscle weakness.

What can I expect in an Emsella session?

First of all, it is important to note that patients remain fully clothed during their session. That is usually a relief to most patients. Secondly, there is no work involved on the patient's part, nor on the service provider once the device has started. The patient simply sits on the "throne" for 30 minutes while HIFEM technology contracts her (or his) muscles 10-11,000 times. Most patients report nothing more than a tingling sensation.

Can MEN benefit from Emsella also?

According to the Massachusetts Male Aging Study, about 40% of men are affected by erectile dysfunction at age 40 and 70% of men are affected at age 70. Enter Emsella for men.

Emsella has been approved for men suffering with incontinence and erectile dysfunction because of weakening pelvic floor muscles. These muscles support all of the pelvic organs and when weakened, they can result in incontinence, premature ejaculation, and erectile dysfunction.

Men will be pleased with the many benefits Emsella affords. The same 30 minute session as the women are sitting through will give them increased bladder control, increased penile rigidity and hardness, increased control over erection, increased time until ejaculation, reduced stress and anxiety and restored confidence.



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



DR. TINA CHANDRA



DR. RAVI CHANDRA

TIME TO SAY HELLO TO THE NEW YOU

Give us a call at (352) 861-0224 or fill out our online form today to speak with a member of the Chandra Wellness team.

STRONG & HEALTHY IS THE NEW SEXY!



StrongAndHealthyOcala.com
352.861.0224

UNDERSTANDING THE CONNECTION BETWEEN VARICOSE VEINS & HEART HEALTH

Varicose veins affect up to 35% of the U.S. population at some point in their lives, with women being more commonly affected than men. According to the *American Vein & Lymphatic Society*, 25% of adults suffer from chronic venous insufficiency, a condition that can lead to varicose veins.

Varicose veins occur when blood pools inside the veins due to valve failure, preventing proper blood flow. This leads to painful, achy, blue bulges, most commonly in the legs. While many individuals see varicose veins as a cosmetic concern, it's important to understand if and how this condition is related to heart health.

The Role of the Arterial System in Heart Health

Coronary artery disease, one of the leading causes of heart complications, results from damage to the arteries responsible for transporting blood to and from the heart. This damage is often caused by the buildup of plaque, which reduces blood flow and causes symptoms like shortness of breath and chest pain.

Heart problems may exacerbate the appearance of varicose veins, as poor cardiac function can increase pressure in the veins. This leads to excess fluid pooling in the tissues, often causing leg swelling and increased pain in existing varicose veins. While heart issues may worsen the symptoms, they do not cause hypertension or directly lead to venous insufficiency.

Treating underlying heart conditions may improve venous health. For example, managing fluid retention and improving circulation can reduce the swelling and discomfort associated with varicose veins. Compression therapy and other treatments can also help alleviate symptoms, providing patients with a non-invasive option for managing their condition.

Understanding Venous Insufficiency

Venous insufficiency, the root cause of varicose veins, does not threaten heart health. Untreated heart problems can increase the severity of symptoms, making it crucial to address both venous and cardiac conditions in patients experiencing both.

When to Seek Treatment for Varicose Veins

While varicose veins are often considered a cosmetic issue, they can cause significant discomfort and affect your quality of life. The good news is



that treatment options are available, and you don't have to live with the pain and unsightly appearance of varicose veins. Seeking medical intervention can help alleviate discomfort and improve the appearance of the veins.

It's important to prioritize heart health and seek treatment for any cardiovascular conditions as soon as possible. Addressing heart problems can have a positive effect on varicose veins. Specialized care for venous insufficiency should be sought from a vascular specialist. They can evaluate your condition and recommend appropriate treatment options, ranging from lifestyle modifications to more advanced procedures, such as sclerotherapy or endovenous laser treatment (EVLT).

Advanced Treatment Options for Varicose Veins

At Central Florida Vein & Vascular Center, we offer comprehensive care for patients suffering from varicose veins. Our team of experts uses state-of-the-art diagnostic tools and treatment methods to provide relief from venous insufficiency.

- **Compression Therapy:** A conservative approach often used as a first-line treatment, compression therapy can reduce swelling and improve blood flow, helping to manage symptoms.
- **Sclerotherapy:** A minimally invasive procedure where a solution is injected into the varicose veins, causing them to collapse and fade over time.
- **Endovenous Laser Treatment (EVLT):** Using laser energy, this procedure targets the damaged veins, causing them to close and reroute blood flow to healthier veins.
- **Radiofrequency Ablation (RFA):** Similar to EVLT, this method uses radiofrequency energy to seal off problematic veins.
- **Varithena:** Varithena is minimally invasive and doesn't involve surgical vein stripping, removing the associated risks. You avoid general anesthesia,

sedation and incisions. Varithena does not require multiple injections to numb the treatment site, unlike most thermal procedures, and doesn't leave permanent foreign bodies behind after treatment.

- **Microphelebectomy:** The procedure is performed by making a tiny 1-2mm micro-incision and the vein is teased out with a small hook. It is then divided and removed. The incisions are so small that stitches are not needed to close them. They heal with excellent cosmetic results with only a butterfly closure.

- **Ultra Sound Guided Foam Sclerotherapy:** is unique because it removes unsightly or unhealthy veins without stripping them. First, an ultrasound will be used to find the affected vein, and then a needle is inserted to inject a sclerosing agent into the vein being treated. This agent causes a chemical reaction, which causes the vein to collapse leaving the body to then absorb that vein. This removes the varicose vein without creating any scarring or skin conditions. Veins generally need two to three treatments, and patients enjoy long-lasting cosmetic results afterward.

By addressing varicose veins early, you can prevent complications like skin ulcers and bleeding, while also improving the appearance of your legs. 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/heart-conditions/>

CENTRAL FLORIDA
VEIN & VASCULAR CENTER

(352) 562-0078 • www.cfvein.com

13953 NE 86th Terrace, Unit 101
Lady Lake, FL 32159

MOST PROCEDURES ARE COVERED BY INSURANCE

Convenient Golf Cart Path Access

REVOLUTIONIZING NEUROPATHY TREATMENT: THE SUMMUS LASER APPROACH AT LASERLAB

Neuropathy, a condition affecting an estimated 42.5 million Americans, can significantly impact one's quality of life. While traditional treatments often rely on prescription medications with potential side effects, LaserLab offers an innovative alternative: the Summus Laser. This advanced therapy provides a safe, non-invasive solution for those seeking relief from neuropathy symptoms without the risks associated with conventional treatments.

Understanding Neuropathy

Neuropathy refers to nerve damage that primarily affects the hands and feet, causing symptoms such as pain, numbness, tingling sensations, and weakness. While 65% of neuropathy cases are linked to diabetes, other factors like toxin exposure, certain medical conditions, infections, and injuries can also contribute to its development. Individuals aged 55 and older face an increased risk of developing this condition.

The Summus Laser:

A Breakthrough in Neuropathy Treatment

The Summus Laser, a state-of-the-art class IV laser therapy device, offers a promising approach to treating neuropathy. By targeting inflammation, pain, tissue degeneration, nerve damage, and poor circulation, this advanced technology addresses the root causes of neuropathic symptoms. The laser's ability to repair damaged nerve cells and promote regeneration is key to restoring normal function and alleviating discomfort.

How It Works

The Summus Laser treatment focuses on:

1. Repairing damaged nerve cells
2. Reducing inflammation
3. Improving circulation
4. Promoting tissue regeneration

This comprehensive approach not only addresses pain but also targets the underlying factors contributing to neuropathy. The treatment is effective for various types of neuropathy, including diabetic neuropathy and phantom limb pain in amputees.

The LaserLab Experience

At LaserLab, we've created an environment designed to enhance the healing process. Our facility offers:

- Customized treatment plans
- Relaxation and revitalization rooms
- Comfortable, adjustable treatment tables



This holistic approach ensures that patients receive not just laser therapy, but a comprehensive experience aimed at overall wellness and recovery.

Treatment Process and What to Expect

The Summus Laser treatment is a painless, non-invasive procedure. During sessions, patients typically experience a warming or tingling sensation as the laser targets affected areas. The treatment aims to:

- Restore normal muscle function
- Improve sensation in hands and feet
- Eliminate pain and discomfort
- Enhance overall mobility and quality of life

Importantly, this treatment method avoids the potential side effects associated with many prescription medications, offering a safer alternative for long-term management of neuropathy symptoms.

Ideal Candidates for Summus Laser Treatment

Individuals suffering from diabetic or general neuropathy who have found limited success with traditional therapies may be excellent candidates for Summus Laser treatment. This approach is particularly suitable for those who:

- Seek alternatives to medication-based pain management
- Have experienced unsatisfactory results from conventional treatments
- Wish to avoid therapies with adverse side effects

Customized Treatment Plans and Membership Options

Recognizing that each patient's needs are unique, LaserLab offers flexible treatment packages and membership models. These options are tailored specifically

for neuropathy patients, ensuring a personalized approach to care. During the initial consultation, our team will discuss these options and how they can be integrated with our revitalizing experiences to maximize treatment efficacy.

Conclusion: A Path to Improved Quality of Life

Living with neuropathy doesn't mean resigning oneself to a life of discomfort or relying on treatments that may cause further health issues. The Summus Laser treatment at LaserLab offers a beacon of hope for those seeking effective, safe, and non-invasive relief from neuropathic symptoms. By combining advanced laser technology with a holistic approach to wellness, we aim to help patients not just manage their symptoms, but truly improve their quality of life.

If you're struggling with neuropathy and are interested in exploring this innovative treatment option, we encourage you to schedule a consultation at LaserLab. Our team is committed to helping you find relief and restore your ability to enjoy life to its fullest, free from the limitations of neuropathic pain and discomfort.

LaserLab provides safe, effective, non-surgical pain relief and regenerative healthcare services. Our Pain Therapy Specialists use state-of-the-art Class IV Therapeutic Lasers to treat patients suffering from long-term pain. Our advanced laser technology reduces pain and inflammation, enhances healing, and increases circulation with no surgery, drugs, or side effects.

LaserLab believes there's a better way to manage pain. We've pioneered a paradigm-changing health and wellness program that helps to revitalize the lives of people suffering from pain.



LaserLab Lady Lake
13721 US-441
Suite 6
Lady Lake, FL 32159

LaserLab Lake Mary
142 W Lakeview Ave
#1040
Lake Mary, FL 32746

(888) 952-7377
www.laserlabtherapy.com



Breast Cancer Myths: WHAT SENIORS NEED TO KNOW

Samuel Alfano, D.O.

Breast cancer is a significant health concern, particularly for older women. As the second most common cancer among women, it's essential to understand the facts and dispel the myths that surround it. Read on to learn about common breast cancer myths so you know the facts.

Myth: If I Don't Have a Family History of Breast Cancer, I'm Safe

One of the most prevalent myths is that only women with a family history of breast cancer are at risk. While having a family history of breast cancer does increase the risk, most women diagnosed with breast cancer do not have a family history of the disease. According to the American Cancer Society, only about five to ten percent of breast cancer cases are linked to inherited genetic mutations. The truth is that every woman, especially as she ages, should be vigilant about breast cancer screening, regardless of family history.

Myth: Breast Cancer Only Affects Older Women

While age is a significant risk factor, breast cancer can occur at any age. However, the risk of breast cancer does increase with age. Women aged 40 and above should be particularly attentive to breast cancer screening recommendations. As women age, especially after 50, the frequency and necessity of screenings may increase due to the heightened risk.

Myth: Small Breasts Lower the Risk of Breast Cancer

The size of a woman's breasts does not determine her risk of developing breast cancer. This myth likely arises from the misconception that smaller breasts have less tissue to develop cancer. In reality, breast cancer occurs in the cells of the breast tissue, and all women, regardless of breast size, have breast tissue. Thus, the risk of breast cancer is present in all women.

Myth: Only Women Get Breast Cancer

While it's true that breast cancer is far more common in women, men can develop breast cancer too. Men have breast tissue, and although their risk is much lower, they are not immune.



Myth: A Lump is the Only Sign of Breast Cancer

A lump in the breast is one of the most common signs of breast cancer, but it's not the only one. Other symptoms can include changes in breast size or shape, dimpling of the skin, nipple discharge that isn't breast milk, and redness or scaling of the nipple or breast skin. Additionally, some women diagnosed with breast cancer may not have any noticeable symptoms, which is why regular breast cancer screening is so vital, especially as you age.

Myth: Mammograms Cause Cancer

Some fear that the radiation exposure from mammograms can increase the risk of breast cancer. However, the level of radiation used in a mammogram is extremely low. The American Cancer Society emphasizes that the small amount of radiation exposure from a mammogram does not significantly increase breast cancer risk.

Myth: If You've Been Diagnosed With Breast Cancer, It's a Death Sentence

Thanks to advances in medical technology, treatment options, and early detection, being diagnosed with breast cancer is not an automatic death sentence. Many women live long, healthy lives after breast cancer treatment. The survival rates for breast cancer have improved significantly over the years, especially when the cancer is caught early.

Myth: Antiperspirants and Bras Can Increase Breast Cancer Risk

There's no scientific evidence that antiperspirants or bras cause breast cancer. These myths have circulated widely, but extensive research has found no link between wearing a bra, especially underwire bras, or using antiperspirants and an increased risk of breast cancer.

Myth: Healthy Lifestyle Completely Eliminates the Risk of Breast Cancer

While maintaining a healthy lifestyle can reduce your risk of breast cancer, it does not entirely eliminate it. Regular exercise, a balanced diet, and limiting alcohol intake can indeed lower the risk, but they cannot guarantee immunity.

Myth: Breast Cancer Always Requires a Mastectomy

A mastectomy, or the removal of the entire breast, is not the only treatment option for breast cancer. Depending on the stage and type of cancer, many women may be eligible for a lumpectomy, which removes only the tumor and some surrounding tissue. This option is often followed by radiation therapy. The treatment plan for breast cancer is highly individualized and should be discussed thoroughly with a healthcare provider.

Understanding the facts about breast cancer is crucial, especially for seniors who are at an increased risk due to age. Dispelling common myths can help you make informed decisions about your health. Schedule an appointment with your local VIPcare provider to discuss your breast cancer risk and the proactive steps you should be taking. Call 352-268-9841.

vipcare 

352-268-9841

www.getvipcare.com

3429 Warm Springs Ave.
The Villages, FL 32163

REGAINING CONTROL: THE BENEFITS OF EMSELLA FOR URINARY INCONTINENCE

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

Understanding Urinary Incontinence

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

The EMSELLA Solution

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

The Benefits of EMSELLA

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

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



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

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

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

Regaining Confidence and Quality of Life

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

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

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

Conclusion

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



**LAKE SUMTER
UROLOGY**

352-775-6899

www.lakesumterurology.com

808 Highway 466, Lady Lake, FL 32159

HEALTHY AGING

and Quality of Life Within Reach with a Proactive Approach

As we age, finding ways to improve our health and wellness - physically, mentally, and emotionally - can become an increasingly more important and sometimes more difficult task.

Recognizing the challenges that aging brings to the human body is an important first step towards a better you. By addressing those recognized challenges and health concerns, we give ourselves the power to transform our lives and reap the rewards of improved energy, strength, and an enhanced sense of well-being.

Improving quality of life as we age is important as it allows us to engage in life more meaningfully, maintain our independence, and to experience increased happiness and well-being. What's more, connecting with others, including health and wellness professionals, can positively impact our mental and physical health by helping us overcome feelings of depression and isolation and creating a sense of purpose and satisfaction.

Can you maintain quality of life as you age?

Absolutely! Maintaining a good level of health and well-being and quality of life into our senior years is achievable and can be fun! Some proactive measures, including seeking health care services from qualified health and wellness authorities and medical professionals not only can help, but is an important part of maintaining quality of life.

Aches and pains, memory lapses, loss of hearing, skin changes, and more may be "symptoms" sometimes associated with getting older, but the fact is that we are living longer and are healthier and happier than ever before.

Many older adults enjoy vigorous health - even enjoying new and exciting activities - from pickleball to line dancing to softball and more - that they may not have had the time to enjoy in their earlier years - all due in part to taking care of their physical, mental, and emotional well-being.

Establishing a healthy lifestyle which includes maintaining a nutritious diet, managing stress, getting exercise, and sleeping enough hours can help you live a happy, quality life despite the expected changes associated with aging.

Do I have to do it alone?

Not at all! Resources to help you every step of the way are plentiful. From primary and specialty health care providers, to hearing and dental care specialists, to nutritionists and dermatologists, and more, those committed to prioritizing your well-being should be an integral part of your health and wellness journey for years to come.

Where can you find resources to help?

In addition to seeking qualified medical professionals to help you detect health issues early, reading articles about senior health, asking your physician about health and wellness classes available in your area, engaging in activities and social groups, and attending events such as health and wellness expos, can offer a host of useful information.

Locally, The Villages Homeowners Advocates (VHA) sponsors the area's largest health and wellness expo each November to celebrate and support health and wellness in our community and to encourage quality of life for seniors.

"Our 2024 Health and Wellness Expo will bring together local health and wellness experts in an effort to educate residents on how to stay healthy while aging and to maintain an overall good quality of life for years to come," commented VHA President Peter Russell.

Russell said the Health and Wellness Expo, slated for 1 p.m. to 4 p.m. November 15th at Rohan Recreation Center, 850 Kristine Way, The Villages, is a pivotal platform for helping area residents lead healthier, happier lifestyles by bringing them in front of representatives and experts in a wide variety of fields.

The free event will afford attendees the opportunity to participate in live interactive seminars, hear from guest speakers, and connect with a variety of representatives from wellness services ranging from primary and specialty health care services, Medicare and Medicare Advantage options, estate planning, dermatology, vein care, healthy eating, and much more - all aimed at helping seniors enjoy an enhanced quality of life.



Russell added, "The Health and Wellness Expo is part of the VHA's overall mission to foster good health for our residents by inspiring them to prioritize and participate in their own physical, mental and emotional health care journey. We believe the expo will help them achieve this by providing them the chance to connect with a diverse array of exhibitors and engaging activities all designed to promote overall good quality of life as we age."

Net proceeds from the 501 (c) (3) organization's event will benefit other organizations which address needs in the areas of nutrition, physical and mental health, US Veterans and armed forces, housing, and youth.

For more information on the VHA, visit thevha.net

The
VHA
The Villages Homeowners Advocates

**HEALTH &
WELLNESS
EXPO 2024**
STAY HEALTHY WHILE AGING

Friday, November 15th, 2024
1:00pm - 4:00pm
Rohan Recreation Center
850 Kristine Way

Free Event!



Safeguarding Your Sight: Essential Tips for Eye Injury Prevention

By Thomas G. Ward, D.O.

Our eyes are truly remarkable organs, allowing us to navigate the world and experience its beauty. However, they are also vulnerable to various types of injuries that can compromise our vision and, in some cases, lead to permanent damage. Recognizing the importance of eye safety is crucial, as prevention is the best defense against these preventable occurrences.

One of the most common causes of eye injuries is exposure to hazardous materials or objects. This can include chemicals, debris, or even small particles that become airborne during certain activities. To mitigate these risks, it's essential to wear appropriate protective eyewear, such as safety glasses or goggles, whenever engaging in tasks that may pose a threat to your eyes. This applies not only in the workplace but also in the home, where household chores like yard work or DIY projects can present similar dangers.

Another significant threat to eye health is exposure to ultraviolet (UV) radiation, which can come from various sources, including the sun, tanning beds, and certain types of welding equipment. Prolonged or intense exposure to UV rays can lead to conditions like photokeratitis (also known as "welder's flash" or "arc eye"), which can cause painful inflammation of the cornea. To safeguard your eyes, always wear high-quality, UV-blocking sunglasses or specialized protective lenses when working in environments with elevated UV exposure.

Sports and recreational activities can also pose a risk of eye injuries, particularly in contact sports or those involving fast-moving objects like balls or projectiles. Protective eyewear designed for specific sports can significantly reduce the likelihood of sustaining an injury, so it's crucial to invest in appropriate gear and wear it consistently.

In addition to physical threats, eye health can also be compromised by certain medical conditions or treatments. For example, individuals with diabetes are at an increased risk of developing diabetic retinopathy, a condition that can lead to vision loss if left untreated. Regular eye exams and prompt medical intervention are essential for managing such conditions and preventing further complications.



Workplace safety is another crucial aspect of eye injury prevention. Employers have a responsibility to provide a safe work environment, which includes ensuring that employees have access to the necessary personal protective equipment (PPE) and training on proper usage. Employees, in turn, should be diligent about following safety protocols and reporting any potential hazards to their supervisors.

One often-overlooked cause of eye injuries is the use of electronic devices, such as smartphones, tablets, and computers. Prolonged exposure to blue light emitted by these screens can lead to eye strain, headaches, and even more serious conditions like digital eye strain or computer vision syndrome. To mitigate these risks, it's important to take regular breaks from screen time, adjust the brightness and contrast of your devices, and consider using blue light-blocking glasses or screen filters.

Ultimately, safeguarding your eye health requires a multifaceted approach that combines awareness, preventive measures, and proactive healthcare. By incorporating the following tips into your daily routine, you can significantly reduce the risk of eye injuries and protect your precious sense of sight:

1. Always wear appropriate protective eyewear for tasks that may pose a risk to your eyes, both at work and at home.
2. Limit your exposure to UV radiation by wearing high-quality, UV-blocking sunglasses or other protective lenses.
3. Use caution and wear protective gear when participating in sports or recreational activities.
4. Maintain a healthy lifestyle and schedule regular eye exams to address any underlying medical conditions.
5. Be mindful of your screen time and use strategies to mitigate the effects of blue light exposure.
6. Encourage your family, friends, and colleagues to prioritize eye safety as well.

By prioritizing eye injury prevention, you can not only safeguard your own vision but also inspire those around you to take proactive steps toward preserving the health and well-being of their most valuable sense – sight.

Retina Group of Florida

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

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



Retina Group
of Florida™

Thomas G. Ward, D.O.

212 South Apopka Avenue
Inverness, Florida 34452

352-419-8928
retinagroupflorida.com



**LIVE AN IMPROVED
LIFE WITH LASERLAB
THERAPY**

NEUROPATHY | SPORTS INJURIES | CHRONIC & ACUTE PAIN

Class IV laser therapy and whole-body light therapy used for pain management, therapy, and wellness is:

SAFE • EFFECTIVE • NON-INVASIVE • NON-SURGICAL • NON-PRESCRIPTION

**WE REJECT THE STATUS QUO
OF PAIN MANAGEMENT**

LaserLab believes there's a better way to manage pain. We've pioneered a paradigm-changing health and wellness category so that together with our franchisees we can help revitalize the lives of people suffering from pain.

www.LaserLabTherapy.com

**CALL TODAY!
(888) 952-7377**

LaserLab Lady Lake
13721 US-441
Suite 6
Lady Lake, FL 32159
LaserLab Lake Mary
142 W Lakeview Ave
#1040
Lake Mary, FL 32746

**It's your heart.
It should be
personal.**

And that's how I treat it.

When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office.

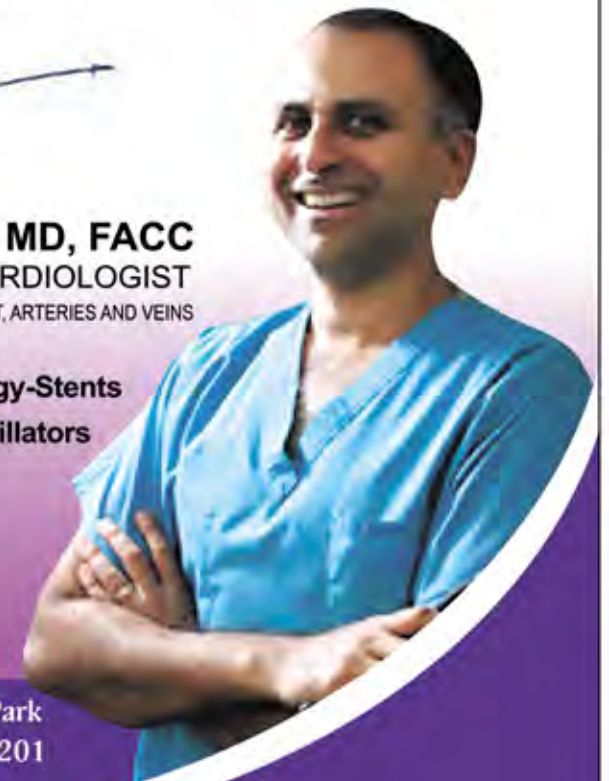
I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't.

I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.

T.E. VALLABHAN, MD, FACC
BOARD CERTIFIED CARDIOLOGIST
SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

- Interventional Cardiology-Stents
- Pacemakers and Defibrillators
- Vascular Medicine
- Clinical Cardiology
- Echocardiography
- Nuclear Cardiology

Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159



Call Office for Consultation
352.750.2040

www.drvcardio.com

The VHA
The Villages Homeowners Advocates

**HEALTH &
WELLNESS
EXPO 2024**
STAY HEALTHY WHILE AGING



✓ **How can you recognize challenges that aging brings to the human body?**

By addressing them, you have the power to transform your health and vitality.

✓ **What proactive steps can you take to manage or overcome these challenges?**

Imagine the rewards - improved energy, strength, and a better quality of life as you age.

Visit representatives from a variety of health and wellness services to help you nurture your mind, body, and spirit!

Friday, November 15th, 2024
1:00pm - 4:00pm
Rohan Recreation Center
850 Kristine Way

Free Event!
thevha.net

IMAGELIFT SEMINARS



results are typical and do vary

**TOP RATED
BOARD CERTIFIED
FACIAL SURGEONS**



TOP DOCTORS®
2024

YOU ARE INVITED

**BROWNWOOD HOTEL
SEMINAR**

Wednesday, October 9th @ 2pm
3003 Brownwood Blvd

**WATERFRONT HOTEL
SEMINAR**

Wednesday, October 30th @ 2pm
1105 Lake Shore Drive, The Villages

**RECEIVE EXCLUSIVE
SEMINAR PRICING!**
COMPLIMENTARY FOOD SERVED



Richard Castellano, MD



Christopher Kielizsak, DO



Jeffrey Johnson, MD



Abigail McEwan, MD

Call Now

352-227-1501

 **IMAGELIFT®** www.ImageLift.com

facebook.com/imagelift

youtube.com/imagelift

patient and any other person responsible for payment has a right to pay, cancel payment, or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to ad for the free, discounted fee, or reduced fee service, examination, or treatment.

Blood pressure ranges are as follows:



Normal blood pressure:
120/80 mm Hg or lower.



Elevated blood pressure:
The top number ranges from 120 to 129 mm Hg, and the bottom number is *below* 80 mm Hg.



Stage 1 hypertension:
The top number ranges from 130 to 139 mm Hg OR the bottom number is between 80 - 89 mm Hg.



Stage 2 hypertension:
The top number is 140 mm Hg or higher OR the bottom number is 90 mm Hg or higher.

What are these studies about?

Researchers want to see what effect investigational medicines will have on blood pressure in qualified study participants.

Why take part in clinical research?

There remains an unmet need for safe and effective therapies. Synexus needs your help to advance world medicine. By volunteering, you may help get us one step closer to developing effective medications.

Meet Dr. Okolie: A Leader in Hypertension Research

Leading our hypertension research efforts at Synexus is Dr. Okolie, the current Medical Director of Synexus Clinical Research in The Villages. Dr. Okolie graduated from medical school in Ghana in 2005 and initially worked as a general practitioner. In 2009, she moved to the United States to further her specialty training. She became board certified in Internal Medicine and Obesity Medicine, demonstrating her commitment to providing comprehensive care in these areas.

Dr. Okolie brings more than 20 years of medical experience to her role at Synexus. Her extensive background as a hospitalist and medical director of a hospital-based home care agency has provided her with a well-rounded understanding of various medical conditions and treatment approaches. She is known for her patient-centered approach and exceptional oversight of multi-phase studies, particularly in therapeutic areas such as vaccines, neuro/Alzheimer's and general medicine.

"Come take advantage of our complimentary testing and explore all of the wonderful studies we have to offer at Synexus Clinical Research."

Angela Okolie, MD
Principal Investigator



Together for *the Future* of Health

Understanding hypertension

Hypertension, commonly known as high blood pressure, is a pervasive health condition affecting nearly half of all adults in the United States. Despite the availability of medications, managing this condition remains a significant challenge for many individuals. At Synexus Clinical Research, we understand the critical need for innovative solutions to address this widespread issue. We are excited to announce our complimentary testing services aimed at tackling hypertension through clinical trials. This initiative not only offers participants access to cutting-edge treatments but also contributes to the advancement of medical research.

Complimentary testing services (hypertension and memory)

Synexus is offering complimentary testing services for individuals struggling with high blood pressure and memory loss. Our goal is to provide accessible, no-cost study-related care and medication to eligible participants. By doing so, we aim to alleviate the financial burden often associated with managing chronic conditions.

To qualify for our complimentary testing services, participants must be 18 years or older and have difficulty maintaining a healthy blood pressure range or a history of memory loss. Those who meet these criteria will receive payment for their participation, no-cost study-related care from local doctors, and no-cost study medication. This comprehensive support ensures that participants receive the best possible care throughout the trial period.

No Insurance Needed

HYPERTENSION?

Blood Pressure Medications Not Doing Enough?

Consider research studies—now assessing investigational oral medicines in adults whose HBP isn't responding to current meds.

- Study-related care at no cost from local doctors
- Study drug at no cost
- Payment of up to \$1,320 varies by study



Call: 352-261-0901 or 352-350-1103

Visit: www.TheStudyHero.com



The Villages® Community, 3201 Wedgewood Lane, THE VILLAGES, FL 32162

NATIONAL PHYSICAL THERAPY MONTH:

The Importance of PT After Hip and Knee Replacement Surgery

By Sergio Martinez, DO, AOA, AOA



National Physical Therapy Month serves as an annual reminder of the transformative power of physical therapy in restoring mobility and enhancing the quality of life for countless individuals. Among the various conditions and situations where physical therapy plays a pivotal role, postoperative care after hip and knee replacement surgery stands out as a testament to its significance.

The Rise of Hip and Knee Replacement Surgeries

Over the past few decades, hip and knee replacement surgeries have become increasingly common. Millions of people worldwide undergo these procedures each year to relieve pain, improve joint function, and regain their independence. While these surgeries offer the promise of a pain-free and more active life, the path to full recovery is often paved with the expertise of physical therapists.

Understanding the Procedure

Hip and knee replacement surgeries involve the replacement of damaged or deteriorated joints with artificial implants. Although these surgeries have a high success rate, the initial recovery period can be challenging. Patients often experience pain, stiffness, and reduced range of motion immediately after the procedure. This is where physical therapy becomes an indispensable part of the journey to recovery.

The Role of Physical Therapy

- **Pain Management:** One of the primary goals of physical therapy after joint replacement surgery is to manage pain effectively. Physical therapists

employ a variety of techniques, including manual therapy, gentle exercises, and modalities like heat and cold therapy, to alleviate pain and discomfort.

- **Restoring Mobility:** Joint replacement surgery may temporarily limit mobility. Physical therapists design personalized exercise programs that gradually help patients regain their range of motion and strength. These exercises are tailored to the individual's needs and recovery progress.

- **Preventing Complications:** Physical therapists educate patients about the importance of maintaining proper posture, using assistive devices, and avoiding risky activities during the recovery process. This guidance is crucial in preventing complications and ensuring a smooth rehabilitation journey.

- **Enhancing Quality of Life:** Physical therapy goes beyond just physical recovery. Therapists focus on improving overall quality of life by addressing issues such as balance, coordination, and gait. This holistic approach helps patients regain their independence and confidence.

The Personalized Approach

No two patients are alike, and physical therapists recognize this fact. Each rehabilitation plan is customized to meet the specific needs and goals of the individual. Whether you're an athlete seeking to return to peak performance or an older adult looking to enjoy daily activities pain-free, physical therapy adapts to your unique situation.

The Role of Education

Education is a cornerstone of physical therapy. Patients are not only guided through exercises and treatments but also empowered with knowledge about their condition. Understanding the healing process and how to take care of oneself post-surgery is invaluable for long-term success.

Celebrating National Physical Therapy Month

National Physical Therapy Month provides an opportunity to acknowledge the dedication and expertise of physical therapists who contribute significantly to the well-being of patients. It's a time to celebrate the success stories of individuals who have regained their mobility and independence through the guidance and support of these healthcare professionals.

In the realm of healthcare, National Physical Therapy Month shines a spotlight on the crucial role that physical therapy plays in post-operative care, particularly after hip and knee replacement surgeries. Through pain management, mobility restoration, complication prevention, and an emphasis on overall well-being, physical therapy enables patients to step into a brighter, pain-free future. So, as we celebrate this month, let's remember that physical therapists are true champions in helping individuals revitalize their lives after joint replacement surgery.

SERGIO MARTINEZ, DO, AOA, AOA

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



Optimotion
ORTHOPAEDICS

For a healthy and active lifestyle

(407) 355-3120

www.optimotion.com

Peace of mind Dentistry

The passion of our practice is to provide patients with the finest possible dental care in a warm caring environment.



Richard Rozensky, DDS
Diplomate, ABDSM

- Professional Environment
- Aesthetic Restorative Services
- Digital Impression Technology
- Sleep Appliance Therapy
- CPAP Alternatives

*Serving residents of The Villages®
Community for over 20 Years!*

LAUREL
MANOR
DENTAL

LAUREL
MANOR
SLEEPCARE

352.430.1710 laurelmanordental.com

1950 Laurel Manor Drive, Suite 180B • The Villages, Florida 32162

SUPERIOR TREATMENT, PERSONALIZED CARE



Retina Group
of Florida™

Retinal Conditions and Diseases We Treat

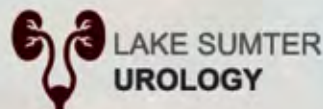
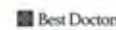
Retinal diseases are often silent. There is usually no pain, no redness and no tearing associated with most retinal diseases. The paucity of symptoms can delay diagnosis and threaten your vision. Early detection is the key to preserve vision.

Macular Degeneration • Retina Detachment,
Holes & Tears • Flashes and Floaters
Diabetic Retinopathy • Macular Holes and Puckers



Dan P. Montzka, M.D.
212 South Apopka Avenue
Inverness, Florida 34452

CALL TODAY!
352-419-8928
retinagroupflorida.com



LAKE SUMTER
UROLOGY

Non Invasive No Downtime FDA Cleared Affordable

Introducing EMSELLA®

AN FDA CLEARED IN OFFICE TREATMENT FOR URINARY INCONTINENCE, ERECTILE DYSFUNCTION & PELVIC FLOOR DYSFUNCTION. SIT COMFORTABLY WHILE FULLY CLOTHED AND LET EMSSELLA DO THE WORK FOR YOU. SAY NO TO INCONTINENCE AND BOOK YOUR COMPLIMENTARY CONSULTATION TODAY.



808 HIGHWAY 466, LADY LAKE, FL 32159 | (352) 775-6899 | LAKESUMTERUROLOGY@GMAIL.COM



Vision for the Future:

Protecting Your Eyesight and the Security of Financial Health

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

October is *Eye Injury Prevention Month*. Taking care of one's eyesight and preventing eye injury is of great importance, but that importance becomes even more significant as we grow older. As we age, our eyesight becomes increasingly precious, yet vulnerable to various conditions that can impact quality of life. Proper eye care not only preserves vision but also plays a crucial role in overall well-being. This article explores the significance of maintaining eye health as we grow older, alongside the critical connection between financial preparedness and accessing quality healthcare, especially for age-related vision issues.

The Importance of Eye Health

Healthy eyesight is fundamental to daily activities and maintaining independence as we age:

- **Regular Eye Exams:** Routine check-ups can detect early signs of eye diseases like glaucoma, macular degeneration, and cataracts, allowing for timely treatment.
- **Eye Protection:** Shielding eyes from harmful UV rays and wearing appropriate eyewear during activities can prevent damage and reduce the risk of age-related conditions.
- **Healthy Lifestyle:** Proper nutrition, including foods rich in antioxidants and omega-3 fatty acids, supports eye health and reduces the risk of degenerative eye diseases.

Financial Preparedness and Eye Care

Sound financial planning enables access to comprehensive eye care and treatment options:

- **Health Insurance Coverage:** Adequate health insurance, including vision coverage, ensures affordability of regular eye exams, glasses, and necessary treatments.
- **Emergency Funds:** Having savings set aside allows for immediate access to specialized eye care in case of sudden vision emergencies or surgeries.
- **Long-Term Care:** Planning for potential long-term care needs, including vision-related care, protects retirement assets and ensures quality of life in later years.

Planning for a Secure Retirement

A secure financial future, including planning for healthcare needs, is crucial to reducing the burden of unforeseeable medical circumstances:



- **Retirement Income Planning:** Strategically plan retirement income to cover medical expenses, including vision care, without financial strain.
- **Investment Strategies:** Diversify investments to grow wealth and safeguard against unexpected healthcare costs, such as those related to eye health.
- **Estate Planning:** Protect assets and ensure they are used efficiently for healthcare needs, including potential vision-related treatments and long-term care.

The Link Between Financial Security and Healthy Aging

Financial stability supports overall well-being and optimal aging, including maintaining eye health:

- **Quality of Life:** Access to timely eye care services preserves independence and enhances quality of life, allowing individuals to continue enjoying hobbies and social activities.
- **Reduced Stress:** Financial security alleviates anxiety about healthcare costs, promoting mental well-being and overall health.
- **Preventive Care:** Regular eye exams and proactive management of vision health reduce the risk of severe eye conditions and vision loss, contributing to long-term wellness.

Conclusion: See Clearly and Live Fully

Protecting your eyesight is not just about seeing clearly—it's about safeguarding your independence, lifestyle, and overall health as you age. By prioritizing

both eye health and financial preparedness, individuals can ensure they are well-equipped to manage any vision-related challenges that may arise in later years. Securenet Financial LLC is dedicated to helping clients navigate retirement planning and financial strategies that support comprehensive healthcare needs.

Start planning today to secure a future where you can see clearly and live fully. Visit [SecurenetFinancial.com](https://www.securenetfinancial.com) to learn more about how Securenet Financial LLC can assist you in planning for a secure retirement.

DISCLAIMER: Investment Advisory Services offered through Alphastar Capital Management, LLC, an SEC registered Investment Adviser. SEC registration does not constitute an endorsement of the firm by the Commission, nor does it indicate that the adviser has attained a particular level of skill or ability. Please note that any written or oral communication, provided directly or indirectly to you by Pilot Financial Services, LLC is in no way to be considered or construed as a solicitation for investment, nor is it intended to be legal or tax advice. Securenet Financial, LLC is a FL licensed Insurance Agency firm that utilizes insurance and annuity products for financial planning. No investment advisory services are offered by Securenet Financial, LLC. This communication does not represent investment, legal, regulatory, or tax advice. Recipient of this information must seek appropriate professional advice regarding any of the matters discussed in light of the recipients particular situation.



352-312-9900

www.securenetfinancial.com

Freedom Plaza
4076 E. SR 44, Wildwood, FL 34785

Recurrent UTIs: Addressing the Risk of Antibiotic Resistance

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

1. Overview of Urinary Tract Infections (UTIs):

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

2. Importance of Addressing Recurrent UTIs:

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

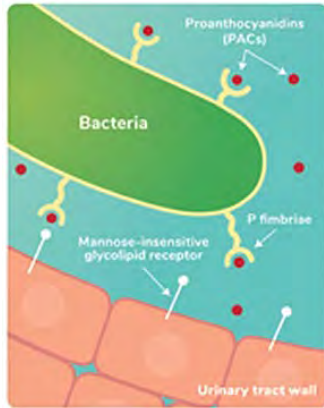
3. The Growing Concern of Antibiotic Resistance:

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

(Source: NCBI Study)

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

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



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

5. Utiva Cranberry PACs: A Clinically Effective Prevention:

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

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

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

Sources:

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



Your Partner in Pelvic Health

What Customers are Saying

Wonderful Product! ★★★★★

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

Jo-Ann G.



UTI Tracker App

Download the free Utiva UTI Tracker App - a digital platform that helps track UTI symptoms, triggers, and get supplement reminders!



utivahealth.com | 1-888-622-3613

Use code **HW25** to get **25% off** your first purchase



UNDERSTANDING YOUR RIGHTS IN ASSISTED LIVING

By Janice Martin, Owner of Senior Liaison of Central Florida

Every person moving in to an assisted living community must sign a Resident Agreement. It is a long, legal document. Because it is so long and signed under stressful situations, it is often done without fully understanding it, taken home, and never look at it again.

I'm sure you've purchased apps for your cell phone. Before you can download it, there's a long section that includes a lot of rhetoric. If you actually read through it, you might not ever sign it! The reality is, you either sign it or you don't get the app. The same is true for Resident Agreements – you either agree to it and sign it, or you don't get to move in.

There are all kinds of addendums regarding pets, smoking, motorized scooters, even using an arbitrator in the event of a dispute. But of all those pages, the most important, most overlooked, and most misunderstood is Resident Rights. It may be difficult to accept that although you have provided certain types of care in your own home, you cannot in a facility.

It is each resident's right to do what they want to do, whether it is a) safe, b) logical, c) a health risk, or d) defies common sense. Let's look at two important scenarios:

"To Be treated with consideration and respect and with due recognition of personal dignity, individuality, and the need for privacy."

- Your father is diabetic and asks for 3 rolls at dinner and dessert at every meal. The community must give it to him no matter how much you yell, scream, or threaten. It is his RIGHT to have what he wants, and the community cannot deny him. As a result, you may now be required to pay for an expensive drug to counteract the elevated sugars.

- Your mother falls out of bed frequently and has bed rails on her bed at home. In an assisted living, you cannot have full bed rails. The regulations have changed somewhat, but many communities will not allow it for their own protocols. If they don't, the only solution is to make the bed lower and closer to the floor and put a mat alongside the bed.

- If a resident with Parkinson's has trouble eating from shaking hands and food gets all over their shirt, you may not use a bib so they're not embarrassed and remain clean because a bib is not "dignified."

- If your loved one is an alcoholic and wants to drink, they can. They may have alcohol in their apartment and have a drink at happy hour. One family asked if



we would admit their alcoholic father into memory care so he couldn't get out to get a drink. If there is no diagnosis of dementia, memory care is not an option.

- Each resident has the right to refuse to take a shower or change their clothes. Sometimes it becomes necessary to enlist the help of family. The community will try different staff, times of the day, persuasion, bribery, but sometimes the last resort is to bring in the family.

- No signage in a resident's room is permitted as it may deny their privacy and dignity. The staff may not put a sign stating something such as, "Don't forget to give XXX medication before bed." "Put extra protection on the bed at night." It is an infringement of their privacy. Even family may not leave signs such as "Please take teeth/hearing aids out at night".

The right to present grievances on behalf of himself or herself or others to the staff or administrator of the facility... or to any other person...free from restraint, interference, coercion, discrimination, or reprisal.

If you complain to the staff about concerns you have regarding care and feel you must take it to a higher level, you have the right to not receive retaliation.

In addition to Resident Rights, there is also a section in the Florida State Regulations regarding third party providers. This refers to hiring private caregivers, home care agencies, home therapy providers, hospice, etc. There are times where families are told "We use XYZ company for home therapy." Or "We use XYZ hospice." It does not matter which they use! It is YOUR decision. The community may have a preferred provider. This is a convenience for the staff. However, if you have a long-standing relationship with an outside provider, you have the right to continue to receive care from them.

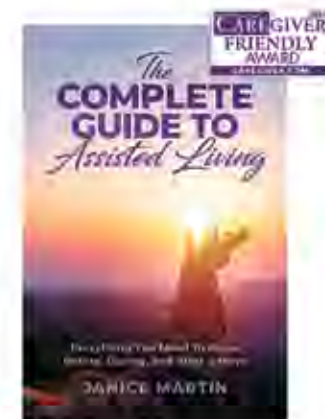
I was contacted by a family who felt their father wasn't receiving enough care in the assisted living. Rather than move him, they requested to bring a home care service to supplement the care at their own cost. The community denied the home care access to the community. THIS IS ILLEGAL! You may request any third party services you wish, and they may not be denied by the community.

The same is true for hospice. Some communities will have a preferred company, but if the family has a different request, the community must honor it.

A husband and wife are living in assisted living and the wife made the decision to enlist hospice. On behalf of the family, I asked for the nurse to give a referral to a specific hospice. After a week, I reached out to the hospice and asked if they had received the referral. When they learned who the director of nursing was, they responded that she "refused" to work with them. It does not work this way!!

In the case of home health, home care, or hospice, IT IS ALWAYS PATIENT CHOICE! Resident Rights will frustrate you and confound you, but they are there for a good reason. Learn to understand the basis for each decision and to advocate for your loved one when those rights are not being met.

In assisted living, if you feel your resident rights or the regulations have been denied or abused, you may make an anonymous complaint by calling (888) 419-3456 / (800) 955-8771 Florida Relay Service (TDD number) and an ombudsman/advocate will be assigned to investigate.



Janice Martin is an author, educator, and specialist on senior living options and the owner of Senior Liaison of Central Florida Inc. She does not rely on AI to generate her articles! She assists families in locating senior options at home or to a community and has written "The Complete Guide to Assisted Living: Everything You Need to Know Before, During, and After a Move" available on Amazon.com. For more information, call 352-477-1866 or visit www.seniorliaisoncfl.com.



Senior Liaison
OF CENTRAL FLORIDA

352-477-1866 | seniorliaisoncfl.com
seniorliaisoncfl@gmail.com



COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Richard W. Rozensky, DDS, D.ABDSM

Cosmetic dentistry, also known as esthetic dentistry, is the method of dentistry that improves a patient's smile and self-image. Having a beautiful smile and strong teeth are essential for aesthetics and overall health. An attractive smile, or lack thereof, affects your oral health. Self-confidence and how the world perceives you on the outside are important to our mental health. This is because a person's smile is usually the first feature anyone notices.

Esthetic procedures include dental veneers and teeth whitening. Dental crowns, dental bonding, dental implants, inlays and onlays, and dentures are all restorative dental treatments. Dental veneers are the most requested treatment because they can correct tooth discoloration, teeth crowding, and teeth gaps.

DENTAL VENEERS

Dental veneers are a popular method of correcting tooth imperfections such as misalignment, gaps, stains, and minor chipping. Made of a strong porcelain material designed for long-term wear, they can also reshape teeth and create beautifully symmetrical smiles that look and feel natural. Properly cared for, porcelain veneers can last for decades.

TEETH WHITENING

Professional teeth whitening is a safe, effective, non-invasive, and long-lasting cosmetic option. With laser teeth whitening, you can see results in one treatment here in our Laurel Manor Dental and SleepCare office. Another option is to whiten your teeth at home. Your custom home whitening kit includes specialized trays that will be customized to fit over your teeth. We provide professional-grade whitening gel to insert into your tray before wearing it. Your dentist will tell you how long to wear the tray each day, and you will have a bright white smile within two to four weeks.

DENTAL CROWNS

Dental crowns are caps placed on top of damaged teeth. Crowns are used to protect, cover, and restore the shape of your teeth when fillings don't solve the problem. Dental crowns can be made from metals, porcelain, resin, and ceramics. They typically don't require special care over time other than regular good oral hygiene. As we age, our teeth can get damaged. This can happen for a variety of reasons, like tooth decay, injuries, or just regular use. Your teeth can lose their shape or size. Think of the cap as a snug hat for your tooth. The crown restores the tooth's shape, size, strength, and appearance. The dental crown is cemented into place on your tooth, and it covers the visible portion of the tooth.

DENTAL BONDING

Dental bonding, sometimes called composite bonding or teeth bonding, is a procedure where your dentist applies tooth-colored resin material to the affected teeth to change their shape, size, or color. Dental bonding is less

painful than other treatments because your dentist won't be working anywhere close to the pain-sensing nerve inside your tooth. In most cases, anesthesia isn't even necessary during dental bonding. Dental bonding is the most cost-effective and fastest fix of cosmetic imperfections. However, dental bonding isn't as stain resistant as porcelain crowns or veneers and can chip and crack over time with normal wear and tear.

DENTAL IMPLANTS

Dental implants are artificial tooth roots that provide a permanent base for fixed, replacement teeth. Implants are a long-term solution for people who suffer from missing teeth, failing teeth, or chronic dental problems. Implants can be one tooth or a group of teeth depending on need. Because they fit, function, and feel like natural teeth, dental implants are the gold standard in tooth replacement. Doctors use a titanium anchor screw that over time, fuses to the living bone cells of the jaw. This union forms a strong and durable anchor for your new teeth, meaning there's no slippage movement. This makes implants more secure than dentures. Eating with dental implants is also more secure and sanitary than dentures because they are not removable.

INLAYS AND ONLAYS

Inlays and onlays are indirect dental restorations. They are made outside of your mouth in a laboratory. An inlay or onlay is typically used when a cavity is too large for a simple filling. Inlays and onlays can be made of gold, composite, or ceramic materials. Inlays and onlays are more resistant to fractures and damage than traditional cavity fillings, stain-resistant and durable.

DENTURES

Dentures are an affordable tooth replacement option for those who are not a good candidate for implants. Dentures provide facial support, improved nutrition, and improved confidence. Dentures can be a full set or a partial that replaces a group of teeth generally from an injury. Some dentures are designed to improve a person's bite, eliminating headaches, jaw pain, and other TMJ symptoms. The bases of most removable dentures today are made of polymethylmethacrylate (PMMA) and the teeth themselves can be made of PMMA or ceramic material like that used for porcelain veneers.

WHY CHOOSE LAUREL MANOR DENTAL AND SLEEP CARE?

In addition to our experienced and caring team, we feel that our advanced technology makes Laurel Manor Dental and SleepCare the top choice for your dental needs. We carefully choose the latest dental tech and tools to increase patient comfort and expand our ability to provide advanced dentistry to our patients.

In our practice, we utilize the following technology:

- **iTero Scanner** — The iTero Scanner is a small handheld device that allows us to capture a full 3D image of your teeth and gums. The sharp images mean we can get a better picture of any issues and track any changes in your oral health with a detailed view.
- **Digital Impressions** — No more gooey impressions! Digital impressions also provide more detailed information and a speedier turnaround time in the creation of restorations.
- **Digital X-rays** — Digital radiographs reduce the patient's exposure to radiation while giving the dental team sharper, clearer images that are produced almost instantaneously.
- **Cone Beam 3D Imaging** — Using cone beam technology, we can map underlying bone structure, nerve pathways, and soft tissue for more detailed treatment planning.
- **Intraoral Camera** — The intraoral camera puts you in the driver's seat. You can see exactly what the doctor sees, allowing the doctor to explain your treatment plan tooth by tooth.

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

Meet Dr. Rozensky

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

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

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

Laurel Manor Dental/Laurel Manor SleepCare

352.430.1710

laurelmanordental.com

1950 Laurel Manor Drive, Suite 180B
The Villages, Florida 32162

UNLOCK YOUR HORMONAL WELLNESS

WOMEN'S HEALTH

AT THE RECHARGE CLINIC

Ladies, we all know life comes with a few curveballs—those late-night ice cream binges, sudden “I have nothing to wear!” meltdowns, or when our hormones decide to take an extended vacation. But guess what? At The Recharge Clinic, we've got the ultimate game plan to get your hormones back in balance and help you feel fabulous inside and out!

The Power of Hormone Balance:

Getting Your Mojo Back!

First, let's talk about hormones. Think of them as the little traffic cops inside your body, ensuring everything flows smoothly. But when they go on strike? Chaos! Mood swings, weight gain, sleepless nights... yeah, no thanks. Here's how we help you regain control:

Testosterone Replacement Therapy:

Not Just for the Guys

Testosterone isn't just about muscles; it's crucial for energy, clarity, and satisfaction in women too. Low levels can cause fatigue, weight gain, brain fog, and decreased libido. We offer testosterone replacement therapy with shots for a quick boost and pellets for a gradual, stable release. Whether you choose shots for immediate results or pellets for steady improvement, this therapy can enhance mood, energy, and libido, helping you feel more like yourself again.

Thyroid Balance:

Because Feeling “Meh” is So Last Year

Ever feel like you're just dragging through the day, even after your third cup of coffee? Your thyroid might be to blame. This tiny gland controls your metabolism, and when it's out of whack, you can experience fatigue, weight gain, and even brain fog. No, thanks! At The Recharge Clinic, we check your thyroid levels and get them in balance with personalized treatments, so you can feel like your supercharged self again.

Estrogen & Progesterone Therapy

Hormonal balance is crucial for feeling your best, with estrogen and progesterone playing a major role. Declines in these hormones can lead to hot flashes, mood swings, and bone loss. Estrogen and progesterone therapy can alleviate these symptoms and enhance overall well-being. Whether you're dealing with perimenopause, menopause, or hormonal fluctuations, the right therapy can help you maintain a

balanced life. We offer personalized treatments to meet your unique needs, helping you feel confident, comfortable, and in control.

Aesthetic Sexual Wellness:

Because Why Shouldn't You Feel Sexy?

It's time to talk about the fun stuff—feeling fabulous about all parts of your body. Aesthetic sexual wellness is all about giving you confidence where it counts. Here's how we can help you bring sexy back:

Feminine Rejuvenation:

Tighten It Up!

We all know things can change over time down there—thanks, childbirth and aging! Feminine rejuvenation is like a mini makeover for your lady parts, helping to tighten and tone. Whether you're looking to improve function or just want to feel more confident, this procedure is quick, easy, and can bring your intimate wellness back to prime condition.

Mini & Maxi Labial Puff Procedures:

Yes, That's a Thing!

Labial puff procedures are all about plumping up the lips—no, not those lips, the other ones! Mini and maxi labial puff procedures add volume to the labia majora, helping to restore a youthful appearance. Whether you're looking for a subtle boost (mini) or a fuller look (maxi), this treatment can help you feel great in your skin, especially when you slip into those cute new bikinis.

Female Sex Shot: Oh, Yes!

Want to supercharge your pleasure? The O-Shot, short for “Orgasm Shot,” is a non-surgical procedure that uses your own plasma to stimulate new cell growth in the vaginal area. The result? Increased sensitivity, better orgasms, and improved lubrication. If you've ever felt like your sex life could use a little boost, this might just be the magic touch you're looking for.

Dermal Fillers for Women:

Enhance Your Beauty Everywhere

Dermal fillers aren't just for your face—they can also be used to enhance the appearance of your intimate areas. From restoring fullness to adding subtle contours, fillers can help you feel more confident and comfortable, whether you're dressing up for date night or just enjoying a little “me time.”



Get Ready to Recharge!

Feeling like your hormones are more of a roller-coaster than a smooth ride? The Recharge Clinic is here to help you regain balance and confidence with personalized treatments that work for you. Whether you're looking to get your hormones in check, explore aesthetic sexual wellness options, or simply want to feel like your best self again, we've got the tools, treatments, and talent to make it happen. So, what are you waiting for? Call The Recharge Clinic today, and let's get you back to feeling fabulous, fierce, and fully in control of your wellness!



352-512-9996

www.rechargeocalaclinic.com

Call us at 352-512-9996 and step into a revitalized, vibrant you!

Southeast Ocala (Main Clinic)

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)

Timber Ridge Commons
9121 SW HWY 200, STE 1, Ocala, FL 34481



Understanding Interventional Pain Management: A Comprehensive Approach to Pain Relief

By Brent Compton, MD

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

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

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

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

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

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



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

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

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

It's important to note that interventional pain management is not a one-size-fits-all solution. Each patient's condition is unique, and treatment plans are tailored to address their specific needs. Pain management specialists work closely with patients to develop comprehensive treatment strategies, combining interventional techniques with other modalities, such as physical therapy, medication management, and lifestyle modifications.

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

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

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

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

**INTERVENTIONAL
PAIN
INSTITUTE**
352-350-6500 | www.IPIMED.com
11974 CR 101, Ste 102, The Villages, FL 32162
1715 SE 28th Loop, Ocala FL



OCTOBER IS NATIONAL ECZEMA AWARENESS MONTH

By Dr. Ashley Cauthen

Eczema, a common skin condition affecting millions worldwide, is characterized by dry, itchy, and inflamed skin, often accompanied by redness and rashes. Its impact on quality of life can be significant, varying in severity from person to person. As we observe National Eczema Awareness Month this October, let's delve into the causes, symptoms, and treatment options for this widespread condition.

Understanding Eczema

Eczema, also known as atopic dermatitis, is a chronic inflammatory skin condition believed to result from a combination of genetic and environmental factors. Often developing in early childhood, it can persist into adulthood. While the exact cause remains unclear, it's thought to involve a malfunction in the immune system, leading to an overactive inflammatory response in the skin.

Recognizing the Symptoms

The symptoms of eczema can range from mild to severe and may include:

1. Intense itching, often leading to the urge to scratch
2. Dry skin lacking moisture
3. Redness or flushing, especially during flare-ups
4. Red, scaly, and inflamed patches of skin
5. Cracking, oozing, and crust formation in severe cases

These symptoms can significantly impact daily life, causing discomfort and sometimes embarrassment for those affected.

Common Triggers

Identifying and avoiding triggers is crucial for managing eczema effectively. Some common triggers include:

- Irritants like harsh soaps and detergents
- Allergens such as pollen, dust mites, and certain foods
- Extreme temperatures and sudden weather changes
- Emotional stress and anxiety
- Skin infections

Diagnosing Eczema

If you suspect you have eczema, consulting a dermatologist is essential for an accurate diagnosis. They will examine your skin, review your medical history, and may perform additional tests if necessary. The appearance and location of rashes, along with accompanying symptoms, help determine if it's eczema or another skin condition.



Treatment Approaches

While there's no cure for eczema, various treatment options can help manage symptoms and improve quality of life. The choice of treatment depends on the severity of the condition and individual needs.

Medical Treatments:

1. **Topical Corticosteroids:** These are commonly prescribed to reduce inflammation and relieve itching. They come in various strengths and formulations.
2. **Moisturizers and Emollients:** Regular use helps restore and maintain the skin's natural moisture barrier, reducing dryness and itchiness.
3. **Antihistamines:** These can relieve itching and promote better sleep, especially during flare-ups.
4. **Systemic Medications:** In severe cases, oral corticosteroids or immunosuppressants may be prescribed to suppress the immune system's response throughout the body.

Lifestyle and Home Remedies:

1. **Moisturize Regularly:** Apply moisturizers at least twice daily, especially after bathing or showering.
2. **Avoid Triggers:** Identify and steer clear of factors that worsen your eczema symptoms.
3. **Practice Good Skincare:** Use gentle, fragrance-free cleansers and lukewarm water. Pat skin dry and apply moisturizer immediately after.
4. **Wear Soft Fabrics:** Choose clothes made from soft, breathable materials like cotton.
5. **Manage Stress:** Engage in relaxation techniques such as meditation, yoga, or hobbies.
6. **Maintain a Healthy Diet:** While not a cure, a balanced diet rich in fruits, vegetables, and omega-3 fatty acids can support overall skin health.

7. **Avoid Scratching:** Instead of scratching, try applying a cold compress or using over-the-counter anti-itch creams.

8. **Seek Support:** Connect with family, friends, or support groups to share experiences and coping strategies.

Living with Eczema

Eczema management requires a multifaceted approach. It's important to work closely with your dermatologist to develop a personalized treatment plan. This may involve a combination of medical treatments and lifestyle modifications.

Remember that eczema affects each person differently, and what works for one individual may not work for another. Be patient as you find the right combination of treatments for your specific case.

Educate yourself about the condition and stay informed about new treatments and management strategies. Many resources are available through organizations like the National Eczema Association, offering support, information, and community for those affected by eczema.

Raising Awareness

National Eczema Awareness Month serves as a reminder of the challenges faced by millions living with this condition. It's an opportunity to educate others, dispel myths, and promote understanding and empathy.

If you know someone with eczema, offer support and understanding. Small gestures, like avoiding fragranced products when meeting them or being mindful of environmental triggers, can make a big difference in their comfort and well-being.

For those living with eczema, remember that you're not alone. Reach out for support when needed, and don't hesitate to advocate for your needs. With proper management and care, many people with eczema lead full, active lives.

As we observe National Eczema Awareness Month, let's commit to increasing understanding, supporting research, and improving the lives of those affected by this common but often misunderstood condition. Consult with a dermatologist for personalized advice and guidance on managing your eczema effectively.



MidState Skin Institute
Comprehensive Dermatology Care

www.midstateskin.com

Vertigo: How to Stop Spinning—Fast

Vertigo is a condition that makes individuals feel sensations of spinning, which causes nausea, vomiting and other unpleasant side effects. A physical therapist will be able to determine if BBPV may be the cause of your symptoms. (*Vertigo may also be caused by a central nervous system disorder, and that type of spinning cannot be corrected with these maneuvers. Doing the maneuvers will help us to determine if the crystals are loose and if it's treatable with therapy.*)

Within the inner ear, are semicircular canals. Calcium crystals, known as canaliths help signal movement and positions to the brain. As we age, these crystals slough off of their stem (utricle) and the loose crystals can become displaced within the semicircular ear canals, causing BPPV.

Dr. Epley created a technique to reposition the crystals and get them out of the semicircular canals. The technique is known as the Epley maneuver. Physical therapists (PT) are trained to use the Epley maneuver in their practices and they can also teach patients how to safely perform this technique in the comfort of their home when necessary.

The Epley Maneuver

The Epley maneuver is performed when the patient is lying down, and a small pillow is placed behind their head. The Physical Therapist will position the head at various angles for holds of 30 seconds. If the holds are inadequate or too long, the maneuver will fail. That is why it's important to fully understand the technique before attempting it at home. Innovative Therapies Group PTs are highly trained in performing the Epley maneuver and instructing patients how to perform it safely at home.



Along with the Epley Maneuver, Benign Paroxysmal Positional Vertigo can be effectively treated with three other manual maneuvers that also move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These other techniques are known as the Semont maneuver, Foster maneuver, and the Brandt-Daroff exercises. These therapies can be performed in the convenience of Innovative Therapies Group's office.

If you are dizzy or off balance, don't put off treatment.

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Physical and Occupational Therapy is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.

In Florida, you do not need a referral to see a Physical Therapist

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 & Occupational therapy.

Types of Treatment Available with Physical Therapy

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

Along with PT, Innovative Therapies Group offers Occupational Therapy, Speech Therapy, and Massage.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today at **352-433-0091**.

WOMEN'S HEALTH
 Hormonal Harmony and Sexual Wellness

FREE CONSULTATION
 CALL 352-512-9996 OR SCAN

809 Co Rd 466, Ste 303, Lady Lake, FL 32159

RECHARGE CLINIC
 EXPERTISE MATTERS

Innovative Therapies Group Inc.

Changing lives...
 One patient at a time!

352-433-0091
 www.innovativetherapiesgroup.com

- Occupational Therapy (Hand Therapy)
- Physical Therapy
- Speech Therapy
- Massage Therapy

(MM30672)

Ocala 2801 SW College Rd Ocala, FL 34474	Summerfield 14031 Del Webb Blvd Summerfield, FL 34491	Lady Lake 929 US-27 #301 Lady Lake, FL 32159	Wildwood 3990 E SR 44, Ste 202 Wildwood, FL 34785
---	--	---	--



ADHD Awareness: Understanding the Invisible Condition

By David Culbreth, Senior Transitions Specialist, Realtor, SRES

As a real estate agent and a business owner that works in senior transitions this is a topic that you would not think that I would write about, but the topic of ADHD does not hit close to home for me, it and came crashing through my roof and has been a challenge in my life since childhood. It is a struggle I have had to deal with and work through since the 70's. There are not enough pages in the periodical to even begin to explore the depths of ADHD so I am just going to provide a general awareness of the topic and make you aware of some of the symptoms that you may be dealing with daily. ADHD does not discriminate, it can affect us all at any age.

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that affects millions of people worldwide. Despite its prevalence, ADHD remains widely misunderstood and often stigmatized. This article aims to shed light on ADHD, its symptoms, diagnosis, treatment options, and the realities of living with this invisible condition.

What is ADHD?

ADHD is a complex disorder characterized by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with daily functioning and development. It's important to note that ADHD is not a result of laziness, poor parenting, or a lack of intelligence. Instead, it's a neurological condition that affects the brain's executive functions, which are responsible for focus, organization, and self-regulation.

Recognizing the Signs

ADHD manifests differently in each individual, but there are common signs to watch for:

1. Inattention:

- Difficulty focusing on tasks
- Easily distracted
- Trouble following instructions
- Appears not to listen when spoken to directly
- Forgetfulness in daily activities

2. Hyperactivity:

- Fidgeting or squirming
- Difficulty sitting still
- Excessive talking
- Always "on the go"

3. Impulsivity:

- Interrupting others
- Difficulty waiting for one's turn
- Making rash decisions

It's crucial to understand that not all people with ADHD exhibit hyperactivity. In fact, many adults with ADHD, particularly women, may have primarily inattentive symptoms, which can often go unrecognized.

Diagnosis: A Complex Process

Diagnosing ADHD is not as simple as taking a blood test or brain scan. It requires a comprehensive evaluation by a qualified healthcare professional, typically a psychiatrist, psychologist, or specialized physician.

The process often involves:

1. A detailed medical history
2. Behavioral assessments
3. Questionnaires for the individual, family members, and teachers (for children)
4. Ruling out other conditions with similar symptoms

It's worth noting that ADHD is often accompanied by co-occurring conditions such as anxiety, depression, or learning disabilities, which can complicate diagnosis and treatment.

Treatment Options: A Multifaceted Approach

While there is no cure for ADHD, various treatment options can help manage symptoms effectively:

1. **Medication:** Stimulant medications like methylphenidate and amphetamines are often prescribed to improve focus and reduce impulsivity. Non-stimulant options are also available.
2. **Behavioral Therapy:** This can help individuals develop coping strategies and improve organizational skills.
3. **Cognitive Behavioral Therapy (CBT):** Particularly useful for adults with ADHD, CBT can help manage negative thought patterns and behaviors.
4. **Lifestyle Changes:** Regular exercise, adequate sleep, and a balanced diet can significantly impact ADHD symptoms.
5. **Educational Support:** For children, accommodations at school can make a substantial difference in academic performance.

It's important to remember that treatment plans should be tailored to each individual's needs and may require adjustments over time.

Living with ADHD: Challenges and Strengths

Living with ADHD presents unique challenges, but it's essential to recognize that individuals with ADHD also possess many strengths. Some common challenges include:

- Time management difficulties
- Trouble maintaining relationships
- Low self-esteem
- Academic or professional struggles

However, many people with ADHD also report:

- High levels of creativity
- The ability to hyperfocus on interesting tasks
- Boundless energy and enthusiasm
- Unique problem-solving skills

Understanding and embracing these traits can lead to better self-acceptance and the ability to harness one's strengths.

Breaking the Stigma

One of the biggest obstacles faced by individuals with ADHD is the persistent stigma surrounding the condition. Common misconceptions include:

- ADHD is just an excuse for bad behavior
- ADHD only affects children
- ADHD is overdiagnosed and overmedicated

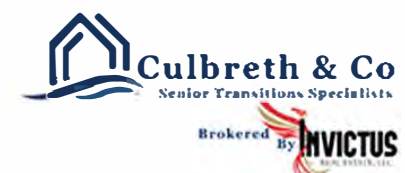
Education and awareness are key to dispelling these myths. By sharing accurate information and personal stories, we can foster a more understanding and supportive society for those with ADHD.

The Importance of Support

Support from family, friends, educators, and employers plays a crucial role in the lives of individuals with ADHD. Creating accommodating environments, offering patience and understanding, and celebrating strengths can make a world of difference.

Conclusion

ADHD is a complex, often misunderstood condition that affects people of all ages. By increasing awareness, promoting early diagnosis and intervention, and fostering supportive environments, we can help individuals with ADHD thrive. Remember, ADHD is not a choice or a character flaw – it's a neurological difference that, with proper understanding and support, can be effectively managed. As our knowledge of ADHD continues to grow, so too does the potential for those affected by it to lead fulfilling, successful lives.



352-322-2105 | www.culbrethandco.com

Attorney Patrick Smith Radio Show Now on 14 Stations

For the last 17 years, Patrick Smith has served Clermont as a local estate planning attorney and occasional radio guest host. It's the last year, though, that has brought his knowledge and outreach to the entire state and across the country — this time returning as host of his own callin legal advice show. Saturday mornings from 8-9 you can listen Live on 102.5 FM and AM760 and call in with you legal questions. Broadcasts can also be streamed Live on Facebook and at theBoneOnline.com. The office and website are always available to you: **352-204-0305 - www.AttorneyPatrickSmith.com**



THE LAW OFFICES OF
PATRICK L. SMITH, PLLC
Estate Planning | Elder Law | Probate | Trust Administration

Unchanged these his last 17 years of practice is Attorney Smith's flat fee model of Estate Planning, including \$75 Wills. He continues to be available free of charge to speak to your church or social club on a wide range of topics, including charitable giving, estate planning for Florida residents, and homestead and tax planning. The previous year's radio content can be found and streamed at www.AttorneyPatrickSmith.com.

Is Your Retirement Income Secure?
Schedule your complimentary consultation, today!
352-312-9900
www.securennetfinancial.com

Lifetime Income Planning

Investment Wealth Planning

Tax Planning

Retirement "What If" Planning

Legacy Planning

Helping Secure Your Financial Future So You Can Live the Life of Your Dreams

DISCLOSURE: Securennet Financial, LLC is a FL licensed Insurance Agency firm that utilizes insurance and annuity products for financial planning. No investment advisory services are offered by Securennet Financial, LLC. This communication does not represent investment, legal, regulatory, or tax advice. Recipient of this information must seek appropriate professional advice regarding any of the matters discussed in light of the recipient's particular situation.

PATRICK SMITH
ATTORNEY AT LAW

GET A FREE
ESTATE PLANNING CONSULTATION
CALL 352-204-0305

Wills • Trusts • Probate • Estate Planning
www.attorneypatricksmith.com

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

HUNGRY HEART

By Alex Anderson

The songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left *God*...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

And the truth is... If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?

If you are a Christ-follower, then you know how to do this. You...'do again'...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life." (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

Its magnificent light will light up your life.

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to mediate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

FELLOWSHIP TRAINED INTERVENTIONAL PAIN

PAIN TREATMENTS FOR

- SPINE/JOINT PAIN
- HERNIATED DISC
- CANCER PAIN
- SPINAL STENOSIS
- NERVE PAIN
- COMPRESSION
- SACROILIAC PAIN
- INJURY PAIN
- FRACTURE




www.IPIMED.com | 352-350-6500 | FAX: 352-391-9488
 11974 CR 101 STE 102, THE VILLAGES, FL 32162
 Ocala Office: 1715 SE 28TH LOOP

BRENT COMPTON, MD

Confused About Senior Living Communities and Senior Services?

One phone call can answer all your questions!

- Senior Living Placement Liaison
- Senior Services Liaison
- Family Liaison
- Senior Advocate



We are "Your Guide Through The Chaos!"

352-477-1866
 SENIORLIAISONCFL.COM
 SENIORLIAISONCFL@GMAIL.COM

Call for a free consultation!
 Don't reach for Google when you can have a caring, experienced professional guide you.

**Technological Advances in *Knee Arthritis*
Treatment and Replacement**
Dr. Sergio Martinez, DO, AOA, AOA

LEARN ABOUT OUR INNOVATIVE
LATERAL APPROACH FOR
KNEE REPLACEMENT

- **FASTER RECOVERY**
- **SPARE MAJOR MUSCLES AND LIGAMENTS**
- **MINIMALLY INVASIVE SURGERY WITH LESS PAIN AND LESS BLOOD LOSS**



Optimotion
ORTHOPAEDICS
For a healthy and active lifestyle
(407) 355-3120
www.optimotion.com

Wildwood Office Location
5555 E SR 44 Unit 2
Wildwood, FL 34785

Orlando Office Location
5979 Vineland Rd. Suite 101
Orlando, FL 32819



Bladder Wellness, Expertly Crafted
for Every Stage of Life.



Overactive Bladder - UTIs - Enlarged Prostate

Use Code: **HW25** to get **25% off** your first purchase

1-888-622-3613 • utivahealth.com

Central Florida's
Health & Wellness
Magazine



On the Web
HealthandWellnessFL.com



On Facebook
facebook.com



On Twitter
twitter.com



In Your Inbox
Receive our monthly
newsletter. Sign up online.



Providing information 
that will promote living a healthy, well-balanced lifestyle.

Central Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.



MidState Skin Institute

*Dr. Cawthren's
Fall Favs*



ISDIN
Eryfotona Ageless

Tinted SPF that actively repairs skin damage.

skinbetter
SCIENCE
AlphaRet

Improves the appearance of fine lines and wrinkles, uneven tone and texture.



Book Now



MOXI

Revitalizes and refreshes your skin's appearance by correcting uneven pigmentation, tone and texture.



Visit one of our three offices to snag your products or book your visit now!

<i>Jasmine</i>	<i>Deerwood</i>	<i>Paddock</i>
7648 SW 61st Ave., Ste 10 Ocala, FL 34476 352-732-7337	1740 SE 18th St., Ste 1102 Ocala, FL 34471 352-512-0092	3210 SW 33rd Rd, Ste 101 Ocala, FL 34474 352-470-0770



*your time
is precious*

*We offer little to no wait time . . .
so you can get back to what you love.*

Experience The Villages Health's world-class care. We help our patients stay healthy and heal quickly. Now welcoming new patients with select Medicare Advantage plans. Take a tour to discover all we have to offer!



The Villages Health

Contact us today to learn more.
352-268-8993



thevillageshealth.com/stay-well