

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2025

Marion Edition - Monthly

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NATIONAL
HEALTHCARE
DECISIONS
MONTH**

**FEELING
STRESSED?**

It Shows

**MINDFUL
MOVEMENT**

How Pilates Cultivates
Self-Love and Inner Strength

**NUTRITION
SUPPORT
IN WEIGHT LOSS
CLINICAL TRIALS**

**HOW VIRTUAL
CONNECTIONS
MAY BE IMPACTING
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NUTRITION SUPPORT IN WEIGHT LOSS CLINICAL TRIALS

Weight loss is more than a number on a scale—it's a comprehensive lifestyle journey that encompasses nutrition, physical activity, mental well-being, and sustainable habits. For those participating in weight loss clinical trials, access to professional dietitians represents a significant advantage that can transform not only trial outcomes but participants' relationship with food and health for years to come.

Clinical trials investigating weight loss interventions increasingly recognize that sustainable results require expert nutritional guidance. This personalized approach addresses the reality that weight management is highly individualized, with factors including metabolism, genetics, lifestyle, medical conditions, and psychological aspects all playing crucial roles.

The Dietician Advantage

Professional dietitians bring evidence-based expertise to weight loss trials, providing participants with tailored nutrition plans rather than one-size-fits-all approaches. These nutrition professionals assess individual needs through comprehensive evaluations of medical history, current eating patterns, lifestyle factors, and personal preferences before creating personalized recommendations.

Unlike general nutritional advice found online, dietitians in clinical trials offer ongoing support, adjusting strategies based on progress and challenges. This continuous refinement helps participants navigate plateaus, setbacks, and lifestyle changes that inevitably occur during weight loss journeys.

Beyond Calorie Counting

Modern nutritional science has moved well beyond simple calorie counting. Dietitians in weight loss trials focus on nutrient density, meal timing, macronutrient balance, and dietary patterns that support metabolic health. They help participants understand food quality, teaching them to distinguish between processed foods and nutrient-rich alternatives.

Participants learn about the glycemic impact of different foods, protein requirements for preserving muscle mass during weight loss, healthy fat sources that support hormonal balance, and appropriate carbohydrate choices for sustained energy. This comprehensive education transforms how participants



view food—not simply as calories to restrict but as nourishment that affects everything from energy levels to mood.

Behavioral Change Support

Perhaps the most valuable aspect of dietician support in weight loss trials is assistance with behavioral change. Sustainable weight management requires transforming deeply ingrained habits, navigating emotional eating patterns, and developing new coping mechanisms for stress and social situations.

Dietitians employ motivational interviewing techniques, cognitive behavioral strategies, and practical tools like meal planning and preparation skills. They help participants identify triggers for unhealthy eating behaviors and develop practical alternatives that work within real-life constraints.

Long-Term Health Benefits

The nutritional guidance received during weight loss trials extends far beyond weight management. Participants often experience improvements in cardiovascular health markers, blood glucose control, inflammatory markers, and digestive health. Many report enhanced energy levels, better sleep quality, improved mood, and reduced symptoms from chronic conditions.

These comprehensive benefits highlight why weight loss trials with dietician support focus on overall health enhancement rather than simply reducing numbers on a scale. This holistic approach acknowledges that true health encompasses physical, mental, and emotional well-being.

A Lasting Education

Perhaps the most significant benefit of dietician access during weight loss trials is the lasting education participants receive. Unlike temporary diets that end when the program concludes, the knowledge and skills acquired through professional nutrition counseling can serve participants for a lifetime.

Participants learn to navigate food choices independently, read nutrition labels critically, prepare healthy meals efficiently, and adjust their approach as life circumstances change. This nutritional empowerment transforms trial participation from a temporary intervention into a foundation for sustainable lifestyle change.

For those considering participation in weight loss clinical trials, the inclusion of professional dietician support represents an invaluable opportunity to gain personalized nutrition expertise that can benefit health outcomes far beyond the trial's conclusion.

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Are Certain Alternative Therapies Effective for Primary Cancer Treatment?

How does cancer start? There are several leading theories that explain different ways that cancer may develop.

Among them are the Somatic Mutation Theory (SMT) — that cancer arises from a buildup of changes in a single cell, caused by such factors as genetics, aging or exposure to harmful chemicals. The Tissue Organization Field Theory (TOFT) suggests that cancer is driven by disruptions in tissue interactions — meaning that different parts of the body that normally work together aren't communicating or functioning properly.

Many standard cancer treatments are based on the SMT and target the DNA of cancer cells. For example, chemotherapy, radiation therapy and immunotherapies aim to destroy or slow the growth of cancer cells.

The Mitochondrial-Stem Cell Connection (MSCC) theory was introduced in a study published in 2024. This new theory suggests that problems with energy production in stem cells might cause them to turn into cancer stem cells, which can then lead to tumor growth.

MSCC treatments aim to cut off energy sources that fuel cancer growth using a combination of high-dose vitamins, off-label medications (not approved for use to treat human cancers) and lifestyle changes.

While these treatments may have positive impacts in certain settings, it is still unproven whether they are effective for most patients with cancer. While some have been evaluated, large-scale studies in humans are lacking. Currently none of the following have been proven to be effective, especially as a primary cancer treatment:

- High-dose vitamin C has been studied for decades but has not shown to be effective in treating cancer.
- Ivermectin tablets are approved by the FDA to treat certain conditions caused by parasitic worms, and some topical forms are approved to treat head lice and other skin conditions. Phase 1 and 2 clinical trials show limited or no antitumor activity in humans with advanced cancer.
- Mebendazole is an oral medication used to treat parasitic worm infections, such as pinworm or roundworm. It works by stopping the worms from absorbing sugar (glucose), which they need to survive, eventually killing them. Researchers are exploring whether it may help slow the growth of certain cancer cells. However, a recent Phase 2 clinical trial showed no anticancer activity in treating gastrointestinal cancers.
- Vitamin D and other vitamins and minerals may be combined with traditional cancer treatments after all drugs have been reviewed for possible interactions.



In addition to the lack of data supporting the effectiveness of these treatments, there are potential side effects and risks:

- High-dose vitamin C given intravenously can potentially cause kidney stones or heart problems and can sometimes promote cancer growth.
- Too much vitamin D may be dangerous, and overdose can lead to calcium buildup and kidney failure.
- Ivermectin in high doses can cause neurological side effects.
- Mebendazole can cause liver damage or low white blood cell counts, making infections worse.

Depending on the cancer diagnosis and genetic testing, treatment selection will vary. Currently approved treatments have been tested in robust clinical studies and shown to be effective.

The following are general recommendations that can enhance well-being and help to minimize side effects for patients during cancer treatment:

1. Maintain a healthy, balanced diet focusing on whole foods and limit intake of highly processed products or foods high in sugar.
2. Regular exercise, including walking, yoga and Pilates, can help increase activity.
3. Various vitamin, mineral or herbal supplements may be complementary. Daily doses should remain within the recommended dietary allowances. Inform your health care providers of any new vitamins, supplements or alternative treatment before starting treatment to accurately investigate any possible interactions.
4. Aromatherapy with essential oils, meditation or other alternative practices may be beneficial.

It is important to review all the facts and talk with your health care team to determine if an alternative treatment is right for you. False hope in a treatment that has not been shown to be safe and effective can potentially delay the start of a therapy proven to be effective — leading to poor outcomes.

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PREVENTING VARICOSE VEIN BRUISING

Understanding how to prevent varicose veins is crucial, especially if you want to avoid the added discomfort of bruising. Varicose veins are particularly susceptible to bruising due to increased pressure and weakened vein walls. A minor bump or injury can lead to vein rupture, resulting in varicose vein bruising. These bruises can be more severe than typical bruises and may take longer to heal.

Maintaining optimal circulation and avoiding activities that strain the veins is essential to minimize the risk of varicose vein bruising. Varicose vein bruising, or spider vein bruising, occurs when bleeding occurs beneath the skin's surface. Spider veins, broken capillaries visible on the skin, commonly appear on the face, particularly around the nose, cheeks, and chest. These veins can become irritated and more prominent, mainly when existing varicose veins are in the same area. Vigorous touching or rubbing of the skin can exacerbate spider vein outbreaks.

Preventing spider vein bruising involves adopting simple yet effective strategies to protect your skin and promote healthy circulation. When washing your face, avoid applying excessive pressure. Instead, use a soft washcloth or let the water stream gently over your face in the shower. Constipation can contribute to varicose veins and bruising, causing capillaries to rupture during straining. Incorporating more fiber into your diet can alleviate constipation and reduce the likelihood of bruising.

Crossing your legs while sitting can contribute to the development of spider veins. Aim to keep your legs uncrossed and positioned straight to the floor to promote healthy circulation. Protect your skin from the sun's harmful UV rays using high-SPF sunscreen and wearing a hat and sunglasses outdoors. Limiting sun exposure can help prevent skin damage and minimize the risk of spider vein development. Consider wearing compression socks to improve leg circulation and reduce the incidence of spider veins and bruising. These socks are beneficial for everyday wear, especially during extended periods of sitting or standing.

Regular physical activity promotes healthy blood flow and circulation, reducing the risk of developing spider veins and leg bruising. Aim for at least 30 minutes of exercise daily, such as walking or cycling, to maintain vascular health. Incorporating



these preventive measures into your daily routine can effectively minimize the risk of varicose vein bruising and promote overall vascular health.

Treatment for varicose veins typically involves lifestyle modifications, minimally invasive procedures, or surgery, depending on the severity of the condition. Lifestyle changes may include maintaining a healthy weight, regular exercise, elevating the legs, and avoiding prolonged periods of sitting or standing. Minimally invasive procedures such as sclerotherapy, laser therapy, or radiofrequency ablation can effectively treat smaller varicose veins by closing them off or destroying them. For more prominent varicose veins, surgical options like vein stripping or ligation may be necessary to remove or ligate the affected veins. Consulting with a vascular specialist is essential to determine the most appropriate treatment approach based on individual needs and preferences.

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For more information regarding the prevention of varicose veins, please read their blog at: <https://cfvein.com/what-is-venous-hypertension/>

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How Virtual Connections May Be Impacting Mental Health

By Matthew Rocklage

Like it or not, social media has become a big part of life, especially for children and adolescents. The American Academy of Pediatrics estimates that 92% of teens are active on at least one social media platform.

The benefits of social media, when used responsibly, can include creating a sense of connection with peers, communities and long-distance family. Social media can also expose users to diversity and different perspectives.

Through online social networks, adolescents can discover and engage in supportive communities with others who are like them, which can sometimes be difficult "IRL" (in real life). Responsible use of social media also helps teenagers develop digital literacy, including online communication, which has become ubiquitous in society.

However, it's ironic that social media, touted as a way to connect people, can also result in people feeling isolated, lonely, anxious and depressed.

In some ways, the effects of social media can be like nicotine, alcohol and drugs, triggering impulse control problems and psychological cravings. The U.S. Surgeon General's 2023 Advisory "Social Media and Youth Mental Health" shares that children between the ages of 12 and 15 using social media for three hours daily had double the risk of anxiety and depression. As a result, the Surgeon General suggested that labels be put on platforms warning of the potentially negative effects on young people.

Experts believe that unrealistic comparisons, the need for validation and the inability to interact with people in real-time, due to the lack of face-to-face connection on social media, are particularly dangerous as young adults develop. Other studies have linked internet addiction among adolescents to changes in their brain, specifically in areas responsible for decision-making and impulse control, impacting cognitive function, behavior and mental health.

The Surgeon General is not the only one concerned. Last August, a study published in the journal JAMA Pediatrics found that children using tablets by age three have more expressions of anger and frustration, indicating difficulties with emotional regulation. Additionally, in 2023, Florida was the first state to require public schools to prohibit students from using cell phones during class time. The law also requires schools to teach students about the effects of social media.

This year, public school districts in Lee, Collier, Duval and Hillsborough counties tightened cell phone rules,

requiring phones to remain out of sight and inside bags during class.

Other districts in the state, including Pasco, Pinellas, Broward and Clay counties, have taken that ban a step further, applying it to all wireless devices, including cell phones, smartwatches and tablets.

Last March, Florida Gov. Ron DeSantis signed a bill to restrict access to social media platforms popular with children under 16. The state law also prohibits social media platforms from allowing children under 14 to have an account and requires that 14 and 15 years olds have parental permission.

The best way to minimize social media's negative impacts is to limit use. Set "screentime" boundaries for time that children spend online and make efforts to encourage in-person contact and activities. As part of its "Tips & Tools," the American Academy of Pediatrics provides guidelines on how to establish a family social media plan on its website, [HealthyChildren.org](https://www.healthychildren.org).

Regulating social media use and screentime has proven to have positive effects for overall well-being. A small, randomized controlled trial among college students showed that limiting social media to 30 minutes every day for three weeks led to significant improvements in depression severity.

When the ban on cell phones in schools was implemented in Florida in 2023, there was a notable increase in participation in class and student interaction during lunch, with recreation focused on more group activities and engagement.

Signs of potential mental health harm from social media use include withdrawal from family and friends, lack of interest in the future or hobbies and major changes in behavior, sleep or appetite.

Strategies to overcome negative impacts from harm include:

- Practicing mindfulness
- Regular exercise



- A healthy sleep schedule
- Building a strong social support network outside of social media
- Setting realistic goals
- Seeking professional help to prioritize and focus on interpersonal interaction and bonds

When our online presence begins to overshadow our in-person interactions, it is crucial to recognize and address the real-life implications of social media and take steps to mitigate its impact.



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FEELING STRESSED? IT SHOWS

By Allison Weber, APRN-C

You may know what stress feels like, but do you know what it looks like? It's not new news that stress can take a toll on our physical and psychological health. But did you know that stress can also be seen visibly, as the effects wreak havoc on your skin, hair, and nails?

We live a world where stress has become our norm - ranging from small inconveniences, like traffic jams, to COVID health scares, to the threat of a world war. Society is so stressed, we even have a Stress Awareness Month (yes, it's April!).

Some stress can actually be a good thing. In fact, stress is an important part of human evolution's response to danger. When stressed, our bodies create more stress hormones, like cortisol, which triggers our bodies physiological process to fight or flight.

Humans need cortisol to help us respond to danger, like say, a burglary. But, when your brain encounters chronic stress, your body reacts like there's danger lurking in the shadows all day, every day. The resulting surplus of cortisol is where things start to go wrong.

SKIN

Acne: Cortisol stimulates excess sebum, our skin's natural oil, which clogs our pores. Increased oil production means more breakouts - whether you're acne prone or not.

Psoriasis, Eczema, Rosacea: When too much cortisol is released due to chronic or severe stress, it can dysregulate the immune system. The result is an inflammatory skin flare up common in psoriasis, eczema, and rosacea. To make matters worse, the stress that caused your flare up also contributes to the slow down of your skin cell recycle, affecting how quickly you will be able to recover from the scaly, itchy, red patches.

Aging: Remember that when we are stressed, our body focuses on keeping us alive - not youthful. While the exact mechanisms are still unknown, recent research has shown that stress decreases the amount of lipids your skin secretes, causing dryness and sagging. Under stress, your skin also produces less of the proteins that hold your skin cells together, leading to lines and wrinkles. And since stress slows down the recycling of skin cells, expect to appear dull and tired.



HAIR

Stress levels are high, and for some, that might mean a change in the hair on your head.

Telogen effluvium: Hair follicles have growth and resting stages. Recent research has determined that cortisol acts on cells underneath the hair follicle. A serious stress event (pregnancy, chronic illness, psychological trauma) can temporarily push the cells into a "resting" phase, when 70 percent of your hairs are shed all at once. The hair loss can occur up to three months following the stressful event, after which you can thankfully expect it to grow back.

Greying: The idea that stress causes gray hair was a myth - until science said otherwise. Hair color is determined by melanocyte cells, which live at the base of the hair follicle and produce the pigment melanin. As we age, these cells gradually disappear. The hair that regrows from hair follicles that have lost melanocyte cells has less pigment and appears gray. Science has shown that stress hormones are released in our hair follicles, causing the melanocyte cells to die. With no remaining cells, no new pigment can be made, and any new hair becomes gray, then white.

NAILS

Nails are not immune to showing outward signs of stress.

Breakage and peeling: A healthy nail will appear pink in color and will be free of imperfections, like ridges. Healthy nails also need nutrients like biotin, zinc and iron and protein. Stress stops the absorption of nutrients to the nail, causing them to become dry, brittle and to sometimes peel.

Beau's lines: Ever lose a nail? It seems to take a century to regrow. In fact, a fingernail takes approximately six months to fully grow out - a toenail may take a year.

Stress can further disrupt the regrowth of the nail plate, causing horizontal lines across the nail. Known as, "Beau's lines," they are literal markers of stress. If fingernails take 6 months to grow, that Beau's lines in the middle of your nail means you were pretty stressed three months ago.

Nail biting/picking: Stress-induced behaviors can also affect your nails. Nail biting, in particular, is especially common. Science actually tells us that there's a connection between nail biting and an emotional release. Translation: the more we bite, the more relaxed we feel. When we're stressed, we're also known to chronically rub or pick at the cuticle around the nails. Both behaviors damage the nail plate, can cause open sores, and a risk of infection.

STRESS CYCLE

It's like the question of the chicken or the egg - what causes what? Stress causes a flare up of eczema. Visible patches of itchy dry skin cause us to - you guessed it - stress more. Stress causes us to lose hair. Sudden baldness causes us to - yet again - stress more. It's a cycle that has to be broken, so it's important to work with your healthcare provider and a dermatologist to break the cycle of stress that can make your dermatological health worse.

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DISTRACTED DRIVING, HEARING LOSS, AND YOUR SAFETY ON THE ROAD

By Dr. Evans Pemba

Every April, National Distracted Driving Awareness Month reminds us of the dangers of taking our attention away from the road. While much of the conversation focuses on texting and phone use, there's another critical factor that deserves our attention: hearing loss and its impact on driving safety.

For the 48 million Americans living with some degree of hearing impairment, navigating the roads presents unique challenges. Hearing loss doesn't just affect our ability to enjoy conversation or music—it fundamentally alters how we perceive and respond to our environment, especially behind the wheel.

The Dual Challenge: Hearing Loss and Distraction

Hearing is a vital sense for safe driving. It alerts us to emergency vehicles, honking horns, and mechanical problems with our vehicles. When hearing is compromised, drivers must rely more heavily on visual cues, which can lead to increased cognitive load and visual distraction.

Research from Johns Hopkins University suggests that even mild hearing loss can triple the risk of falls due to balance issues and spatial awareness challenges—factors that translate directly to driving performance. For those with moderate to severe hearing loss, the brain works overtime to compensate, potentially leading to faster cognitive fatigue during extended driving periods.

Understanding Hearing and Its Impact on Driving

Our ears capture sound waves and transmit them to the brain, where they're interpreted as meaningful information. This process happens in milliseconds, allowing us to react quickly to potential dangers. High-frequency hearing loss, the most common type, affects the ability to hear sirens, screeching tires, and other critical high-pitched warning sounds.

When drivers can't clearly hear these auditory cues, they often compensate by constantly scanning their surroundings, frequently checking mirrors, or driving with heightened anxiety. These compensatory behaviors, while necessary, divide attention and create their own form of distraction—one that's rarely acknowledged in traditional distracted driving conversations.



Technology: Helper or Hindrance?

Modern vehicles come equipped with numerous bells, chimes, and alerts designed to enhance safety. However, these auditory warnings may go unnoticed by drivers with hearing impairment. Simultaneously, the technology meant to assist—like Bluetooth systems and navigation aids—can become additional sources of distraction as drivers struggle to hear instructions or conversations.

Hearing aid users face their own set of challenges. Background road noise can interfere with hearing aid performance, and the constant adjustment between different sound environments can be mentally taxing, pulling attention away from the primary task of driving. Advanced directional microphones in newer hearing aids can help, but they require proper fitting and regular adjustments by an audiologist to function optimally on the road.

Breaking the Cycle of Distraction

For drivers with hearing loss, breaking the cycle of distraction requires a multi-faceted approach:

Regular hearing assessments should be part of every driver's health routine, especially for those over 50, when age-related hearing loss becomes more common. Early intervention can prevent the development of compensatory behaviors that might compromise driving safety.

Vehicle modifications, such as enhanced visual alert systems and mirrors, can provide additional sensory input to supplement diminished hearing. Some newer vehicles offer customizable display panels that can translate auditory alerts into visual notifications.

Hearing aids have evolved dramatically, with many now featuring road-specific settings that filter out background noise while amplifying important sounds like sirens or horns. Working with an audiologist to optimize these settings can significantly improve driving safety.

A Collective Responsibility

Creating safer roads for drivers with hearing loss isn't just an individual responsibility—it's a collective one. Urban planners, vehicle manufacturers, and policy-makers all have roles to play in designing infrastructure and vehicles that accommodate diverse hearing abilities.

During this National Distracted Driving Awareness Month, let's expand our understanding of distraction to include the challenges faced by those with sensory limitations. By acknowledging hearing loss as a potential factor in distracted driving, we can develop more inclusive strategies that keep all drivers safe.

Whether you're personally affected by hearing loss or not, supporting regular hearing screenings, advocating for accessible vehicle design, and practicing patience on the road are simple steps that contribute to a safer driving environment for everyone. When we address the invisible challenges of hearing loss, we create roads that work better for all.



DR. EVANS PEMBA

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

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

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



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ASSISTED LIVING FOR MEMORY CARE: UNDERSTANDING THE BENEFITS

Assisted living communities are designed to provide a comfortable and supportive environment for seniors who need assistance with daily activities. Memory care, which is a specialized form of assisted living, is designed for individuals who have been diagnosed with memory-related conditions such as dementia or Alzheimer's disease. Here at AdviniaCare at Paddock Ridge, we provide a secure and structured environment that is tailored to meet the unique needs of residents with memory loss.

AdviniaCare at Paddock Ridge offers many benefits to seniors with memory-related conditions, including:

A Safe and Secure Environment

We provide a secure environment that is designed to prevent residents from wandering or getting lost. AdviniaCare at Paddock Ridge has locked doors and security features that prevent residents from leaving the community without assistance. This provides peace of mind for family members who may worry about their loved one's safety.

Specialized Care

We provide specialized care that is tailored to meet the unique needs of residents with memory loss. Staff members are trained to provide assistance with activities of daily living, such as bathing, dressing, and grooming, as well as specialized care for individuals with memory-related conditions.

Structured Activities

We provide structured activities that are designed to engage residents and promote cognitive function. These activities may include memory games, music therapy, art therapy, and other activities that are specifically tailored to meet the needs of individuals with memory loss.

Nutritious Meals

We provide nutritious meals that are designed to meet the unique dietary needs of residents with memory loss. Many memory care facilities also offer snacks and hydration stations throughout the day to ensure that residents are properly nourished.

Socialization Opportunities

We provide socialization opportunities that are designed to promote social interaction and engagement. Many communities have common areas where residents can gather, as well as planned activities and events that promote socialization and community.

24/7 Monitoring

We provide 24/7 monitoring to ensure that residents are safe and secure at all times. Staff members are trained to recognize the signs of memory-related conditions, such as confusion or disorientation, and to provide appropriate support and care.

Peace of Mind for Family Members

AdviniaCare at Paddock Ridge provides peace of mind for family members who may worry about their loved one's safety and well-being. Knowing that their loved one is receiving specialized care and support can alleviate the stress and worry that often comes with caring for someone with memory loss.

In addition to these benefits, AdviniaCare at Paddock Ridge also provides support and resources for family members. Many communities offer support groups, educational resources, and other services that are designed to help family members cope with the challenges of caring for someone with memory loss.

Memory Care Services Include:

- Assistance setting appointments and coordinating outside health care needs
- Daily verbal prompting for meals, activities of daily living, and life enrichment programming
- Daily bed making and routine night checks
- Coordinate diagnostics testing/scheduling transportation for doctor visits
- Daily personal assistance with grooming and/or dressing
- Personal assistance with bathing
- Personal escort to meals and activities
- Personal assistance with dining and menu selections
- Assistance with behavioral expressions
- Medications management is included



Choosing a Memory Care Community

When choosing a memory care community, it's important to consider the needs and preferences of the individual with memory loss. Some factors to consider include:

Location: Choosing a community that is close to family members and loved ones can make it easier to visit and stay connected.

Size: Some individuals may prefer a smaller community with a more intimate environment, while others may prefer a larger facility with more amenities.

Services: Consider the services and amenities offered by the facility, such as specialized care, structured activities, and nutritious meals.

Staffing: Ask about the staff-to-resident ratio and the qualifications and training of staff members.

Cost: Memory care communities can vary widely in cost, so it's important to consider the budget and financial resources of the individual with memory loss and their family.

We at AdviniaCare recognize that caring for loved ones with memory loss can both be a pleasure and a challenge at times. With our memory care programs, we can relieve some of the burden off of your shoulders and create a beneficial experience for both you and your loved one.



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APRIL IS NATIONAL HEALTHCARE DECISIONS MONTH

Submitted by Hospice of Marion County

Making your healthcare wishes known is a win for everyone involved in your care. That is why during National Healthcare Decisions Month, healthcare organizations across the country highlight the importance of having advance directives. April 16 is celebrated as National Healthcare Decisions Day. This is a national program designed to inspire, educate, and empower the public to plan for the unexpected medical crisis.

What better time than during National Healthcare Decisions Month to make your healthcare decisions known by completing an advance directive. It is better to have the discussion sooner than later when it may be too late. Talking with your loved ones about what you want to happen should you not be able to speak for yourself and identifying who you want to speak for you is a gift that only you can provide. Having advance directives in place provide peace of mind and avoids burdening families with wondering what loved ones would have wanted.

Just as preparing a will is optimal when we are of sound mind and body, so is preparing for future healthcare needs. Having to make decisions for others is complicated, especially when that person can no longer speak for themselves. However, many seem to procrastinate, especially when it comes to talking about end of life matters as only about one third of Americans have completed one. It is one of those topics most people would rather not discuss but should, ensuring that their medical wishes will be carried out.

What are advance directives? These are legal documents that include a living will or a durable power of attorney for healthcare, also known as a healthcare proxy. Either document allows you to give directions about your future medical care; think of it as a road map for your family and doctors. It is your right to accept or refuse prolonged medical care if you have a serious, sometimes terminal illness. Advance directives can protect this right if you ever become mentally or physically unable to choose or communicate your wishes due to an injury or illness. By law, the decision belongs to the patient – make your wishes known to your family, healthcare providers and caregivers; you can change or update it any time.



An advance directive can be as simple as a two-page Living Will or as lengthy as the Five Wishes, a detailed user-friendly booklet. In Florida, an advance directive requires neither an attorney nor a notary, just the writer's signature and that of two witnesses.

In summary, advance directives can:

- protect your rights to make your own medical choices, especially if you are unable to communicate.
- help families avoid the stress of making tough decisions.
- assist physicians and caregivers by providing guidelines for your care, and
- limit life-prolonging measures when there is little or no chance of recovery if that is your choice.



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THE THETA CHAMBER: A REVOLUTIONARY APPROACH TO MENTAL WELLNESS, PTSD

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 Theta Chamber™, a cutting-edge technology designed to offer relief without medication.

Understanding The Theta Chamber™ System

The Theta Chamber 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 Theta Chamber 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. The Theta Chamber is particularly effective for related conditions such as PTSD by helping to process traumatic memories while in a relaxed state, OCD by reducing hyperactive neural circuits that drive compulsive behaviors, and ADD by improving focus and attention regulation through balanced brain wave patterns.

Depression: By stimulating key neural pathways and encouraging the production of mood-regulating neurotransmitters, The Theta Chamber 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 Theta Chamber 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 Theta Chamber 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 for brain retraining, ear clips for CES Stimulation for Cortex reset, 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 Theta Chamber 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 Theta Chamber 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 Theta Chamber 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 Theta Chamber 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 Theta Chamber at Keep Young Wellness Center offers a promising path toward restored balance and improved quality of life—one session at a time.



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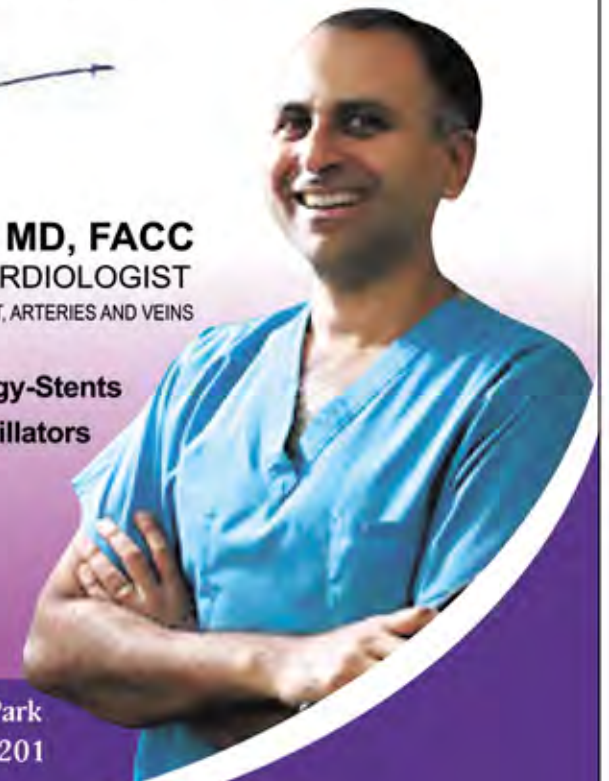
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BREAKTHROUGH IN NEUROPATHY TREATMENT: HOW SUMMUS LASER THERAPY OFFERS HOPE FOR NERVE PAIN SUFFERERS

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

Understanding Neuropathy: A Complex Challenge

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

The Summus Laser: A Technological Marvel in Pain Management

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

Key Mechanisms of Summus Laser Therapy

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

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

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

Clinical Evidence and Patient Outcomes

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



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

Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

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

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

Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

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

Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

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

Future of Neuropathy Treatment

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

Conclusion

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

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

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TESTICULAR CANCER AWARENESS MONTH:

UNDERSTANDING RISK, DETECTION, AND WHEN TO SEE YOUR UROLOGIST

April marks Testicular Cancer Awareness Month, an important time to focus on a disease that primarily affects young men but remains highly treatable when caught early. Despite being relatively rare, testicular cancer is the most common cancer in males aged 15-35. With early detection playing a crucial role in successful outcomes, understanding when to consult a urologist is essential for all men.

What is Testicular Cancer?

Testicular cancer develops in the testicles, the male reproductive glands that produce testosterone and sperm. It typically begins when normal cells in a testicle change and grow uncontrollably, forming a mass or tumor. While testicular cancer can occur in one or both testicles, it most commonly affects just one.

Most testicular cancers start in the germ cells, which are responsible for producing sperm. The two main types are seminomas, which tend to grow slowly, and non-seminomas, which typically grow more rapidly and may spread to other parts of the body if not treated promptly.

Risk Factors

Several factors may increase a man's risk of developing testicular cancer:

- **Age:** Most commonly diagnosed in men between 15 and 35 years old
- **Cryptorchidism:** A history of undescended testicle(s)
- **Family history:** Having a close relative who has had testicular cancer
- **Personal history:** Previous testicular cancer in one testicle increases the risk in the other
- **Race and ethnicity:** More common in white men than in Black, Hispanic, or Asian men

When to See Your Urologist

Consulting a urologist promptly is crucial for several important reasons:

1. Early diagnosis dramatically improves outcomes. When detected early, testicular cancer has a survival rate of over 95%. A urologist has specialized training to properly evaluate any testicular abnormalities.

2. Urologists can differentiate between cancer and non-cancerous conditions. Many symptoms of testicular cancer can mimic other conditions like epididymitis, hydrocele, or varicocele. Only a specialist can make the proper distinction.

3. Delayed diagnosis can lead to more aggressive treatment. When testicular cancer spreads beyond the testicle, treatment becomes more complex and may involve radiation, extensive chemotherapy, or additional surgeries.

4. Urologists provide comprehensive care. From initial diagnosis through treatment and follow-up, urologists coordinate the multidisciplinary care needed for testicular cancer patients.

5. Fertility preservation discussion. A urologist can discuss fertility preservation options before treatment begins, which is especially important for young men.

You should see a urologist immediately if you experience:

- Any lump or swelling in a testicle, even if painless
- A change in how a testicle feels or a sensation of heaviness
- Dull ache in the lower abdomen or groin
- Pain or discomfort in a testicle or scrotum
- Enlargement or tenderness of the breasts
- Sudden accumulation of fluid in the scrotum

Don't delay seeking care. Many men postpone seeing a urologist due to embarrassment or fear, but urologists are specialists who routinely examine these issues with professionalism.

Screening and Self-Examinations

Unlike some other cancers, there are no standard screening tests for testicular cancer. However, regular self-examinations are recommended. The best time to perform a testicular self-exam is after a warm shower when the scrotum is relaxed.

To perform a self-exam:

1. Hold each testicle between your thumbs and fingers of both hands and roll it gently
2. Look and feel for any hard lumps, smooth rounded bumps, or changes in size, shape, or consistency

Men should become familiar with the normal size and feel of their testicles so they can notice any changes. However, self-exams should never replace professional evaluation by a urologist.

Treatment Options

The good news about testicular cancer is that it's highly treatable, even when it has spread beyond the testicle. Treatment depends on the type and stage of cancer and may include:

- Surgery to remove the affected testicle (radical inguinal orchiectomy)
- Radiation therapy, particularly for seminomas
- Chemotherapy, especially for more advanced cases
- Surveillance after surgery for early-stage cancers
- Stem cell transplant for certain advanced cases

Life After Diagnosis

A testicular cancer diagnosis can raise concerns about fertility and sexual function. Many men can still father children after treatment, though some treatments may affect fertility. Sperm banking before treatment is an option that your urologist can discuss with you.

Most men maintain normal sexual function after treatment, though it may take time to adjust emotionally to changes in body image after surgery. Urologists can address these concerns and offer appropriate referrals when needed.

Raising Awareness

Testicular Cancer Awareness Month serves as a reminder of the importance of education, early detection, and seeking prompt medical attention from a urologist for any concerning symptoms. By increasing awareness and encouraging open discussions about testicular health, we can help ensure more men receive timely diagnosis and treatment.

For young men especially, knowing when to see a urologist isn't just important health information—it could be lifesaving knowledge.



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APRIL: CANCER CONTROL MONTH

TAKING CHARGE OF YOUR HEALTH

Cancer remains one of the leading health challenges worldwide, but research consistently shows that many cancer risks can be reduced through lifestyle modifications. April's Cancer Control Month serves as a powerful reminder that we can take proactive steps to lower our cancer risk and improve overall health.

Weight management stands as one of the most impactful changes we can make. Excess body fat doesn't just affect appearance—it creates an environment where cancer can develop more easily. Fat tissue produces excess estrogen and inflammation, both linked to cancer development. Studies show that maintaining a healthy weight can reduce the risk of at least 13 types of cancer, including colorectal, breast (post-menopausal), endometrial, and kidney cancers.

The benefits of weight loss extend beyond cancer prevention. Even modest weight reduction of 5-10% can improve blood pressure, cholesterol levels, and insulin sensitivity—all factors that influence cancer risk and overall health. The key isn't drastic dieting but sustainable lifestyle changes that lead to gradual, lasting weight management. Small, consistent efforts like portion control and mindful eating often yield better long-term results than extreme diets.

Physical activity works hand-in-hand with weight management in cancer prevention. Regular exercise helps control weight, reduces inflammation, improves immune function, and optimizes hormone levels. The American Cancer Society recommends 150-300 minutes of moderate-intensity activity or 75-150 minutes of vigorous activity weekly, plus muscle-strengthening activities twice weekly.

Exercise doesn't require expensive equipment or gym memberships. Walking, gardening, dancing, or cycling can be incorporated into daily routines. The important factor is consistency—making movement a regular part of life rather than an occasional effort. Finding activities you genuinely enjoy increases the likelihood of maintaining them long-term.

Dietary choices represent another powerful tool in cancer prevention. A plant-predominant diet rich in fruits, vegetables, whole grains, and legumes provides cancer-fighting nutrients and fiber while minimizing processed foods, red meat, and added sugars. These dietary patterns help maintain healthy weight while providing antioxidants and phytochemicals that may directly inhibit cancer development.



Colorful vegetables and fruits contain various compounds that fight oxidative stress and inflammation—two processes implicated in cancer development. Cruciferous vegetables like broccoli, cauliflower, and kale contain sulforaphane, which has shown particular promise in cancer prevention research. Berries, rich in antioxidants, and foods high in omega-3 fatty acids like walnuts and flaxseeds also support an anti-cancer environment in the body.

Other lifestyle modifications matter significantly. Limiting alcohol consumption is essential as alcohol is linked to several cancers, including breast, liver, and colorectal. Avoiding tobacco in all forms remains one of the most impactful cancer prevention strategies. Prioritizing adequate sleep and managing stress also contribute meaningfully to cancer prevention, as chronic stress and poor sleep can compromise immune function and increase inflammation.

These habits work synergistically—improving one area often leads to improvements in others. For instance, regular exercise often improves sleep quality, which can enhance energy for physical activity and reduce stress-related eating.

Cancer Control Month reminds us that while we cannot control all cancer risk factors such as genetics and age, many remain within our influence. The choices we make daily can significantly impact our cancer risk. Each step toward a healthier lifestyle—whether it's adding more vegetables to meals, taking a daily walk, or finding effective stress management techniques—represents progress in cancer prevention.

By embracing these lifestyle modifications, we not only reduce cancer risk but enhance quality of life, energy levels, and overall wellness. This April, consider which healthy changes you might implement—your future self will thank you.

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.



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MINDFUL MOVEMENT: HOW PILATES CULTIVATES SELF-LOVE AND INNER STRENGTH

Pilates offers more than just physical benefits—it's a pathway to cultivating genuine self-love in our busy lives. By creating a mindful connection between body and mind, this practice helps us honor ourselves holistically.

The Essence of Self-Love Through Movement

Self-love isn't just a trendy concept but an essential practice for a fulfilling life. It involves setting healthy boundaries, engaging in nurturing activities, and acknowledging your strengths without harsh judgment. Pilates naturally embodies these principles through mindful movement that encourages practitioners to be present, listen to their bodies, and treat themselves with patience and kindness.

Developing Self-Awareness

In our rushed daily routines, we often disconnect from our physical sensations. Pilates bridges this gap by requiring focused attention on every movement, breath, and muscle engagement. The precision and control in each exercise sharpen awareness of how your body responds, creating mindfulness that extends beyond class into everyday life. You'll begin noticing how stress affects your posture or where you hold tension, allowing you to make intentional choices that support your well-being.

Embracing Your Current Reality

At the heart of self-love is acceptance—embracing where you are without judgment. Pilates meets you at your current ability level, whether you're an experienced athlete or just beginning your fitness journey.

Rather than focusing on limitations, the practice encourages appreciation for what your body can accomplish, fostering self-compassion as you celebrate progress instead of striving for perfection.

Building Strength Inside and Out

While Pilates is renowned for developing core strength, improving posture, and enhancing flexibility, its benefits transcend physical fitness. The deliberate movements promote stress reduction through present-moment focus. As you progress, you build mental resilience alongside physical strength, learning to overcome challenges that boost confidence in both mind and body.

A Balanced Approach

Pilates emphasizes harmony between strength and flexibility, effort and ease. This mirrors self-love principles that seek balance within ourselves. The practice fits into busy schedules, offering structured yet flexible sessions that provide opportunities to reconnect with yourself. This commitment to movement-based self-care eventually influences other areas of life, helping maintain balance in relationships, work, and personal routines.

Healing Through Movement

For those recovering from injury or emotional challenges, Pilates provides accessible, low-impact movements that help restore mobility, build strength, and release tension. The practice offers a way to regain control and rebuild trust in your physical abilities, fostering self-compassion through gentle, intentional care.

Cultivating Gratitude

Through consistent practice, Pilates helps develop profound body appreciation rooted in respect and gratitude. Instead of focusing on perceived flaws, you learn to honor your body's unique capabilities, strength, and resilience. This appreciation extends beyond the studio, helping you approach life with more compassion toward yourself.

Pilates truly transcends typical exercise—it's a practice of self-love that nurtures mind, body, and emotional well-being through mindfulness and body awareness. With regular practice, you strengthen not just your core but your relationship with yourself, honoring your journey and cultivating compassion both on and off the mat. Begin your transformation today at Club Pilates Ocala, where expert instructors guide you through personalized sessions in a supportive community environment. Your journey to holistic wellness awaits—join us and discover the power of mindful movement.



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Comprehensive Care: How OT/PT Professionals Integrate LSVT BIG and Vocal Techniques for Parkinson's Patients

Parkinson's disease presents unique challenges that extend beyond the characteristic tremors. Patients often experience reduced movement amplitude, slowed movements, and diminished vocal volume—symptoms that can significantly impact quality of life. While dedicated therapeutic approaches exist for each symptom, innovative healthcare teams are finding ways to provide comprehensive care even with limited resources.

The Power of LSVT BIG for Movement Rehabilitation

The Lee Silverman Voice Treatment (LSVT) BIG program has emerged as a gold standard intervention for addressing the movement difficulties associated with Parkinson's disease. This evidence-based approach focuses on amplitude—training patients to make bigger, more deliberate movements to counteract the shrinking motion patterns typical of the disease.

Occupational and physical therapists certified in LSVT BIG guide patients through intensive exercises designed to recalibrate their perception of movement. The program typically includes:

- Large, exaggerated limb and body movements
- High-effort, high-intensity exercises
- Functional movement training applicable to daily activities
- Consistent reinforcement of "Think BIG" as patients move

The effectiveness of LSVT BIG lies in its ability to leverage neuroplasticity—the brain's capacity to form new neural connections. Through consistent practice of amplified movements, patients can essentially rewire their motor systems to automatically produce larger, more controlled movements in everyday life.

Integrating Vocal Exercises Without a Speech Therapist

While LSVT LOUD is traditionally administered by speech-language pathologists, many facilities face staffing challenges that require adaptation. Forward-thinking OT and PT professionals have found effective ways to incorporate vocal exercises into their treatment sessions, ensuring patients receive comprehensive care.

During LSVT BIG exercises, therapists prompt patients to:

- Count repetitions loudly
- Verbalize movements with strong vocal projection
- Practice sustained "Ahhh" sounds during stretching components
- Use loud voices when describing or planning activities

This integrated approach maintains the crucial focus on vocal amplitude that would otherwise be addressed in formal speech therapy. While not a complete replacement for specialized speech services, these vocal components help prevent the common decline in speech volume and clarity that accompanies Parkinson's progression.

Creating Synergy Between Movement and Voice

The brilliance of combining vocal exercises with physical movements extends beyond convenience. Research suggests that simultaneous training of both systems creates a synergistic effect, with improvements in one domain supporting enhancements in the other.

When a patient practices large arm swings while counting loudly, they reinforce the core LSVT principle across multiple systems: bigger movements and louder voices. This dual-task approach also challenges cognitive function, providing additional benefits for patients who may experience cognitive changes as their disease progresses.

Practical Implementation in Daily Care

For therapy teams implementing this combined approach, consistency is key. Therapists establish clear cues like "BIG movement, LOUD voice" that patients can remember and apply independently. Take-home exercise programs include reminders about vocal projection, and family members are educated on the importance of encouraging both expanded movements and increased vocal volume.

Documentation of vocal performance, even in OT/PT notes, helps track this aspect of function over time. Simple metrics like the distance at which a patient's voice can be clearly heard provide valuable information about disease progression and treatment effectiveness.



Beyond the Clinic: Empowering Long-term Success

The ultimate goal of this integrated approach extends beyond clinical improvements. By embedding vocal exercises within physical therapy sessions, patients develop habits that continue in their daily lives. A patient who practices speaking loudly while performing exercises is more likely to maintain appropriate vocal volume when ordering at a restaurant or speaking with grandchildren.

This comprehensive care model represents the evolution of Parkinson's treatment—recognizing that the most effective interventions address multiple symptoms simultaneously and prepare patients for real-world success beyond the therapy room.

Innovative Therapies Group has certified hand therapists that specialize in specific treatments post ziloflex injections for duptyrens 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



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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

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

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

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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

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(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

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The Price of Procrastination:

How Ignoring Financial Planning for Retirement Adds to Anxiety and Can Affect Your Health

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

As we journey through life, retirement often stands as a beacon of hope—a time to relax, pursue passions, and cherish moments with loved ones. However, the dream of a stress-free retirement can easily transform into a nightmare if financial planning is neglected. Far from being a mere concern for the future, inadequate retirement preparation can significantly contribute to anxiety during retirement and have a profound impact on one's health. It is comforting to know that planning for retirement, emphasizing the importance of early preparation and the guidance of holistic retirement planners can make a world of difference.

Picture this: you've reached retirement age, bid farewell to the workforce, and eagerly anticipated the freedom that retirement promises. Yet, as the days unfold, you find yourself consumed by worry. Will your savings last? How will you cover unexpected expenses? The absence of a solid financial plan casts a shadow over your golden years, fostering anxiety that infiltrates every aspect of your life. Numerous surveys of retired people show their number one financial concern is running out of money. This is not an unreasonable concern; a 2022 study from the Consumer Bankruptcy Project reported 12.2% of all bankruptcies are filed by people over 65 and it was 2.1% in 1991. Most of which could be avoided with a good plan.

Financial uncertainty breeds anxiety. Without a clear roadmap for retirement, individuals may constantly fret over their financial security, leading to sleepless nights and a constant sense of unease. The fear of outliving one's savings or being unable to afford essential healthcare amplifies stress levels, contributing to a decline in mental well-being.

Moreover, the impact of financial stress on physical health should not be underestimated. Stress can be linked to numerous health ailments, including heart disease, hypertension, and gastrointestinal issues. The persistent strain of financial worries can weaken the immune system, making individuals more susceptible to illnesses and slowing down the healing process. Thus, the toll of neglecting financial planning extends far beyond monetary concerns.

However, there is a beacon of hope amidst the uncertainty: proactive retirement planning. By taking the reins early on individuals and couples can navigate the complexities of retirement with confidence and peace of mind. Conventional financial



advisors tend to focus solely on investments in clients' working years and don't adequately prepare clients for retirement and often do not have the tools or needed expertise. Financial Planners who focus on retirement adopt a comprehensive approach, considering various aspects of retirement, including budgeting, insurance, estate planning, and healthcare expenses. All these items are handled differently in retirement.

Early planning is key. By starting early, individuals can harness the power of compounding, maximizing their savings and investment returns over time. Moreover, early planners have the luxury of exploring diverse retirement options and invest in a way that enables flexibility.

Holistic retirement planners like Securenet Financial, LLC. have tools, experience, and retirement expertise that play a pivotal role in crafting personalized retirement strategies tailored to individual needs and aspirations. They offer invaluable guidance in optimizing retirement accounts, minimizing taxes, and devising contingency plans to weather unexpected financial storms. Moreover, holistic retirement planners prioritize education, empowering clients with the knowledge and tools needed to make informed financial decisions before retirement and throughout their retirement journey.

Furthermore, holistic retirement planners recognize the interconnectedness of financial well-being and overall health. By alleviating financial stressors, they contribute to improved mental health outcomes and mitigate the risk of stress-related illnesses. Through proactive financial planning, individuals can cultivate

a sense of security and serenity in retirement, enabling them to savor life's precious moments without the burden of financial worry.

In conclusion, procrastinating or neglecting to plan for retirement can exact a hefty toll on one's well-being, exacerbating anxiety and compromising health. However, by embracing early planning and seeking guidance from holistic planners like Securenet Financial, LLC., individuals can navigate the complexities of retirement with confidence and vitality. Remember, the journey to a fulfilling retirement begins with a single step—take charge of your financial future today, and pave the way for a brighter tomorrow, it's rarely too early.



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When You Are At Your Wits End

By Pastor Timothy Neptune

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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