

CENTRAL FLORIDA'S

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

February 2025

Marion Edition - Monthly

[www.HealthAndWellnessFL.com](http://www.HealthAndWellnessFL.com)

**FREE** 

**FOUR WAYS  
EXERCISE  
PROTECTS  
YOUR BRAIN**

**CAN PRODUCT  
LABELS HELP  
PREVENT  
CANCER?**

**VESTIBULAR BALANCE  
ISSUES SHOULD  
NOT BE IGNORED**

**HEARTFELT  
HEALTH**

Nurturing Couples  
Wellness This  
Valentine's Day

**JOINTS DESERVE  
TO BE HAPPY**

**STRESS MANAGEMENT  
FOR YOUR HEART**

Why It's Critical

**THE HIDDEN LINK**

How Your Heart Health  
Could Be Affecting  
Your Hearing





**LIVE AN IMPROVED  
LIFE WITH LASERLAB  
THERAPY**

**NEUROPATHY | SPORTS INJURIES | CHRONIC & ACUTE PAIN**

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

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

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

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

[www.LaserLabTherapy.com](http://www.LaserLabTherapy.com)

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

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



**Not Just Hospice. Hospice of Marion County.**

Since 1983, Hospice of Marion County has provided abundant compassion and expert care along with the power of choice and a promise that, "You are not alone."

HMC is an affiliate member of Empath Health, a nonprofit, integrated network of care serving more than 26,000 individuals in hospice care, home health, elder care and more. We are ready to serve the community whenever you need us.



**Empath  
HOSPICE OF  
MARION COUNTY**

**HospiceofMarion.org | (352) 873-7415**

**Non Invasive No Downtime FDA Leared Affordable**

**Introducing EMSELLA®**



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



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



**WELCOME TO THE  
NEIGHBORHOOD**



**30**

**BRAND-NEW  
APARTMENTS**

EXCLUSIVE **GOLD MEMBER PRICING** AVAILABLE NOW!  
ACT NOW - SPOTS ARE LIMITED.



JOIN US AT  
ADVINIACARE PADDOCK RIDGE!

*We're Here  
For You!*

CHECK FACEBOOK  
FOR EVENT  
UPDATES.



4001 SW 33RD COURT OCALA, FL 34474 (352) 512-9191

# IMAGELIFT SEMINARS

## LOCAL ANESTHESIA FACELIFTS



results are typical and do vary

**TOP RATED  
BOARD CERTIFIED  
FACIAL SURGEONS**



**YOU ARE INVITED**

**WATERFRONT HOTEL  
SEMINAR**

**Thursday, February 27th @ 2 pm**  
1105 Lake Shore Drive, The Villages

**BROWNWOOD HOTEL  
SEMINAR**

**Thursday, March 6th @ 2 pm**  
3003 Brownwood Blvd

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



**Call Now**

**352-227-1501**

 **IMAGELIFT®** [www.ImageLift.com](http://www.ImageLift.com)

[facebook.com/imagelift](https://facebook.com/imagelift)  
[youtube.com/imagelift](https://youtube.com/imagelift)

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



WWW.MIDSTATESKIN.COM

## MidState Skin Institute

Comprehensive Dermatology Care

Did you know that keeping your skin hydrated is one of the best ways to show it some love? This Valentine's Day, treat yourself to glowing, healthy skin with our expert care. And don't worry, I'll be here to cheer you on with plenty of tail wags!



<b>Paddock</b> 3210 SW 33rd Road, Ste 101 Ocala   FL   34474 352-470-0770	<b>Jasmine</b> 7648 SW 61st Ave, Ste 100 Ocala   FL   34476 352-732-7337	<b>Deerwood</b> 1740 SE 18th Street, Ste 1102 Ocala   FL   34471 352-512-0092
--	---	--



# Always Hear With You!

### Our Services

- Comprehensive Hearing Evaluations
- Tinnitus Management
- Hearing Aid Repairs
- Earwax Removal (Cerumen Management)
- Balance Testing and Treatment
- Custom Hearing Protection
- Veterans' Services

## OCALA HEARS

### AUDIOLOGY

[OCALAHEARS.COM](http://OCALAHEARS.COM)

At Ocala Hears Audiology, we're dedicated to helping you and your family experience better hearing and overall well-being.



Dr. Evans Pemba

<b>OCALA</b> <b>(352) 612 - 3739</b> 1630 SE 18th St, Suite 203 Ocala, FL 34471	<b>THE VILLAGES/LADY LAKE</b> <b>(352) 612 - 3739</b> 510 County Road 466, Suite 201 Lady Lake, FL 32159
--	---

### Top Hearing Aid Brands We Offer

We work with leading manufacturers to provide high-quality hearing aids:



Your Trusted Audiologist in Ocala and Lady Lake, Florida

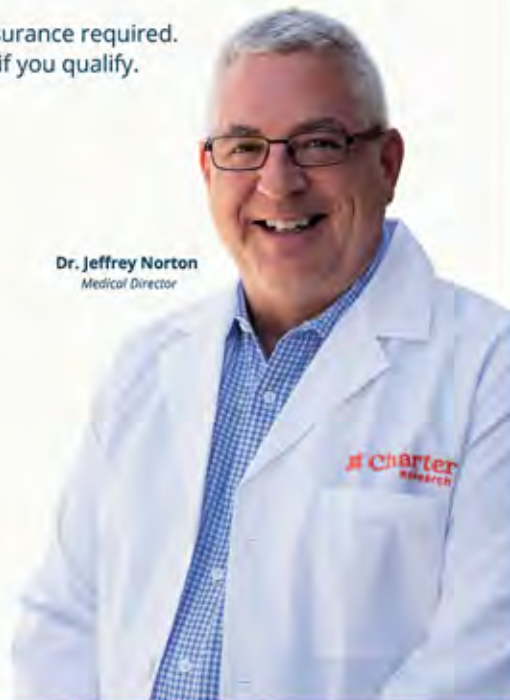
## Help advance medicine. Join a Clinical Trial.

If you have memory loss, Alzheimer's disease, Fatty Liver disease or Obesity, joining a clinical trial may be a great option for you.

- No cost to participate and no insurance required.
- Receive a stipend for your time, if you qualify.

**Call Now:**  
**352-441-2000**

Dr. Jeffrey Norton  
Medical Director



**Charter**  
Research

1025 Lake Sumter Landing  
The Villages, FL 32162

[CharterResearch.com](http://CharterResearch.com)

## BE PAIN FREE FOR THE HOLIDAYS!

### INTRODUCING NON-SURGICAL SPINAL DECOMPRESSION

**COVERED BY  
MOST INSURANCE**



- Effective Non-Surgical solution to low back pain.
- 80%-90% of adults will suffer with low back pain at some point in their life.



## ROSE WELLNESS CLINIC

WE LISTEN. WE CARE. WE GET RESULTS



DR. CHAD ROSE, DC

**CALL TODAY!**  
**(352) 775-2180**

[www.rosewellnessclinic.com](http://www.rosewellnessclinic.com)

910 Old Camp Road, Ste. 92  
The Villages, FL 32162, USA

**NO OBLIGATION • FREE CONSULTATION**

## CONTENTS FEBRUARY 2025

**6** The Importance of Regular Contact Lens Check-Ups

**7** Can Product Labels Help Prevent Cancer?

**8** The Hidden Link: How Your Heart Health Could be Affecting Your Hearing

**9** Stress Management for Your Heart: Why It's Critical

**10** Four Ways Exercise Protects Your Brain

**11** Understanding Dry Skin: Causes, Concerns, and Treatments

**12** Heartfelt Health: Nurturing Couples Wellness this Valentine's Day

**13** Supportive Care Improves Quality of Life

**16** Breakthrough In Neuropathy Treatment

**17** Caudal Steroid Injections: An Effective Treatment Option for Lower Back and Tailbone Pain

**18** Vestibular Balance Issues Should Not be Ignored

**19** You Make Me Weak in the Knees

**20** Living a Heart-Healthy Life: Understanding the Weight-Diet Connection

**21** Joints Deserve to Be Happy

**22** Resources for Paying for a Senior Living Community

**23** Stress Management Tips from Quick Care Urgent Care

**24** Navigating End-of-Life Decisions: The Role of Hospice Palliative Care & Strategic Planning

**25** Attorney Patrick Smith Radio Show Now on 14 Stations

**26** Cosmetic Dentistry is More than a Pretty Smile

**27** Spiritual Wellness: Whole Hearted

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

## And that's how I treat it.

When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



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

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

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

Call Office for Consultation  
**352.750.2040**

[www.drvcardio.com](http://www.drvcardio.com)

### CONTACT US

Owner  
**Cristan Gensing**  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

CREATIVE DIRECTOR  
**Sonny Gensing**  
[sonnygensing@yahoo.com](mailto:sonnygensing@yahoo.com)



Publishing • Advertising • Web Design • Graphic Design

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

To get your article published and for ad rates, call 239-588-1200  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2025. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

## THE IMPORTANCE OF REGULAR CONTACT LENS CHECK-UPS: ENSURING LONG-TERM EYE HEALTH

Contact lenses allow people to see with incredible clarity without the limitations of glasses. However, ongoing contact lens use can lead to minor complications like dry eye and eyelid inflammation to more serious ones, such as keratitis (infection) and corneal abrasion. That's why regular contact lens check-ups are essential for maintaining optimal eye health and vision. These routine examinations play a vital role in ensuring your lenses are functioning effectively, fitting comfortably, and not posing any risks to your eye health and vision.

### BENEFITS OF REGULAR CONTACT LENS EXAMS

Routine contact lens exams provide and are designed to:

#### 1. Preserve Eye Health

Regular check-ups greatly reduce the risk of various eye complications through:

- **Early Detection of Problems** – Your eye doctor can identify early signs of potential disease processes, well before symptoms become noticeable. Early detection allows for timely intervention and prevention of more severe conditions, such as corneal neovascularization, corneal abrasion, hypoxia, and other problems that, left undiagnosed and untreated, can seriously damage vision.
- **Prevention of Infection** – Even with diligent cleaning and care, contact lenses can harbor harmful bacteria and microorganisms. Regular check-ups help minimize the risk of eye infections like infectious keratitis, bacterial keratitis and fungal keratitis and other hazards.
- **Detection of Systemic Issues** – Believe it or not, your eyes can reveal other problems throughout the body. Regular contact lens exams can uncover signs of systemic diseases that also affect eye health, such as diabetes, hypertension, and autoimmune disorders.

#### 2. Promote Clear, Comfortable Vision

Routine contact lens exams ensure that your contact lenses continue to provide you with total comfort. Your exam will include:

- **Fit Assessment** – Your eye doctor will evaluate the fit of your lenses to confirm they're not causing any discomfort or damage to your eyes.
- **Prescription Updates** – Eyes and vision change over time, making regular exams the key to ensuring your prescription remains up-to-date. Updated vision correction helps prevent problems like eye strain, headaches, blurred vision, even accidents.
- **Lens Material Evaluation** – New technologies mean there are more contact lens types than ever before. From rigid gas permeable and soft lenses to hybrid, scleral and silicone hydrogel, there's a contact lens for almost everyone. Your eye doctor can assess whether your current lens material is still suitable for your eyes or if a switch to a different type might provide enhancements to your comfort and lifestyle.

### HOW OFTEN DO I NEED A REGULAR CONTACT LENS EXAM?

Your eye doctor will take into account your age, health profile and other factors to customize your exam schedule. In general, the recommended frequency of contact lens exams depends on the following:

- **Age** – Teenagers and young adults, who often experience more rapid changes in their eyes, should have annual exams. As we move deeper into our 20s and 30s, exams every two years may be sufficient, assuming no complications arise. For people ages 40 and up, annual or twice-yearly exams are typically recommended due to the increased risk of age-related eye conditions.

- **Eye Health** – Individuals with a history of eye infections, corneal ulcers, or chronic dry eye, or conditions like diabetes, may require exams every six months or more. By keeping a close watch on eye health and any changes that may be developing, your eye doctor can take steps to halt problems before they become serious.

- **Lens Type** – The type of contact lenses you wear can influence exam frequency. Daily disposable lenses may require less frequent check-ups compared to extended wear or specialty lenses. It is particularly important to receive regular check-ups if you wear extended-wear lenses, which can leave you more prone to infection and other problems.

### SIGNS YOU NEED A CONTACT LENS CHECK-UP IMMEDIATELY

See your eye doctor immediately if you experience any of the following:

- **Eye Pain or Discomfort** – Serious, persistent or worsening eye pain or irritation could indicate ill-fitting lenses, which should not be ignored. These symptoms could also indicate corneal abrasion, or another problem requiring prompt attention.
- **Signs of Infection** – Symptoms may include swollen, itchy, or red eyelids; discoloration of the whites of the eyes (particularly if they appear pink); or milky or yellowish discharge from the eyes.
- **Vision Changes** – Sudden blurry vision, double vision, halos, flashes of light, difficulty focusing or a curtain-like effect over part of your vision necessitate immediate attention. If your eye doctor isn't able to see you immediately, have someone take you to the ER.
- **Persistent Dryness or Excessive Tearing** – Persistent dryness or excessive tearing that doesn't improve with artificial tears or your usual care routine means it's time for an immediate check-up.
- **Extreme Light Sensitivity** – Sudden, severe sensitivity to light may indicate a serious eye condition demanding prompt evaluation.
- **Foreign Objects in Eyes** – If you get anything in your eyes such as debris, chemicals, or a larger object, seek immediate medical attention.

### WHAT TO EXPECT DURING A CHECK-UP

Your eye doctor may recommend that you wear your lenses as normal throughout the day and keep them in for your appointment. This allows your doctor to assess how your lenses are performing and how your eyes are reacting to them.

During a contact lens check-up, your eye doctor will:

1. **Evaluate your eye health** – This includes an eye health assessment, tear film evaluation, and standard eye and vision tests.
2. **Assess the comfort and fit of your lenses** – A slit lamp microscope evaluation allows your doctor to check lens alignment and movement.
3. **Check for signs of lens wear and tear** – Cracked or torn contact lenses should be disposed of and replaced.
4. **Make any necessary adjustments** to how your lenses fit, how you care for them, and how long you wear them.
5. **Discuss any issues or discomfort** you may be experiencing, and, if needed, make recommendations for different lens types you may want to try.
6. **Provide education you may need** about using, cleaning and storing your contacts.

### CONTACT LAKE EYE FOR ALL YOUR CONTACT LENS NEEDS

Regular contact lens check-ups are more than just a suggestion; they are an essential part of maintaining your eye health and safeguarding comfortable, clear vision. The caring professionals of Lake Eye (a US Eye company) are here to help you enjoy all the benefits of contact lenses while minimizing any related risks to your eye health and vision.

Our experienced ophthalmologists and optometrists conduct comprehensive, state-of-the-art eye exams specifically designed for contact lens wearers. We also provide customized fitting services to ensure your lenses are the right fit and type to deliver maximum comfort and wearability.

Every Lake Eye location also includes a full-service optical department featuring the latest in contact lenses, including specialty lenses for people living with chronic dry eye and corneal conditions like keratoconus, so nearly everyone can enjoy the clarity and convenience of contact lenses!

If you're ready to begin your next chapter with contact lenses, or you haven't had a contact lens check-up in a while, contact your local Lake Eye. We're here to help keep you looking great and seeing brilliantly.



**LAKE EYE**  
ASSOCIATES

A US EYE COMPANY

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

352-632-2020 • [LakeEye.com](http://LakeEye.com)

# Can Product Labels Help Prevent Cancer?

Smoking, excess body weight and alcohol consumption are the leading risk factors for cancer—and the most preventable, according to the American Cancer Society. While this information is well known to health care professionals, the U.S. Surgeon General recently recommended that warning labels be placed on alcohol products to help make more Americans aware of the relationship between alcohol consumption and increased cancer risk.

## A Closer Look

Faye Yin, MD, medical oncologist and hematologist with Florida Cancer Specialists & Research Institute (FCS), notes that alcohol is a contributing factor associated with approximately 100,000 cancer cases and 20,000 cancer deaths every year, playing a role in breast, liver, colorectal, mouth, throat, esophagus and voice box cancer cases. "This is a serious health concern that needs to be addressed," says Dr. Yin.

"Ethanol is the 'alcohol' portion in beverages, found in beer, wine and liquor spirits," explains FCS Clinical Oncology Dietitian Rhone Levin, MEd, RDN, CSO, LDN, FAND. "When the body breaks down ethanol, there is production of a compound called acetaldehyde, a known cancer-causing agent that can directly damage DNA and encourage the development of cancer cells."

Carrying extra body weight can also increase the risk for many of the most common cancer types, as well as cardiovascular disease, type II diabetes and other diseases.

Excess body weight, particularly visceral fat around the organs, can cause chronic inflammation, which can ultimately damage DNA and promote tumor development. Essentially, the more fat cells present, the higher the potential for abnormal cell division and cancer growth.

## How can warning labels help?

In 1965, the Federal Trade Commission required that warning labels be placed on cigarette packages to educate consumers about the health risks of smoking. Research studies have shown that warning labels, especially those with graphic images, have helped to increase awareness and alter behaviors.

Similarly, Levin notes that nutrition labeling, which became mandatory in the U.S. in 1990, helps people understand how a food or beverage may impact their health and can lead to better choices. "For example, knowing what portion constitutes a serving of food or beverage is valuable information in managing diet quality," she said.

Levin expects that warning labels on alcohol can be similarly helpful in heightening awareness about potential health risks, and Dr. Yin agrees.



## Beyond labels — How to reduce your cancer risk

The Surgeon General's call for warning labels has definitely brought the topic of preventable cancer risks to the forefront for a lot of people who may not have been aware of the risks. Ongoing research continues to expand our understanding of cancer-related processes in the body and offers exciting opportunities for breaking the link.

The increased risks associated with alcohol consumption are related to how much and how often a person drinks. The 2020-2025 U.S. Dietary Guidelines state that for adults who choose to drink alcohol, women should have one drink or less in a day and men should have two drinks or less in a day. Dr. Yin says the risk increases even at low levels of consumption (less than one drink in a day).

"There is no 'safe' level of consumption," according to Levin. "That said, it makes sense to reduce the number of alcoholic beverages we consume at any one time and to reduce the frequency of consumption."

Levin points to positive trends, such as the growing observance of "Dry January" and "Damp January," when people purposefully decrease alcohol consumption. "Additionally, a growing number of restaurants and bars are creating a significant variety of 'mocktails' made with premium nonalcoholic ingredients," she said.

When it comes to diet, the most impactful changes people can make to reduce the risk of cancer and other diseases are to include more plant portions on a regular basis. Levin says, "As you increase the portions of filling, high-fiber, low-calorie, dense vegetables and fruits, it is easier to eat smaller portions of the higher-calorie menu items. Cutting calories while feeling full is a great way to manage your weight."

The American Institute for Cancer Research, which Levin cites as "the gold standard for reliable, evidence-based guidelines for cancer and all disease prevention," offers a free online Cancer Health Check and a Healthy10 Challenge. To learn more about how the choices we make each day can help reduce our risk for cancer, visit [www.aicr.org](http://www.aicr.org).

## WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC ([FLCancer.com](http://FLCancer.com))

For more than 40 years, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

In Marion County, Board-certified physicians specializing in hematology, medical oncology, gynecologic oncology and radiation oncology provide personalized care for all forms of cancers and blood disorders. With extraordinary skill and experience, they deliver treatments with maximum effectiveness and safety, combined with compassion and concern for patients and their families. From genetic screening to immunotherapies and access to the latest clinical trials, our top-ranked cancer experts provide the newest and most advanced treatments available — increasing cure rates and extending lives.



## Ocala

1630 SE 18th St. Ste 602  
Ocala, FL 34471-5472

## Ocala Cancer Center

4945 SW 49th Pl  
Ocala, FL 34474-9673

For more information, visit [FLCancer.com](http://FLCancer.com).

# THE HIDDEN LINK: HOW YOUR HEART HEALTH COULD BE AFFECTING YOUR HEARING

By Dr. Evans Pemba

**R**ecent research has uncovered a compelling connection between cardiovascular health and hearing loss, shedding new light on how our body's systems are intricately interconnected. The relationship between heart health and hearing ability has emerged as a crucial area of study, with implications for millions of people worldwide who experience either or both conditions. As medical understanding deepens, the evidence supporting this connection grows stronger, prompting healthcare providers to reconsider their approach to treating these seemingly distinct conditions.

The inner ear, despite its small size, is extraordinarily demanding in terms of blood supply. Its delicate hair cells and other structures require a constant, robust flow of oxygen-rich blood to function properly. When cardiovascular problems arise, these sensitive auditory components are often among the first to suffer. Poor circulation can starve these cells of essential nutrients and oxygen, potentially leading to permanent damage and hearing loss. The intricate network of blood vessels serving the inner ear is particularly vulnerable to cardiovascular dysfunction, making hearing health an unexpected casualty of heart problems.

High blood pressure, in particular, can be devastating to hearing health. The force of blood pushing against arterial walls can damage the delicate blood vessels in the inner ear, leading to accumulating harm over time. Studies have shown that individuals with uncontrolled hypertension are significantly more likely to experience hearing loss compared to those with normal blood pressure readings. This relationship becomes even more pronounced as people age, highlighting the importance of early intervention and prevention strategies.

Another cardiovascular factor affecting hearing is atherosclerosis – the buildup of plaque in the arteries. As arteries become narrowed and hardened, blood flow to the inner ear can be compromised. This reduction in blood flow may not only contribute to hearing loss but can also cause tinnitus, the perception of ringing or buzzing in the ears that affects millions of people globally. The impact of atherosclerosis on hearing health underscores the importance of maintaining healthy cholesterol levels and overall cardiovascular wellness.



The connection works both ways – research suggests that hearing loss might serve as an early warning sign of cardiovascular problems. Medical professionals are increasingly recognizing that hearing assessments could potentially help identify individuals at risk for heart disease before more severe symptoms manifest. This understanding has led to calls for more comprehensive screening protocols that consider both cardiovascular and auditory health. Early detection through hearing evaluations could provide valuable time for preventive interventions and lifestyle modifications.

Prevention and management strategies for both conditions often overlap. Regular exercise, maintaining a healthy diet, and avoiding smoking can help protect both heart and hearing health. These lifestyle modifications improve blood circulation throughout the body, including to the delicate structures of the inner ear. Additionally, managing stress levels and maintaining healthy blood pressure can help preserve both cardiovascular and auditory function. Following a Mediterranean-style diet, rich in omega-3 fatty acids and antioxidants, has shown promise in protecting both heart and hearing health.

For those already experiencing hearing loss, understanding its potential connection to heart health is crucial. Regular cardiovascular check-ups become even more important, as addressing underlying heart issues might help prevent further deterioration of hearing ability. Similarly, individuals with known heart conditions should be particularly vigilant about their hearing health and undergo regular audiological evaluations. This dual approach to healthcare can lead to better outcomes for both conditions.

The medical community is increasingly adopting a more holistic approach to patient care, recognizing that treating these conditions in isolation may not be as effective as addressing them together. This integrated approach has led to better outcomes for patients dealing with both cardiovascular and

hearing issues. Healthcare providers are now more likely to consider both systems when developing treatment plans and preventive strategies.

Looking ahead, researchers continue to explore the intricate relationship between heart health and hearing function. This ongoing research may lead to new therapeutic approaches that could benefit both conditions simultaneously. For now, the message is clear: taking care of your heart health might be one of the best things you can do for your hearing, and vice versa.

Understanding this connection empowers individuals to take proactive steps in protecting both their cardiovascular and auditory health. Regular check-ups with healthcare providers, maintaining a healthy lifestyle, and staying informed about the latest research can help preserve these vital functions for years to come. As our understanding of this relationship deepens, the importance of considering both heart and hearing health together becomes increasingly evident in maintaining overall well-being.



## 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.



**AUDIOLOGY**

**OCALAHEARS.COM**

**OCALA**

**(352) 612 - 3739**

1630 SE 18th St, Suite 203  
Ocala, FL 34471

**THE VILLAGES/LADY LAKE**

**(352) 612 - 3739**

510 County Road 466, Suite 201  
Lady Lake, FL 32159





# STRESS MANAGEMENT FOR YOUR HEART: WHY IT'S CRITICAL

T.E. Vallabhan, MD, FACC

**W**e all know it's imperative to keep ourselves healthy through exercise, eating right, and warding off viruses and infections. However, one of the most overlooked stressors on our hearts is—*anxiety*.

According to the American Heart Association, "More research is needed to determine how stress contributes to heart disease — the leading killer of Americans. But stress may affect behaviors and factors that increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating. Some people may choose to drink too much alcohol or smoke cigarettes to "manage" their chronic stress; however, these habits can increase blood pressure and may damage artery walls.

And your body's response to stress may be a headache, back strain, or stomach pains. Stress can also zap your energy, wreak havoc on your sleep and make you feel cranky, forgetful and out of control. A stressful situation sets off a chain of events. Your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. These reactions prepare you to deal with the situation — the "fight or flight" response.

When stress is constant, your body remains in high gear off and on for days or weeks at a time. Although the link between stress and heart disease isn't clear, chronic stress may cause some people to drink too much alcohol which can increase your blood pressure and may damage the artery walls."

If you find that you are feeling more stressed than normal it's important to take time for yourself, relax and do something that brings you joy, even if that's simply taking a nap!

## Dr. Vallabhan's Tips to Relieve Stress

### Tip #1

**Take Time for Yourself**—Read a book, take a warm Epsom salt bath, get a massage, take a relaxing drive, take a nap, meditate, pray, or simply watch your favorite program on TV (not an action packed thriller) can be very relaxing and relieve some stress.



### Tip #2

**Exercise**—Increasing cardiovascular exercise is critical for oxygen intake, circulation, and increasing both brain and heart health. It can also be a wonderful outlet to release frustration and lower blood pressure. People that exercise regularly, have significantly lower stress and cortisol levels. It's important to speak to your cardiologist or primary care doctor before embarking on any new exercise program. For those with cardiovascular disease, it's well known that swimming or water aerobics are exceptional options to safely increase cardio without as much vigor as with land exercising. Also, low impact exercise like walking, Yoga or Pilates are also beneficial ways to get your cardio in without overdoing it.

### Tip #3

**Don't Ignore Your Symptoms**—If you have any issues with anxiety, stress, PTSD or changes in your heart rate, blood pressure or are experiencing tightness or palpitations, don't ignore your symptoms. If stress or cardiac issues are left untreated, they can create exacerbated conditions or even death. Talk to your physician right away if you notice any changes in your health.

# Dr. V

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

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

*And that's how I treat it.*

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

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

## Dr. Vallabhan

Call Office for Consultation  
**352.750.2040**

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

# Four Ways Exercise Protects Your Brain

If you want to keep your brain healthy as you age, scientists will be the first to tell you: It might be time to start getting serious about exercise. Studies have shown that physical exercise is one of eight established ways to reduce dementia risk.

Scott Forbes, an associate professor at Brandon University who studies exercise and sports science, says that a growing number of studies show the positive effects of exercise on brain health. Luckily, you don't need to hit the gym for an hour daily to see an impact.

"We found benefits when individuals exercised at least 3 times a week," Forbes said.

Adding small bursts of high-intensity cardio—researchers call them "exercise snacks"—three to four times throughout the day can have this positive impact.

So, how exactly does exercise protect the brain? Here are four ways.

## 1. Exercise increases blood flow to the brain

In mild cognitive impairment and Alzheimer's, the brain isn't receiving enough blood flow, starving the brain cells of oxygen and other nutrients.

Exercise increases blood flow to regions of the brain, like the hippocampus, which is among the first parts of the brain affected by Alzheimer's. This keeps the cells healthy longer and prevents them from becoming damaged or dying. Since the cells stay healthy, it also prevents the brain's immune system from overreacting and causing even more damage.

## 2. Exercise promotes the growth of new brain cells and connections

Exercise causes the brain to produce a variety of proteins called growth factors (IGF-1, BDNF, and VEGF) that may help the brain make new cells to replace old or damaged ones.

These growth factors can also help the existing brain cells grow in the hippocampus and strengthen existing connections, helping protect the brain against memory problems. Researchers are currently studying some of these growth factors to try and replicate the benefits of exercise in pill form.

## 3. Exercise helps the brain's immune system stay healthy

Some researchers even hypothesize that problems with the immune system, and not amyloid or tau, are the key drivers of Alzheimer's disease. Exercise can



help tone down pro-inflammatory processes in the brain that might contribute to Alzheimer's disease.

## 4. Exercise can help you stay social

Loneliness is one of the major risk factors for developing dementia.

Older individuals who exercise report reduced feelings of social isolation, and it helps people feel more resilient and positive about aging. Many people exercise in groups or play team sports, which might explain these findings.

*Call 352-441-2000 to schedule your free memory screen today!*

 **Charter**  
Research

352-441-2000

[www.charterresearch.com](http://www.charterresearch.com)

1025 Lake Sumter Landing  
The Villages, FL 32162



# UNDERSTANDING DRY SKIN: CAUSES, CONCERNS, AND TREATMENTS

By Dr. Ashley Cauthen

**D**ry skin, also known as xerosis, is a common skin condition that affects people of all ages and skin types. It occurs when the skin loses moisture and becomes dehydrated, leaving it feeling tight, rough, and sometimes even flaky or cracked. Although dry skin is often a temporary issue caused by environmental factors, it can sometimes indicate a more serious underlying condition. Understanding the causes, concerns, potential illnesses associated with dry skin, and available treatments can help you manage the condition effectively.

## Causes of Dry Skin

Dry skin can be triggered by various factors. Some of the most common causes include:

### 1. Environmental Factors

- **Cold Weather:** During the colder months, lower humidity levels can strip the skin of its natural moisture. This is especially common in areas with harsh winters or air-conditioned spaces.
- **Hot Showers or Baths:** While hot water feels soothing, it can actually remove essential oils from the skin. Prolonged exposure to hot water can lead to dryness.
- **Sun Exposure:** Excessive sun exposure can damage the skin and cause it to lose moisture. Sunburn can also exacerbate dry skin, especially in people with sensitive skin.

### 2. Skin Care Products

- **Harsh Soaps:** Some soaps and cleansers contain ingredients that can strip the skin of its natural oils, contributing to dryness.
- **Fragrances and Dyes:** Products with artificial fragrances or dyes can irritate the skin and contribute to dryness, especially for people with sensitive skin.

### 3. Medical Conditions

Certain medical conditions can also contribute to dry skin:

- **Eczema (Atopic Dermatitis):** This chronic condition causes the skin to become inflamed, itchy, and dry. People with eczema often have a weakened skin barrier, making it more prone to dryness.
- **Psoriasis:** Psoriasis is an autoimmune condition that leads to the rapid buildup of skin cells, causing scales and patches of dry, thick skin.
- **Hypothyroidism:** An underactive thyroid can lead to a reduction in the skin's ability to produce oils, resulting in dry skin.

- **Diabetes:** High blood sugar can lead to dehydration, which in turn causes the skin to become dry.
- **Dehydration:** Insufficient water intake can lead to dehydration, which affects the skin's hydration levels, leaving it dry and flaky.

### 4. Age

As we age, the skin's natural ability to retain moisture decreases. The production of natural oils slows down, and the skin becomes thinner and less able to retain water. This makes older adults more prone to dry skin.

### 5. Medications

Some medications, such as those used to treat acne, high blood pressure, and cholesterol, can have side effects that cause dryness. Diuretics, for example, promote fluid loss, which can lead to dehydration and dry skin.

## Concerns and Illnesses Associated with Dry Skin

While dry skin is often a mild, temporary issue, it can sometimes lead to more serious health concerns. If left untreated or poorly managed, dry skin can lead to the following conditions:

### 1. Infections

Dry, cracked skin is more susceptible to infections. Small tears or cracks in the skin provide an entry point for bacteria, fungi, or viruses, which can lead to infections like cellulitis, athlete's foot, or fungal rashes.

### 2. Eczema Flare-Ups

For individuals with eczema, dry skin can trigger flare-ups of the condition, leading to red, itchy, and inflamed patches. Without proper care, these flare-ups can become more severe and difficult to manage.

### 3. Psoriasis Aggravation

In individuals with psoriasis, dry skin can cause the skin to crack and peel, making the condition worse. Dryness can increase the discomfort caused by psoriasis and hinder the effectiveness of treatments.

### 4. Skin Sensitivity

Dry skin is more sensitive to environmental factors like heat, cold, and sun exposure. This heightened sensitivity can lead to further irritation and discomfort.

## Home Remedies for Dry Skin

Treating dry skin at home often involves using simple, affordable methods to restore moisture and protect the skin. Here are some helpful tips:

### 1. Moisturize Regularly

Using a good-quality moisturizer is one of the most effective ways to treat dry skin. Look for creams or ointments with ingredients like hyaluronic acid, glycerin, ceramides, and petrolatum, which help lock in moisture. Apply moisturizer immediately after bathing to trap water in the skin.

### 2. Use Gentle Skin Care Products

Switch to mild, fragrance-free cleansers and avoid harsh soaps. Look for products labeled as "moisturizing" or "hydrating" to help replenish the skin's moisture.

### 3. Limit Hot Showers and Baths

Avoid prolonged exposure to hot water, as it can strip the skin of its natural oils. Opt for lukewarm water instead and try to keep your showers short.

### 4. Stay Hydrated

Drinking plenty of water throughout the day helps to maintain the skin's hydration levels from the inside. Aim for at least 8 glasses of water per day.

### 5. Humidify Your Home

Using a humidifier in your home can help prevent moisture loss from the skin, particularly in winter when indoor air tends to be dry.

## In-Office Treatments for Dry Skin

For more persistent cases of dry skin or conditions that don't improve with home remedies, a visit to our dermatology office may be necessary. Here are some treatments we may recommend:

### 1. Prescription Topicals

For conditions like eczema or psoriasis, we may prescribe topical corticosteroids or other prescription-strength creams to reduce inflammation and hydrate the skin. These treatments can help control flare-ups and keep the skin's moisture levels balanced.

### 2. Hydration Therapy

For extremely dry skin, especially in cases of eczema or psoriasis, we may recommend treatments that hydrate the skin deeply. This may include the use of professional-grade moisturizers or topical treatments that are more effective than over-the-counter options.

### 3. Light Therapy

Light therapy (phototherapy) may be used for patients with psoriasis or other chronic skin conditions. This treatment uses ultraviolet light to help improve the skin's condition and reduce symptoms of dryness, redness, and irritation.

Dry skin is a common condition that can be managed effectively with the right approach. Whether caused by environmental factors, medical conditions, or lifestyle choices, understanding the causes and available treatments is essential for achieving healthy, hydrated skin. At MidState Skin, we are here to help guide you through personalized treatment options to keep your skin feeling and looking its best. If you're experiencing persistent or severe dry skin, don't hesitate to reach out for a consultation to explore the best treatment plan for your needs.



MidState Skin Institute  
Compassionate Dermatology Care

[www.midstateskin.com](http://www.midstateskin.com)

# Heartfelt Health:

## Nurturing Couples Wellness This Valentine's Day

**A**s Valentine's Day approaches, many couples focus on expressing their love through romantic gestures and thoughtful gifts. While these are wonderful ways to celebrate, it's equally important to prioritize the health and well-being of both partners. This Valentine's Day, consider embracing a holistic approach to love by nurturing your physical and emotional connection. In this article, we explore various aspects of couples' health, providing tips and ideas to make this Valentine's Day a celebration of love and well-being.

### Heart-Healthy Date Ideas:

- Start the day with a heart-healthy breakfast rich in fruits, whole grains, and lean proteins.
- Plan an active date, such as a scenic hike, bike ride, or dance class to get your hearts pumping and boost your cardiovascular health.
- Cook a nutritious, homemade dinner together using fresh and wholesome ingredients.

### The Gift of Wellness:

- Instead of traditional chocolates, consider gifting each other fitness trackers or a couples' massage to promote relaxation and physical well-being.
- Personalize your gifts by choosing items that support your partner's specific health goals or interests, such as a yoga mat for a yoga enthusiast or a cooking class for a foodie.

### Mindful Communication:

- Take the time to truly connect by engaging in deep and meaningful conversations.
- Practice active listening, empathy, and open communication to strengthen your emotional bond.
- Consider trying a couples' meditation session to relax and center your minds together.

### Healthy Habits as a Team:

- Set wellness goals together, whether it's committing to regular exercise, adopting a balanced diet, or getting enough sleep.
- Encourage each other to stay accountable and celebrate milestones, fostering a supportive environment for positive lifestyle changes.



### Spice Up Your Meals, Not Just Your Relationship:

- Experiment with new, healthy recipes together to make mealtime an enjoyable and nutritious experience.
- Choose foods known for their aphrodisiac properties, such as dark chocolate, strawberries, and avocados, to create a romantic and health-conscious dinner.

### Prioritize Sleep:

- Quality sleep is crucial for overall well-being. Create a calming bedtime routine and ensure you both get adequate rest.
- Consider investing in comfortable bedding, such as high-quality pillows and a cozy mattress, to enhance your sleep environment.

This Valentine's Day, go beyond the traditional expressions of love and prioritize the health and well-being of your relationship. By embracing a holistic approach to couples' health, you can create lasting memories and build a foundation for a strong, vibrant connection. Celebrate love in all its forms and let this Valentine's Day be a stepping-stone toward a healthier and happier future together.

 **AdviniaCare**  
Paddock Ridge  
A Pointe Group Care Community

352-512-9191

[www.adviniacare.com](http://www.adviniacare.com)

4001 SW 33rd Court, Ocala, FL 34474

# SUPPORTIVE CARE IMPROVES QUALITY OF LIFE

Submitted by Hospice of Marion County

All of us deserve to live as comfortably as possible; however, when an accident, sudden illness or chronic condition takes hold of our lives, comfort may seem impossible or out of reach. In the past decade, hope for relief from acute pain and distressing symptoms has become a reality and within reach, thanks to a growing trend in supportive care.

Supportive Care is comforting, soothing, calming and reassuring. It should not be confused with quick fixes offered in so-called “pain clinic” settings. Supportive Care is specialized medical care for people with serious conditions. Its focus is to provide relief from the symptoms, pain, and stress that entails—whatever the cause or diagnosis. The goal is to improve quality of life for both the patient and the family.

This type of care is provided by a team of doctors, nurses and other specialists, who work together with a patient’s primary doctor and/or specialist to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and can be offered along with curative treatment. Examples of those who have benefited include someone with pancreatitis and a diabetic with neuropathy (nerve pain). Both conditions are chronic but not life-threatening.

**Supportive Care improves healthcare quality in three significant ways. It:**

1. effectively relieves physical symptoms and emotional suffering,
2. strengthens patient-family-physician communication and decision-making, and
3. ensures well-coordinated care across healthcare settings.

As a holistic approach to care, it’s about a person’s whole being, including family and loved ones. It is covered by Medicare, Medicaid and most private insurances. Those with advancing illness can deal with their situation without the added burden of debilitating pain or life-altering symptoms that prevent them from enjoying daily life.



The steady growth in this type of care is primarily in response to the increasing number of people with serious and chronic illness. People are living longer, but not necessarily better. Their needs are many, placing overwhelming caregiving demands on families. We recognize their needs and are addressing these challenges through a strong partnership between patient, family and the Carewell Supportive Care team. A consult is available through one’s own physician or by calling **(352) 291-5881** for information about receiving services. They can request treatment if the outcome from surgery, accident or disease has left them in physical or mental distress.

Because patients are carefully regulated by their physicians in collaboration with experts on Carewell Supportive Care team, they can rest assured that

symptoms can be managed (most within 24-48 hours) and their condition monitored on an ongoing basis. Many go on to fully regain their lives.

The Carewell Supportive Care team has two medical directors and six advanced practitioner registered nurses. Together they conduct more than 1,000 consults a year, in hospitals, nursing homes, assisted living facilities and even private homes. Learn how Carewell Supportive Care can help: **(352) 291-5881** or visit [www.carewellsupportivecare.com](http://www.carewellsupportivecare.com).



[HospiceofMarion.com](http://HospiceofMarion.com)



“I Never Thought  
My Eyes Could Be  
So Clear!”

“Dr. Holman is kind and an amazing surgeon. I would have never thought my eyes could be so clear and my vision so good. I tell everyone to choose the best team for your eye care. My husband is going to see him for eye surgery next.”



**Google Review**

**LAKE**  **eye**

 A US EYE COMPANY

*Your Clear Choice*

**352-632-2020 • LakeEye.com •  **

*we take care of you*



***So you can feel empowered!***

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

*Contact us to take a tour and learn more.*

WELCOMING NEW PATIENTS  
WITH SELECT MEDICARE ADVANTAGE PLANS



**The Villages Health®**



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

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

**N**europathy 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.



(888) 952-7377

[www.laserlabtherapy.com](http://www.laserlabtherapy.com)

**LaserLab Lady Lake**

13721 US-441

Suite 6

Lady Lake, FL 32159

**LaserLab Lake Mary**

142 W Lakeview Ave

#1040

Lake Mary, FL 32746





# CAUDAL STEROID INJECTIONS:

## An Effective Treatment Option for Lower Back and Tailbone Pain

By Brent Compton, MD

**C**audal steroid injections have emerged as a valuable treatment option for patients suffering from chronic lower back pain, sciatica, and tailbone discomfort. This minimally invasive procedure delivers powerful anti-inflammatory medication directly to the affected area, providing meaningful relief for many individuals who have not found success with conservative treatments.

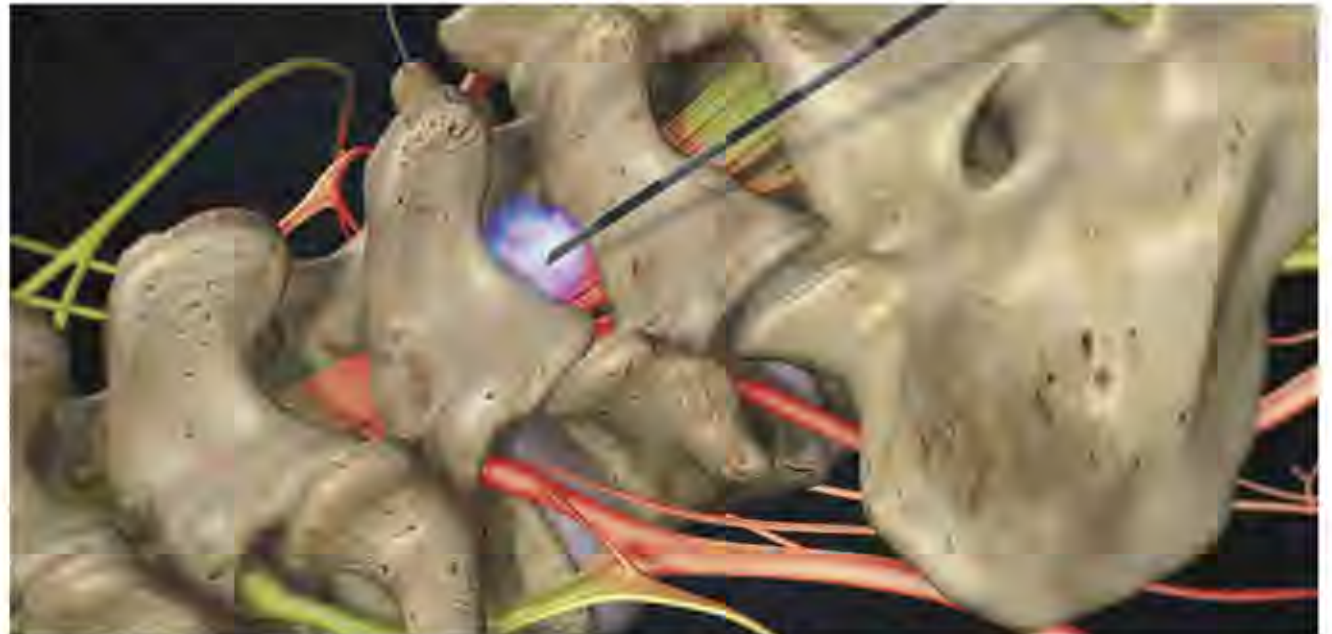
The caudal approach involves injecting a combination of local anesthetic and corticosteroids into the epidural space through the sacral hiatus, a natural opening at the base of the spine. This technique is particularly effective because it allows medication to spread throughout the lower epidural space, addressing inflammation and pain signals in multiple nerve roots simultaneously.

Patients considering this treatment often have conditions such as herniated discs, spinal stenosis, or failed back surgery syndrome. The procedure is especially beneficial for those experiencing radicular pain – pain that radiates from the spine into the legs – as the medication can effectively target inflamed nerve roots that cause these symptoms.

The procedure itself is typically performed in an outpatient setting and usually takes less than 30 minutes. Before the injection, patients receive local anesthesia to minimize discomfort. Using fluoroscopic (X-ray) guidance, the physician carefully positions the needle to ensure accurate placement. This imaging guidance is crucial for both safety and effectiveness, allowing the doctor to verify the correct distribution of medication.

Most patients report feeling pressure during the injection but minimal pain. The local anesthetic provides immediate pain relief, while the steroid medication typically begins working within 2-3 days, gradually reducing inflammation and pain over the following week. The duration of pain relief varies among individuals, with some experiencing benefits for several months or longer.

While caudal steroid injections are generally safe, patients should be aware of potential risks and side effects. These may include temporary numbness or



weakness in the legs, mild soreness at the injection site, and rarely, infection or bleeding. Some patients might experience a temporary increase in pain before the anti-inflammatory effects take hold.

The success rate of caudal injections varies depending on the underlying condition and individual factors. Research suggests that approximately 60-75% of patients experience significant pain reduction following the procedure. This treatment can be particularly effective when combined with physical therapy and appropriate exercise programs, as the pain relief window provides an opportunity to strengthen supporting muscles and improve flexibility.

For optimal results, healthcare providers typically recommend limiting strenuous activities for a few days following the injection. Patients can usually return to normal activities the day after the procedure, though they should follow their physician's specific instructions for recovery.

While not a permanent cure for chronic pain conditions, caudal steroid injections can provide substantial relief and improve quality of life for many patients. They may be repeated if necessary, though most physicians limit the number of injections to three or four per year to minimize potential side effects from repeated steroid exposure.

Before considering this treatment, patients should undergo a thorough evaluation to determine if they are suitable candidates. Certain conditions, such as active infections, bleeding disorders, or allergies to

the medications used, may preclude someone from receiving these injections. A detailed discussion with a healthcare provider can help determine if caudal steroid injections are an appropriate treatment option for an individual's specific condition.

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

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

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

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

# Vestibular Balance Issues Should Not be Ignored:

## A Physical Therapy Method has Helped Countless Individuals Find Restoration

**A**t least 50 percent of the U.S. population will develop a balance issue, at some point in their lives. Balance disorders typically happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular disruptions.

Patients suffering from vestibular related disorders frequently experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular problems in their lifetime, and that number is on the rise.



**BPPV:** The most common form of vestibular complications is Benign Paroxysmal Positional Vertigo or BPPV.

- **Benign** - Not life-threatening
- **Paroxysmal** - Brief spells that come and go
- **Positional** - Triggered by certain head positions or movements
- **Vertigo** - A false sense of rotational movement

Tiny calcium crystals (otoconia) in the inner ear that slough off and get lodged in the fluid of the ear canals (labyrinth) usually are the cause of BPPV. Benign Paroxysmal Positional Vertigo can be effectively treated with one of two simple manual therapies that move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These therapies can be performed in the convenience of Innovative Therapies Group's office.



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

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.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.



**Innovative Therapies Group, Inc.**  
352-433-0091 | [innovativetherapiesgroup.com](http://innovativetherapiesgroup.com)



# YOU MAKE ME WEAK IN THE KNEES

By Dr. Chad Rose, DC

**T**his Valentine's Day, let's talk about a different kind of weakness in the knees – the kind that's less about romance and more about your joint health. While poets and songwriters have long used "weak knees" as a metaphor for love, at Rose Wellness Clinic, we believe your knees should only go weak for your valentine, not from chronic pain!

### Love Your Knees, Love Your Life

Remember when you could dance all night without a second thought? When kneeling to propose (or garden, let's be practical!) didn't require a strategic plan? Your knees have been there for all of life's big moments, and they deserve some tender loving care in return. Just like any good relationship, the one with your joints requires attention, care, and sometimes a little professional intervention.

### Don't Let Knee Pain Break Your Heart

Are stairs becoming your nemesis? Has that morning jog turned into more of a morning "maybe not"? Many people brush off knee pain as a natural part of aging or something they'll "deal with later." But here's the truth: addressing knee pain early isn't just about relief – it's about preventing a cascade of complications that could affect your mobility, independence, and overall quality of life.

### Warning Signs Your Knees Are Sending Love Letters

Just as love gives us signals, your knees have ways of telling you they need attention. Watch out for these signs:

- Persistent aching or stiffness, especially in the morning
- Swelling or tenderness around the joint
- Clicking or popping sounds during movement
- Difficulty with stairs or standing from a seated position
- Pain that increases with activity

### Fall in Love with Our Comprehensive Care Approach

At Rose Wellness Clinic, we believe in matchmaking you with the perfect treatment plan. Our holistic approach to knee health includes a suite of innovative and proven therapies that work together to get you back to your active lifestyle:

**Chiropractic Care:** Like a skilled matchmaker, our chiropractors work to restore proper alignment and balance throughout your body, addressing the root

causes of knee pain rather than just the symptoms. Through gentle adjustments and personalized care plans, we help restore optimal joint function and mobility.

**Red Light Therapy:** This cutting-edge treatment helps stimulate healing and reduce inflammation – think of it as a romantic candlelit dinner for your cells, encouraging them to rejuvenate and repair. This non-invasive therapy can significantly reduce pain and accelerate healing.

**Physical Therapy:** Our expert physical therapists are like relationship counselors for your joints, teaching you the right moves to strengthen, stabilize, and support your knees for the long haul. They'll work with you to develop a customized exercise program that builds strength and flexibility while preventing future injuries.

**PRP (Platelet-Rich Plasma):** Sometimes, love comes from within. PRP therapy uses your body's own healing factors to regenerate and repair damaged tissue, offering a natural solution for chronic knee issues. This innovative treatment harnesses your body's natural healing abilities to promote long-lasting relief.

### A Valentine to Your Future Self

Investing in your knee health today is like writing a love letter to your future self. Whether you're dealing with the early twinges of discomfort or managing chronic pain, Rose Wellness Clinic offers the expertise and compassionate care you need to keep moving, dancing, and yes, even going weak in the knees for all the right reasons.

This Valentine's Day, give yourself the gift of movement. Schedule a consultation with Rose Wellness Clinic and let us help you fall in love with an active, pain-free lifestyle again. Because the only time your knees should go weak is when Cupid's arrow strikes – not when you're climbing stairs!

Don't let knee pain be the heartbreaker in your life. Contact Rose Wellness Clinic today, and let's write a love story about your journey back to optimal joint health. After all, the best romance is the one you have with a healthy, active lifestyle!

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



**YOUR JOURNEY TO HEALING STARTS HERE**  
**Rose Wellness Clinic: Where Innovation Meets**  
**Compassionate Care.**

*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.*

**CALL TODAY FOR YOUR FREE CONSULTATION!**



**ROSE WELLNESS CLINIC**

WE LISTEN. WE CARE. WE GET RESULTS

**(352) 775-2180**

**www.rosewellnessclinic.com**

910 Old Camp Road, Ste. 92  
 The Villages, FL 32162, USA

# LIVING A HEART-HEALTHY LIFE: UNDERSTANDING THE WEIGHT-DIET CONNECTION

Your heart beats about 100,000 times per day, pumping life-sustaining blood throughout your body. Yet, despite its tireless service, many of us unknowingly put this vital organ at risk through poor dietary choices and weight management. Understanding the intricate relationship between heart health, body weight, and nutrition can be the key to a longer, healthier life.

## The Weight of the Matter

Excess body weight places an enormous burden on your cardiovascular system. When you carry extra pounds, your heart must work harder to pump blood through additional tissue, leading to increased blood pressure and strain on your arteries. Research shows that individuals who maintain a healthy weight are significantly less likely to develop heart disease, stroke, and other cardiovascular complications.

Moreover, excess fat tissue, particularly around the abdomen, isn't merely passive. It actively produces inflammatory substances that can damage blood vessels and contribute to the formation of dangerous arterial plaques. This visceral fat also affects insulin sensitivity, potentially leading to type 2 diabetes – another significant risk factor for heart disease.

## The Power of Nutritional Choices

Your diet serves as either a shield protecting your heart or a weapon against it. A heart-healthy diet isn't about temporary changes or extreme restrictions; it's about making sustainable, nutritious choices that become lifelong habits. The Mediterranean diet, consistently praised by cardiologists worldwide, offers an excellent framework for heart-healthy eating.

### Key components of a heart-protective diet include:

Abundant plant-based foods rich in fiber, which helps lower cholesterol and maintains healthy blood sugar levels. Fresh vegetables, fruits, and whole grains should form the foundation of your meals.

Lean proteins, particularly fish rich in omega-3 fatty acids, which help reduce inflammation and lower blood pressure. Salmon, mackerel, and sardines are excellent choices.

Healthy fats from sources like olive oil, avocados, and nuts, which can actually help protect your heart when consumed in moderation.



Limited processed foods, which often contain excessive sodium and unhealthy trans fats that can damage your cardiovascular system.

## Taking Action: Practical Steps for Heart Health

Protecting your heart doesn't require radical lifestyle changes. Small, consistent steps can lead to significant improvements:

Start by keeping a food diary to understand your current eating patterns and identify areas for improvement. This simple act of awareness often naturally leads to better choices.

Incorporate movement into your daily routine. Even modest exercise, like a 30-minute walk, can strengthen your heart and help maintain a healthy weight.

Practice portion control. Using smaller plates and measuring servings can prevent overeating while still allowing you to enjoy your favorite foods in moderation.

Regular health screenings are crucial. Know your numbers – blood pressure, cholesterol, and blood sugar levels – and work with healthcare providers to keep them in check.

## The Long-Term Perspective

Think of heart health as a long-term investment in your future. The choices you make today regarding your weight and diet will compound over time, either protecting or compromising your cardiovascular health. Remember that it's never too late to start making heart-healthy choices, and even small improvements can yield significant benefits.

By maintaining a healthy weight and following a nutritious diet, you're not just protecting your heart – you're investing in your ability to live life fully and actively for years to come. Your heart works tirelessly for you; make choices that support its vital work.

## MEET THE TEAM

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



### Christopher Bagley, APRN

Chris is lifelong a resident of Marion county. Chris graduated with a Bachelors degree from the University of Florida in Health Science Education with a specialization in Health Promotion. Chris worked as a firefighter, paramedic and registered

nurse prior to becoming a nurse practitioner. Chris has worked primarily as an ER nurse practitioner but also has experience in primary care and long term care.

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



### Eldon Waters, MSN, APRN

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

South University.

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

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



**ELITE MEDICAL**

2801 SW College Road Unit 16  
Ocala, FL 34474

**352-441-9775**

[www.elitemedicalocala.com](http://www.elitemedicalocala.com)

# JOINTS DESERVE TO BE HAPPY

## A Life with Joint Pain

As the pain pandemic continues more joints everywhere are losing their mojo. Over 500 million people are impacted by osteoarthritis (OA) worldwide. Joint pain changes the way people feel and act. Luckily there is plenty of support outside of medication.

Sometimes the thought of exercising while in pain seems counterproductive. However, "exercise plays the most important role as the first line of treatment for OA, (Professor Helen French, *Inflammation Nation*, S3 E2)" The widespread saying, "motion is lotion" is a mantra to be shared amongst everyone, especially those with joint pain. Exercise has proven to be just as effective as over-the-counter pain relievers and has a more positive long-term impact.

Consider the relationship between posture and OA. Both significantly impact the other. "Joint misalignment due to arthritis frequently coincides with muscle imbalance creating additional stress on involved joints," explains occupational therapist Carole Dodge. Luckily with proper movement training programs muscular imbalances are quickly improved.

From the other end, physical therapist Dr. Kelly Ruther states, "Your arthritis isn't what is causing your pain. Your body's misalignment, and muscular imbalance resulting in joint compression is. Just because you have arthritis doesn't mean you have to live with discomfort. If we can reduce compression in your joint by improving your body's alignment and muscular balance we can reduce inflammation, and ultimately reduce pain!"

## Pilates for OA

Enter the power of Pilates. Pilates is more than a method for joint pain, it is a lifestyle capable of reducing chronic pain and inflammation starting with alignment, breathing and core stability. This trio weaves a supportive path for the joints.



## Easy as A, B, C

• **Alignment:** In the Pilates method there is a primary focus to harmonize muscles through postural stretches and resistance training. Every exercise begins, ends, and is performed with corrective alignment to balance the muscles groups. As the muscles begin to balance, joint compression naturally decreases and joints can begin to move more freely.

• **Breathing:** Breathwork not only facilitates better posture and stability but it can also decrease inflammation. Studies have shown that breathwork combined with a deepening of mind-body training will significantly lower inflammation (Dr. Will Cole, *How Breathwork can Help Heal Trauma & Reduce Physical Inflammation*, 2017). The guided breathwork performed in Pilates aims to connect awareness within the body to every movement.

• **Core:** The Pilates method demonstrates how stability begins with a resilient core. Meaning Pilates goes beyond improving core strength to train the core in dynamic and functional movements. Directly this reduces load on the spine and hips. A great Pilates session includes functional core challenges like rotation and lateral training.

## Support that Brings Joy to Joints

Pilates goes a step further than being nurturing joints. Pilates uses equipment to support the body's optimal movement pattern. This allows play back into movement and a chance to move like care-free kids.

**Reformer** - An entire warmup is masterly crafted to the lower body called footwork. Footwork on the reformer focuses on ankle, knee, and hip alignment while using resistance in a reclined position. This gently facilitates movement into the most weathered knees.

**Chair** - The Pilates chair is an ideal apparatus to remove load and play with rotation and side bending. The resistance springs designed within the chair provide feedback to integrate the shoulder girdle to the ribcage and spine. All of this is performed with care to even non-loading joints like the hands.

**BOSU** - This unstable small piece of equipment provides the additional challenge of training balance. Moves like 'cat' and 'bird dog' are amazing on the BOSU because it provides reactive control which subconsciously contracts the core while stretching the spine and gently challenging balance.

## Joints Deserve Happiness, Too

Pilates is thoughtfully crafted to keep joints from aches and inflammation. While exercise is the first line of defense for osteoarthritis, Pilates is the game changer that joints deserve. Joints need the Pilates method to stay happy and healthy while Pilates can shine through thoughtful and fun movement. This harmonious relationship even makes the most successful dating algorithms jealous.



**CLUB PILATES®**  
WWW.CLUBPILATES.COM

**(352) 421-5199**  
303 SE 17TH STREET, SUITE 106  
OCALA, FL 34471

## Confused About Senior Living Communities and Senior Services?

**One phone call can answer all your questions!**

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

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



*Senior Liaison*  
OF CENTRAL FLORIDA

**We are  
"Your Guide Through The Chaos!"**

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

CLUB PILATES®

## DO PILATES. DO LIFE.

• Tone & Strengthen
• Decrease Stress

• Boost Flexibility
• Improve Balance

*First Time? Try it Free!*

CLASSES START THIS FEBRUARY

303 SE 17TH STREET, SUITE 106  
OCALA, FL 34471  
**(352) 421-5199**



# Resources for paying for a Senior Living Community

By Janice Martin, owner of Senior Liaison of Central Florida Inc.

**LONG TERM CARE INSURANCE** is the best resource to reduce the cost of senior living. Most require that you need assistance with at least two Activities of Daily Living which include bathing/showering, dressing, hygiene/grooming, transferring (i.e. from a bed to a chair), toileting/incontinency, assistance with feeding. Medication management and cooking are NOT considered ADLs.



There may be an elimination period until benefits begin and every policy is different; however, most are 90 days. During this time, you must pay privately before benefits begin. Some will pay for in-home care which may be used toward the elimination period. This is an effective way to utilize your policy so you can move to a community and immediately use your benefits. It is important to review your policy to understand your specific benefits and limitations.

In most cases, if you do not use your policy, you have lost your investment! Too often, many people who desperately need care put off receiving the benefits because they insisted on staying in their own home. Once approved for benefits, the premiums stop and may pay for most, if not all, of your stay thereby costing less than staying in your home.

**LIFE INSURANCE POLICIES.** Some policies are designed with a dual purpose as a death benefit or to pay for long term care. The entire amount can be used for long term care. If some or none of it is used for long term care, the remaining money is used as a death benefit. There is no elimination period, and you can use it along with your own income to help extend the payments.

**VETERAN'S AID AND ATTENDANCE** is an often overlooked need's-based benefit that is available for eligible Veteran's and/or their surviving spouse and must meet ONE of the following conditions:

- Served at least 90 consecutive days of active service including at least one day of active service during a period defined below and need assistance with Activities of Daily Living.
- Be bedridden
- Be at least 65 years old and
- Be a resident of a long-term care community

The Veteran must have served during the following dates with an honorable discharge:

- **World War II** - December 7, 1941 - December 31, 1946
- **Korean War** - June 27, 1950 - January 31, 1955
- **Vietnam War** - November 1, 1955 - May 7, 1975 - This is the only time when a Veteran must have served in-country in Vietnam
- **Vietnam War** - August 5, 1964 - May 7, 1975 - Veteran did not need to serve in country
- **Persian Gulf War** - August 2, 1990 through a date to be determined

Aid and Attendance is a monetary "add on" to the Basic Veterans / Survivors Pension. The amounts for 2025 listed below are the **maximum monthly benefit amount** a Veteran or surviving spouse may be entitled to.

- Veteran with no spouse or dependent child - \$2,358
- Veteran with a spouse or dependent child - \$2,795
- Two Veterans married to each other (one qualifies for A&A) - \$2,795
- Two Veterans married to each other (both qualify for A&A) - \$3,740
- Surviving spouse with no dependent child - \$1,515
- Surviving spouse with a dependent child - \$1,808

It may be possible for an individual who served in the Reserves or National Guard to qualify. The basic training that a reservist or somebody in the National Guard would go through doesn't constitute active duty. However, if they are called up after that either immediately or down the road, that can enable them to qualify.

In 2025, the net worth limits to receive this benefit is **\$159,240. This includes savings and checking accounts, mutual funds, stocks, and vacation homes. The primary home and car do not count towards the limit. There are programs to protect your income and assets, allowing you to qualify. Always speak with an attorney to learn more before assuming you don't qualify!**

**There is a 3-year look-back period for assets that have been gifted or sold for less than fair market value to avoid the maximum net worth limit. There is a penalty that may be up to 5 years before they are eligible to receive benefits. However, if they are able to get the gifted item back, there will be no penalty period.**

You must have a copy of the Veteran's DD214 to apply. If it's lost, the VA can assist in getting a new one, but it will delay the process.

**THE MEDICAID WAIVER** is another needs-based benefit for an individual with an income in 2025 less than \$2,901. For married spouses both applying, it is \$5,802. If one spouse remains home and needs some of their spouses income to survive, there may be something called "Spousal Diversion" that can help.

**The same qualifiers apply as Aid and Attendance (highlighted above).** However, there is a 5 year look back for Medicaid.

There are only a few communities that accept the Waiver. Most communities have two fees - the room rate, which may be shared or private, and the care fees. However, the waiver only applies to the care. The individual will still be responsible for their room rate, which sadly often exceeds their income. There are different providers for the waiver and each facility has a different contract with some or all of them and the amount of the benefit.

The Waiver is a State program and is not reciprocated from one state to another. Residency must first be established before starting the process from the beginning.

Aid and Attendance is a Federal program and applies to all US States and can be used for payment in all assisted livings.

In a few circumstances, both programs can be used together. It is important that you get help from a professional, or attorney for the application process for either program. It can take several months to be approved, depending upon the circumstances. However, the benefits may be retroactive to the date of the application.

*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](http://www.seniorliaisoncfl.com).*



Senior Liaison  
OF CENTRAL FLORIDA

352-477-1866 | [seniorliaisoncfl.com](http://seniorliaisoncfl.com)  
[seniorliaisoncfl@gmail.com](mailto:seniorliaisoncfl@gmail.com)

# Stress Management Tips from Quick Care Urgent Care

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

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

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

### Take Time for Yourself

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

### Get Moving

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen

rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

### Meditation

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

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

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

### Quick Care Med Urgent Care

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

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

**Quick Care Med Walk-In Clinic & Urgent Care** is a comprehensive urgent care clinic with multiple specialties to serve you. Quick Care Med has locations in Marion (Dunnellon and Ocala), Citrus (Crystal River, Inverness, Beverly Hills, and Homosassa), Levy (Williston), & Alachua (Newberry) counties, plus our newest location in Chiefland that provides immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

**Quick Care Offers The QCard—Affordable Health-care for Just \$1 a Day, Ask us How or Visit us Online!**

[www.quickcared.com](http://www.quickcared.com)

#### 4 Locations in Ocala

- 3415 E. Silver Springs Blvd, Ocala, FL 34470  
(On Silver Springs Blvd. across from Publix)
- 8119 SW State Rd 200, Ocala, FL 3448  
(Just past Walgreens)
- 6341 N US 441, Ocala, FL 34475  
(Across from John Deer)
- 2205 N Young Blvd, Chiefland, FL 32626

**Quick Care Med**  
**Walk-In Clinic & Urgent Care**  
**844-797-8425**  
[www.quickcared.com](http://www.quickcared.com)





**ELITE MEDICAL**  
2801 SW College Rd, Unit 16 Ocala, FL 34474

- **MEN'S HEALTH**
- **WEIGHT LOSS**
- **IV INFUSION**

**ELITE MEDICAL** was designed as a comprehensive wellness practice. We focus on improving your quality of life and helping you achieve your health goals. Services provided in person or via telehealth visit.

**352-441-9775 • [www.elitemedicalocala.com](http://www.elitemedicalocala.com)**

## SICK NOW? SEEN NOW!®



From the common cold to a broken bone, Quick Care Med Walk-in and Urgent Care revolves around getting you back to feeling good!

Providing immediate walk-in treatment to pediatric and adult patients for illnesses and injuries, wellness exams, and employer health services.

**Toll Free:**  
**844-797-8425**  
3 Locations in the Ocala Area to serve you.



**WALK-IN CLINIC & URGENT CARE**  
[www.quickcared.com](http://www.quickcared.com)



# Navigating End-of-Life Decisions: The Role of Hospice Palliative Care and Strategic Planning

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

As we navigate the complex journey of life, we inevitably confront the reality of mortality. When faced with terminal illness, the importance of hospice palliative care becomes clear. This specialized medical care focuses on providing relief from pain and other distressing symptoms, enhancing the quality of life for patients and their families. However, beyond medical support, thoughtful estate and legacy planning can significantly ease the financial burdens that often accompany end-of-life decisions.

## Understanding Hospice Palliative Care

Hospice palliative care is designed to provide comprehensive support to individuals with life-limiting conditions. Unlike curative treatment, which aims to eliminate the illness, palliative care prioritizes comfort, dignity, and quality of life. This approach can be initiated at any stage of a serious illness and involves a multidisciplinary team, including doctors, nurses, social workers, and spiritual advisors.

The goal of hospice care is not just to manage physical symptoms but also to address emotional, social, and spiritual needs. Families are often involved in care decisions, allowing for open discussions about preferences and wishes. This holistic approach creates an environment where patients can feel safe and supported, ultimately leading to more meaningful end-of-life experiences.

## The Financial Implications of End-of-Life Care

While hospice care provides essential support, the financial aspects of end-of-life decisions can be daunting. Medical bills, potential long-term care expenses, and funeral costs can accumulate rapidly, creating additional stress for families during an already challenging time. This is where strategic planning—specifically estate and legacy planning—becomes vital.

**Estate Planning:** Establishing a comprehensive estate plan ensures that your assets are managed according to your wishes. This includes drafting a will, setting up trusts, and designating powers of attorney. These legal documents help clarify your desires regarding asset distribution, healthcare decisions, and financial management, minimizing confusion and disputes among family members.

**Legacy Planning:** Legacy planning goes beyond just managing assets; it involves determining how you want to be remembered. This could include philanthropic endeavors, family traditions, or specific messages you want to pass down to future generations. By addressing these aspects, you provide a framework for your loved ones, helping them to honor your legacy while navigating their grief.

**Retirement Planning:** A solid retirement plan is equally crucial. By anticipating healthcare needs and potential end-of-life expenses, you can create a financial cushion that alleviates some of the burdens on your family. Long-term care insurance, health savings accounts, and retirement accounts can all play significant roles in ensuring you have the resources necessary to cover your needs without placing financial strain on your loved ones.

## The Interconnection of Care and Planning

The synergy between hospice palliative care and financial planning cannot be overstated. When individuals have a well-thought-out plan in place, they can focus on the emotional and relational aspects of their care rather than being overwhelmed by financial concerns. This holistic approach enhances not only the quality of care received but also the overall experience for families during a difficult time.

## Open Communication is Key

Engaging in open and honest conversations with loved ones about your wishes is essential. Discussing your preferences regarding medical care, financial decisions, and legacy intentions can alleviate the burden on family members during a crisis. Encourage family members to express their thoughts and feelings as well, creating a supportive environment that fosters understanding and compassion.

## Seeking Professional Guidance

While it may seem daunting, the process of estate and legacy planning can be streamlined with the help of professionals. Financial advisors, estate planners, and hospice care coordinators can provide invaluable assistance in crafting a comprehensive plan tailored to your unique situation.

Their expertise can help you navigate the complexities of legal and financial issues, ensuring that your desires are honored.

## Conclusion

As we confront the inevitable, integrating hospice palliative care with thoughtful estate and legacy planning can make a significant difference in the lives of both patients and their families. By addressing medical needs while also preparing for the financial and emotional challenges of end-of-life decisions, individuals can foster a sense of peace and control during a tumultuous time.

Ultimately, this proactive approach not only enriches the patient experience but also creates a lasting legacy of love and consideration for future generations. In the end, it's about more than just planning; it's about ensuring that our final chapters are filled with dignity, comfort, and meaningful connections.

*Do you want to learn more about estate, legacy, and retirement planning? Do you have questions concerning end-of-life expenses?*

The team at Securenet Financial, LLC can help. Visit our website at [www.securenetfinancial.com](http://www.securenetfinancial.com) or call our office at (352) 312-9900 to schedule a no-cost, no-obligation introductory consultation. At Securenet Financial, we're here for you.

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



352-312-9900

[www.securenetfinancial.com](http://www.securenetfinancial.com)

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



# Attorney Patrick Smith Radio Show Now on 14 Stations

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



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

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

**Is Your Retirement Income Secure?**  
Schedule your complimentary consultation, today!  
**352-312-9900**  
[www.securenetfinancial.com](http://www.securenetfinancial.com)

Lifetime Income Planning

Investment Wealth Planning

Tax Planning

Retirement "What If" Planning

Legacy Planning

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

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

**PATRICK SMITH**  
ATTORNEY AT LAW

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

**Wills • Trusts • Probate • Estate Planning**  
[www.attorneypatricksmith.com](http://www.attorneypatricksmith.com)

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



# COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Richard W. Rozensky, DDS, D.ABDSM

**C**osmetic 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

# WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2025 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.



The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.

In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to

take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2025.



**Innovative**  
Therapies Group Inc.

Changing lives...  
One patient at a time!

352-433-0091  
www.innovativetherapiesgroup.com



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

(MM30672)

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

## Life is better at The Pharm

....and we couldn't agree more



Welcome to The Pharm Stand  
Where health meets nature. Step away from the pharmacy and into The Pharm Stand, where we bring you the power of nature's remedies. We specialize in plant based, holistic alternatives to traditional pharmaceuticals, offering natural solutions that nurture your body and mind.



**Brownwood Paddock Square®**  
3717 Meggison Rd The Villages FL 32163  
352-398-5557  
info@thepharmstandco.com | www.thepharmstandco.com

Monday - Saturday 10:00am to 7:00pm  
Sunday 12:00pm to 5:00pm



# Cancer doesn't wait. Neither do we.

When you're diagnosed with cancer, every minute matters — our nearly 100 statewide locations and in-house pathology lab ensure that your treatment is timely and personalized.

With lab results returned faster than the national average, our team of precision oncology experts takes action to quickly match each patient's data with the appropriate targeted therapy or clinical trial.

To learn more, visit  
[FLCancer.com/TimeToTreat](https://FLCancer.com/TimeToTreat)



 **FLORIDA CANCER**  
SPECIALISTS  
& Research Institute