

CENTRAL FLORIDA'S

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

April 2025

Lake/Sumter Edition - Monthly

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## PROTECTING YOUR SPINE

Essential Strategies for Lifelong Back Health

## UNLOCKING MOBILITY

The Role of PNF-Assisted Stretching in Parkinson's Disease Management

## CHILL OUT

Recharge Clinic's Stress-Busting Services That Actually Work

SPRING IS HERE  
THE WEATHER IS GREAT!

## MODERN APPROACHES TO JOINT PAIN MANAGEMENT

From Injections to Regenerative Therapies

## STAYING ON YOUR FEET

Navigating Pickleball's Popularity During National Pickleball Month





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# COMPUTER VISION SYNDROME: CAUSES AND PREVENTION

In today's ever-connected world, you likely spend a large portion of your day staring at a digital screen. Whether for work or for leisure, looking at a brightly-lit computer screen or smart device for hours on end can put serious strain on your eyes. Computer Vision Syndrome, also known as CVS, is a series of symptoms that can leave your eyes feeling dry and uncomfortable the longer you're working on a screen. Here are some common causes of CVS and how you can prevent it.

## WHAT CAUSES COMPUTER VISION SYNDROME?

Computer vision syndrome is similar to many other repetitive motion injuries, such as carpal tunnel syndrome. Spending long hours in front of a computer requires you to constantly focus and refocus your eyes. As you look back and forth between monitors, your eyes constantly adjust, straining your eye muscles. We also tend to blink less when staring at a lit screen, which can lead to dry eyes and blurry vision.

Ultimately, computer vision syndrome is caused by an improper work environment and lack of eye-glasses or contact lenses. The extra contrast, flicker and glare from a screen, paired with using an outdated prescription, can lead to eye irritation, blurred vision, headaches, muscle fatigue and more. Fortunately, there are preventative measures to take to prevent computer vision syndrome.

## PREVENTING COMPUTER VISION SYNDROME

Most of the causes of computer vision syndrome are environmental factors that can be adjusted. If you're experiencing CVS at work, take the following steps:

- **Reduce Glare:** Change the light in your room to prevent excess glare and harsh reflections on your computer screen by closing shades or moving your monitors away from light. If overhead lights are too bright, as for a dimmer switch. You can also add a desk lamp to even out the lighting across your workspace.
- **Shift Your Office:** Your screen should be just about an arm's length away, about 20-28 inches from your face, and should stand straight and just below eye level. Reference documents should be as close to the screen as possible, either hung up behind the desk or held with a document holder.



When sitting at your desk, you should sit straight against a backrest, with your knees, forearms and elbows all bent at 90 degrees.

- **Rest Your Eyes:** The 20-20-20 rule says you should look away from your screen every 20 minutes and focus on something 20 feet away for around 20 seconds. Remind yourself to blink often, and use artificial tears if your eyes feel dry.
- **Adjust Your Prescription:** More than 70% of people who experience CVS also use eyeglasses or contacts. Making sure your prescription is up-to-date is an easy way to reduce the risk of CVS. Fortunately, Lake Eye is here to help.

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# Protecting Your Spine:

## Essential Strategies for Lifelong Back Health

By Ali Zarezadeh, MD - Orthopaedics

Your spine is the literal backbone of your health and mobility. This remarkable structure of bones, discs, muscles, and nerves supports your body, enables movement, and protects your spinal cord. Yet many of us don't think about spine health until pain or injury occurs. According to specialists at UF Health, proactive spine care is essential for maintaining quality of life and preventing debilitating conditions that affect millions of Americans each year.

### Understanding Your Spine's Needs

The spine consists of 33 vertebrae stacked in a gentle S-curve, cushioned by shock-absorbing discs and supported by muscles and ligaments. This complex system requires proper care to function optimally throughout life. UF Health experts emphasize that spine health influences overall wellness, affecting everything from physical mobility to sleep quality and even mood.

"Many spine problems develop gradually over years of accumulated stress and poor habits," explains UF Health Orthopaedic Surgeon, Dr. Zarezadeh. "What's encouraging is that many of these issues can be prevented through consistent, thoughtful daily practices."

### ESSENTIAL STRATEGIES FOR SPINE PROTECTION

#### 1. Maintain Proper Posture

Poor posture places excessive stress on your spine. UF Health recommends being mindful of your alignment throughout the day:

- When sitting, keep your feet flat on the floor with knees at hip level
- Maintain a small gap between the back of your knees and your chair
- Position your computer monitor at eye level to avoid neck strain
- Take regular "posture breaks" to reset your alignment if sitting for extended periods

#### 2. Practice Spine-Friendly Movement

Regular movement nourishes spinal discs and strengthens supporting muscles. UF Health suggests:

- Engage in low-impact exercises like walking, swimming, or cycling
- Incorporate core-strengthening exercises that support the spine
- Practice gentle stretching to maintain flexibility
- Avoid high-impact activities that jar the spine if you have existing back issues



#### 3. Lift and Carry Correctly

"Improper lifting technique is one of the most common causes of acute back injuries," note UF Health experts. Follow these guidelines:

- Bend at the knees, not the waist
- Keep objects close to your body when lifting
- Avoid twisting while lifting
- Ask for assistance with heavy items
- Use mechanical aids when available

#### 4. Create Spine-Supportive Environments

Your daily surroundings significantly impact spine health:

- Invest in a quality mattress that maintains proper spinal alignment
- Use ergonomically designed chairs and workstations
- Wear supportive footwear that promotes good posture
- Consider a standing desk option if you work at a computer

#### 5. Maintain Healthy Weight

Excess weight, particularly around the midsection, increases strain on the lower back. UF Health research shows that even modest weight loss can significantly reduce back pain for many patients.

#### 6. Stay Hydrated and Nourished

Spinal discs are approximately 80% water and require proper hydration to maintain their shock-absorbing properties. Additionally, calcium, vitamin D, and magnesium are essential nutrients for bone health.

### WHEN TO SEEK PROFESSIONAL CARE

While prevention is ideal, being proactive about seeking care is equally important. UF Health recommends consulting a spine specialist if you experience:

- Pain that radiates down your arms or legs
- Numbness or tingling in extremities
- Back pain accompanied by fever
- Pain that persists despite rest
- Any back pain following trauma

### THE LONG-TERM VIEW

"Spine health is a lifelong journey, not a one-time fix," emphasize UF Health spine specialists. "The habits you establish today can determine your mobility and comfort decades from now."

By implementing these evidence-based strategies recommended by UF Health experts, you can protect your spine and enjoy greater mobility, comfort, and overall wellness throughout your life. Remember that small, consistent actions typically yield better results than dramatic but short-lived changes to your routine.

### About Ali Zarezadeh, MD



Dr. Ali Zarezadeh is a highly skilled spine surgeon with extensive expertise in treating both common and complex spine conditions. Specializing in chronic and degenerative spine disorders, spinal deformities, trauma, fractures, and spinal tumors, he offers comprehensive care for a wide range of issues.

Expertly trained and focused on delivering advanced, motion-preserving treatments, Dr. Zarezadeh is dedicated to restoring function and improving his patients' quality of life, providing personalized care to meet their unique needs.

When he is not caring for patients, Dr. Zarezadeh enjoys spending time outdoors, often hiking with his family. He is also an avid sports fan, attending football games and playing tennis.

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# ALCOHOL AWARENESS MONTH: How it Affects Your Health and Your Heart

T.E. Vallabhan, MD, FACC

In our social culture, drinking with family and friends is common for celebrating special occasions and in some instances coping with life. Drinking alcohol has become extremely accepted in our society, and with that acceptance and desensitization of the harmful effects, comes a lot more alcohol abuse than most people are aware of, or willing to acknowledge.

We all know the guidelines of the healthy version of drinking. A glass of wine or liquor for women and two for men is usually the allotted daily amount recommended for the health benefits to transpire. Despite the health claims in moderate drinking, not everyone should drink.

Alcohol damages the liver, kidneys, brain, and heavy drinking also damages the heart, which can lead to heart palpitations and irregular beating, high blood pressure, heart attack, stroke, and cardiomyopathy.

According to a study titled *Effects of Alcohol on the Heart* reported the following, Some evidence suggests that light to moderate alcohol consumption protects against cardiovascular diseases. However, this cardioprotective effect of alcohol consumption in adults is absent at the population level. Approximately 20 to 30% of patients admitted to a hospital are alcohol abusers. In medical practice, it is essential that patients' levels of consumption are known because of the many adverse effects that might result in the course of routine care. Ethanol damage to the heart is evident if alcohol consumption exceeds 90 to 100 g/d. Heavy ethanol consumption leads to increased risk for sudden cardiac death and cardiac arrhythmias.<sup>1</sup>

In patients with coronary heart disease, alcohol use was associated with increased mortality. An early response to drinking was an increased ventricular wall thickness to diameter ratio, possibly proceeding with continuous drinking to alcoholic cardiomyopathy, which had a worse outcome compared with idiopathic dilative cardiomyopathy if drinking was not stopped or at least reduced (< 60 g/d). In the ICU, patients with chronic alcoholism have more cardiac complications postoperatively. These complications probably are caused by biventricular dysfunction, particularly with the occurrence of severe infections or septic shock, events that are three to four times more frequent among chronic alcoholics



than occasional drinkers or nondrinkers. To prevent further complications from drinking and for long-term management of drinking, patients with alcohol abuse and heart failure should be treated in brief intervention and follow-up programs. Prognosis is good even in patients with New York Heart Association class IV heart failure caused by cardiomyopathy if complete abstinence is accomplished. Noncompliance to smoking and alcohol restrictions, which are amenable to change, dramatically increases the risk for hospital readmissions among patients with heart failure.<sup>1</sup>

Alcohol plays a significant role in your bodies overall health. A full 24 hours after an episode of drinking, your immune system is more susceptible to disease and infection and the entire body and it's organs experience an inflammatory response.

The functions that are damaged by alcohol abuse are often longstanding. If you stop drinking, some of the damage will lessen, or improve like problem-solving, memory recall, attention span, and motor functions, but this will take time. Researchers usually see improvements to the brain after several months or years after abstinence takes place.

There are benefits to moderate drinking, but the problem is that with the acceptance and social aspect of alcohol, many people are at risk of becoming dependent on it for one reason or another. It's quite common to start out drinking socially and to then need it more often as your tolerance level increases.

April is Alcohol Awareness Month, and the National Council on Alcohol and Drug Dependence shines a light on the first weekend in April every year as the weekend of abstinence. If you have trouble avoiding alcohol for those three days, they encourage you to speak to you physician or therapist about getting help.

Source: 1. <https://www.ncbi.nlm.nih.gov/pubmed/11505330>

# Dr. V

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# PREVENTING VARICOSE VEIN BRUISING

**U**nderstanding 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.

**Get support for your veins and circulation problems today.**

You may need medical treatment for your veins, and the team at Central Florida Vein and Vascular Center wants to help. Contact them today to learn more about their services and how they can help you live better. Their board-certified Vascular Surgeons and Phlebologists specialize in minimally invasive vein therapy.

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

By Dr. Evans Pemba

**E**very 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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# UNLOCKING MOBILITY:

## The Role of PNF-Assisted Stretching in Parkinson's Disease Management

By Angie Carozzi, LMT, CMMP, CPMT - General Manager

**P**arkinson's disease is a progressive condition affecting the central nervous system, known for its impact on movement, balance, and coordination. While there is currently no cure, certain therapies are emerging as invaluable tools in improving quality of life. Among them, Proprioceptive Neuromuscular Facilitation (PNF) stretching stands out as a powerful technique for tackling movement-related challenges. Rooted in scientific research, PNF offers unique benefits that make it particularly effective for individuals with Parkinson's.

### Understanding the Movement Challenges of Parkinson's Disease

At its core, Parkinson's disease disrupts the brain's ability to control movement, manifesting as muscle rigidity, tremors, and slowed motion (bradykinesia). Over time, these symptoms can lead to pronounced stiffness, reducing range of motion and complicating daily activities. If left unchecked, muscle rigidity can cascade into decreased mobility and greater discomfort.

Therapeutic interventions such as PNF stretching have gained traction for their ability to address these challenges directly. By targeting both flexibility and muscle engagement, this technique helps pave the way to improved movement and comfort.

### What Is PNF Stretching?

Proprioceptive Neuromuscular Facilitation is not your typical stretching technique. Unlike static stretches, where muscles are held in a prolonged position, or dynamic stretches, which involve movement, PNF blends muscle contraction with passive stretching. Guided by a trained professional, the method capitalizes on reflexes and muscle activation to enhance strength and flexibility. This active engagement makes PNF particularly effective for individuals navigating neurological conditions, including Parkinson's.

### What Does the Research Say?

A growing body of evidence underscores the benefits of PNF stretching for those living with Parkinson's disease. For instance, a randomized controlled trial highlighted its ability to improve posture, specifically addressing forward head posture—a common issue in Parkinson's patients. Participants in the study experienced improved flexibility and neuromuscular coordination, both critical for managing symptoms effectively.



Further studies reveal that PNF stretching positively influences balance and gait—two key aspects of functional mobility often impaired in Parkinson's. By fostering stronger neuromuscular connections, PNF reduces the risk of falls and boosts overall stability.

Additionally, resources like the Stanford Parkinson's Community Blog emphasize stretching as crucial for alleviating rigidity and enhancing joint function. PNF's emphasis on both flexibility and strength aligns seamlessly with these objectives.

### Key Benefits of PNF Stretching for Parkinson's Disease

- 1. Reducing Muscle Stiffness:** A hallmark symptom of Parkinson's, rigidity is relieved through the active engagement and deep relaxation promoted by PNF.
- 2. Improving Range of Motion:** Targeted techniques enable better mobility in joints and muscles most affected, such as the spine, shoulders, and hips.
- 3. Enhancing Balance and Gait:** PNF stretching helps improve stability and walking ability, crucial for reducing fall risks and navigating daily life more safely.
- 4. Strengthening Weak Muscles:** The inclusion of active engagement means PNF can strengthen areas weakened by inactivity or reduced motor function.
- 5. Promoting Neuromuscular Coordination:** By bridging the gap between the nervous system and muscles, PNF fosters better motor control—a critical element for individuals with bradykinesia.

### Incorporating PNF Stretching into a Parkinson's Management Plan

For those considering PNF stretching as part of their therapeutic regimen, the following tips may help ensure a safe and effective experience:

- **Work with Certified Professionals:** PNF stretching requires expert guidance to be performed properly. Seek practitioners trained in both the technique and in working with individuals who have neurological conditions.
- **Combine Therapies:** Integrating PNF with physical therapy, occupational therapy, or exercise can amplify its benefits.
- **Consistency Matters:** Regular practice is vital for sustainable progress. Weekly or biweekly sessions often yield the best outcomes.
- **Individualized Care:** Share your limitations and goals with your practitioner, ensuring stretches are tailored to your comfort and needs.

### Embracing a Holistic Approach to Parkinson's Disease Management

Successfully managing Parkinson's requires an integrated approach that encompasses physical, emotional, and neurological well-being. PNF stretching, with its scientifically-backed benefits for flexibility, strength, and mobility, is an excellent addition to this journey. While it's not a cure, it empowers individuals to regain control over movement, offering a path to improved confidence and quality of life.

As with any therapeutic intervention, PNF stretching is most effective when approached with commitment and the guidance of skilled professionals. For those navigating the complexities of Parkinson's, it represents a step toward a more mobile and empowered future.

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# SPRING IS HERE-THE WEATHER IS GREAT! DON'T LET CHRONIC PAIN STOP YOU FROM DOING THE THINGS YOU LOVE!

By Dr. Chad Rose, DC

**A**s the fresh scent of blooming flowers fills the air and warm sunshine brightens our days, spring invites us to step outside and embrace all that nature has to offer. However, for those suffering from chronic pain, this season of renewal can feel bittersweet. The good news? You don't have to let pain hold you back from enjoying the activities you love.

Spring represents rebirth and rejuvenation—the perfect metaphor for your journey toward wellness. At Rose Wellness Clinic, we understand that chronic pain can feel limiting, but we're here to help you reclaim your active lifestyle as the weather turns beautiful.

Our comprehensive approach combines chiropractic care, physical therapy, and medical services all under one roof, creating a seamless treatment experience tailored to your specific needs. This integrated model means you receive coordinated care from professionals who communicate with each other about your progress, ensuring every aspect of your treatment works in harmony.

When pain subsides, life's simple pleasures become accessible again—gardening without back pain, morning walks without joint stiffness, or playing with grandchildren without discomfort. Our patients often tell us how meaningful it is to rediscover these activities after effective treatment.

Dr. Chad Rose leads our team with years of specialized training in advanced spinal correction techniques that are more comfortable and effective than ever before. Our approach doesn't just target symptoms—we address the root causes of your discomfort to create lasting relief from back pain, neck pain, headaches, and other spine-related conditions.

Beyond in-clinic treatments, we empower you with personalized corrective exercises you can perform at home to strengthen your body and maintain improvements between visits. These "blueprint" exercises target specific muscle groups that may be contributing to your pain or imbalance.

We believe true wellness extends beyond the treatment room, which is why our team provides comprehensive lifestyle advice to help you avoid inadvertently aggravating your condition. From ergonomic recommendations to activity modifications, these small changes can make a significant difference in your overall comfort.



Nutrition plays a crucial role in reducing inflammation and supporting healing. Our nutritional counseling services offer guidance on supplements and dietary choices that complement your chiropractic care, creating a holistic approach to wellness that addresses your body's needs from the inside out.

Prevention remains the most powerful medicine, which is why we offer spinal and postural screenings at community events throughout The Villages. These screenings can identify potential issues before they become painful problems, allowing for early intervention and better outcomes.

For patients seeking additional support, our medical services include specialized treatments like joint injections and medical weight loss programs that work alongside chiropractic care to enhance your results.

As spring's gentle breezes replace winter's chill, it's the perfect time to address those nagging pains that have been holding you back. Many patients find that seasonal transitions provide natural motivation to prioritize their health and make positive changes that last throughout the year.

Our patients frequently share stories of returning to favorite hobbies—tending vibrant spring gardens, enjoying leisurely bike rides on scenic trails, or simply playing fetch with beloved pets without wincing in pain. These moments of joy and connection are what drive our passionate commitment to comprehensive care.

Call us today at (352) 775-2180 to schedule your consultation at our The Villages office and take the first step toward a pain-free spring season! At Rose Wellness Clinic, we're ready to help you step confidently into a more active, comfortable lifestyle—because we believe everyone deserves to enjoy the beautiful weather and all the opportunities it brings.

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

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# The Connection Between Anxiety and Eye Health: Understanding the Impact on Vision

Ashley-Ann Walker, M.D.

In the fast-paced world we live in, stress and anxiety have become almost commonplace. From work deadlines to personal responsibilities, it's easy to become overwhelmed by the demands of daily life. While the effects of stress and anxiety on mental health are well-documented, their impact on physical health, particularly eye health, is often overlooked.

Anxiety, a feeling of worry or nervousness, can manifest in various physical symptoms, including changes in blood flow to the eyes. This alteration in blood flow can lead to a range of eye-related issues, such as blurred vision, eye strain, and dry eyes. For individuals already prone to eye problems, such as glaucoma or dry eye syndrome, prolonged stress and anxiety can exacerbate these conditions, worsening their symptoms and potentially leading to further complications.

One of the most common symptoms of stress and anxiety-related eye issues is blurred vision. This occurs when the muscles in the eyes become tense due to heightened stress levels, affecting their ability to focus properly. As a result, objects may appear blurry or out of focus, making tasks such as reading or driving challenging and uncomfortable.

Eye strain is another prevalent issue associated with stress and anxiety. When we feel anxious or stressed, we tend to tense our muscles, including those in the eyes, leading to fatigue and strain. Staring at screens for extended periods, a common occurrence in today's digital age, can exacerbate this strain, causing discomfort, headaches, and difficulty concentrating.

Dry eyes are also a common complaint among individuals experiencing heightened levels of stress and anxiety. Stress can disrupt the natural balance of tear production and drainage in the eyes, resulting in inadequate lubrication and discomfort. Without sufficient moisture, the eyes may feel gritty, irritated, or excessively watery, impacting both comfort and vision quality.

Moreover, for individuals already dealing with underlying eye conditions such as glaucoma or dry eye syndrome, stress and anxiety can pose additional challenges. Glaucoma, a group of eye diseases



characterized by damage to the optic nerve, can be exacerbated by elevated intraocular pressure, which may occur during periods of stress. Similarly, stress-related changes in tear production can worsen the symptoms of dry eye syndrome, leading to increased discomfort and potential damage to the cornea.

Given the significant impact of stress and anxiety on eye health, it is essential to prioritize self-care and stress management strategies. Incorporating relaxation techniques such as deep breathing, meditation, or yoga into your daily routine can help alleviate stress and promote overall well-being. Additionally, taking regular breaks from screen time, practicing good eye hygiene, and staying hydrated can support optimal eye health and minimize the impact of stress-related symptoms.

Furthermore, seeking professional help and support is crucial for managing anxiety and its associated effects on both mental and physical health. Whether through therapy, medication, or holistic approaches, there are various resources available to help individuals cope with stress and anxiety effectively.

In conclusion, the relationship between stress, anxiety, and eye health is undeniable. From blurred vision and eye strain to dry eyes and exacerbation of existing conditions, prolonged

stress can take a toll on our eyesight and overall well-being. By prioritizing stress management techniques and seeking appropriate support, we can protect our vision and cultivate a healthier, more balanced lifestyle. Let's raise awareness about the importance of mental health in preserving our precious sense of sight.

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

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# TESTICULAR CANCER AWARENESS MONTH: UNDERSTANDING RISK, DETECTION, AND WHEN TO SEE YOUR UROLOGIST

**A**pril 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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# What's the Difference Between Alzheimer's and Dementia?

**W**hile many people use Alzheimer's and dementia interchangeably, these don't mean the same thing. What exactly is the difference?

Dementia is a word used to describe many diseases that lead to memory loss, problems with language, changes in behaviors, and difficulties with thinking or planning. Alzheimer's is a neurodegenerative disease that causes dementia — and it's the most common cause of dementia out there, accounting for as many as seven in 10 cases of dementia.

Alzheimer's dementia involves memory loss and cognitive problems, which scientists understand to be connected somehow to deposits of toxic proteins in the brain, which get in the way of neuron activity and eventually lead to the death of brain cells.

Other forms of dementia have similar symptoms, but those that aren't due to Alzheimer's might have different symptoms that appear first — and they might require different treatments. Here's a quick look at the most common dementias, including Alzheimer's, vascular dementia, Lewy body dementia, and frontotemporal dementia.

## COMMON TYPES OF DEMENTIA

### Alzheimer's disease

Many scientists think that Alzheimer's disease is caused in part by the buildup of toxic protein plaques—amyloid and tau—which causes progressive cell death, memory loss, and thinking problems. There are many factors, including genes like APOE4, exercise, diabetes, and cardiovascular health, that can affect the risk of developing the disease.

Alzheimer's is diagnosed by measuring the levels of amyloid in the brain using a brain scan or through a lumbar puncture, though blood tests are on the way. Some drugs are available to treat the cognitive and behavioral symptoms of the disease, and one drug called Leqembi can slow the course of the disease in the earliest stages.

### Vascular dementia

Vascular dementia is the second most common form of dementia. Damage to the brain's blood vessels prevents nutrients and oxygen from getting to the



brain, causing the cells to die. The symptoms will depend on where the blood vessels are damaged. For example, if it's blood vessels near the language region of the brain, a person with vascular dementia might develop problems with their speech.

Vascular dementia shares cardiovascular risk factors with Alzheimer's disease, like obesity, hypertension, and diabetes. People who experience strokes or heart disease are at an elevated risk of vascular dementia. Vascular dementia can be detected using an MRI brain scan, which can spot damaged blood vessels, alongside cognitive testing. There are currently no treatments for this form of dementia.

### Frontotemporal dementia

You might have heard of this form of dementia on the news: frontotemporal dementia. Bruce Willis has it. FTD often affects people between the ages of 50 and 60, causing parts of the brain important for language and understanding to die off. People with FTD often have a buildup of tau protein tangles and another misfolded protein called TDP-43 in their brain.

FTD may be more difficult to diagnose as there are no specific biomarkers. While some doctors may prescribe antidepressants off-label to treat some of the symptoms, scientists have not yet developed a treatment or cure for this disease.

### Lewy body dementia

This form of dementia is caused by the buildup of a misfolded protein called alpha-synuclein in the brain, which causes progressive cell death. People first develop issues with thinking and then develop problems with moving.

Like FTD, this dementia with Lewy bodies is challenging to diagnose because there aren't any biomarkers. Getting the diagnosis right is important because some drugs used to treat behavioral symptoms in Alzheimer's cause harmful side effects in people who have dementia with Lewy bodies.

### A precision approach to zeroing in on dementia

Right now, getting a precise diagnosis is difficult because there are many overlapping symptoms across dementias, and some people may develop multiple types at once. In clinical research, blood tests are being developed and tested to determine if they will potentially be able to tell the difference, making an early diagnosis accessible to everyone.

We're partnering with people just like you in the search for innovative new treatments. Learn how dementia can impact you, even if your memory is normal. We offer free assessments so you can learn about your brain health and your risk of developing Alzheimer's. Plus, we'll inform you if you might qualify for a new clinical trial designed to slow down the progression of Alzheimer's.

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# Staying On Your Feet: Navigating Pickleball's Popularity During National Pickleball Month

By Cedric Tankson, MD - Orthopaedic Surgeon

As National Pickleball Month arrives, courts across America are filling with enthusiasts embracing the nation's fastest-growing sport. With its accessible learning curve and social appeal, pickleball has captured the hearts of millions—from retirees to young athletes looking for a new challenge. However, this surge in popularity has brought a corresponding rise in sport-specific injuries, particularly to the foot and ankle.

## THE PICKLEBALL PHENOMENON

Pickleball's meteoric rise is no accident. The sport combines elements of tennis, badminton, and table tennis, played on a smaller court with a plastic ball and paddle. Its appeal spans generations, with over 4.8 million players nationwide enjoying its blend of strategy, skill, and social connection.

"What makes pickleball unique is its accessibility for all ages and fitness levels," explains Dr. Cedric Tankson, Orthopaedic Surgeon at UF Health Orthopaedics. "However, this accessibility sometimes leads players to underestimate the physical demands and proper preparation required."

## COMMON FOOT AND ANKLE INJURIES IN PICKLEBALL

The quick starts, stops, and lateral movements characteristic of pickleball create particular stress on the lower extremities. According to UF Health Sports Medicine data, the most common pickleball-related foot and ankle injuries include:

- **Achilles tendinitis:** Repetitive strain on the tendon connecting the calf muscles to the heel
- **Plantar fasciitis:** Inflammation of the thick band of tissue running across the bottom of the foot
- **Ankle sprains:** Stretching or tearing of the ligaments, often from quick directional changes
- **Stress fractures:** Tiny cracks in bones from repetitive force, particularly in the metatarsals

"Many players don't realize that pickleball, despite its friendly appearance, involves movements that can put significant stress on the foot and ankle complex," notes Dr. Tankson. "The sport's frequent direction changes and quick pivots challenge stability and strength in ways newcomers might not anticipate."

## PREVENTION STRATEGIES FOR FOOT AND ANKLE INJURIES

UF Health Sports Medicine specialists recommend several strategies to maintain foot and ankle health while enjoying pickleball:

### 1. Proper Footwear Selection

"Court-specific shoes are essential," emphasizes Dr. Thompson. "Unlike running shoes designed for forward motion, court shoes provide lateral support and appropriate traction for multi-directional movements."

#### Look for shoes with:

- Good lateral support
- Cushioning for impact absorption
- Non-marking soles designed for court surfaces
- Proper fit with adequate toe room

### 2. Progressive Training and Conditioning

"Many pickleball injuries occur when players jump into competitive play without building foundational strength and flexibility," says Dr. Thompson.

#### A balanced conditioning program should include:

- Ankle strengthening exercises
- Balance and proprioception training
- Flexibility work, especially for the Achilles tendon and calf muscles
- Core stability exercises to improve overall movement efficiency

### 3. Proper Warm-Up and Cool-Down Routines

Before hitting the court, spend 5-10 minutes on dynamic warm-ups like ankle circles, heel walks, and gentle side-to-side movements. After play, static stretching helps maintain flexibility and aids recovery.

### 4. Playing Surface Awareness

"Different court surfaces present unique challenges to foot and ankle stability," Dr. Thompson explains. "Players should adjust their movement patterns accordingly and be particularly cautious on slippery or uneven surfaces."

## WHEN TO SEEK MEDICAL ATTENTION

While minor soreness is normal after activity, certain symptoms warrant professional evaluation:

- Pain that persists more than a few days
- Swelling that doesn't improve with rest and ice
- Inability to bear weight
- Visible deformity or bruising
- Recurring pain that interferes with daily activities

## THE BENEFITS BEYOND THE COURT

Despite potential injury risks, the benefits of pickleball far outweigh the concerns when played with proper preparation.



"Regular pickleball play improves cardiovascular health, enhances balance and coordination, strengthens lower body muscles, and provides valuable social connections," says Dr. Tankson. "These benefits contribute significantly to overall health and quality of life, particularly as we age."

As National Pickleball Month celebrates this increasingly popular sport, UF Health Orthopaedics reminds enthusiasts that with proper preparation, equipment, and awareness, players can enjoy the game while minimizing injury risk. By following these guidelines, pickleball can remain a source of fitness, fun, and friendship for years to come.

## About Cedric Tankson, MD



Cedric J. Tankson, M.D., earned his medical degree from The University of South Florida College of Medicine in Tampa, Florida. He completed his orthopaedic residency training at Louisiana State University in New Orleans and completed a foot and ankle fellowship at The Institute for Foot and

Ankle Reconstruction at Mercy Medical Center in Baltimore, Maryland.

Dr. Tankson joined the UF Health-Villages orthopaedics staff in January 2020 and is board certified by the American Board of Orthopaedic Surgery. His clinical area of interests include arthritis, fracture management, joint restoration, sporting injuries and tendinitis.

Dr. Tankson has been published in several publications and has experience researching many topics including foot and ankle disorders, pediatric acute hematogenous osteomyelitis, cubital tunnel syndrome and infectious diseases.

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# CAREGIVER WELLNESS:

## Stretching Your Way to Stress Relief in April

By Angie Carozzi, LMT, CMMP, CPMT - General Manager

Caregiving is a labor of love, but it can also be physically and emotionally demanding. As caregivers, it's easy to prioritize the needs of others while neglecting your own well-being. April, with its abundance of awareness months, offers a perfect opportunity to focus on self-care and stress relief. From Stress Awareness Month to Autism Acceptance Month, this is a time to reflect on the importance of mental and physical health—not just for those you care for, but for yourself as well.

One simple yet effective way to decompress is through stretching. Stretching not only alleviates physical tension but also promotes relaxation and mindfulness. Here are some stretching tips tailored for caregivers, inspired by the themes of April's awareness campaigns.

### 1. Stress Awareness Month: Stretch Away the Tension

April is Stress Awareness Month, a reminder to address the toll that stress can take on your body and mind. Caregiving often involves long hours and repetitive tasks, which can lead to muscle stiffness and fatigue. Incorporate these stretches into your daily routine to release tension:

- **Neck Stretch:** Sit or stand tall. Gently tilt your head to one side, bringing your ear toward your shoulder. Hold for 15-30 seconds and switch sides. This stretch relieves neck and shoulder tension, common in caregivers who spend time leaning over or lifting.
- **Child's Pose:** Kneel on the floor, sit back on your heels, and stretch your arms forward on the ground. This yoga pose helps release tension in the lower back and hips, areas that often bear the brunt of caregiving tasks.

### 2. Autism Acceptance Month: Embrace Mindful Movement

April is also Autism Acceptance Month, a time to celebrate neurodiversity and promote understanding. Mindful movement, such as stretching, can be a grounding practice for caregivers of individuals with autism. It allows you to center yourself and recharge, so you can provide the best care possible.

- **Cat-Cow Stretch:** Start on your hands and knees. Inhale as you arch your back (Cow Pose) and exhale



as you round your spine (Cat Pose). This gentle flow improves spinal flexibility and encourages deep, calming breaths.

- **Seated Forward Fold:** Sit on the floor with your legs extended. Reach forward toward your toes, keeping your back straight. This stretch soothes the nervous system and promotes relaxation.

### 3. Sexual Assault Awareness Month: Reclaim Your Space

Sexual Assault Awareness Month in April highlights the importance of creating safe and supportive environments. For caregivers, this can also mean reclaiming your personal space and time for self-care. Stretching can be a powerful way to reconnect with your body and establish boundaries.

- **Standing Forward Fold:** Stand with your feet hip-width apart. Hinge at your hips and let your upper body hang forward. This stretch releases tension in the hamstrings and lower back, helping you feel grounded and centered.
- **Chest Opener:** Stand tall and clasp your hands behind your back. Lift your arms slightly and open your chest. This stretch counteracts the hunched posture that often comes with caregiving and fosters a sense of openness.

### 4. National Parkinson's Awareness Month: Strengthen and Support

April is also National Parkinson's Awareness Month, emphasizing the importance of mobility and strength. As a caregiver, maintaining your own physical health is crucial to supporting others. Incorporate stretches that build strength and flexibility:

- **Lunge Stretch:** Step one foot forward into a lunge position, keeping your back leg straight. This stretch strengthens the legs and opens the hips, improving balance and stability.

- **Wrist Stretch:** Extend one arm forward with your palm facing up. Use your other hand to gently pull your fingers back. This stretch is especially helpful for caregivers who perform repetitive tasks like lifting or writing.

### 5. Earth Month: Connect with Nature

April is Earth Month, a time to appreciate the healing power of nature. Take your stretching routine outdoors to soak up the benefits of fresh air and sunlight. Practicing stretches in a natural setting can enhance relaxation and mindfulness.

- **Tree Pose:** Stand tall and place one foot on the inside of your opposite thigh or calf. Balance and stretch your arms upward like tree branches. This pose improves focus and stability while connecting you to the earth.

- **Sun Salutation:** Flow through a series of yoga poses, including upward stretch, forward fold, and downward dog. This sequence energizes the body and mind, making it a perfect way to start your day.

### A Holistic Approach to Caregiving

Caregiving is a journey that requires resilience, compassion, and self-care. By incorporating stretching into your routine, you can alleviate physical tension, reduce stress, and recharge your energy. April's awareness campaigns remind us of the importance of mental and physical health—not just for those we care for, but for ourselves as well.

Take a moment this month to prioritize your well-being. Whether it's a quick neck stretch or a full yoga session, every little bit helps. Remember, a healthier you means better care for those who depend on you. So, stretch, breathe, and embrace the renewal that April brings.

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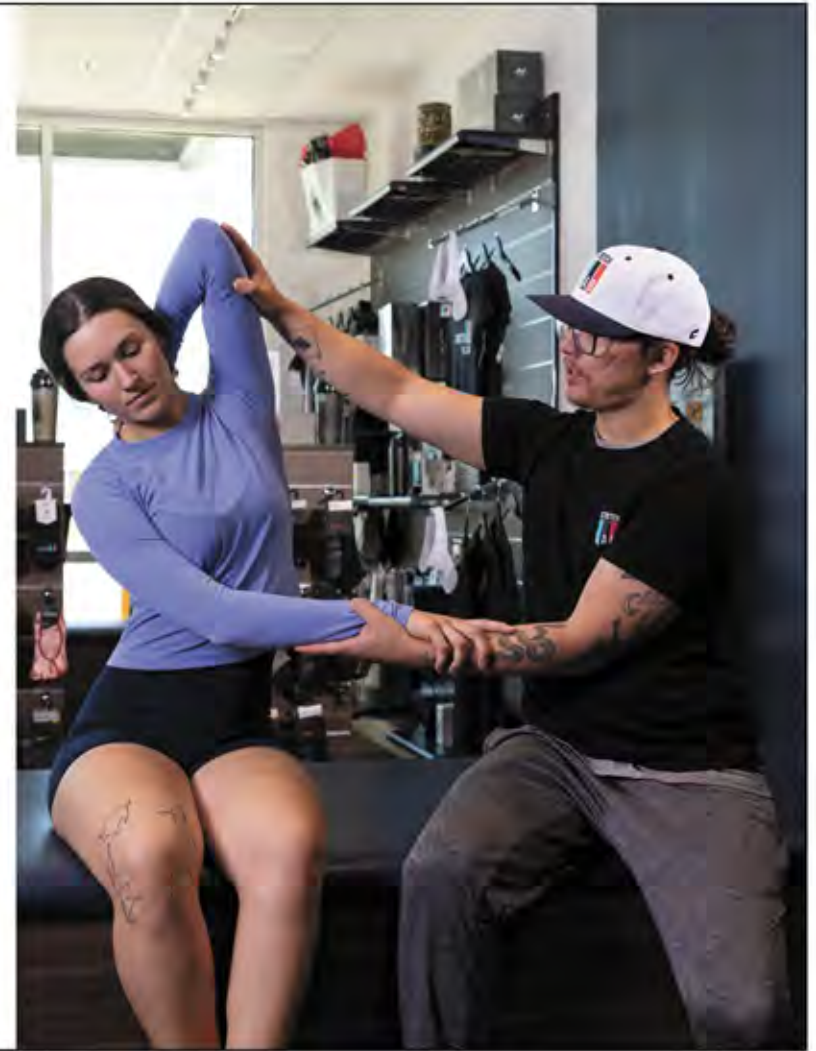


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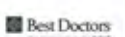
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# REVOLUTIONIZING WELLNESS: INFINITY MEDICAL INSTITUTE'S COMPREHENSIVE APPROACH TO ANTI-AGING AND LONGEVITY

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

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

## A Comprehensive Suite of Innovative Treatments

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

- **Bioidentical Hormone Therapy:** provides a natural approach to hormone balance, addressing common age-related symptoms like fatigue, mood fluctuations, and decreased libido.
- **Testosterone Replacement Therapy:** helps men restore vitality by supporting healthy testosterone levels, enhancing energy, muscle mass, and overall well-being.
- **Sexual Wellness Treatments:** offer targeted therapies to improve intimate health and quality of life.
- **Aesthetic Services:** Including Botox, Derma fillers, laser skin resurfacing, PRP, Body contouring, cellulite reduction.
- **Pulse Wave Therapy:** Improves circulation and activates stem cell regeneration correcting conditions like chronic pain, neuropathy and erectile dysfunction.
- **Platelet-Rich Plasma (PRP) Therapy:** harnesses the body's own growth factors to accelerate healing and tissue repair.

- **Stem Cell Therapy:** represents a groundbreaking regenerative approach to treating injuries and revitalizing aging tissues.
- **Peptide Therapy:** uses specialized treatments to stimulate natural bodily processes, including metabolism and immune function.
- **Weight Loss Programs:** offer comprehensive, sustainable solutions supported by medical expertise.

## Patient-Centered Care: Beyond Treatment

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

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

## The Science of Regenerative Medicine

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

## A Vision for Transformative Healthcare

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

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

## About Infinity Medical Institute

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



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

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

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

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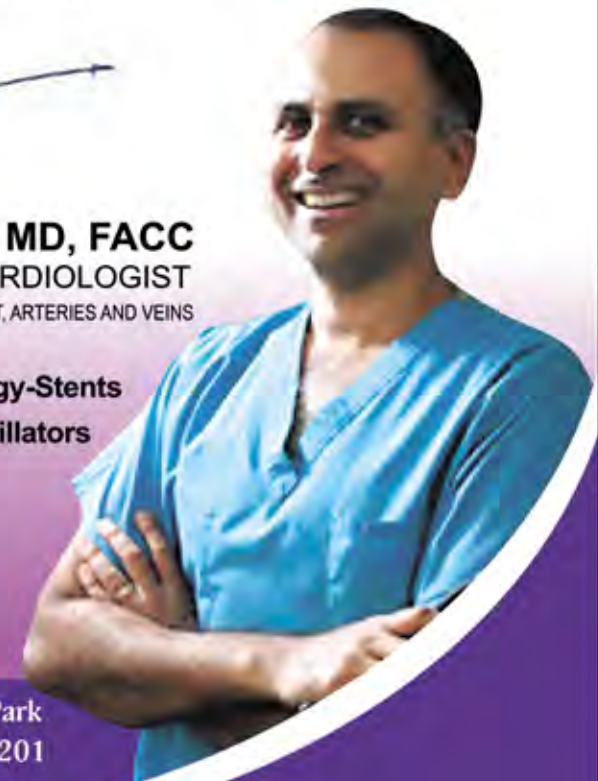
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# THE THETA CHAMBER: A REVOLUTIONARY APPROACH TO MENTAL WELLNESS, PTSD

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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# COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Richard W. Rozensky, DDS, D.ABDSM

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

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

## DENTAL VENEERS

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

## TEETH WHITENING

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

## DENTAL CROWNS

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

## DENTAL BONDING

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

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

## DENTAL IMPLANTS

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

## INLAYS AND ONLAYS

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

## DENTURES

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

## WHY CHOOSE LAUREL MANOR DENTAL AND SLEEP CARE?

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*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.

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

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

## Understanding Neuropathy: A Complex Challenge

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

## The Summus Laser: A Technological Marvel in Pain Management

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

## Key Mechanisms of Summus Laser Therapy

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

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

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

## Clinical Evidence and Patient Outcomes

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



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

## Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

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

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

## Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

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

## Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

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

## Future of Neuropathy Treatment

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

## Conclusion

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

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

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# FEELING STRESSED? IT SHOWS

By Allison Weber, APRN-C

**Y**ou 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.

## MidState Skin Institute Services:



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Comprehensive Dermatology Care

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

### Medical Dermatology

The science of treating the skin, hair, and nails to relieve or cure skin disorders.

### Surgical Dermatology

The practice of dermatology that specializes in surgical procedures & minimally invasive techniques to treat skin cancer.

### Cosmetic Dermatology

The practice of improving the look and health of one's skin through medical or surgical procedures, to help patients look and feel their best.

### Aesthetics

Treatment for the skin, hair or body that is meant to enhance the appearance of patients through minimally invasive techniques & personalized topical skin care recommendations.

# CHILL OUT: Recharge Clinic's Stress-Busting Services That Actually Work

**A**pril is Stress Awareness Month, and let's be real—if you're breathing, you're probably stressed. Whether it's work, family, doomscrolling at 2 AM, or just trying to figure out what's for dinner, stress is the unwanted guest that never leaves. But instead of letting it wreck your sleep, your energy, and your sanity, Recharge Clinic has some next-level solutions to help you fight back and feel like yourself again.

**CBD IV Infusions: Relax, Hydrate, and Feel the Zen**  
You've probably heard about CBD for stress relief, but if you're still popping gummies and hoping for the best, it's time to upgrade. Recharge Clinic's CBD IV Infusion takes relaxation to the next level by delivering pharmaceutical-grade CBD directly into your bloodstream. That means faster absorption, better effects, and no waiting around for it to kick in.

Why does it work? CBD interacts with your endocannabinoid system (the body's chill-out network) to reduce anxiety, improve mood, and even ease muscle tension. Plus, the IV hydration gives your body the fluids and vitamins it needs to bounce back from stress-induced burnout. It's like hitting the reset button—but legally.

**Ketamine Infusions: Break Free from Stress and Anxiety**

If your stress has turned into full-blown anxiety or depression, Ketamine Infusion Therapy might be the game-changer you've been waiting for. Originally used as an anesthetic (because science is wild), ketamine has been making waves in mental health for its rapid effects on mood disorders. Unlike traditional antidepressants that can take weeks to work (if they work at all), ketamine starts rewiring your brain's stress response within hours.

Ketamine infusions at Recharge Clinic are done in a controlled, medical setting with professionals who know what they're doing. Patients often report feeling lighter, clearer, and more hopeful after just one session. If stress has you feeling stuck, this could be the key to getting your life back on track.

**Adrenal Balance: Because Your Body Can't Run on Coffee and Willpower Alone**

Ever feel like you're running on empty? Waking up exhausted even after a full night's sleep? Feeling jittery, irritable, or just straight-up burned out? That's a sign your adrenal glands are waving the white flag. These tiny but mighty glands are responsible for producing cortisol—the stress hormone



that keeps you alert when needed. But when stress is nonstop, your adrenals either overproduce cortisol (hello, anxiety) or crash (cue the chronic fatigue).

Recharge Clinic's Adrenal Balance therapy is designed to help restore your cortisol levels to a healthy, sustainable range. Through targeted supplements, IV therapy, and hormone balancing, this treatment can help you reclaim your energy, focus, and overall well-being. No more afternoon crashes, no more running on fumes—just actual, sustained energy that lasts all day.

**Time to Recharge**

Stress might be unavoidable, but letting it run your life? That's optional. Recharge Clinic has the science-backed solutions to help you fight back and feel your best. Whether you need to calm your nervous system, reset your brain, or get your energy levels in check, there's a treatment that fits your needs.

Ready to ditch the stress and feel human again? Call Recharge Clinic and book your appointment today—because you deserve better than just 'pushing through'.

If you're ready to move beyond outdated treatment paradigms and explore a more dynamic, personalized approach to mental health care, consider scheduling a consultation at Recharge Clinic. Their experienced providers are committed to crafting individualized treatment plans based on the latest

clinical data and emerging research. With a focus on patient safety and measurable outcomes, Recharge Clinic's innovative therapies offer a fresh perspective on managing depression, anxiety, and cognitive decline.

Advances in mental health care are redefining the possibilities for those struggling with these conditions. Recharge Clinic's bold approach is not just about alleviating symptoms—it's about empowering you to reclaim your cognitive vitality and emotional balance. If you've been battling mental health challenges and are seeking alternatives to traditional treatments, these cutting-edge therapies might be the breakthrough you need.

Your mental well-being is an investment worth making. With Recharge Clinic's blend of rapid-acting and long-term strategies, you can transform your mental health journey. Consult with a qualified provider today to determine whether these innovative treatments are right for you, and take the first step toward a brighter, more resilient future.

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# Modern Approaches to Joint Pain Management

## FROM INJECTIONS TO REGENERATIVE THERAPIES

**J**oint pain affects millions of Americans, limiting mobility and decreasing quality of life. Fortunately, medical advancements have created numerous treatment options beyond traditional pain medications. These specialized interventions target the source of discomfort while minimizing systemic side effects.

Injection-based therapies represent the frontline approach for many patients. Shoulder, hip, and knee joint injections deliver anti-inflammatory corticosteroids or anesthetics directly to affected areas, providing relief that may last weeks to months. These targeted treatments reduce inflammation at its source, making them especially effective for arthritis, bursitis, and tendonitis.

For those suffering from knee pain, genicular nerve blocks offer a specialized solution by temporarily numbing the nerves that transmit pain signals from the knee. When these blocks prove effective, patients may progress to genicular nerve radiofrequency ablation, which uses controlled heat to disrupt these pain signals for longer-lasting relief—often 6-12 months or more.

Viscosupplementation represents another specialized knee treatment. This procedure involves injecting hyaluronic acid, a natural joint lubricant, into the knee joint. These injections can improve cushioning and reduce friction, particularly beneficial for osteoarthritis patients who have lost natural joint lubrication.

For hip pain originating from inflammation around the trochanteric bursa, trochanteric bursa injections

target this fluid-filled sac on the outside of the hip. This precise treatment can significantly reduce pain during walking and sleeping.

Recent advances in regenerative medicine have introduced promising biological therapies. Platelet Rich Plasma (PRP) therapy utilizes a concentration of platelets from the patient's own blood, which contains growth factors that may stimulate healing and tissue regeneration when injected into damaged joints.

Stem cell therapy represents the cutting edge of regenerative approaches. By introducing multipotent stem cells to injured areas, this treatment aims to rebuild damaged cartilage and other joint tissues. While research continues, many patients report significant improvement following these procedures.

For those seeking non-surgical, drug-free options, peripheral nerve stimulation offers a technological solution. This therapy uses mild electrical impulses to block pain signals, potentially providing relief without medication side effects.

These diverse treatment options highlight the personalized approach modern medicine takes toward joint pain. The ideal treatment depends on the specific condition, joint involved, and individual patient factors. Many patients benefit from combining these specialized interventions with physical therapy, proper nutrition, and appropriate exercise.

With continued advancements in medical technology and regenerative approaches, those suffering from joint pain have more hope than ever for finding effective, long-lasting relief.

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

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

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

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

**P**arkinson'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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# FINDING PEACE IN CHAOS: CBD Solutions from The Pharm Stand for Stress Awareness Month

**A**pril marks Stress Awareness Month, a time when health professionals unite to increase public awareness about the causes and cures for our modern stress epidemic. With anxiety affecting millions of Americans, finding effective, natural solutions has never been more important. The Pharm Stand offers premium CBD products that may provide relief during times of heightened stress and anxiety.

Anxiety manifests in many ways—racing thoughts, difficulty concentrating, restlessness, and even physical symptoms like increased heart rate and disrupted sleep patterns. These symptoms can significantly impact daily functioning and overall quality of life. While traditional treatments exist, many people are turning to natural alternatives like CBD to help manage their symptoms.

CBD, or cannabidiol, is a non-psychoactive compound derived from the hemp plant. Unlike its cousin THC, CBD doesn't produce a "high" but instead works with the body's endocannabinoid system to promote balance and homeostasis. Research suggests CBD may help reduce anxiety by affecting serotonin levels in the brain, similar to how many anti-anxiety medications work.

The Pharm Stand distinguishes itself through its commitment to quality and transparency. Their CBD products undergo rigorous third-party testing to ensure purity and potency. From oils and tinctures to gummies and topicals, they offer various consumption methods to suit different preferences and needs.



For those new to CBD, The Pharm Stand's knowledgeable staff can provide guidance on dosage and product selection. Their CBD oils offer precise dosing and fast-acting relief, while their gummies provide a convenient, tasty option for on-the-go anxiety management. For those experiencing physical tension from stress, their topical creams may help relieve muscle tightness and discomfort.

Beyond product offerings, The Pharm Stand emphasizes education, helping customers understand how CBD works with their bodies. This educational approach empowers individuals to take control of their wellness journey.

During Stress Awareness Month, it's important to remember that managing anxiety often requires a multi-faceted approach. While CBD can be a valuable tool, combining it with other stress-reduction techniques like meditation, regular exercise, and adequate sleep may provide the most benefit.

The Pharm Stand's mission aligns perfectly with the goals of Stress Awareness Month—providing natural solutions to help people live healthier, more balanced lives. By offering premium CBD products and expert guidance, they're helping customers navigate the challenges of stress and anxiety in today's fast-paced world.

## 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.

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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.

**A**s 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 health-care 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

**H**ave 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:

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