

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

March 2025

Marion Edition - Monthly

www.HealthAndWellnessFL.com

FREE 

**A LOOK AT
CANCER TRENDS
IN THE U.S.**

**AGING DOESN'T
ALWAYS MEAN
COGNITIVE
DECLINE**

**NATIONAL
NUTRITION
MONTH**

**The Surprising
Connection Between
Diet and Hearing Health**

**REVOLUTIONIZING
JOINT CARE**

**How Robotic Technology at
UF Health is Transforming
Recovery in Central Florida**

BEYOND NUTRITION

**Unlocking Health Through
Your Body's Filtration System**

SPRING INTO ACTION

**5 Ways Physical Therapy
Can Transform Your Health**

**TRANSFORMATIVE
WEIGHT LOSS**



IMAGELIFT SEMINARS

LOCAL ANESTHESIA FACELIFTS



results are typical and do vary

**TOP RATED
BOARD CERTIFIED
FACIAL SURGEONS**



TOP DOCTORS®
2024

YOU ARE INVITED

**BROWNWOOD HOTEL
SEMINAR**

Thursday, March 6th @ 2pm
3003 Brownwood Blvd

**WATERFRONT HOTEL
SEMINAR**

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

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



Call Now

352-227-1501



IMAGELIFT® www.ImageLift.com

facebook.com/imagelift

youtube.com/imagelift

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



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



 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

AdviniaCare
Paddock Ridge
Assisted Living • Memory Care

**WELCOME TO THE
NEIGHBORHOOD**

30

**BRAND-NEW
APARTMENTS**

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

 *We're Here
For You!* 

CHECK FACEBOOK
FOR EVENT
UPDATES

JOIN US AT
ADVINIACARE PADDOCK RIDGE!

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

LASERLAB
PAIN THERAPY SPECIALISTS

**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**

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

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

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.

 **HOSPICE OF
MARION COUNTY**

HospiceofMarion.org | (352) 873-7415



**Always Hear
With You!**

OCALA HEARS
AUDIOLOGY

OCALAEARS.COM

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

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

Our Services

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

 **Dr. Evans Pemba**

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

CONTENTS MARCH 2025

- 6** Revolutionizing Joint Care:
How Robotic Technology at UF Health
is Transforming Recovery in Central FL
- 7** A Look at Cancer Trends
in the U.S.
- 8** Aging Doesn't Always Mean
Cognitive Decline
- 9** National Nutrition Month:
The Surprising Connection Between
Diet and Hearing Health
- 10** Nourishing the Nation:
Celebrating National Nutrition Month
- 11** Skin Exams: What Are They?
- 12** Breakthrough In Neuropathy
Treatment
- 13** Caregiving Impacts Your Health
- 14** Spring Into Action: 5 Ways
Physical Therapy Can Transform
Your Health
- 16** The Power of Emsella:
The Non-Invasive Treatment for
Urinary Incontinence
- 17** The ThetaChamber:
A Revolutionary Approach to Mental
Wellness
- 18** What is a Senior Advocate?
- 19** Cosmetic Dentistry is More
than a Pretty Smile
- 20** Transformative Weight Loss
- 21** Beyond Nutrition: Unlocking
Health Through Your Body's
Filtration System
- 22** Dupuytren's Contracture:
Why Xiaflex Injections Should
Be Paired with Occupational
Hand Therapy
- 23** How the Endocannabinoid
System and CBD Work Together to
Support Immune Health
- 24** Investing in Your Future
- 25** Attorney Patrick Smith
Radio Show Now on 14 Stations
- 26** Stress Management Tips
from Quick Care Urgent Care
- 27** Spiritual Wellness:
Maintaining Healthy Friendships

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonnygensing@yahoo.com



Publishing • Advertising • Web Design • Graphic Design

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

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

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 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.

It's your heart. It should be personal.

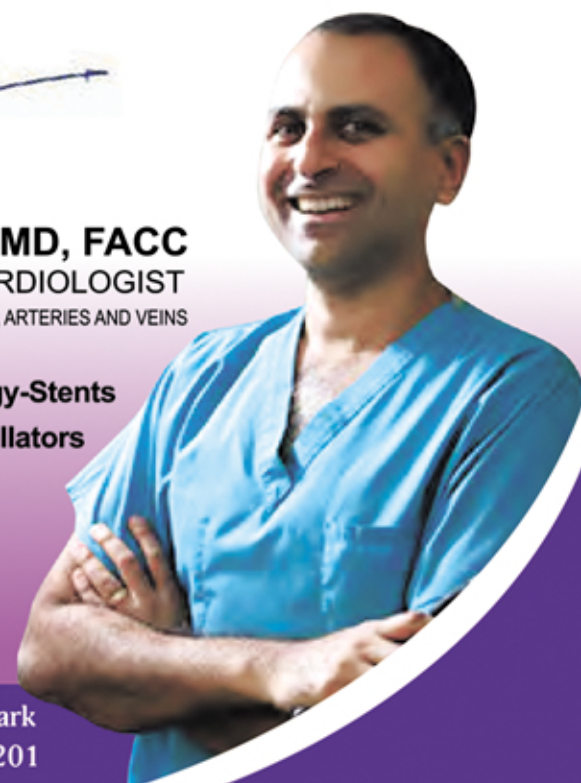
And that's how I treat it.

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.

A handwritten signature in blue ink, appearing to read 'T.E. Vallabhan'.

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

Revolutionizing Joint Care:

How Robotic Technology at UF Health is Transforming Recovery in Central Florida

In an era where medical innovation continuously pushes boundaries, robotic technology has emerged as a game-changer for individuals suffering from joint pain. Across Lake, Sumter, and Marion counties, advanced robotic systems like the Mako robot are revolutionizing orthopedic care, offering patients faster recoveries and improved outcomes for conditions that once meant lengthy hospital stays and difficult rehabilitation periods.

When Joint Pain Becomes a Barrier

Joint pain affects millions of Americans, often limiting mobility and diminishing quality of life. Whether resulting from osteoarthritis, injury, or age-related wear, deteriorating joints can transform once-simple activities into painful challenges. For residents of Central Florida, where active lifestyles are treasured year-round, joint limitations can be particularly frustrating.

"I couldn't even walk my dog around the block anymore," recalls Maria Santos, a 67-year-old Villages resident who recently underwent robotic-assisted knee replacement. "I tried medications and injections, but eventually, my orthopedist told me surgery was my best option."

Enter the Mako Robot: Precision Medicine in Action

The Mako Robotic-Arm Assisted Surgery System represents the pinnacle of orthopedic technology currently available to patients in Lake, Sumter, and Marion counties. This innovative system combines advanced imaging, intelligent algorithms, and precision robotics to transform joint replacement surgery.

Unlike conventional approaches, Mako-assisted procedures begin well before the patient enters the operating room. The system creates a personalized 3D model of the patient's joint anatomy, allowing surgeons to plan with unprecedented accuracy. During surgery, the robotic arm guides the surgeon within the pre-defined surgical plan, ensuring optimal implant placement down to the millimeter.

The Benefits: Why Robotic Technology Matters

The advantages of robotic-assisted joint surgery extend far beyond technical precision:

Faster recovery times mean patients typically return home sooner—often the same day for partial knee replacements and just 1-2 days for total joint replacements. This quick transition from hospital to home significantly reduces infection risks and allows for recovery in familiar surroundings.



Improved accuracy results in better-fitting implants. The Mako system helps surgeons achieve optimal alignment and balance, which contributes to improved function and potentially longer-lasting results.

Reduced trauma during surgery is another key benefit. The robotic system helps surgeons preserve more healthy bone and tissue, leading to less post-operative pain and quicker rehabilitation.

The Patient Experience

For Central Florida residents considering joint replacement, the robotic difference begins with the first consultation. Detailed imaging creates a digital twin of the affected joint, allowing surgeons to demonstrate the procedure and expected outcomes visually.

During surgery, the robotic system acts as an extension of the surgeon's expertise rather than a replacement. The technology provides real-time feedback, allowing for adjustments based on the patient's unique anatomy beyond what was visible in pre-operative planning.

Post-surgery, patients typically experience less pain and swelling compared to traditional methods. Physical therapy begins sooner, and many patients find themselves taking their first steps with their new joint the same day as surgery.

Looking Forward: Accessibility in Central Florida

As robotic joint surgery technology becomes more established, its availability continues to expand across Lake, Sumter, and Marion counties. What was once considered futuristic is now becoming the standard of care at leading orthopedic centers throughout the region.

For residents suffering from debilitating joint pain, the message is clear: advanced solutions are available close to home. With shorter hospital stays, faster recoveries, and improved outcomes, robotic-assisted joint surgery offers new hope for returning to active, pain-free living.

If painful joints are holding you back from enjoying Central Florida's beautiful outdoor spaces and active lifestyle communities, it may be time to explore how robotic technology could help you get back to the activities you love. UF Health Medical Group Orthopedics is at the forefront of this revolutionary care, offering Mako robotic-assisted surgery to patients across Lake, Sumter, and Marion counties—helping you recover sooner and return to your active lifestyle with greater confidence and comfort than traditional approaches.



UF HEALTH IS PROUD TO WELCOME PAUL MAHLE, MD

Orthopaedic Surgery,
Adult Reconstruction

Paul A. Mahle, MD, is a fellowship trained orthopaedic surgeon at UF Health specializing in joint replacement and adult reconstructive surgery. He provides personalized care for bone, muscle, and joint conditions, offering both non-surgical and surgical treatments for hip and knee injuries and degenerative conditions.

As part of a skilled healthcare team, he draws on shared expertise and best practices to diagnose and treat a wide range of musculoskeletal conditions. Outside of his practice, he enjoys traveling, being outdoors, and is passionate about physical wellness, encouraging an active and healthy lifestyle.

Same-day and next-day appointments available!

To schedule an appointment with Dr. Mahle, please call **352-323-5665** or scan the QR code for more information.



UFHealth
MEDICAL GROUP
ORTHOPAEDICS

A Look at Cancer Trends in the U.S.

The American Cancer Society's recently released annual report of cancer trends provides a deep dive into cancer incidence, death rates and survival. The publication is a go-to resource and forms the basis for vital, ongoing research into the causes and risk factors of cancer as well as transformational treatment discoveries.

Report Summary

According to the report, just over 2 million new cancer cases will be diagnosed in the U.S. during 2025, averaging about 5,600 new cases daily. The projected number of cancer-related deaths for the year is 618,120.

On the bright side, cancer mortality (the number of deaths from cancer) continues to decline in both men and women, a result of reductions in smoking, better treatments and earlier detection for some cancers.

An Upward Trend Among Younger People

The report also shines the light on some concerning trends related to the most common cancers:

- Women ages 50 to 64, as well as those under 50, now have higher rates of cancer compared to men in the same age groups. Women under age 50 are 82% more likely to be diagnosed with cancer than men, a significant increase from 51% in 2002.
- The surge among women is largely due to higher incidences of breast and thyroid cancers, alongside rising cases of lung and cervical cancers.
- Rates for lung cancer among younger American women have surpassed those of males, particularly in cases of adenocarcinoma, a common subtype of lung cancer.
- The incidence of colorectal cancer among younger adults is rising as well.

What's Behind the Trends?

The reasons for the increases in several early-onset cancers in younger women and men are not fully understood, but several factors may contribute.

Delaying childbirth and reduced breastfeeding rates have been linked with increased breast cancer risk, as well as a rise in alcohol consumption, obesity and physical inactivity. Genetics can also play a role. Younger women diagnosed with breast cancer are more likely to carry BRCA1 or BRCA2 gene mutations, which significantly elevate risk.

While smoking remains the primary risk factor for lung cancer, the upward trend among younger women is not fully explained by smoking behaviors. Studies indicate that even in populations where smoking rates between young men and women are similar, women exhibit higher lung cancer rates. Nearly 20% of lung cancer diagnoses in women occur among non-smokers, which suggests that other factors contribute, but definitive causes have not yet been determined.



Researchers are also investigating various potential causes for the upward trend in colorectal cancers. Modern diets, exposure to environmental toxins and lifestyle factors are among the likely potential causes.

Racial & Ethnic Disparities Persist

Large and persistent disparities also exist between different racial and ethnic groups. Alaskan and American Indians experience the highest cancer mortality rates. The Black population has the second-highest mortality for prostate, breast and endometrial cancers (2x that of every other group), and Black women are 50% more likely to die of cervical cancer.

Across all races, some cancers have a strong genetic component and some appear to run in families, while age, overall health, lifestyle and environmental factors also contribute to cancer risk. Research has cited economic and social impacts as primary reasons for the higher impact of cancer among Black Americans — among them, limited access to quality health care, lower socioeconomic status and lack of health insurance, which can delay diagnosis and treatment.

Reducing Cancer Risk

One of the best ways all people can reduce cancer risk is by taking the time to prioritize health and well-being. Plan ahead and schedule appointments for recommended wellness checkups and cancer screenings.

A growing number of screening tests are effective at finding and even preventing cancer, often before signs or symptoms appear. When detected early, certain cancers are much easier to treat.

Preventive health care and screening tests are necessary even if you are feeling fine. Talk with your doctor about what is right for you, based on your own health, family health history and personal risk factors.

Hope Behind the Numbers

While it's easy to become overwhelmed by the numbers, it's important to focus on the dramatic, ongoing discoveries that continue to enhance our understanding of cancer and uncover lifesaving treatments that are providing hope and enabling people with the disease to enjoy life to the fullest.

Reference: American Cancer Society. Cancer Facts & Figures 2025. Atlanta: American Cancer Society; 2025

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

About Florida Cancer Specialists & Research Institute, LLC (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.

 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

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**.

Aging Doesn't Always Mean Cognitive Decline

Many people believe that cognitive decline is an inevitability as we get older — or that dementia is just a normal part of aging. But in fact, while age is perhaps the most significant risk factor for cognitive decline, this isn't the case for everyone. Many people stay sharp even into their 70s, 80s, 90s and beyond. Here are a few brain functions that may actually improve as the years roll past.

1. Older adults may make wiser split-second decisions.

Imagine driving to work in the morning, singing along to the music on the radio. The traffic light at the nearest intersection is about to turn red, and you spot a car close behind you in the rearview mirror. How fast can you read the situation and decide whether to brake and risk being rear-ended or to try to get through the intersection?

This kind of split-second decision-making relies on speedy mental processing. While rapid decision making may slow a bit beginning at age 60, we become more cautious. So, while it may take a few more milliseconds to make the split-second decision, chances are it will be a wiser choice.

2. The aging brain is better at blocking out distractions.

Imagine you're back in the car, driving with family members, loved ones, or small children. It is raining heavily, impairing visibility on the road. The other passengers in the car are trying to pass the time by playing loud games or music on their phones. How well could you spot a pedestrian running out on the road?

Older adults might be better equipped to handle this situation. A 2021 study found that older individuals were better at tuning out potential distractions and orienting their attention to essential things in their environment.

3. General knowledge, learned skills, and vocabulary accumulate with age.

Being older means having more life experience, more time to accumulate knowledge and facts, and more time to perfect hobbies and mental skills. As a result, people in their sixties and seventies gradually improve upon these abilities with age.

As a result, older adults come out on top when it comes to tests of knowledge, history, or even solving familiar math problems.



Research also shows younger generations who have grown up with the internet — like millennials and Gen Z — are more susceptible to misinformation than older adults.

Many recent studies have overturned the idea that aging causes cognitive decline across the board. While some people may experience problems with memory and other aspects of thinking or problem-solving, many other abilities stay intact. They may continue improving as we age.

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

 **Charter**
Research

352-441-2000
www.charterresearch.com

1025 Lake Sumter Landing
The Villages, FL 32162

NATIONAL NUTRITION MONTH: THE SURPRISING CONNECTION BETWEEN DIET AND HEARING HEALTH

By Dr. Evans Pemba

Your dinner plate might be doing more than just satisfying your hunger—it could be protecting your hearing. As we celebrate National Nutrition Month this March, it's worth exploring the fascinating and often overlooked relationship between what we eat and how well we hear.

Most of us understand that nutrition impacts our heart health, weight, and energy levels, but few realize that our dietary choices can significantly influence our auditory system. Research increasingly shows that certain nutrients play vital roles in maintaining healthy hearing and potentially preventing age-related hearing loss.

The inner ear contains some of the body's most metabolically active tissues, requiring consistent nutrient delivery to function optimally. Poor nutrition can compromise blood flow to these delicate structures, potentially accelerating hearing deterioration.

Several key nutrients stand out for their hearing-protective properties. Potassium regulates the fluid balance in inner ear tissues, with studies linking decreased levels to age-related hearing loss. Foods rich in potassium include bananas, potatoes, spinach, and yogurt.

Antioxidants, particularly vitamins C and E, help combat oxidative stress—a major contributor to cellular damage in the auditory system. Colorful fruits and vegetables like berries, citrus fruits, and bell peppers provide these protective compounds in abundance.

Omega-3 fatty acids, found in fatty fish like salmon and in walnuts, may help strengthen the blood vessels in the ear's sensory system. Research published in the American Journal of Clinical Nutrition found that adults who consumed two or more servings of fish weekly had a 42% lower risk of developing age-related hearing loss compared to non-fish eaters.

Magnesium deserves special attention as it helps protect hair cells in the inner ear from damage caused by loud noises. Whole grains, nuts, and leafy greens provide this mineral that may serve as nature's hearing protector.



Folate deficiency has been linked to hearing loss in older adults. A Dutch study found that folate supplementation slowed hearing decline in participants with age-related hearing loss. Lentils, beans, and dark leafy greens are excellent dietary sources.

The Mediterranean diet, with its emphasis on plant foods, whole grains, and healthy fats, shows particular promise for hearing protection. A study from the Journal of Nutrition found that adherence to this eating pattern was associated with a 30% lower risk of developing hearing impairment.

Conversely, diets high in processed foods, refined sugars, and unhealthy fats may accelerate hearing damage through increased inflammation and compromised circulation. Research has linked higher blood sugar levels with an increased risk of hearing impairment, suggesting that metabolic health plays a crucial role in auditory function.

Maintaining proper hydration is also essential, as dehydration can adversely affect the fluid balance in the inner ear. Water remains the best choice for staying hydrated.

For those already experiencing hearing difficulties, nutrition shouldn't be viewed as a replacement for proper audiological care. However, optimizing your diet may complement other treatments and potentially slow further deterioration.

During this National Nutrition Month, consider that healthy eating benefits extend beyond the commonly recognized advantages for heart health and weight management. Your hearing health stands to gain from mindful food choices as well.

Experts recommend a balanced approach: consume a variety of colorful fruits and vegetables, incorporate lean proteins and healthy fats, limit processed foods and excess sodium, and stay properly hydrated. These habits support not just general health but may specifically protect the delicate structures responsible for our sense of hearing.

As we age, maintaining good nutrition becomes increasingly important for preserving all our sensory functions. By making informed dietary choices today, you're not just investing in your overall health—you're helping ensure that you'll continue to clearly hear the sounds that enrich your life for years to come.



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

Nourishing the Nation: Celebrating National Nutrition Month

March marks the arrival of National Nutrition Month, an annual campaign aimed at raising awareness about the importance of making informed food choices and developing healthy eating habits. Initiated by the Academy of Nutrition and Dietetics, this month-long observance provides an opportune moment to reflect on the significance of nutrition in our lives and communities. In today's fast-paced world, where convenience often takes precedence over nutritional value, National Nutrition Month serves as a timely reminder to prioritize our health and well-being. With rising concerns about obesity, chronic diseases, and nutritional deficiencies, adopting a balanced diet has never been more crucial.

One of the key messages of National Nutrition Month is the promotion of a varied and nutrient-rich diet. This entails incorporating a diverse range of foods from all food groups, including fruits, vegetables, whole grains, lean proteins, and dairy products. By doing so, individuals can ensure they obtain essential vitamins, minerals, and other vital nutrients necessary for optimal health.

Furthermore, National Nutrition Month encourages mindful eating practices, such as paying attention to portion sizes and practicing moderation. In a culture where oversized servings and super-sized meals have become the norm, being mindful of what and how much we consume can make a significant difference in our overall health outcomes.

Education plays a fundamental role during National Nutrition Month, with a focus on empowering individuals to make informed choices about their diet and lifestyle. Through workshops, seminars, and educational resources, people gain valuable insights into reading food labels, deciphering nutritional information, and planning balanced meals tailored to their specific needs.

The importance of nutrition extends beyond individual health; it also impacts societal well-being and economic prosperity. Poor dietary habits contribute to a range of health issues, placing a significant burden on healthcare systems and diminishing workforce productivity. By investing in nutrition education and promoting healthy eating environments, communities can mitigate these challenges and foster a healthier population.



National Nutrition Month also highlights the significance of sustainable food practices and environmental stewardship. Embracing locally sourced, seasonal produce and reducing food waste are essential components of a sustainable food system that promotes both human and planetary health.

As we celebrate National Nutrition Month, let us reaffirm our commitment to making nutritious choices that nourish our bodies, minds, and communities. By prioritizing healthful eating habits, we lay

the foundation for a brighter, healthier future for generations to come. Together, let us embark on a journey towards wellness, one wholesome meal at a time.

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

352-512-9191

www.adviniacare.com

4001 SW 33rd Court, Ocala, FL 34474



SKIN EXAMS: WHAT ARE THEY?

By Sierra Mahoney, PA-C.

March is a beautiful time of the year here in Florida. The sun is shining, the weather is warm, and the skies are blue. We live in an amazing state that allows us the privilege of being outside- sometimes for hours on end, soaking up every last drop of sun- not thinking about the consequences of tomorrow.

50 minutes of sun exposure (or less!) is enough to damage skin. In people with fair skin such as myself, a sunburn can occur in as little as 5 minutes. Studies have shown that even one bad sunburn can place you at an increased risk of developing skin cancer such as basal cell carcinoma, squamous cell carcinoma or melanoma. In fact, according to The Skin Cancer Foundation, a person's lifetime risk of developing melanoma doubles if they have had more than five sunburns in their lifetime.

That's some scary stuff. But never fear- MidState Skin Institute is here! This is where we come in: Skin exams.

Skin exams are the bread and butter of our practice. On average, each provider performs 20+ skin exams every single day. So, what is a skin exam?

I always explain to my patient's that skin exams- also called skin cancer screenings- are like easter egg hunts. I'm examining a patient head to toe in search of the "golden egg". I'll start by examining the scalp for anything suspicious such as irregular moles, lumps, bumps or skin cancers and work my way down to the toes, taking photographs or biopsies of any "eggs" that I want to collect along the way. Another common practice performed during a skin exam is called cryotherapy, where pre-cancerous lesions or pesky seborrheic keratosis (AKA "barnacles" or "wisdom spots") are frozen using liquid nitrogen.

Skin exams are a screening tool- we can't always prevent skin cancers, but if we can catch them early, the prognosis is excellent. In fact, even melanoma (one of the more dangerous skin cancers) has a 100% 5-year survival rate if caught in the beginning stages, according to the American Cancer Society.

What do I as the patient need to do to prepare for a skin exam?

Very little. Showing up is the most important thing. Sometimes I ask patients not to wear makeup or lotion to the appointment, so I can see and feel things accurately.



At what age should I start getting routine skin exams?

We recommend routine skin exams once a year for everyone living in Florida, starting at age 30. Genetics, personal or family history of skin cancer or people with excessive sun exposure may want to consider skin cancer screenings starting at a younger age or at more frequent intervals. Sometimes we do skin exams on kids! In my opinion, no one is ever too young to start having routine skin exams and patients are encouraged to come in for skin exams as often as they would like. One of my patients even comes in for skin exams every 2 months, which is the perfect interval for him.

What should I expect as a patient during the skin exam?

Typically, a medical assistant will escort you back into an exam room and ask if there are any spots that you would like to bring to the provider's attention. This may be a new mole that you have noticed, a spot that has recently changed, a spot that is painful/tender/itchy/-discolored, etc. A gown will then be handed to you will be asked to undress down to your comfort level for the examination. I always encourage my patients to undress completely due to the fact that "melanoma can hide!" A mantra that is often sung in our office. Skin cancers- especially melanoma- can hide in places "where the sun doesn't shine" such as the pubic region or in between the toes. Removing your underwear, shoes and socks just may save your life.

If a biopsy is taken during my skin exam, how long until I hear back regarding the results?

Sometimes biopsy results come back within a few days. I always tell my patients to allow up to two weeks to hear back regarding biopsy results. Rest assured- we will call you with the results regardless of whether they are benign or abnormal. You will always hear from us.

How is a biopsy performed? What do I do to take care of my biopsy site?

A biopsy is performed using local lidocaine, a blade of some sort and electrocautery or a stick. It can take several weeks for biopsy sites to heal, so we recommend keeping the area clean using warm soapy water and placing Vaseline or Aquaphor to the area and covering with the bandage one to two times a day until the biopsy site is healed.

I had my skin exam; a biopsy was taken, and the results were abnormal. Now what?

When we call our patients to inform them of biopsy results, we also go over treatment options to definitely treat the site where the abnormal cells were noted. This may include surgery, local chemotherapy or radiation or sometimes a procedure where skin cancer cells are scraped away and the base is then burned called an ED&C. When possible, surgical and non-surgical options are provided to best accommodate patient preferences.

My biopsy site is all healed and I don't see anything there, do I still need to undergo additional treatment for my abnormal biopsy results?

More than not, the answer is YES. This is a common question I hear (and rightfully so). I explain to patients that sometimes-abnormal cells can still be present even if we can't see them. I always compare skin cancers to an iceberg. When we take a biopsy, we remove the tip of the iceberg. Typically, additional treatment is needed to remove/destroy abnormal cells that may be lurking in deep dark depth of the ocean, or in this case, the skin!

I had pre-cancerous lesions frozen, and it looks like I've been bitten by mosquitos. Is this normal? I was also told to use a precancerous cream and my skin is now red and raw, is this normal?

The answer to both questions is YES! When destroying cancerous or precancerous cells, it shows on the skin. It's normal to have little blisters that turn into scabs in areas where the skin has been frozen and it's normal to have a red, raw, sunburn like reaction when using a prescribed chemotherapy cream. Using Vaseline or Aquaphor on the areas to help soothe the skin may be recommended. If needed, a prescription of topical steroid may be prescribed to help with the reaction. Remember...the more vigorous the reaction, the better the end result.

Protect Your Skin, Protect Your Future

Taking care of your skin isn't just about looking good—it's about safeguarding your health. Florida's sunshine is beautiful, but it comes with risks. The good news? Regular skin exams can catch potential problems early, often before they become serious.

If it's been a while since your last skin exam—or if you've never had one—consider this your friendly reminder to schedule an appointment. Prevention and early detection are key to keeping your skin healthy for years to come.

Your skin is your body's largest organ—treat it with the care it deserves. We're here to help every step of the way!



MidState Skin Institute
Comprehensive Dermatology Care

www.midstateskin.com

BREAKTHROUGH IN NEUROPATHY TREATMENT:

HOW SUMMUS LASER THERAPY OFFERS HOPE FOR NERVE PAIN SUFFERERS

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

Understanding Neuropathy: A Complex Challenge

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

The Summus Laser: A Technological Marvel in Pain Management

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

Key Mechanisms of Summus Laser Therapy

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

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

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

Clinical Evidence and Patient Outcomes

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



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

Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

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

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

Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

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

Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

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

Future of Neuropathy Treatment

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

Conclusion

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

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

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

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



(888) 952-7377
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

CAREGIVING IMPACTS YOUR HEALTH

Submitted by Hospice of Marion County

According to the 2023 Alzheimer's Disease Facts and Figures, the Alzheimer's Association reported that more than 11 million Americans provided unpaid care for people with Alzheimer's or other dementias. These caregivers provided an estimated 18 billion hours valued at \$340 billion. Additionally, 59% of these caregivers report that their own health has suffered due to care responsibilities with high or very high levels of emotional stress.

Health of Caregivers Impacted

Most caregivers receive little or no support from their own families or other organizations and are basically on their own. There's been a growing trend over the last few decades of closing mental health facilities, early discharge of hospital patients, and implementation of managed care practices which causes a shift and burden to families and caregivers. This often results in financial loss, strain among families, and caregiver health issues that manifest due to increased stress.

Studies consistently show the following impacts on a caregiver's health:

- Higher levels of depression and depressive symptoms than in non-caregivers
- Depressed caregivers are more likely to have coexisting anxiety disorders, substance abuse or dependence
- Chronic stress in caregivers sometimes is associated with an increase in hypertension, inflammation and decreased immune function
- Caregivers who experience chronic stress may be at a greater risk for cognitive decline
- Caregivers report having a higher incidence of stress, weight gain, headaches, and back strain among other physical ailments and pain associated with caregiving

Women tend to be, more often than not, the primary caregivers. However, being a caregiver whether male or female affects your quality of life and increases the challenge of balancing your personal schedule with that of the intense, demanding focus needed to be a caregiver.



Resources and Tips Available

Caregivers tend to put others first and themselves last. It's not uncommon to see the impact of ongoing stress from caregiving sometimes results in anger and resentment. It's vitally important for caregivers to make sure they are taking care of themselves mentally, physically and socially. How can a caregiver take care of a loved one, if they are not being mindful of their own needs and health? Below are some resources and tips:

- Don't be afraid to ask for help from family members or close friends who could run errands
- Practice meditation and exercise to help relieve stress—set aside early morning or evening for yourself
- Do something socially just for you—see a movie, have lunch with friends
- Check into your office policies to see if you have family leave benefits

Call Hospice of Marion County for support from these programs:

Transitions Program at (352) 854-5200 – This is a community supported volunteer-based resource with caregiver support groups, respite for the caregiver, providing assistance whether in homes or assisted living facilities.

Nancy Renyhart Dementia Education Program at (352) 291-5138 – This program provides education for those caring for someone with dementia. It is provided at no charge and provides a three-hour workshop with tips and helpful caregiving resources, along with a Virtual Dementia Tour® that lets the caregiver experience dementia through the eyes of their loved one.

 **empath**
**HOSPICE OF
MARION COUNTY**



SPRING INTO ACTION: 5 WAYS PHYSICAL THERAPY CAN TRANSFORM YOUR HEALTH

By Dr. Chad Rose, DC

As Florida's perfect weather welcomes another beautiful spring season, it's the ideal time for personal renewal. It's time to shake off the hibernation habits and spring into action for your health. Physical therapy, often underutilized and misunderstood, provides powerful tools to enhance your well-being beyond just injury recovery. Here's how making physical therapy part of your health routine can help you blossom this season.

Personalized Movement Plans for Lasting Results

One-size-fits-all exercise routines often lead to disappointment or injury. Physical therapists are movement specialists who evaluate your unique body mechanics, strengths, and limitations to create customized plans that work specifically for you.

Unlike generalized workout programs, PT-designed routines address your individual needs, whether you're recovering from surgery, managing chronic pain, or simply looking to improve your fitness safely. This personalized approach ensures you're working efficiently toward your goals while minimizing injury risk and maximizing results.

Prevention: Your Best Health Investment

Many people think of physical therapy only after injury strikes, but its preventive powers are remarkable. Regular sessions can identify and correct movement patterns that might lead to future problems. Your physical therapist can spot early warning signs in your posture, gait, or muscle imbalances that could develop into painful conditions later.

Prevention through physical therapy is particularly valuable for those with physically demanding jobs, athletes, and seniors. Like regular dental check-ups prevent major tooth problems, proactive physical therapy prevents musculoskeletal issues before they begin.

Beyond Pain Relief: Addressing Root Causes

While medications can mask pain temporarily, physical therapy works to resolve underlying issues causing discomfort. Through a combination of manual therapy, therapeutic exercises, and education, physical therapists address the root causes of pain rather than just treating symptoms.



This comprehensive approach leads to more sustainable outcomes. Many patients find that consistent PT helps them reduce dependence on pain medications while improving their quality of life. The skills learned in therapy sessions also provide tools for self-management between appointments.

Enhancing Performance in Daily Life

Physical therapy isn't just for athletes or those recovering from injuries. Everyone can benefit from improved movement quality in daily activities. From picking up your children to gardening or carrying groceries, better movement patterns make everyday tasks easier and safer.

As your body mechanics improve through therapy, you'll likely notice increased energy levels, better posture, and greater confidence in your physical abilities. These improvements ripple throughout your life, affecting everything from work productivity to leisure activities.

Holistic Approach to Wellness

Modern physical therapy takes a whole-person approach to health. Beyond exercises, therapists often address nutrition, sleep quality, stress management, and other lifestyle factors affecting physical wellness. This integrated perspective helps create sustainable health improvements rather than quick fixes.

Many therapists now incorporate mindfulness techniques, breathing exercises, and other complementary approaches that benefit both physical and mental health. This holistic strategy recognizes that true wellness encompasses both body and mind.

As spring unfolds with its promise of renewal, consider how physical therapy might help you achieve your health goals. Whether you're managing a chronic condition, recovering from injury, or simply wanting to move better and feel stronger, making physical therapy a priority can help you spring into action toward your best health yet.

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

Non Invasive No Downtime FDA Leared Affordable

Introducing EMSELLA®



LAKE SUMTER
UROLOGY

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

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



MidState Skin Institute

*Dr. Cawthen's
Spring Favs*



ISDIN

Eryfotona Ageless

Tinted SPF that actively repairs skin
damage.

**skinbetter
SCIENCE**
AlphaRet

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



MOXI

Revitalizes and refreshes
your skins appearance by
correcting uneven
pigmentation, tone and
texture.



Book Now

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

Jasmine

Deerwood

Paddock

7648 SW 61st Ave., Ste 10
Ocala, FL 34476
352-732-7337

1740 SE 18th St., Ste 1102
Ocala, FL 34471
352-512-0092

3210 SW 33rd Rd, Ste 101
Ocala, FL 34474
352-470-0770

Peace of mind Dentistry

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



Richard Rozensky, DDS
Diplomate, ABDSM

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

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

**LAUREL
MANOR
DENTAL**

**LAUREL
MANOR
SLEEPCARE**

352.430.1710 laurelmanordental.com
1950 Laurel Manor Drive, Suite 180B • The Villages, Florida 32162

The Power of Emsella:

The Non-invasive Treatment for Urinary Incontinence

Sit Back, Relax, and Reclaim Control

Emsella is a non-invasive treatment option for urinary incontinence, offering a groundbreaking solution for individuals seeking relief without surgery or medication. Using high-intensity focused



electromagnetic (HIFEM) technology, Emsella stimulates deep pelvic floor muscles, helping to strengthen and restore muscle tone. This treatment is ideal for patients suffering from stress incontinence, urge



incontinence, or mixed incontinence, and can be particularly beneficial for women post-childbirth or during menopause.

Clinical studies have demonstrated that Emsella can significantly reduce symptoms of urinary incontinence, improving quality of life for patients who

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

Emsella is quick, non-invasive, and painless. It is a revolutionary treatment for both men and women experiencing incontinence and/or wanting to improve sexual wellness.



**LAKE SUMTER
UROLOGY**

352-775-6899

www.lakesumterurology.com

808 Highway 466, Lady Lake, FL 32159

76%

**Improvement
in Sexual Satisfaction
and Desire⁴**

62%

**Improvement
in Orgasm²**

51%

**Overall
Improvement in Sexual
Dysfunction⁴**

37%

**Improvement
in Maintaining Erection
in Male Patients⁵**

64%

**Improvement
in UI at 3 Months¹**

68%

**Improvement
in UI at 12 Months²**

64%

**Improvement
in Nocturia¹**

57%

**Average Hygiene
Pad Reduction³**



THE THETACHAMBER: A REVOLUTIONARY APPROACH TO MENTAL WELLNESS

By Allen T. Stanley, Practitioner

In today's fast-paced world, mental health challenges have become increasingly prevalent. Anxiety, stress, depression, insomnia, and various addictions affect millions of people, significantly impacting their quality of life. Keep Young Wellness Center has introduced an innovative solution to address these concerns: The ThetaChamber™, a cutting-edge technology designed to offer relief without medication.

Understanding The ThetaChamber™ System

The ThetaChamber represents a breakthrough in non-invasive mental health treatment. This advanced system combines multiple therapeutic modalities to create a synergistic effect on the brain, helping to restore balance to neural circuits that regulate mood, stress response, and sleep patterns.

The treatment utilizes a combination of gentle magnetic stimulation, light therapy, sound frequencies, and vibration to encourage the brain to produce theta waves—a state associated with deep relaxation, creativity, and healing. This multi-sensory approach targets the underlying neurological imbalances that contribute to various mental health conditions.

Addressing Multiple Conditions Effectively

What makes The ThetaChamber particularly remarkable is its versatility in treating a spectrum of conditions:

Anxiety and Stress: The system helps activate the parasympathetic nervous system—our "rest and digest" mode—counteracting the fight-or-flight response that characterizes anxiety and stress. Many clients report feeling a profound sense of calm after just a few sessions.

Depression: By stimulating key neural pathways and encouraging the production of mood-regulating neurotransmitters, The ThetaChamber offers a promising alternative for those struggling with depression who haven't found relief through traditional methods.

Insomnia: The theta wave state induced during treatment helps retrain the brain to achieve more natural sleep patterns. Clients often experience improved sleep quality, longer duration, and an easier time both falling and staying asleep.



Addictions: Whether dealing with substance dependencies or behavioral addictions, The ThetaChamber helps reduce cravings by addressing the neurological reward pathways involved in addictive behaviors. This makes it a valuable component of comprehensive addiction recovery programs.

The Treatment Experience at Keep Young Wellness Center

At Keep Young Wellness Center, each ThetaChamber treatment is personalized to address the specific needs of the individual. The experience begins with a comprehensive assessment to identify the particular challenges and goals of each client.

During the session, clients recline in the specialized chamber while wearing headphones and light-filtering glasses. The treatment is entirely non-invasive and painless. Many describe the experience as deeply relaxing—similar to meditation but without requiring the mental discipline to achieve that state.

A typical treatment protocol involves a series of sessions over several weeks, with each session lasting approximately 30-45 minutes. Many clients begin noticing improvements within the first few treatments, with effects becoming more pronounced as the series progresses.

Benefits Beyond Symptom Relief

While The ThetaChamber effectively addresses specific conditions, many clients experience additional benefits that enhance overall well-being:

- Improved cognitive function and mental clarity
- Enhanced creativity and problem-solving abilities
- Increased energy levels during waking hours
- Better emotional regulation and stress resilience
- Reduced physical tension and pain

These complementary benefits contribute to a more holistic improvement in quality of life, extending beyond the primary symptoms that initially prompted treatment.

A Medication-Free Alternative

One of the most significant advantages of The ThetaChamber is that it provides a non-pharmaceutical option for those seeking relief from mental health challenges. This is particularly valuable for individuals who:

- Experience unwanted side effects from medications
- Prefer natural approaches to wellness
- Have not responded adequately to traditional treatments
- Seek complementary therapies to enhance their existing treatment plan

Keep Young Wellness Center emphasizes that The ThetaChamber can work alongside conventional treatments when appropriate, allowing for an integrated approach to mental health care.

The Future of Mental Health Treatment

As more people seek effective, non-invasive solutions for mental health concerns, technologies like The ThetaChamber represent the evolving landscape of treatment options. Keep Young Wellness Center stands at the forefront of this movement, offering clients access to innovative approaches that address not just symptoms but the underlying neurological patterns that contribute to mental health challenges.

For those struggling with anxiety, stress, depression, insomnia, or addictions, The ThetaChamber at Keep Young Wellness Center offers a promising path toward restored balance and improved quality of life—one session at a time.



**KEEP YOUNG
WELLNESS CENTER**

352-561-2991

www.KeepYoungWellnessCenter.com

510 County Road 466, Lady Lake, Florida 32159



WHAT IS A SENIOR ADVOCATE?

By Janice Martin, Senior Advocate and
Owner of Senior Liaison of Central Florida Inc.

What is a Senior Advocate and how do they serve the community? A Senior Advocate ensures that each senior is treated fairly and honestly as an individual. They assist seniors in being their voice, finding a service or appropriate community, or avoiding exploitation. If your loved one is in a rehab, nursing home, or assisted living and you don't feel they are receiving good care and you speak up for them, you are their advocate. Some may call themselves an advocate, but their actions speak otherwise. When the guidance of others is influenced by personal gain, they are not an advocate.

Before founding Senior Liaison of Central Florida, I worked as a Director of Sales in senior living communities. Families knew that if they had concerns about their loved one's care or if they weren't getting answers from other directors, they could count on me to be their advocate and keep the lines of communication open.

It was frustrating when a placement service referred a potential resident to the community where I worked, knowing their care needs could not be met. It was difficult to fight a corporation that insisted on "heads on beds" rather than seeing the person as an individual needing care and compassion. They expected me to admit as many residents as possible. The corporate and the placement service goal was purely financial gain. I was determined to be a true advocate with a different approach and resigned from community care.

Since I started Senior Liaison in 2021, my mission has always been to focus solely on the needs of those I serve. I am an advocate and educator on senior living options, and I also help with placement. I am heartbroken when I hear stories about how people are being misled by those who appear trustworthy. I have worked diligently to educate the public on all available options, either in their home or a senior community. Placement isn't always the answer.

When a placement company refers someone to a community, we are paid a referral fee by the community when the client moves in. However, we must be the initial referral source, or we will not be compensated. As a result, too many merely submit a name before they have a chance to learn more about the client. They may misrepresent who they work for,

making it appear they are a hospital or rehab employee. Others send personal information to every community – often without their knowledge or permission.

As a result, I am committed to taking action to serve with the greatest integrity. Senior Liaison is now a National Association of Senior Advocates (NASOA) member and abides by their "unwavering commitment to integrity, honesty, and client advocacy." I have pledged to act in only the client's best interest, be unbiased, offer all options available regardless of my financial gain, and be held to the highest standards possible. Before being accepted for membership, there must be a background check, consideration of online reviews, and no indication of a complaint with the Better Business Bureau.

I am also a National Placement and Referral Alliance (NPRA) member and a Certified Placement and Referral Specialist. The Code of Ethics is similar to NASOA but also requires all members to observe local, state, and federal laws governing placement and referrals, including Medicare and Medicaid policies, and may not receive gifts to influence guidance.

Surprisingly, there are no Florida regulations overseeing placement services. Therefore, I have contacted our congressman and proposed legislation to ensure an honest process of giving and receiving referrals and to stop misleading vulnerable families. My proposal requires that all placement services...

... must fully disclose who they represent upon initial contact,

... must disclose how they receive compensation at initial contact,

... must ask if the individual is working with another placement service before obtaining any information,

... must receive permission to use personal information before giving it to a community. If a community does not receive any information other than a name, it shall not be considered a valid referral,

... must not have an exclusive relationship with one single community,

... must not influence a client's decision on where they choose to move through manipulation or scare tactics,

... must only refer a client to the communities that meet the individual's needs,

... that no hospital or physical rehabilitation company may have an exclusive relationship with only one placement service,

... And there may never be any compensation changing hands between the placement service and any member of the community other than the contracted compensation.

I am the only Certified Placement and Referral Specialist in Central Florida and the only local member of the NASOA. If you are approached by someone to assist you with your search, I encourage you to discuss these key factors before proceeding.

For the last three years, it has been my honor to provide articles in this magazine educating readers about assisted living. This will be my final submission as I put more attention to finishing my next book, "The Essential Guide to Assisted Living: Expectation vs Reality." Please visit my website or contact me by email to be notified when it's available. I also welcome the opportunity to speak to local clubs, churches, and civic associations. I am always available to assist you in your search for placement or connect you with trusted companies to provide in-home service. Thank you for your readership and support!

Janice Martin is an advocate, 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. 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.



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



COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Richard W. Rozensky, DDS, D.ABDSM

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

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

DENTAL VENEERS

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

TEETH WHITENING

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

DENTAL CROWNS

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

DENTAL BONDING

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

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

DENTAL IMPLANTS

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

INLAYS AND ONLAYS

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

DENTURES

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

WHY CHOOSE LAUREL MANOR DENTAL AND SLEEP CARE?

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

In our practice, we utilize the following technology:

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

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

Meet Dr. Rozensky

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

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

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

Laurel Manor Dental/Laurel Manor SleepCare

352.430.1710

laurelmanordental.com

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

TRANSFORMATIVE WEIGHT LOSS

The Synergy of Nutrition, Lifestyle Changes, and GLP-1 Simulate Medications

In the relentless pursuit of a healthier and more fulfilling life, the journey towards weight loss is often multifaceted. Embracing a holistic approach that combines mindful nutrition, sustainable lifestyle changes, and cutting-edge medications such as GLP-1 simulate drugs can pave the way for transformative results.

Nutrition: The Foundation of Weight Loss

Nutrition serves as the bedrock for any successful weight loss journey. Adopting a balanced and nutrient-rich diet is not just about cutting calories; it's about providing your body with the essential elements it needs to thrive. Emphasizing whole foods, lean proteins, fruits, and vegetables can create a sustainable and enjoyable eating plan.

The principle of mindful eating comes to the forefront – paying attention to hunger cues, savoring each bite, and choosing quality over quantity. A well-rounded diet not only fuels the body but also helps in maintaining steady energy levels and keeping cravings at bay. Consulting with a nutritionist can offer personalized insights, ensuring that the dietary choices align with individual goals and health conditions.

Lifestyle Changes: A Commitment to Wellness

While nutrition sets the stage, lifestyle changes take center stage in the weight loss narrative. Incorporating regular physical activity is a cornerstone of a healthy lifestyle. From brisk walks to intense workouts, finding an activity that brings joy and can be sustained over time is key. It's not just about shedding pounds; exercise contributes to improved mood, enhanced cardiovascular health, and increased overall well-being.

Adequate sleep plays a crucial role in weight management. Poor sleep disrupts hormonal balance, leading to increased cravings and a tendency to overeat. Prioritizing a consistent sleep schedule and creating a restful environment can significantly impact weight loss efforts.

Stress management is equally vital. Chronic stress triggers the release of cortisol, a hormone associated with fat storage, particularly in the abdominal region. Incorporating mindfulness practices such as meditation or yoga into daily routines can help manage stress and support weight loss goals.

GLP-1 Simulate Medications:

A Revolutionary Approach

In recent years, GLP-1 simulate medications have emerged as a revolutionary addition to the arsenal against obesity. These drugs mimic the action of glucagon-like peptide-1 (GLP-1), a naturally occurring



hormone that regulates appetite and glucose metabolism. By enhancing feelings of fullness and reducing food intake, GLP-1 simulate medications contribute to weight loss.

The medications also exhibit additional benefits, such as improved blood sugar control and a lower risk of cardiovascular events. While not a standalone solution, when integrated into a comprehensive weight loss strategy, GLP-1 simulate medications can provide an extra layer of support for individuals facing challenges in achieving and maintaining a healthy weight.

The Synergy of Nutrition, Lifestyle, and Medication

The key to a successful weight loss journey lies in the synergy of these elements. A carefully crafted nutrition plan ensures that the body receives essential nutrients, while lifestyle changes contribute to enhanced physical and mental well-being. GLP-1 simulate medications, when prescribed under medical supervision, can act as a catalyst, helping individuals overcome barriers to weight loss.

It's crucial to approach these interventions with a personalized mindset, recognizing that what works for one may not work for another. Consulting with healthcare professionals, including nutritionists and physicians, can guide individuals towards an integrated approach that aligns with their unique needs and health status.

In conclusion, achieving transformative weight loss involves a comprehensive and tailored strategy. Nutrition and lifestyle changes form the foundation, while advancements in medications like GLP-1 simulate drugs offer a promising avenue for those navigating the complexities of obesity. By embracing this holistic approach, individuals can embark on a journey towards lasting wellness, reaping the rewards of a healthier body and a more fulfilling life.

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 a lifelong Marion County resident who grew up in the northern part of the county. He attended North Marion High School, College of Central Florida and the University of Florida. After graduating college, Chris became a firefighter/paramedic and attained the rank of Lieutenant before retiring.

Chris became a registered nurse and worked at Advent Health Ocala and HCA Ocala Regional. 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

BEYOND NUTRITION:

UNLOCKING HEALTH THROUGH YOUR BODY'S FILTRATION SYSTEM

Your Body's Nutritional Aquarium

Ever hear "You are what you eat"? While we often focus on consuming whole foods and avoiding processed options, there's more to optimal health than just eating right. When wellness plateaus occur, the issue may lie not in what you're consuming, but in how your body removes cellular waste.

The lymphatic system—your body's fluid-based waste management network—deserves more attention in health discussions. This system's primary function is eliminating waste to make room for new nutrients. As the Osteopathic principle states: "drainage proceeds supply." For tissue cells to properly absorb nutrients and oxygenated blood, the lymphatic system must first remove cellular waste, toxins, and excess fluid.

Dr. Perry Nickelston offers an illuminating analogy, comparing our bodies to aquariums. You can have the healthiest fish, premium food, and pristine coral, but without proper filtration, the entire ecosystem becomes toxic. Similarly, your lymphatic system serves as your body's filtration system—ensuring circulation remains clean and effective.

Within this system, lymph nodes act like tiny toilets flushing waste. Without proper flushing, cells essentially live in their own waste. This often manifests as persistent skin conditions, unexplainable brain fog, localized swelling, bloating, morning stiffness, chronic pain, stubborn body fat, and autoimmune issues.

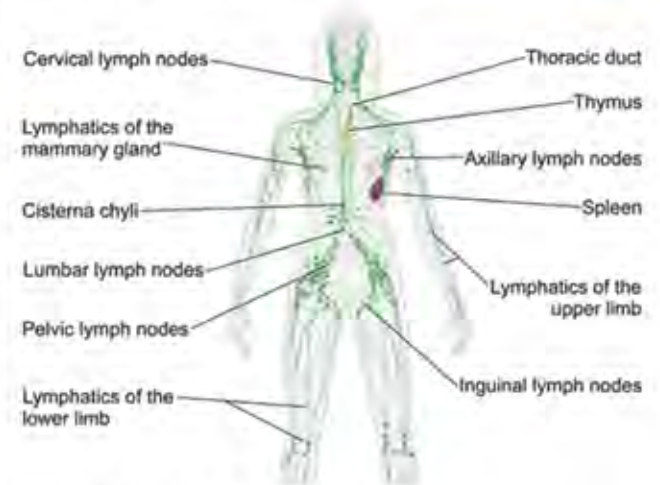
Poor posture significantly impacts lymphatic function. As Jack Ryan, Neuromuscular and Lymphatic Drainage Therapist explains, "If our posture is poor, it can interfere with the flow of lymph through vessels and nodes just like a kink in a garden hose."

Postural issues aren't simply about laziness—they can result from weight changes, footwear choices, stress, injuries, or even emotional states. When you slouch, fluid cannot flow properly through compressed tissues.

Pilates offers simple movements to improve lymphatic flow:

- **Proper Breathing:** Practice three-dimensional diaphragmatic breathing—expanding your ribcage in all directions like a balloon, then exhaling while softening your neck, shoulders, and ribcage. This promotes oxygenation and activates deep support muscles.
- **Shoulder Shrugs:** Inhale while lifting shoulders for five counts, hold for five, then lower. This squeezes lymph nodes and promotes fluid movement.
- **Ankle Pumps:** In a split stance with hands on a wall, lift and lower your back heel rhythmically while maintaining proper alignment.
- **Light Rebounding:** Breathe diaphragmatically while gently bouncing by lifting and lowering heels quickly for 30-second intervals.
- **Rolling Like a Ball:** Sitting with knees pulled toward your chest, roll back to your shoulder blades on inhale, return to sitting on exhale (contraindicated for certain spinal conditions).

An efficient lymphatic system benefits your entire body's "aquarium" and complements any health goal. By addressing your filtration and waste management systems, your internal ecosystem can thrive more easily, maximizing the benefits of your nutritional efforts.



Embracing Whole-Body Wellness

The journey to optimal health extends beyond our plates and into the intricate systems that govern our body's internal environment. By incorporating simple lymphatic-supportive practices into your daily routine, you create a foundation for more effective nutrient absorption and toxin removal. Remember that true wellness emerges from balance—between what we consume and what we eliminate, between movement and rest, between attention to nutrition and attention to our body's cleaning mechanisms. Just as the most beautiful aquariums require both quality inputs and efficient filtration, your body thrives when all systems work in harmony. Make lymphatic health a cornerstone of your wellness practice, and watch how it amplifies every other healthy choice you make.



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.



We are
"Your Guide Through The Chaos!"
352-477-1866
SENIORLIAISONCFL.COM
SENIORLIAISONCFL@GMAIL.COM

CLUB PILATES
OCALA

First Time?
Try it FREE!



(352) 421-5199
303 SE 17th Street, Suite 106
Ocala, FL 34471
clubpilates.com/ocala



TONE & STRENGTHEN • DECREASE STRESS • BOOST FLEXIBILITY • IMPROVE BALANCE

Dupuytren's Contracture:

Why Xiaflex Injections Should Be Paired with Occupational Hand Therapy

Dupuytren's contracture is a progressive hand condition characterized by the thickening and tightening of the fascia beneath the skin of the palm. As the disease advances, tough fibrous cords form and contract, pulling fingers—most commonly the ring and pinky fingers—toward the palm. This contracture significantly impairs hand function, making everyday tasks from shaking hands to putting on gloves increasingly difficult.

While surgical intervention was once the primary treatment, collagenase injections, specifically Xiaflex (collagenase clostridium histolyticum), have revolutionized Dupuytren's management. These enzyme-based injections break down the collagen deposits forming the problematic cords. However, the journey to restored hand function doesn't end with the injection—occupational therapy (OT) hand rehabilitation plays a crucial role in maximizing outcomes.

Understanding Xiaflex Treatment

Xiaflex works by enzymatically dissolving the collagen cords responsible for finger contractures. The procedure typically involves an injection directly into the cord, followed by a manipulation procedure 24-72 hours later where the physician extends the affected finger to rupture the weakened cord. The immediate result can be dramatic—fingers that haven't straightened in years suddenly gain newfound freedom.

However, this freedom comes with responsibility. The tissue disruption from both the injection and manipulation creates a healing environment where new patterns of movement and tissue organization will establish themselves. Without proper guidance, the healing process may lead to suboptimal results or even recurrence.

The Critical Role of Hand Therapy

Post-Xiaflex occupational therapy serves several essential functions that significantly impact long-term outcomes:

First, OT helps maintain the range of motion achieved during the manipulation procedure. Without consistent stretching and movement, newly released tissues may contract again during healing. Therapists provide customized splinting programs, often including night splints that hold fingers in extension while sleeping and dynamic splints for daytime wear.



Second, therapy addresses the compensatory movement patterns patients developed while living with contractures. Many patients unconsciously alter how they use their hands to accommodate limitations. These ingrained habits don't automatically disappear when range of motion improves and can impede full functional recovery if not addressed through targeted retraining.

Third, professional guidance helps manage common post-injection complications. Swelling, bruising, and temporary pain are expected responses that benefit from therapeutic interventions like compression, manual edema mobilization, and modalities to control inflammation and discomfort.

Fourth, therapists provide progressive strengthening exercises once the initial healing phase passes. Many patients experience weakness after years of altered hand use, and rebuilding strength in newly available ranges of motion is essential for full functional recovery.

Evidence Supporting Combined Approach

Research consistently demonstrates superior outcomes when Xiaflex injections are paired with structured therapy programs. Patients receiving comprehensive hand therapy show greater long-term maintenance of extension gains, improved grip strength, and higher scores on functional assessments compared to those receiving injections alone.

Additionally, recurrence rates—a significant concern with all Dupuytren's treatments—appear lower when patients participate in ongoing hand therapy and adhere to home exercise programs.

Practical Considerations

Typically, hand therapy begins shortly after the manipulation procedure and continues for 8-12 weeks, with frequency tapering as progress is made. Patients should expect an active role in their recovery, including performing home exercises between sessions.

Insurance coverage varies, but most plans recognize the medical necessity of post-Xiaflex therapy. The investment in therapy often pays dividends through improved function and potentially decreased need for retreatment.

For optimal results, patients should seek hand therapists with specific experience treating Dupuytren's contracture. These specialists understand the condition's unique challenges and can provide targeted interventions that general physical therapists might not offer.

By embracing the partnership between Xiaflex injections and specialized hand therapy, patients give themselves the best opportunity to overcome the limitations of Dupuytren's contracture and return to the activities that matter most to them.

Innovative Therapies Group has certified hand therapists that specialize in specific treatments post Xiaflex injections for Dupuytren's contractions and will help you to regain function post procedure.

Types of Treatment Available with Physical Therapy

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



Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com

HOW THE ENDOCANNABINOID SYSTEM AND CBD WORK TOGETHER TO SUPPORT IMMUNE HEALTH

How does the endocannabinoid system (ECS) work in harmony with hemp and CBD to support your immune health? If you've been curious about how these compounds function in the body, this could be an interesting read.

The **endocannabinoid system** is a complex network of receptors and chemicals in your body that plays a key role in regulating several important physiological processes, including immune response, pain sensation, mood, and inflammation. When it comes to boosting your immune system, the ECS is a key player. Hemp-derived **CBD (cannabidiol)** and other cannabinoids can interact with this system to support its normal function, helping maintain balance (homeostasis) in the body.

Hemp, with its rich content of CBD and other cannabinoids, works with your ECS to enhance **immune modulation**—a critical function in defending your body from illness. By influencing receptors like CB1 and CB2, CBD may help reduce inflammation, regulate the immune response, and even support cellular repair, making it an excellent natural aid for immunity.

That said, it's important to understand that **CBD is not snake oil**—it's a legitimate supplement with scientifically backed potential benefits. However, as with any supplement or wellness product, **quality matters**. Not all CBD products are created equal, and in order to experience the full benefits, it's essential to seek out products that are sourced from reputable companies. When shopping for hemp or CBD, look for third-party lab testing to ensure purity, potency, and the absence of harmful contaminants.



Because there's a wide variety of CBD products out there, it's always wise to consult with a healthcare professional to help guide you in selecting the best options for your specific needs. This way, you can be confident that you're making an informed decision and supporting your health in the best possible way.

If you're interested in learning more or need help navigating the world of hemp and CBD products, we at The Pharm Stand, would be happy to share additional resources and help.

The Pharm Stand:

Nature's Healing Powers at Your Fingertips

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

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

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

Disclaimer: The statements made regarding these products have not been evaluated by the Food and Drug Administration. The efficacy of these products has not been confirmed by FDA-approved research. These products are not intended to diagnose, treat, cure or prevent any disease. All information presented here is not meant as a substitute for or alternative to information from health care practitioners. Please consult your health care professional about potential interactions or other possible complications before using any product. The Federal Food, Drug and Cosmetic Act requires this notice.

THE PHARM STAND

Brownwood Paddock Square®

3717 Meggison Rd., The Villages, FL 32163

352-399-5557

www.thepharmstandco.com



Innovative
Therapies Group Inc.

Changing lives...
One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com



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

(MM30672)

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

HEMP DERIVED THC BEVERAGE AND OTHER CANNABINOIDS ONLY IN THE VILLAGES



TRY ALL THREE BLENDS

Free Samples Available ALL Day!
Only at The Pharm Stand

AVAILABLE EXCLUSIVELY AT THE PHARM STAND AT BROWNWOOD® - WHILE SUPPLIES LAST!

The perfect way to sip, socialize, and feel good without the regret. Crafted with real fruit juice, premium hemp extracts, and a unique blend of cannabis, Wana beverages deliver a refresh balanced experience.

Brownwood Paddock Square®
3717 Meggison Rd The Villages FL 32163
352 - 399 - 5557
info@thepharmstandco.com | www.thepharmstandco.com

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



Investing in Your Future:

The Power of Basic Financial Techniques for a Better Retirement

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

Retirement is a phase of life that many look forward to—a time to relax, explore new hobbies, travel, and spend quality time with loved ones. However, achieving a comfortable and secure retirement requires more than just wishful thinking. It necessitates careful planning, disciplined saving, and strategic investing. One of the most critical components to ensuring a successful retirement is obtaining a basic financial education. A fundamental understanding of financial principles, paired with the guidance of a reputable financial planner like Securenet Financial, LLC, can significantly enhance the quality of life in retirement.

The Importance of Basic Financial Techniques

Financial education doesn't need to be extensive to be effective. By focusing on a few key techniques, individuals can make substantial progress towards a secure retirement. Here are several simple yet powerful ways in which basic financial education can directly impact the quality of life in retirement:

- **Understanding Investment Options:** A basic grasp of investment options such as stocks, bonds, and mutual funds can go a long way. Knowing the basics allows investors to build a diversified portfolio that balances risk and return, ensuring steady growth of their retirement savings.
- **Effective Budgeting and Saving:** Knowing how to budget and save effectively is crucial for accumulating a sufficient retirement fund. Basic financial education teaches individuals how to prioritize expenses, reduce unnecessary spending, and set realistic savings goals. This disciplined approach to saving can lead to a more substantial nest egg upon retirement.
- **Tax Efficiency:** Taxes can significantly erode retirement savings if not managed properly. Basic knowledge of tax-efficient investment strategies, such as utilizing tax-advantaged accounts like IRAs and 401(k)s, can help retirees minimize their tax burden and maximize their income.
- **Risk Management:** All investments come with a degree of risk. Understanding simple concepts such as asset allocation and diversification can help retirees manage these risks effectively and protect their portfolios from significant losses during market downturns.

- **Income Strategies:** Generating a reliable income stream in retirement is essential for maintaining one's lifestyle. Basic financial education covers simple income strategies, including annuities and dividends, helping retirees create a sustainable income plan.

The Role of a Financial Planner

While a basic financial education is crucial, navigating the complexities of retirement planning can still be challenging. This is where the expertise of a professional financial planner becomes invaluable. Securenet Financial, LLC, for instance, provides personalized financial planning services that can make a significant difference in one's retirement journey. Here's how a financial planner can be instrumental in achieving retirement success:

- **Simplified Planning:** A financial planner from Securenet Financial, LLC, takes the time to understand your specific goals, needs, and circumstances. They simplify the planning process by breaking down complex financial concepts into easy-to-understand strategies, ensuring that every aspect of your financial life is addressed without overwhelming you.
- **Expert Guidance:** Financial planners possess extensive knowledge and experience in various areas of finance, including investments, taxes, and estate planning. Their expertise allows them to handle the complexities for you, providing sound advice and recommendations that align with your long-term objectives.
- **Continuous Monitoring and Adjustments:** Retirement planning is not a one-time event but an ongoing process. A financial planner regularly reviews your plan and makes necessary adjustments based on changes in your life, the economy, and financial markets. This proactive approach ensures that your retirement plan remains on track, regardless of external factors.
- **Emotional Support and Confidence:** Investing and financial planning can be emotionally challenging, especially during market volatility. A financial planner

offers emotional support and reassurance, helping you stay focused on your long-term goals. This peace of mind can reduce stress and anxiety, leading to a better overall quality of life in retirement.

- **Maximizing Opportunities:** Financial planners are adept at identifying opportunities that can enhance your retirement plan. Whether it's taking advantage of new investment products, tax-saving strategies, or government incentives, their insights can help you maximize your retirement savings and income.

Conclusion

Achieving a comfortable and fulfilling retirement doesn't require an extensive financial education. By mastering a few basic financial techniques and working with a reputable financial planner like Securenet Financial, LLC, individuals can significantly improve their quality of life in retirement. Basic financial education empowers you to make informed decisions, while a skilled financial planner simplifies the complexities and provides continuous support. Together, they form a powerful partnership that can help you navigate the intricacies of retirement planning and secure a bright and prosperous future. Investing in your financial education today, even at a basic level, can lead to a more secure, enjoyable, and stress-free retirement tomorrow.

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



352-312-9900

www.securenetfinancial.com

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

Attorney Patrick Smith Radio Show Now on 14 Stations

For the last 18 years, Patrick Smith has served Clermont as a local estate planning attorney and occasional radio guest host. It's the last year, though, that has brought his knowledge and outreach to the entire state and across the country — this time returning as host of his own callin legal advice show. Saturday mornings from 8-9 you can listen Live on 102.5 FM and AM760 and call in with you legal questions. Broadcasts can also be streamed Live on Facebook and at theBoneOnline.com. The office and website are always available to you: **352-204-0305 - www.AttorneyPatrickSmith.com**



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

Unchanged these his last 18 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.



Christopher
Bagley, APRN



ELITE MEDICAL

2801 SW College Rd, Unit 16 Ocala, FL 34474



Eldon Waters,
MSN, APRN

- **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



PATRICK SMITH
ATTORNEY AT LAW

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

Wills • Trusts • Probate • Estate Planning

www.attorneypatricksmith.com

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

Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

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

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

Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional 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.quickcaredmed.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.quickcaredmed.com

Is Your Retirement Income Secure?

Schedule your complimentary consultation, today!

352-312-9900

www.securennetfinancial.com



Lifetime Income Planning



Investment Wealth Planning



Tax Planning



Retirement "What If" Planning



Legacy Planning

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

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

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.

QUICK CARE MED
WALK-IN CLINIC & URGENT CARE
www.quickcaredmed.com

Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.



Advanced Joint Care

Move better.
Feel better.

Live better.



Paul Mahle, MD

Is joint pain limiting your life? It's time for a change.

UF Health is proud to welcome Paul Mahle, MD, our new expert orthopaedic surgeon specializing in advanced joint replacement surgeries.

Dr. Mahle is fellowship-trained in adult joint reconstruction orthopaedic surgery, bringing specialized knowledge and advanced techniques to every procedure. Utilizing robotic-assisted surgery for joint replacement, Dr. Mahle is able to offer faster recovery times, less scarring, and reduced risk of complications, ensuring that you get back to doing what you love — *sooner and safer.*

UFHealth
MEDICAL GROUP
ORTHOPAEDICS



To schedule an appointment with Dr. Mahle, please call **352.323.5665** or scan the QR code for more information.

Same-day and next-day appointment available.