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January 2025

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Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonnygensing@yahoo.com



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TOP TIPS FOR FIRST-TIME CONTACT LENS WEARERS: WHAT TO EXPECT AND HOW TO ADJUST

If you're new to contact lenses, get ready for an exciting journey to clearer vision and newfound freedom. Whether you're looking to enhance your style, enjoy the convenience of lens wear, or simply experience life without glasses, you're in for a treat. As you embark on this adventure, remember that it's perfectly normal to have questions and need a little time to adjust. With a bit of practice and the right tips, you'll soon be navigating your daily routine with confidence. Let's get started on making your contact lens experience as comfortable and enjoyable as possible.

FIRST-TIME CONTACT LENS TIPS

Here are some common sense, practical contact lens tips to help you transition into the world of contact lenses:

- **Practice Good Hygiene** – Always wash your hands thoroughly with mild, fragrance-free soap and dry them using a lint-free towel before handling your contact lenses. Good hygiene can help prevent eye infection and irritation from germs, bacteria and debris.

- **Create the Right Environment** – Practice in a well-lit space in front of a mirror until you develop muscle memory for the procedure. If needed, use a magnifying mirror so you can see what you're doing. Make sure to avoid air conditioning vents, fans, or open windows, as the moving air could dry out your lenses.

- **Master the Insertion and Removal Technique** – The art of inserting and removing contact lenses takes practice, so be patient with yourself. For many, the process is frustrating at first, so take breaks when you need them. Once you get into the groove, it will get quicker and easier. Here are some tips for success:

1. Start with the same eye each time to avoid mix-ups.

2. Place the lens on the tip of your index fingertip and make sure it's not inside-out.

3. Add a drop of saline solution to the lens before insertion to help it adhere more easily.

4. Use what's called the "monkey grip" technique: Reach over your head with the opposite hand and lift your upper eyelid as high as it will comfortably go, and use your other hand to pull down your lower lid.

5. Look up or to the side as you insert the lens, rather than staring directly at the lens. This can help reduce the reflex to blink. Some people are "clenchers," meaning they have a predisposition to

react to things touching their eyes. With practice, this tendency will lessen over time.

6. Place the lens on the white part of your eye first, then let it slide into place over your iris. Blink gently to center the lens.

7. To remove the lens, look upward and use your clean fingertip to slide the lens down toward the white of your eye before carefully pinching it out.

- **Allow an Adjustment Period** – In the beginning, it's normal to experience some mild discomfort or awareness of your lenses. Your eyes may water, look red or feel slightly irritated. You may find your eyes feel a little dry, or you blink more often than normal. Your vision may blur occasionally. This typically improves within 1-2 weeks of consistent wear. To help you adjust, take a gradual approach:

1. Start by wearing your lenses for 2-4 hours on the first day.

2. Gradually increase wear time by 1-2 hours each day.

3. Most people can comfortably wear lenses for a full day (8-12 hours) within 1-2 weeks, though if it takes you longer, that's perfectly okay. Go at your own pace.

4. Soft lenses are usually quicker to adapt to than rigid gas permeable lenses.

Remember, it's normal for inserting contact lenses to feel challenging at first. If you talk to others who wear contact lenses, most will tell you it took them some adjustment. But, with consistent practice and patience, most people find it becomes much easier over time. Longtime users will likely tell you that it's second nature to them now.

ADJUSTING TO THE FEELING OF CONTACT LENSES

For some, having a foreign object in the eye can create some discomfort. If this applies to you, these tips may help:

- **Stay Hydrated** - Drinking plenty of water may help ease eye dryness and irritation.

- **Use Lubricating Eye Drops** – Not all eye drops are compatible with all contact lenses or eye conditions. Ask your eye doctor about which lubricating drops are best for your eye health and lenses.

- **Blink More Often** – It may be surprising to know that people often forget to blink enough, especially if they're staring at phone, computer or tablet screens. Make it a habit to blink often, especially while using digital devices, watching TV, reading, etc.

- **Take Breaks** – If your eyes feel tired or strained, remove your lenses and wear glasses for a while to give your eyes a breather.

SOME FINAL CONTACT LENS TIPS

- **Don't Overdo Wear Times** – Always follow the contact lens wearing schedule recommended by your eye doctor. Don't be tempted to sleep in your lenses or keep using them past their life cycle, as this can be a recipe for eye infection, abrasion or ulceration.

- **Never Use Water on Your Lenses** – Tap water is full of contaminants and should never be used to clean, moisturize or store lenses. Always use the contact lens solution recommended by your eye care professional.

- **Store Your Lenses in Their Case** – Always store your clean lenses inside a clean lens case. Rinse the case with sterile contact solution every night, and fill it with enough fresh solution to submerge your lenses. Gently secure the lids. Replace your lens case every three months or sooner if it becomes dirty or damaged.

WHEN TO CONTACT YOUR EYE DOCTOR

The eye doctors of Lake Eye (a US Eye company) are here to help you make a safe, smooth transition into the wonderful world of contact lens clarity and convenience. If, after two weeks, you continue to experience discomfort, irritation or vision issues, your lenses may need to be adjusted for fit or changed to a different type of lens. Any signs of eye infection, such as discharge, undue redness, or swelling, require immediate attention. We are here to help throughout your adjustment.

Count on the vision care specialists of Lake Eye to help you decide which type of contact lens will best suit your unique eyes and lifestyle needs – from soft, rigid gas-permeable and hybrid, to Rose-K and scleral for people with keratoconus and other corneal issues. We provide comprehensive eye exams, vision exams, contact lens fittings, and a full range of contact lenses, for complete, one-stop service.



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HOW TO IMPROVE YOUR HEART HEALTH IN THE NEW YEAR

T.E. Vallabhan, MD, FACC

The health of the heart and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of heart disorders are being overweight, poor dietary habits, having high blood sugar levels and living a sedentary lifestyle.

Too Much Sugar

High blood sugar and cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's critical that you see a cardiologist because it's not a matter of, "will I have heart issues," but rather "when."

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Too Much Salt

When we ingest excessive salt, inflammation takes effect in our entire bodies and water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.

Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy. Eating whole foods is imperative to keeping your sodium

levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

Improve Your Diet

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt in the center isles. There are exceptions of course, like frozen no salt added vegetables and fruit and dried spices to take the place of your saltshaker. For the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs and some dairy.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

When you shop, check the labels on your food and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces of condiments on the side and use sparingly. Also, order steamed vegetables, lean meat and in general make wise choices.

Exercise

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

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO2) is three times greater in water than on land. Working large muscle groups

leads to this uptake of oxygen or VO2, but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

Dr. V

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SPECIALIST IN DISEASES OF THE HEART, ARTERIES AND VEINS

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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

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DRY JANUARY:

REFRESH YOUR BODY & MIND WITH THE POWER OF EXFOLIATION

As we transition into a new season, it's the ideal time to delve into the art of exfoliation—a transformative skincare ritual that symbolizes renewal, rejuvenation, and a fresh start. Exfoliation transcends beyond achieving a radiant complexion; it's a holistic experience that physically, mentally, and emotionally promotes personal growth and self-care. Dry January is the perfect time to start afresh - and start your year aglow!

1. The Physical Gratification:

By gently removing dead skin cells, unclogging pores, and promoting circulation, exfoliation reveals a fresh, vibrant complexion beneath. Incorporating exfoliating products into your skincare routine enhances the skin's natural renewal process, helping to prevent breakouts and improving the absorption of other skincare products. Beyond its physical benefits, the act of exfoliating provides a refreshing boost to confidence and self-esteem, as glowing skin is truly a source of pride.

To maximize the benefits of a body apply it liberally in the shower or bath on wet skin using gentle, circular motions. Pay special attention to dry areas like feet, legs, arms, and hands, where exfoliation can be particularly effective. After scrubbing, rinse thoroughly with water and pat your skin dry with a soft towel. For more intense hydration, allow the scrub's moisturizing ingredients to soak in for 1-2 minutes before rinsing.

Moreover, the rhythmic motion of scrubbing the skin can be a therapeutic experience. This mindful practice encourages relaxation and serves as a moment to reconnect with oneself amidst a busy day. By intentionally caring for your skin, you not only improve its health but also nurture your overall well-being, making exfoliation a cherished self-care ritual that revitalizes both body and mind.



2. An Emotional Transformation:

The art of exfoliation transcends mere skin care; it emerges as a therapeutic practice that fosters mindfulness and promotes self-connection. By dedicating time to this ritual, you can release not only physical impurities but also emotional burdens. Opt for products crafted with care, as their soothing scents and natural ingredients come together to create a serene pause in your hectic day, uplifting your mood and enhancing your overall sense of well-being.

Naples Soap Company's Vitamin C Orange Blossom & Vanilla Sugar Scrub offers a refreshingly light scent of orange blossoms, oranges and sweet vanilla. The fresh aroma of orange blossoms and oranges provides uplifting citrus aromatherapy, reducing stress and anxiety while boosting energy and motivation. Meanwhile, the sweet, warm scent of vanilla evokes comfort and tranquility, creating a calming atmosphere that fosters well-being.

3. The Mental Reset:

The act of exfoliation brings with it a mental reset. In a world filled with chaos and constant change, incorporating this simple yet effective practice can serve as a grounding routine. As individuals scrub away the old layers of skin, they can metaphorically release negative thoughts, stressors, and worries that weigh them down.

A-scented face scrub, such as Naples Soap Company's Coffee Face Scrub, is a fantastic addition to your morning routine, providing a refreshing start and serving as a mental reset. The invigorating aroma stimulates the senses, awakening your mind and boosting your energy for the day ahead. Gently massaging our Coffee Face Scrub polishes the skin and enhances circulation, giving your complexion a radiant glow. Formulated with finely ground coffee beans, cocoa butter, and fractionated coconut oil, it cleanses away dullness and rehydrates for a fresh look.



We invite you to explore the therapeutic benefits of exfoliation can facilitate this holistic journey of self-renewal. By integrating these practices into daily routines, individuals can refresh not only their skincare regimen but also their overall mindset and emotional well-being.



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Naples Soap Company has carefully curated a huge assortment of gift sets to make your gift giving a breeze this holiday season. From our coastal-inspired "Christmas on the Beach Box" to our all-new "Self Care Essentials Sets" to our fan favorite "Soap Stacks," we have something for every budget and for everyone on your list. Naples Soap Company has 13 stores across the state of Florida. Visit us at naplessoap.com to find a store near you or shop online and ship for free with orders over \$50.

UNDERSTANDING VENOUS LEG ULCERS: CAUSES, SYMPTOMS, AND TREATMENTS

We've all experienced minor cuts, scrapes, or bruises on our legs. In most cases, these injuries begin to heal within two weeks. However, if a wound on your leg seems to be worsening, increasing in size, or producing drainage, it could be a venous leg ulcer (VLU)—a condition requiring medical attention.

What Are Venous Leg Ulcers?

Venous leg ulcers are shallow wounds with uneven edges, often accompanied by swelling, redness, or itching in the surrounding skin. You may also feel heaviness, aching, or throbbing in your legs. Discolored patches around the wound are another common symptom. Left untreated, VLUs can become chronic, significantly impacting your mobility and overall quality of life.

What Causes Venous Leg Ulcers?

The primary cause of VLUs is venous disease, a condition that hinders proper blood circulation. In healthy veins, blood flows back to the heart with the help of one-way valves. When veins become weak or damaged, blood can pool in the legs, creating pressure that damages the surrounding skin and tissue. This process disrupts the body's natural ability to heal wounds.

Other Types of Leg Ulcers

While VLUs are the most common, other types of leg ulcers may occur due to different underlying causes:

- **Malignant leg ulcers:** Caused by skin tumors on the leg.
- **Traumatic leg ulcers:** Resulting from injury.
- **Vasculitic leg ulcers:** Triggered by autoimmune diseases like lupus or rheumatoid arthritis.
- **Diabetic leg ulcers:** High blood sugar levels and poor circulation in individuals with diabetes often lead to these ulcers.
- **Arterial leg ulcers:** Poor circulation in the arteries is the culprit for this type.

Treatment Options for Venous Leg Ulcers

Treatment for VLUs depends on the severity of the ulcer, your age, and overall health. Commonly recommended approaches include:

- **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.

The Importance of Timely Treatment

Chronic VLUs can lead to severe complications, including cellulitis (a bacterial skin infection), deep tissue infections, or even amputation in extreme cases. Early intervention significantly improves healing outcomes.

Statistics Highlight the Scope of the Issue

- VLUs affect approximately 1-3% of adults in industrialized countries, with a higher prevalence among older individuals.
- Up to 50-70% of chronic leg ulcers are attributed to venous disease.
- Compression therapy, when used consistently, can reduce the recurrence of VLUs by as much as 50%.

Seeking Professional Care

If you notice a wound on your leg that isn't healing after two weeks, don't ignore it. Early diagnosis and treatment can prevent complications and improve your quality of life. A vascular specialist can help identify the underlying cause and recommend the most effective treatment plan. For more information about venous leg ulcers and advanced treatment options, visit the Center for Vein Excellence at cfvein.com/blog/leg-ulcer-appearance.

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.

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REVOLUTIONIZING WELLNESS: INFINITY MEDICAL INSTITUTE'S COMPREHENSIVE APPROACH TO ANTI-AGING AND LONGEVITY

In the heart of The Villages, Florida, a beacon of medical innovation is transforming how we approach aging and personal health. Infinity Medical Institute has been at the forefront of regenerative medicine since its establishment in 2009, offering a holistic and personalized approach to wellness that goes far beyond traditional medical treatments.

Founded in Tampa and now bringing its cutting-edge services to The Villages, Infinity Medical Institute represents a paradigm shift in healthcare. The institute's philosophy is simple yet profound: it's not just about adding years to life, but adding life to years. This approach recognizes that aging is not something to be feared, but a process that can be optimized and embraced with the right medical support.

A Comprehensive Suite of Innovative Treatments

What sets Infinity Medical Institute apart is its comprehensive range of advanced therapies designed to address the multifaceted challenges of aging. The clinic offers a diverse array of treatments that target various aspects of health and wellness:

- **Bioidentical Hormone Therapy:** provides a natural approach to hormone balance, addressing common age-related symptoms like fatigue, mood fluctuations, and decreased libido.
- **Testosterone Replacement Therapy:** helps men restore vitality by supporting healthy testosterone levels, enhancing energy, muscle mass, and overall well-being.
- **Sexual Wellness Treatments:** offer targeted therapies to improve intimate health and quality of life.
- **Aesthetic Services:** including PDO Threads, provide non-surgical solutions for skin rejuvenation and tightening.
- **Pulse Wave Therapy:** improves circulation and addresses conditions like erectile dysfunction.
- **Platelet-Rich Plasma (PRP) Therapy:** harnesses the body's own growth factors to accelerate healing and tissue repair.
- **Stem Cell Therapy:** represents a groundbreaking regenerative approach to treating injuries and revitalizing aging tissues.

- **Peptide Therapy:** uses specialized treatments to stimulate natural bodily processes, including metabolism and immune function.

- **Weight Loss Programs:** offer comprehensive, sustainable solutions supported by medical expertise.

Patient-Centered Care: Beyond Treatment

Infinity Medical Institute stands out not just for its advanced treatments, but for its commitment to patient care. The clinic offers free consultations, allowing individuals to explore their health options without financial pressure. This approach reflects their belief in transparency and patient empowerment.

Located at 322 Heald Way in The Villages, the clinic operates Monday through Thursday from 8 AM to 4 PM, and Fridays from 8 AM to 1 PM. Each patient receives a customized treatment plan that recognizes their unique health needs and personal wellness goals.

The Science of Regenerative Medicine

The institute's approach is grounded in regenerative medicine – a field that focuses on natural, integrative therapies working in harmony with the body's inherent healing processes. Their experienced medical team is dedicated to delivering evidence-based care that optimizes health and longevity.

A Vision for Transformative Healthcare

Infinity Medical Institute represents more than just a medical clinic; it's a vision of healthcare that sees aging as an opportunity for growth, renewal, and continued vitality. By combining advanced medical technologies with a compassionate, individualized approach, they are redefining what it means to age gracefully and healthily.

For those seeking to take control of their health, optimize their wellness, and embrace a more vibrant future, Infinity Medical Institute in The Villages offers a beacon of hope and innovative medical care.

About Infinity Medical Institute

Pioneers in Integrative Medicine, Infinity Medical Institute is a company dedicated to benchmarking health in concert with breakthroughs in education through



science. Understanding where individuals are in their "Life Cycle" as opposed to treating symptoms that are often an expression of a greater challenge they are experiencing with their bodies at the cellular level. A new approach in health and wellness based on recently made available research, allowing us to understand the differences in Biological Age as compared to Chronological Age.

Most of us fail to realize that our personal health is the result of the "aging process" complimented and/or penalized by the manner in which we take care of and/or misuse ourselves. Our consumption patterns combined with normal aging and physical activities directly affect our quality of life.

Our approach to wellness is based on meeting people where they are in their personal life and developing an individualized plan of action in and around nutrition, supplementation, and lifestyle.

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WHY HEARING BETTER SHOULD BE A PRIORITY IN THE NEW YEAR

By Dr. Evans Pemba

Did you struggle to hear your friends and family over the holidays? Approximately 38 million Americans suffer from some form of hearing loss. And since hearing loss is expected as we age, many decide to let it go unchecked. However, ignoring hearing loss can have serious negative side effects on a one's overall health.

According to an AARP study, more than 33% of senior citizens consider hearing loss to be a minor issue. 50% of the respondents to this study went on to cite the cost of hearing aids as a primary reason for why they didn't seek auditory intervention. However, those costs can rise astronomically when you factor in the serious side effects of ignoring hearing loss. Below are some examples.

FALLING

According to the CDC more than 25% of Americans aged 65+ fall each year. Falls are the leading cause of fatal and nonfatal injuries among older adults. People with mild hearing loss are nearly three times as likely to fall, with each 10 decibels of hearing loss increasing fall risk. Here are some reasons for the correlation between hearing loss and falling:

Exhaustion: Your brain is working extra hard and you're always straining when you have neglected hearing loss. Your brain will be constantly exhausted as a result. An exhausted brain is less likely to detect that obstacle in your path, and, as a result, you might wind up tripping and falling.

Loss of balance: Your inner ear is incredibly important to your total equilibrium. So, when hearing loss affects your inner ear, you might find yourself a little more likely to grow dizzy, experience vertigo, or have difficulty maintaining your balance. Thus, you're at a greater risk of falling.

Inability to hear high-frequency sounds: Your ears utilize high-frequency sounds to help you "echolocate". When you have high pitch hearing loss (which is the most common type of loss), you lose the ability to echolocate. Disorientation can result which in turn makes you more susceptible to falling.

Less situational awareness: You may not be able to hear the sound of your neighbor's footsteps, or an approaching vehicle when you have neglected hearing loss. As a result, daily activities can become more hazardous if your situational awareness is jeopardized. Thus, your chances of stumbling into something and falling will be a little higher.



FATIGUE

Most people don't associate fatigue with hearing loss. The reality is that the less you hear, the more your body has to work to make up for the deficit, which in turn leaves you feeling tired. This is because when you have a hearing deficit, your brain has to work harder to fill in the blanks you're missing in conversations – which is often made even more difficult when there is background noise. The chronic fatigue that results can impact your health by leaving you too tired to take care of yourself, which may in turn cause you to skip things like going to the gym and cooking healthy meals.

COGNITIVE DECLINE

Several studies by Johns Hopkins University linked hearing loss to decreased brain functions, accelerated brain tissue loss, and dementia. While these links are correlations instead of causations, researchers believe that, again, the more cognitive resources that are spent trying to fill in the blanks of a conversation, the less resources there are to focus on things like memorization and comprehension. And as people age, the increased draw on cognitive resources can speed up the decline of other brain functions and contribute to gray matter loss. In addition, having a regular exchange of ideas and information, often through conversation, is believed to help seniors stay mentally fit and can help slow the process of cognitive decline.

MENTAL HEALTH ISSUES

The National Council on the Aging conducted a study of 2,300 seniors who had some form of hearing loss and discovered that those who left their condition untreated were more likely to also suffer from mental health issues like depression, anxiety, and paranoia, which negatively affected their social and emotional well-being. The link between hearing loss and mental health issues makes sense because people with hearing loss often have difficulty communicating with

others in social or family situations. This can lead to feelings of isolation, which can eventually lead to depression. If left untreated, anxiety and even paranoia can result due to these feelings of isolation and exclusion. Hearing aids have been shown to help in the recovery from depression, though anyone suffering from depression, anxiety, or paranoia should consult a mental health professional.

If you suffer from hearing loss or are experiencing any of the negative effects listed above, please reach out to Ocala Hears Audiology at The Villages to help you live a healthier life.

Happy Hearing!



DR. EVANS PEMBA

Dr. Evans Pemba is the Audiologist and owner of Ocala Hears Audiology. A graduate of the University of Florida (UF), Dr. Pemba is a rabid fan of all things Gators and bleeds orange and blue through and through.

After graduating from UF, Evans served in the Army and has a special place for the Veterans that gave us all the freedoms we enjoy. When he is not seeing patients, Evans likes to enjoy the Florida outdoors with his wife and two daughters.

Born in Zimbabwe, he comes from a culture where oral tradition is the primary method via which knowledge is handed down from generation to generation. Therefore, he knows how important it is to be a good listener. As such, he promises to always listen more than he talks. That way you and he will chart the best path towards helping you hear better.



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have struggled with this common condition. Many patients experience noticeable results after just a few sessions, with a significant reduction in accidents, urgency, and the need to frequently visit the bathroom. For those looking for a non-surgical solution to regain control over their bladder, Emsella offers a promising alternative to traditional treatments.

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Do Brain-Training Exercises Delay Alzheimer's?

If you spend time working on crossword puzzles, Sudoku, or playing cards with friends, stick with it! These brain-stimulating activities can go a long way in slowing down Alzheimer's Disease—even 5 years later.

That's according to a recent study in the journal *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring* which found that brain-training exercises can potentially reduce symptoms and delay the onset or prevent the progression of the disease.

"Brain-training exercises are something that we tell our patients they have to do to stay cognitively active," says Diana Balsalobre, MD, a board-certified neurologist and Principal Investigator at Charter Research. "Stimulating the brain helps maintain your cognitive reserve—or your brain's ability to think and problem solve—and eventually helps with memory and cognition," she said.

What did the study about brain training find?

The study was a small, randomized controlled single-blind trial of 145 older adults with mild cognitive impairment (MCI).

Participants were randomly assigned to three groups: cognitive training, psychosocial intervention, or no-contact condition.

Participants who received cognitive training were given memory strategies such as memorizing names of people, remembering tasks or lists of items, as well as learning strategies to help them focus their attention and improve memorization.

Those in the psychosocial group participated in a program to improve their psychological well-being and learned techniques such as anger and stress management and problem-solving. Over a 2-month period, patients in these first two groups received eight, 120-minute weekly sessions.

The third group didn't receive any training.

At the end of the study, those who received brain training experienced a slower decline in memory and had stable cognition 5 years later. Those in the other two groups who received psychosocial interventions or no-contact didn't experience any cognitive benefits.

While most research has looked at patients over a shorter duration of time, this study was unique in that it followed patients long term. "This research



shows that brain training over a relatively short period of time can still have a significant, long-lasting impact on a person's cognition and memory," Balsalobre said.

While previous studies have suggested that brain training is beneficial, there has been some debate in the scientific community. In 2014, the Stanford Center on Longevity and Berlin Max Planck Institute for Human Development, two research organizations, stated, "The consensus of the group is that claims promoting brain games are frequently exaggerated and at times misleading."

While experts agree that a larger scale, double blinded study is likely the next step to validate the results, if you have Alzheimer's disease or are at risk, making brain training a part of your everyday life is still a good idea. "With this study, we can confidently say that brain-training exercises should go hand-in-hand with conventional treatments," Balsalobre said.

Try These Brain-Training Exercises to Sharpen Your Mind

Brain-training activities can go a long way to improve your memory, focus, and mood. Choosing activities that are enjoyable and fun, however, will ensure they'll be something you do every day. Here are some to consider.

1. Join a book club

While reading is beneficial for brain health, it's not enough on its own. "Reading only stimulates one part of your brain," according to Balsalobre. "The way to stimulate connections and improve cognition and memory is reading and listening comprehension."

If you enjoy reading, you should certainly continue but think about joining a book club.

2. Get moving

You already know that exercise has a ton of benefits for your physical health, but it's also important for your brain health. Research shows that exercise may reduce the risk of Alzheimer's and potentially slow cognitive decline. Exercise can also boost memory and thinking indirectly by improving mood and sleep and by reducing stress and anxiety.

The best type of exercise, however, is one that you'll stick with, whether that's walking, swimming, strength training, or something else.

3. Work on puzzles and play games

Math or word puzzles or playing cards can be fun, brain-stimulating activities to do every day, and they're even better with friends. "We know that socialization on its' own can prevent Alzheimer's so getting out and spending time with friends is always a good idea," according to Mary Quarterman, MD, an Internal Medicine Physician and Principal Investigator at Charter Research.

Some ideas include:

- Sudoku
- Crossword puzzles
- Chess

4. Try something new

Taking a dance class, learning how to play an instrument, or picking up a new hobby like painting or gardening with friends can improve cognition and boost your memory. "Problem-solving and socialization are essential for brain health," according to Dr. Jeffrey Norton, Medical Director, The Villages. "Try activities that require visualization such as sewing, woodworking, or painting which are other forms of problem-solving." Look for classes at your library or local senior center. Non-profit organizations and museums are good options too.

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Illuminating Vision: Understanding the Miracle of the Retina During National Eye Health Month

By Thomas G. Ward, D.O.

In the intricate landscape of human biology, few structures are as remarkable and complex as the human eye, with the retina standing as a true marvel of natural engineering. As we observe National Eye Health Month, it's crucial to shed light on this extraordinary tissue that serves as the window to our visual world, transforming light into the vibrant images we perceive daily.

The retina is far more than a simple photographic surface. It is a sophisticated neural network that acts as an extension of our brain, processing visual information with incredible precision. Located at the back of the eye, this thin layer of tissue is approximately the size of a postage stamp but contains over 10 million photoreceptor cells that capture light and convert it into electrical signals our brain can interpret.

These photoreceptor cells, known as rods and cones, play distinctly different roles in our vision. Rods are responsible for low-light and peripheral vision, allowing us to navigate in dimmer environments. Cones, on the other hand, enable color perception and detailed central vision. This intricate system works seamlessly, allowing us to distinguish between subtle color variations, detect motion, and perceive depth with remarkable accuracy.

However, the retina is also vulnerable to numerous conditions that can compromise vision. Diseases like diabetic retinopathy, macular degeneration, and retinal detachment can significantly impact visual health. These conditions often develop gradually, making regular eye examinations critical for early detection and prevention.

Lifestyle factors play a significant role in maintaining retinal health. Nutrition, for instance, is paramount. Nutrients like omega-3 fatty acids, lutein, zeaxanthin, and vitamins A, C, and E are essential for supporting retinal function. Foods such as leafy green vegetables, fish, nuts, and colorful fruits can provide these crucial nutrients.

Technological advances have revolutionized our understanding and treatment of retinal conditions.



Sophisticated imaging techniques like optical coherence tomography (OCT) now allow physicians to obtain detailed, cross-sectional images of the retina, enabling early diagnosis and precise monitoring of various eye diseases.

Protecting your retinal health extends beyond medical interventions. Simple practices can make a substantial difference. Wearing UV-protective sunglasses, maintaining a balanced diet, staying hydrated, avoiding smoking, and managing chronic conditions like diabetes and hypertension can significantly contribute to preserving retinal integrity.

For individuals with a family history of eye diseases or those experiencing vision changes, proactive medical consultation is crucial. Annual comprehensive eye exams can detect early signs of retinal issues, potentially preventing significant vision loss.

As we commemorate National Eye Health Month, let us celebrate the remarkable complexity of the retina and commit to understanding and protecting this vital sensory organ. Our eyes are not just windows to the world but intricate biological systems that deserve careful attention, respect, and ongoing care.

Vision is a precious gift, and the retina is its masterful curator. By embracing knowledge, practicing preventive care, and seeking timely medical guidance, we can ensure that our visual journey remains clear, vibrant, and full of wonder.

Retina Group of Florida

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

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



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A NEW YEAR, A NEW YOU! BE PAIN FREE IN 2025!

By Dr. Chad Rose, DC

Are you one of the millions of Americans suffering from the burning, tingling, and debilitating pain of neuropathy? As we step into 2025, Rose Wellness Clinic is revolutionizing neuropathy treatment with cutting-edge technologies that offer hope and healing to those struggling with this challenging condition.

Understanding Neuropathy's Impact

Peripheral neuropathy affects more than 20 million Americans, impacting every aspect of daily life. From difficulty sleeping to challenges with basic mobility, neuropathy's effects can be devastating. Traditional treatments often fall short, leaving many patients frustrated and seeking better solutions.

Breakthrough Technologies at Rose Wellness Clinic

At Rose Wellness Clinic, we're proud to introduce a comprehensive suite of innovative therapies that are changing lives. Our multi-faceted approach combines the latest medical advancements with personalized care plans designed for optimal results.

Advanced Nerve Stimulation Therapy

Our state-of-the-art Electronic Neural Stimulation (ENS) technology delivers precise, targeted electrical impulses to affected nerve pathways. This groundbreaking treatment helps reduce pain signals while promoting natural healing processes. Patients report significant improvement in symptoms after just a few sessions, with many experiencing up to 80% reduction in discomfort.

Laser Light Therapy

Our advanced Class IV laser therapy penetrates deep into affected tissues, stimulating cellular repair and reducing inflammation. This non-invasive treatment accelerates healing at the molecular level, providing lasting relief without medication or surgery.

Regenerative Medicine

Rose Wellness Clinic leads the field in regenerative medicine applications for neuropathy. Our cutting-edge treatments help restore damaged nerve tissue, offering hope for long-term recovery rather than just symptom management.



Personalized Treatment Plans

Every patient's neuropathy journey is unique. Our expert medical team develops customized treatment plans that may include:

- Targeted nutritional therapy
- Advanced diagnostic testing
- Specialized physical therapy protocols
- Breakthrough medication management
- Lifestyle modification coaching

Real Results, Real People

"After years of suffering, I had almost given up hope," shares María Rodriguez, a patient at Rose Wellness Clinic. "The innovative treatments here have given me my life back. I'm now able to sleep through the night and enjoy activities with my grandchildren again."

Why Choose Rose Wellness Clinic?

Our commitment to excellence shows in every aspect of patient care:

- Board-certified specialists in neuropathy treatment
- State-of-the-art diagnostic equipment
- Comprehensive treatment approaches
- Proven success rates
- Convenient scheduling options
- Insurance-friendly policies

Make 2025 Your Year of Recovery

Don't let another year pass while living with neuropathy pain. Rose Wellness Clinic's innovative treatments offer real hope for recovery and renewed quality of life. Our expert team is ready to help you start your journey to becoming pain-free.

TAKE THE FIRST STEP TOWARD A PAIN-FREE 2025

Contact Rose Wellness Clinic today to schedule your comprehensive evaluation. Our caring staff will guide you through your options and help develop a personalized treatment plan that works for you.

Call (352) 775-2180 or visit us online to learn more about our revolutionary neuropathy treatments. Make this new year truly transformative – because you deserve to live pain-free.

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Dr. Chad Rose, DC is the lead chiropractor at Rose Wellness Clinic who serves The Villages and the surrounding communities in FL.

Dr. Chad Rose, DC uses chiropractic care to improve the health and wellness in all areas of patient's lives, whether they are having problems with back pain or neck pain, or just want to start feeling better when they wake up in the morning. Dr. Rose takes a "whole person" approach in chiropractic care, which means looking for the underlying causes of disease, discomfort, and pain, as opposed to just treating the symptoms. Many seemingly unrelated symptoms often arise from imbalances in the spinal column, and Dr. Rose will be able to determine the root of the pain and create a personalized chiropractic and wellness plan to suit each patient's individual needs. Under the supervision and care of our caring and skilled chiropractor, patients report higher functioning in all areas of their lives.

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KEEPING BONES AND JOINTS HAPPY THROUGH ACTIVE LIVING IN 2025

By Dr. Nam Dinh, MD, FAAOS

In an era where health takes center stage, prioritizing the well-being of your bones and joints is paramount. The new year serves as the perfect launching pad to embrace an active lifestyle that fosters strength, flexibility, and resilience within your skeletal structure.

As we step into 2025, the significance of regular physical activity cannot be overstated. Engaging in exercises that target bone and joint health not only safeguards against potential issues but also enhances overall quality of life.

The skeletal system forms the framework of our body, providing support, protection, and mobility. However, without proper care, bones can weaken, and joints may lose their flexibility over time. This deterioration often leads to conditions like osteoporosis, arthritis, and general discomfort.

To counteract these concerns, integrating weight-bearing exercises into your routine proves invaluable. Activities like walking, running, dancing, and weightlifting stimulate bone growth, enhance bone density, and fortify joint structures. By partaking in these exercises regularly, you actively strengthen your body's foundation.

Moreover, incorporating flexibility and stretching exercises can bolster joint health. Yoga, Pilates, and targeted stretching routines promote joint mobility, reducing the risk of stiffness and enhancing overall agility. These practices not only maintain joint function but also alleviate existing discomfort.

However, a word of caution accompanies these endeavors. Ensuring proper form and technique during exercises becomes paramount to prevent injuries. Consulting a fitness professional or physical therapist can guide you toward suitable workouts aligned with your body's capabilities and health status.

Diversifying your physical activities is key to a well-rounded regimen. Swimming, cycling, and other low-impact exercises offer alternatives that are gentle on joints while still fostering fitness. Additionally, integrating balance and coordination exercises, such as tai chi or balance-focused workouts, further fortifies joint stability and reduces the likelihood of falls or injuries.



Nutrition plays an equally pivotal role in maintaining robust bone and joint health. A diet rich in calcium, vitamin D, and other essential nutrients fortifies bones and supports overall musculoskeletal health. Incorporating dairy products, leafy greens, nuts, and fortified foods empowers your body's bone-building process.

Furthermore, hydration is often overlooked but essential for joint health. Adequate water intake lubricates joints, reducing friction and supporting their smooth functionality.

Remember, consistency is key. Making physical activity a habitual part of your routine yields cumulative benefits for your bones and joints. Whether through daily walks, structured gym sessions, or recreational sports, the continuous effort adds up to long-term improvements in skeletal health.

In tandem with physical activities, mindfulness and stress management techniques contribute significantly to bone and joint health. Chronic stress can exacerbate inflammation and discomfort within joints, impacting overall skeletal well-being. Practices like meditation, deep breathing exercises, and adequate sleep aid in stress reduction, benefiting your musculoskeletal system.

As 2025 unfolds, take charge of your bone and joint health by embracing an active lifestyle. Engage in activities that nourish and fortify your skeletal structure, promoting longevity, strength, and vitality.

Prioritize self-care and proactive measures to ensure your bones and joints remain resilient, enabling you to relish a life filled with movement and freedom.

In this new year, let your resolution revolve around the well-being of your bones and joints. Through dedication to physical activity, mindful practices, and a balanced lifestyle, you gift yourself the priceless treasure of a healthy, happy musculoskeletal system—empowering you to thrive in every step, leap, and dance through the chapters of 2025 and beyond.

About Dr. Nam Dinh

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



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Strengthen Your Core from the Inside Out with the Inner Pelvic Pulse Chair

By Allen T. Stanley, Practitioner

When it comes to maintaining strength and functionality, the muscles of the pelvic floor are often overlooked. Yet, these critical muscles support essential bodily functions, including bladder and bowel control, sexual health, and core stability. Weak pelvic floor muscles can lead to a range of issues such as urinary incontinence, decreased sexual satisfaction, and even chronic lower back pain. At *Keep Young Wellness Center*, we're offering an innovative, non-invasive solution: the Inner Pelvic Pulse Chair.

What Is the Inner Pelvic Pulse Chair?

The Inner Pelvic Pulse Chair is a groundbreaking therapeutic device designed to strengthen the pelvic floor muscles without the need for invasive procedures or exhaustive exercises. This chair utilizes high-intensity electromagnetic stimulation to trigger deep contractions of the pelvic floor muscles. One session is equivalent to completing over 11,000 Kegel exercises—all while you sit comfortably, fully clothed.

How Does It Work?

The science behind the Inner Pelvic Pulse Chair is simple yet powerful. Electromagnetic waves target the pelvic floor muscles, stimulating involuntary contractions that are both deeper and more effective than what you can achieve on your own. These contractions not only rebuild strength in the pelvic floor but also enhance blood flow, which is essential for muscle recovery and overall pelvic health.

Who Can Benefit?

This treatment is ideal for individuals experiencing:

- **Urinary Incontinence:** Whether you experience stress incontinence (leakage with coughing, sneezing, or exercising) or urge incontinence (a sudden, strong need to urinate), pelvic floor strengthening can provide significant improvement.
- **Postpartum Recovery:** Childbirth often weakens the pelvic floor, leading to long-term issues if left untreated. The Inner Pelvic Pulse Chair can help restore muscle strength after delivery.
- **Sexual Wellness Concerns:** Strong pelvic floor muscles are linked to increased sexual satisfaction and improved performance for both men and women.
- **Chronic Pelvic Pain or Weakness:** Conditions like pelvic organ prolapse or chronic lower back pain are often rooted in pelvic floor dysfunction.
- **General Wellness and Prevention:** Even if you're not experiencing symptoms, maintaining a strong pelvic floor is essential for long-term health and vitality.



What to Expect During a Session

A session with the Inner Pelvic Pulse Chair is quick, painless, and entirely non-invasive. Here's what you can expect:

1. **Comfortable Positioning:** You sit on the chair fully clothed.
2. **Gentle Pulsations:** The device will deliver electromagnetic pulses that stimulate deep pelvic floor contractions.
3. **Session Length:** Each session lasts approximately 30 minutes. Only 6 to 9 sessions may be needed.
4. **No Downtime:** You can resume your daily activities immediately after treatment.

Patients often notice improvements after just a few sessions, with optimal results achieved through a series of treatments.

The Inner Pelvic Pulse Chair vs. Traditional Exercises

Traditional pelvic floor exercises, such as Kegels, are an effective way to strengthen these muscles. However, they require time, effort, and precise techniques to yield results. Many individuals struggle with adherence or aren't sure if they're engaging the correct muscles.

The Inner Pelvic Pulse Chair eliminates these barriers by providing targeted, measurable, and highly efficient strengthening. The result is a faster path to improved pelvic health with minimal effort.



Clinical Backing and Results

Research shows that electromagnetic stimulation devices like the Inner Pelvic Pulse Chair significantly improve pelvic muscle strength and reduce symptoms of incontinence. Plus our Pelvic Chair only one with 37 Protocols for all muscles, organs. In clinical studies, patients reported:

- Up to **90% improvement in bladder control** after a full course of treatment.
- Enhanced sexual satisfaction due to increased blood flow and muscle tone.
- Better quality of life with fewer interruptions from incontinence.

The Link Between Pelvic Health and Longevity

While many view pelvic floor health as a niche concern, its impact on overall well-being is profound. A healthy pelvic floor contributes to improved mobility, core strength, and confidence, allowing individuals to enjoy an active lifestyle at any age.

Take the First Step

Don't let pelvic floor dysfunction interfere with your quality of life. At *Keep Young Wellness Center*, we're committed to providing advanced, non-invasive solutions to help you stay strong, confident, and vibrant. The Inner Pelvic Pulse Chair offers a safe and effective way to reclaim control, enhance your health, and feel your best from the inside out.

Ready to experience the benefits for yourself?

Book your Inner Pelvic Pulse Chair session today by visiting <https://keepyoungwellnesscenter.com/inner-pelvic-pulse-chair> or calling our clinic.

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BREAKTHROUGH IN NEUROPATHY TREATMENT: HOW SUMMUS LASER THERAPY OFFERS HOPE FOR NERVE PAIN SUFFERERS

Neuropathy is a debilitating condition that affects millions of people worldwide, causing chronic pain, numbness, and significant disruption to daily life. Traditional treatments have often fallen short of providing comprehensive relief, leaving patients searching for innovative solutions. Enter the Summus Laser, a cutting-edge therapeutic approach that is revolutionizing neuropathy treatment and offering new hope to those struggling with nerve-related pain.

Understanding Neuropathy: A Complex Challenge

Neuropathy is a condition characterized by damage or dysfunction of peripheral nerves, typically causing symptoms like burning pain, tingling sensations, muscle weakness, and sensitivity to touch. Common causes include diabetes, chemotherapy, autoimmune disorders, and physical injuries. The complex nature of nerve damage has historically made treatment challenging, with many patients experiencing limited success from conventional medical interventions.

The Summus Laser: A Technological Marvel in Pain Management

The Summus Laser represents a significant advancement in medical technology, utilizing high-powered laser therapy to address nerve pain at its source. Unlike traditional treatments that merely mask symptoms, this innovative approach focuses on cellular regeneration and healing. The laser delivers concentrated light energy deep into affected tissues, stimulating natural healing processes and promoting nerve repair.

Key Mechanisms of Summus Laser Therapy

1. Cellular Stimulation: The laser's precise wavelengths penetrate damaged nerve tissues, encouraging mitochondrial activity and accelerating cellular metabolism. This process helps restore normal cellular function and reduces inflammation.

2. Improved Circulation: By enhancing blood flow to damaged nerve areas, the Summus Laser helps deliver essential nutrients and oxygen, supporting the body's natural healing mechanisms.

3. Pain Reduction: The therapy triggers the release of endorphins and reduces pain-causing inflammatory markers, providing immediate and long-term relief for patients.

Clinical Evidence and Patient Outcomes

Numerous clinical studies have demonstrated the effectiveness of Summus Laser therapy in treating neuropathy. Patients report significant improvements



in pain levels, sensation restoration, and overall quality of life. Many individuals who previously struggled with chronic nerve pain have experienced remarkable recoveries, regaining mobility and reducing their dependence on pain medications.

Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

- Comprehensive initial assessment
- Customized treatment plan
- Multiple targeted laser sessions
- Gradual progression of healing and pain reduction

Most patients experience noticeable improvements within 4-6 treatment sessions, with continued benefits developing over subsequent weeks and months.

Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

- Non-invasive approach
- No significant side effects
- No pharmaceutical dependencies
- Targets root causes of nerve damage
- Supports long-term healing
- Relatively quick treatment sessions

Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

- Diabetic neuropathy
- Chemotherapy-induced nerve damage
- Peripheral nerve injuries
- Chronic pain conditions
- Reduced sensation in extremities

Future of Neuropathy Treatment

As medical technology continues to advance, the Summus Laser represents a promising frontier in nerve pain management. Its ability to stimulate natural healing processes offers hope to countless individuals who have struggled with traditional treatment methods.

Conclusion

For those battling neuropathy, the Summus Laser provides a beacon of hope. By combining advanced technological innovation with a deep understanding of cellular healing, this treatment approach is transforming how we conceptualize and address nerve pain.

Patients interested in exploring this revolutionary treatment should consult with qualified healthcare professionals specializing in laser therapy and neuropathic conditions to determine their individual suitability and potential treatment outcomes.

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.



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Five Great Reasons to Use a Local Placement Service

By Janice Martin, owner of Senior Liaison of Central Florida Inc.
Janice is shown in this picture with one of her wonderful clients

As I enter my 15th year of helping families transition to senior living, I have worked from two perspectives working with a placement service to help families find assisted living. From the beginning of my career, all the communities where I worked have had an agreement with a large national placement service that is often advertised on television and in magazines. Individuals call the service and without realizing what is happening, they provide their contact information with the assumption that the person on the other end of the phone will help them understand what to do. Instead, the representative sends their information to every community within a very large area with no regard to the individual's needs. Subsequently, the family is overwhelmed by unwelcome phone call after phone call from multiple communities trying to "sell" their place. That placement service's goal is to get the caller to move to a community so they can be paid. Period. They have never visited the communities they recommend, rarely have current information, and know nothing about the reputation or the quality of care. The perspective from the community is equally frustrating as many referrals are not financially qualified, their care needs are too great, or they live too far away.

In 2021, I began Senior Liaison of Central Florida Inc. in an effort to personalize this difficult and confusing journey that few people understand. My desire was to help families without any personal influence, to treat them with honesty and integrity, and provide education and resources. Here are my top 5 reasons why this is important.

Reason #1 – Personalized guidance. I will personally meet with you in your home or by phone to learn about your needs. We will discuss what communities will fit those needs and why. We will schedule tours for 2-3 appropriate communities and we will accompany you on the visit to ensure your questions are answered. We provide community comparison sheets, move in check lists, and education to ensure you understand all aspects of this important decision.

Reason #2 – It saves time and stress. When you spend your precious time calling one community after another or driving all over town to collect brochures, it is exhausting, stressful, and overwhelming.

It is nearly impossible to remember what makes one different from the next and brochures are often of little value. Senior Liaison knows each community including their pricing, floor plans, reputation, care, staff, and what makes each one different.

Reason #3 – Reassurance that a community will fit your individual needs. When a decision is made based on the way a community looks and weak promises about care and services, there is a high risk of disillusionment and disappointment. Only after living there for a few weeks or months, do people realize it was not what they expected and begin to start the frustrating process all over again. This can be expensive, stressful, and very hard on the elderly. The goal is to get it right the first time! Because Senior Liaison knows these communities, we will not waste your time looking at places that are not appropriate and keep your focus on the goal.

Reason #4 – Confidence that you have made a good decision based on good information. At Senior Liaison, we are in communities all the time. We know if there has been frequent management turnover, if there have been multiple complaints made against them. We provide information about the care, the culture, the food, and all the things that are important. We do not rely on Google reviews or Medicare.gov! We have access to a Florida state website that will provide us with up to date accurate information.

Reason #5 – Receive information on trusted partners to help with all aspects of the move. Senior Liaison of Central Florida is recognized and respected by service providers and communities throughout central Florida. We have strong relationships with trusted partners who can help with selling your home, downsizing, packing, moving, obtaining important legal documents, reviewing long term care insurance and more. You do not need to do this on your own!

So, how do you get started? BEFORE you visit or call a community, call us at 352-477-1866. If we call first and provide your contact information (with your permission), and you do move in, the community will pay us a referral fee. We have no financial interest in any community and believe this is YOUR decision. In most cases, there is no charge to you! There may be a small fee for home consultations to discuss your needs and help you with your search, or to help you feel comfortable about your decision to choose a community

you may have already contacted. Also, no placement service can be compensated for individuals on Medicaid, rehabs, or long term nursing homes. But we will always help by phone with the ultimate goal of your confidence and the safety and care of your loved one.

The best way to know that you will be treated honestly by a placement service is to get a personal recommendation and to meet with them. Never let anyone tell you that you have to do anything, including when or where to move. Meet with them in person, look at their website, look at the testimonials, and on Facebook and see if you feel this is someone you would like to help you. Make certain they tell you up front if there will be any fees. Ask for a written contract. And last, but perhaps most importantly – make sure they are responsive! We answer our phones seven days a week until 8PM, return calls promptly, reply to texts quickly, and follow up on emails the same day.

This journey is about YOU. Be certain that in every step along the way you feel compassion, respect, and have all the information you need to know. We look forward to your call!



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



Senior Liaison
OF CENTRAL FLORIDA

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

FINDING BALANCE IN THYROID HEALTH

Feeeling off your groove lately? Fatigue, weight gain, brain fog, and a libido that's snoozing instead of sizzling could all be signs your thyroid is out of step. The thyroid might be a small, butterfly-shaped gland, but when it's not performing its pirouettes properly, your whole body feels it. At Recharge Clinic, we understand that when your thyroid isn't balanced, everything—from your energy levels to your sex life—can take a nosedive. Let's talk about how to get your thyroid back on beat and why compounding medications might be the remix you need.

What Does the Thyroid Do, Anyway?

Your thyroid is like the DJ of your metabolism. It produces hormones—primarily T3 (triiodothyronine) and T4 (thyroxine)—that set the tempo for everything from your energy production to mood regulation. When it's working well, you feel energized, focused, and ready to tackle anything, whether it's the workday or a night in the bedroom.

But when the thyroid is out of sync—either underactive (hypothyroidism) or overactive (hyperthyroidism)—the effects can hit harder than a bad breakup. Here's how thyroid imbalance can crash your party:

- **Low Energy:** You feel like you're wading through molasses.
- **Weight Woes:** Stubborn pounds pile on, no matter how many kale smoothies you choke down.
- **Brain Fog:** Forgetting where you left your keys—or your car.
- **Low Libido:** Suddenly, Netflix seems like the only thing you're in the mood for.

Traditional Thyroid Medications: Not Always One-Size-Fits-All

Most doctors will start you on synthetic thyroid hormones like levothyroxine (T4) or Synthroid when you're diagnosed with hypothyroidism. While these options work for some, others find themselves stuck in a frustrating limbo, still experiencing symptoms despite being "within normal limits" on lab tests. Here's the kicker: your body needs to convert T4 into the active hormone T3 to actually make things happen. If your system struggles with this conversion—or if your body simply needs a unique balance of T3 and T4—those off-the-shelf options might not cut it.

Enter the Compounding Pharmacy: A Custom Remix

At Recharge Clinic, we're here to fine-tune your thyroid treatment with compounded medications. Think of these as your personalized playlist for hormonal harmony. Compounding allows us to:



1. Combine T3 and T4: Tailoring the exact ratio your body needs.

2. Adjust Dosage Forms: Prefer a capsule? A cream? We've got options.

3. Skip Fillers and Allergens: Avoid ingredients that might not agree with your system.

Why settle for the same old song when you can get a remix made just for you?

Compounded T3/T4 vs. Standard Medications: The Showdown

Compounded thyroid medications offer several advantages over synthetic-only options like levothyroxine:

- **Balanced Hormones:** Compounded medications that include T3 alongside T4 are bioidentical to the natural output of your thyroid gland.
- **Faster Symptom Relief:** Many patients report quicker results with compounded T3/T4 formulations compared to traditional meds.
- **Precision Dosing:** With compounding, your dose isn't based on a one-size-fits-all formula. It's based on you.

The Thyroid and Your Sex Drive: Let's Talk About It

Here's where it gets steamy: an imbalanced thyroid can wreak havoc on your libido. Low thyroid function often reduces testosterone levels, which can leave you feeling "meh" about intimacy. By addressing thyroid insufficiencies and optimizing your hormone levels, compounded thyroid medications may help you rediscover that spark.

At Recharge Clinic, thyroid balance is part of the bigger picture of sexual wellness. When your hormones work together like a well-rehearsed dance team, your energy improves, your mood lifts, and—let's just say—you might start canceling Netflix plans more often.

Is It Time for a Thyroid Check?

If you're dealing with fatigue, mood swings, weight changes, or a lackluster sex drive, it might be time to take a closer look at your thyroid. At Recharge Clinic, we take a holistic approach, combining comprehensive lab testing with treatments tailored specifically to you. Our goal is simple: to help you feel like your vibrant, energetic, and confident self again.

The Final Step: Book Your Appointment

Don't let a sluggish thyroid steal the spotlight. Whether you're interested in compounded medications or just want to explore what's keeping your hormones out of sync, we're here to help. Schedule your consultation at Recharge Clinic today and take the first step toward getting your thyroid—and your groove—back.

For more information, check out Recharge Clinic's Thyroid Balance Services or learn about compounded medications at Recharge Pharmacy.

So, what are you waiting for? Call Recharge Clinic today and let's get your thyroid—and your life—back on track.

Free Consultations - 352-512-9996
Telehealth Service Available



352-512-9996
www.rechargeocalaclinic.com

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

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

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

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

Southwest Ocala (Opening January 2025)
Timber Ridge Commons
9121 SW HWY 200, STE 1, Ocala, FL 34481



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

WHY HEMP WORKS AS AN ALTERNATIVE TO OVER-THE-COUNTER AND PRESCRIPTION MEDICATIONS:

Discover THE PHARM STAND in The Villages

As more individuals seek natural alternatives to traditional pharmaceuticals, hemp has emerged as a powerful, plant-based option for promoting health and well-being. Whether you're looking to reduce chronic pain, alleviate anxiety, or support better sleep, hemp-based products like CBD (cannabidiol) and other cannabinoids are providing a natural solution that many find effective and less invasive than conventional medications. At *The Pharm Stand* in The Villages, run by a team of experienced nurses, you have access to these healing remedies backed by knowledge, care, and a commitment to holistic wellness.

Why Hemp Works: The Science Behind Nature's Remedy

Hemp is a variety of the cannabis plant known for its wide range of beneficial compounds, including cannabinoids like CBD, THC (tetrahydrocannabinol), and many others. These cannabinoids work in harmony with the body's endocannabinoid system (ECS), a critical network responsible for maintaining balance, or homeostasis, in the body. The ECS regulates key functions such as mood, immune response, sleep, appetite, and pain sensation.

How Hemp Supports Your Health:

- **Pain Relief:** Hemp-derived products, particularly CBD, have been shown to help manage chronic pain and inflammation without the side effects typically associated with over-the-counter (OTC) pain relievers or prescription medications.
- **Anxiety and Stress:** CBD has gained recognition for its calming effects on the nervous system. Research suggests that CBD may help reduce anxiety, alleviate stress, and promote relaxation, making it a natural alternative to medications used for mood regulation.
- **Improved Sleep:** Hemp products may help with sleep disorders by calming the mind and promoting relaxation, offering a natural remedy for those struggling with insomnia or poor sleep quality.
- **Anti-Inflammatory Properties:** Hemp has natural anti-inflammatory benefits that can support conditions such as arthritis, muscle pain, and joint stiffness, helping to reduce inflammation without harsh chemicals or synthetic drugs.
- **Neuroprotective Benefits:** Studies show that cannabinoids found in hemp can have neuroprotective properties, supporting brain health and potentially protecting against age-related neurodegenerative conditions.



Unlike traditional pharmaceuticals, which often come with undesirable side effects, hemp works gently with the body to support its natural healing processes. Many people turn to hemp-based remedies because they are generally well-tolerated, non-addictive, and come with fewer long-term risks compared to common medications.

The Pharm Stand in The Villages: Your Guide to Nature's Remedies

Located in the heart of The Villages, *The Pharm Stand* offers a unique, nurse-run wellness center where you can explore a wide range of hemp-based products tailored to your specific needs. Whether you're new to the world of hemp or an experienced user, *The Pharm Stand* provides an educational, supportive environment to help you understand how hemp can work for your health.

Why The Pharm Stand is Your Ideal Wellness Partner:

1. Nurse-Run Expertise: *The Pharm Stand* is operated by licensed nurses who bring their health-care experience to the forefront, offering professional guidance on how hemp products can support your wellness journey. They understand the science behind hemp and are equipped to help you navigate your options with care and knowledge.

2. Holistic, Personalized Care: Every person's wellness needs are unique. *The Pharm Stand* takes the time to understand your individual health concerns and provide tailored advice and solutions. Whether you're seeking relief from pain, stress, or a sleep disorder, the team will help guide you toward the right product for your specific situation.

3. Quality, Safe Products: Hemp products can vary widely in quality, and it's important to choose products that are tested for potency, purity, and safety. At *The Pharm Stand*, you'll find premium hemp products from

trusted brands that prioritize transparency and quality. You can feel confident knowing that the products you're purchasing have been carefully selected to meet the highest standards.

4. A Natural Alternative to Pharmaceuticals: Many of us are looking for ways to reduce our reliance on over-the-counter or prescription medications due to concerns about side effects or long-term dependency. Hemp offers a gentle, natural alternative that can support your body's healing process without the risks associated with synthetic drugs. At *The Pharm Stand*, you'll learn how to incorporate hemp into your wellness routine to take control of your health in a natural way.

5. A Holistic Approach to Healing: *The Pharm Stand* is not just about selling products; it's about empowering you to make informed decisions about your health. From stress relief to pain management, the team at *The Pharm Stand* takes a holistic approach to healing that combines nature's wisdom with modern health-care practices.

The Bottom Line:

Nature's Healing Powers at Your Fingertips

Hemp is quickly gaining recognition as a safe, effective alternative to traditional medications. With its wide range of health benefits and minimal side effects, it offers a promising path for those looking to reduce their dependence on over-the-counter drugs or prescription medications. At *The Pharm Stand* in The Villages, you can explore the natural remedies that are tailored to your specific needs, all while receiving personalized care from a knowledgeable, nurse-led team.

If you're ready to step away from synthetic medications and dive into nature's remedies for healing, *The Pharm Stand* is here to help you navigate the power of hemp to enhance your overall health and wellness.

Visit **The Pharm Stand Today** and discover how nature's healing power can support your journey to better health.

THE PHARM STAND

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The Power of Physical Therapy: Maximizing Recovery Through Proactive Care

Undergoing orthopedic surgery involves more than just the procedure itself. A crucial aspect that often goes unrecognized is the role of physical therapy both before and after surgery. Did you know that engaging in physical therapy sessions prior to your surgery can significantly impact your recovery?

It's a common misconception that physical therapy starts after surgery. However, the reality is quite the opposite. Pre-operative physical therapy plays a pivotal role in enhancing your overall fitness and readiness for the impending procedure. The key lies in proactive preparation, aiming to strengthen your body and address any existing weaknesses or limitations.

One of the primary benefits of pre-operative physical therapy is its ability to address issues that might exacerbate during the lead-up to surgery. Loss of joint motion, weakened muscles, and poor movement patterns tend to worsen before a surgical intervention. Engaging in a pre-operative strengthening regimen helps counter these issues by reinforcing soft tissue mobility, reducing inflammation, and enhancing muscle balance and coordination.

For instance, individuals preparing for a total knee replacement require specific strengthening of the muscles supporting and stabilizing the knee joint. A tailored pre-operative strengthening protocol, curated by a skilled therapist, can make a significant difference in the outcome of the surgery.

Beyond physical preparation, pre-operative therapy also involves education and guidance. Therapists provide invaluable insights into the impending procedure, pain management strategies, and establish a supportive environment that diminishes fears or concerns related to the surgery.

Wondering how to kickstart this proactive approach? Simply ask your primary care physician, orthopedic surgeon, or any healthcare professional involved in your care for a physical therapy script aimed at pre-operative strengthening. This step opens the door to an evaluation of your condition and allows the therapist to determine the most beneficial treatment options tailored to your specific needs, ensuring the swiftest recovery possible.

But it doesn't stop there. Post-operative physical therapy is equally crucial. It's the bridge between the surgery and returning to your optimal functionality. Through targeted exercises, pain management techniques, and personalized care, post-operative therapy aims to expedite recovery, rebuild strength, and restore mobility.

The impact of physical therapy both before and after orthopedic surgery cannot be overstated. It's a proactive investment in your well-being, enabling a smoother recovery trajectory, minimizing complications, and ultimately allowing you to regain your active lifestyle sooner.

In conclusion, don't overlook the power of physical therapy in the pre- and post-operative phases of orthopedic surgery. By taking proactive steps to strengthen your body before surgery and engaging in a dedicated rehabilitation program afterward, you pave the way for a swifter, more successful recovery, ensuring you get back on your feet in no time.

Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Massage therapy
- Electrical nerve stimulation
- Help with daily tasks & Living
- Cold laser treatment

Patient & Occupational Education 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.

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.

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Achieving Healthy Aging:

Balancing Wellness and Financial Security

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

In today's world, aging is not just about reaching a certain age; it's about maintaining vitality, independence, and happiness throughout our later years. A key component of aging well involves not only taking care of our physical and mental health but also ensuring our financial stability. This article explores the essential relationship between healthy aging and sound financial planning, illustrating how they intersect to pave the way for a secure and fulfilling retirement.

The Pillars of Healthy Aging

Healthy aging encompasses various aspects of life that contribute to overall well-being and longevity:

- **Physical Health:** Regular exercise, a balanced diet, and routine health screenings are crucial for maintaining physical fitness and preventing age-related illnesses.
- **Mental Well-being:** Engaging in cognitive activities, social interactions, and managing stress effectively promote mental acuity and emotional resilience.
- **Social Connections:** Strong relationships with family, friends, and community foster a sense of belonging and support, which are vital for mental and emotional health.
- **Purpose and Engagement:** Pursuing hobbies, volunteer work, or lifelong learning keeps individuals active, engaged, and fulfilled.

The Importance of Financial Stability

Financial security is fundamental to enjoying a worry-free retirement and supporting a healthy aging process:

- **Peace of Mind:** Having sufficient savings and investments allows retirees to focus on enjoying life without the stress of financial uncertainty.
- **Access to Healthcare:** Adequate funds ensure access to quality healthcare services, essential for managing health conditions and maintaining well-being.
- **Maintaining Independence:** Financial stability enables retirees to make choices that align with their preferences and needs, supporting independence and autonomy.



Planning for a Secure Retirement

Planning early and wisely for retirement is essential to achieving financial security in later years. Obtaining expert guidance is crucial to navigate the complexities of retirement planning:

- **Financial Assessment:** Evaluate current financial status, including savings, investments, pensions, and potential retirement income sources.
- **Setting Goals:** Define retirement goals, such as desired lifestyle, travel plans, healthcare needs, and legacy considerations.
- **Creating a Strategy:** Develop a personalized retirement plan that includes savings goals, investment strategies, and risk management to achieve long-term financial security.
- **Monitoring and Adjusting:** Regularly review and adjust the retirement plan as circumstances change, ensuring it remains aligned with evolving goals and market conditions.

The Interplay Between Health and Wealth

The correlation between financial stability and healthy aging is profound and interconnected:

- **Reduced Stress:** Financial security alleviates stress and anxiety, contributing to better overall mental and physical health.
- **Quality of Life:** Adequate financial resources enable retirees to engage in activities they enjoy, maintain social connections, and pursue personal interests, enhancing their quality of life.

- **Long-Term Care:** Planning for potential healthcare needs and long-term care costs ensures peace of mind and protects retirement assets from unexpected expenses.

Conclusion

As individuals live longer and healthier lives, the importance of integrating health and financial planning becomes increasingly evident. Securenet Financial LLC is committed to helping clients achieve a secure and prosperous retirement through comprehensive financial advice and tailored solutions. By prioritizing both health and wealth, individuals can navigate their golden years with confidence, enjoying the rewards of a well-lived life.

Remember, aging is a journey that can be enriched through proactive planning and a commitment to holistic well-being. Start planning today to ensure a future filled with vitality, independence, and financial security.

For more information on how Securenet Financial LLC can assist you in planning for a secure retirement, visit [SecurenetFinancial.com](https://www.securenetfinancial.com).

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Understanding Interventional Pain Management: A Comprehensive Approach to Pain Relief

By Brent Compton, MD

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

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

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

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

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

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



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

1. Epidural steroid injections: These injections deliver corticosteroids directly into the epidural space of the spine, reducing inflammation and providing pain relief for conditions such as herniated discs, spinal stenosis, or radiculopathy.

2. Facet joint injections: Targeted injections into the facet joints of the spine can alleviate pain caused by arthritis or injury in these joints.

3. Radiofrequency ablation: This procedure uses heat generated by radio waves to disrupt the transmission of pain signals from specific nerves, providing long-term relief for conditions like chronic back or neck pain.

4. Spinal cord stimulation: Implanted devices deliver electrical impulses to the spinal cord, modulating pain signals and providing relief for various chronic pain conditions.

5. Nerve blocks: These injections involve the administration of medication, such as anesthetics or steroids, near specific nerves to block the transmission of pain signals.

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

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

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

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

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

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

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Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

²In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *¹¹I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty.*

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do everything through him who gives me strength. Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *⁶But godliness with contentment is great gain. ⁷For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. **Contentment means this:** I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *¹⁵Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."* Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.

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