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Health & Wellness[®] MAGAZINE

May 2025

Lake/Sumter Edition - Monthly

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THE LINK
BETWEEN
STROKES
& VISION**

**MELANOMA
MAY!**

**UNDERSTANDING
ARTHRITIS**

Causes, Symptoms, and
Management Strategies

**AT THE ONSET
OF A STROKE**

Prompt Treatment Can Save Lives
and Lessen Long-Term Side Effects

**FOUR WAYS
EXERCISE
PROTECTS
YOUR BRAIN**

**THE CAUSES &
TREATMENTS OF
EYE ALLERGIES**

SEXUAL WELLNESS

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Addressing Incontinence
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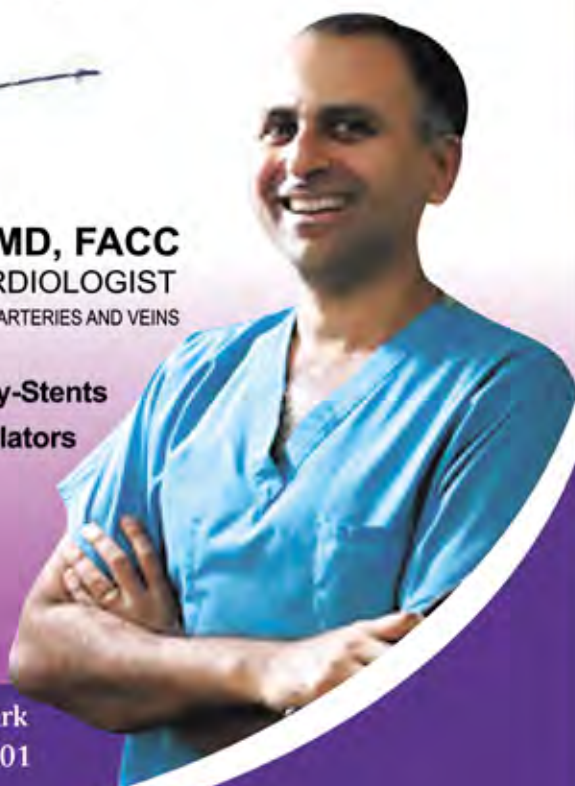
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THE CAUSES AND TREATMENTS OF EYE ALLERGIES

Eye allergies develop when the eyes produce extra histamines to fight off an irritant, resulting in red, swollen, watery eyes that can burn, itch, and produce clear discharge. However, each individual's reaction level is different depending on how sensitive they are to each allergen. Here are some common causes of eye allergies and ways you can treat them.

CAUSES OF EYE ALLERGIES

Eye allergy symptoms can be triggered both indoors and out. Some of the most common causes of eye allergies, include:

- **Outdoor Allergens:** Pollen from grass, trees and weeds is the largest cause of outdoor eye allergies. Allergic symptoms are often worse in the spring, when many trees and flowers are in bloom.
- **Indoor Allergens:** The most common cause of eye allergies found indoors is pet dander, which is dead skin cells shed by cats, dogs or other domestic animals. Dust mites and mold are other common indoor allergens that can irritate the eyes.
- **Irritants:** Cigarette smoke, perfume, diesel exhaust, odorous foods and expired cosmetics can cause your eyes to have an allergic response. You can also experience eye irritation as a side effect from elements that don't come in direct contact with your eyes, such as insect bites.

HOW TO AVOID EYE ALLERGENS

The best way to treat eye allergies is by taking precautionary measures to avoid common eye irritants. Easy steps to take include:

- Keeping windows closed during pollen season
- Regularly changing your air conditioning filter to remove irritants in the air
- Wearing eye protection outside to help keep pollen out of your eyes
- Running a dehumidifier indoors to keep humidity low and reduce the risk of mold
- Regularly vacuuming and sweeping floors and surfaces for pet hair, dust, and pollen
- Using a damp mop or rag to trap dust when cleaning
- Investing in allergen-reducing sheets and pillowcases
- Regularly wash bedding in hot water
- Washing your hands after petting animals

DIAGNOSING EYE ALLERGIES

Getting a diagnosis for your eye allergies is a relatively simple process. During a routine eye exam, your ophthalmologist will closely examine your eyes to look for swollen blood vessels, swelling of the conjunctiva or eyelid, or bumps on your eye's inner lining. Some allergies can be hereditary, so your eye doctor will also ask about your family's medical history.

WAYS TO TREAT EYE ALLERGIES

If you're experiencing eye allergy symptoms, the following over-the-counter medications can provide temporary relief:

- **Artificial tears:** Artificial tears temporarily wash away eye allergens and relieve dry eyes by providing extra moisture.
- **Decongesting eyedrops:** Decongestants reduce redness and include histamines that can relieve itchiness. However, decongestants should not be used for more than a week, as they can increase symptoms if overused.
- **Oral antihistamines:** While this solution helps relieve itching, it can also dry out your eyes.

For severe eye allergy symptoms, it is best to consult with your ophthalmologist or optometrist directly, as they'll be able to prescribe you a stronger and longer-lasting eye allergy treatment. Prescriptive options include:

- **Eyedrops:** Advanced eyedrops contain both antihistamines (which reduce itching and redness) and mast cell stabilizers (which prevent the release of histamines if used before exposure). Corticosteroid eyedrops are the strongest solution to treat chronic and severe symptoms.
- **Immunotherapy shots or drops:** To improve your tolerance to eye allergens, immunotherapy exposes you to small amounts of an allergen in gradually increasing doses over time. This solution can take several months to see effective results.
- **Nonsedating oral antihistamines:** These prescription-level antihistamines lack the sedating side effects of many over-the-counter medicines. However, you may still experience dry eyes and a temporary increase in symptoms.



Ultimately, it may take a combination of lifestyle changes, over-the-counter and prescription treatments to start seeing serious, long-term eye allergy relief. To fully address and reduce eye allergies, visit the experts at Lake Eye to diagnose your problem and prescribe a treatment that's right for you.

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Revolutionary Brain Monitoring Technology:

Ceribell EEG Now Available at both UF Health Central Florida Hospitals

By Sean Meagher, MD

Patients with neurological disorders at UF Health Leesburg Hospital and UF Health Spanish Plaines Hospital now have access to groundbreaking technology that promises faster diagnosis and improved treatment outcomes. The Ceribell Rapid Response EEG system, recently implemented across both medical centers, represents a significant advancement in neurological care for patients suffering from conditions including Alzheimer's disease and other brain disorders.

The Ceribell system is an AI-powered point-of-care EEG diagnostic system designed to revolutionize seizure management in acute care settings. Its mission is to make EEG diagnostics widely available, more efficient, and more cost-effective, ultimately improving the detection and treatment of neurological conditions that affect millions of Americans annually. For patients and families navigating the challenges of Alzheimer's disease, this technology represents a crucial step forward in rapid assessment and monitoring capabilities.

One of the most significant benefits of the Ceribell system is its rapid deployment capability. The 8-channel Ceribell EEG significantly shortens the time to diagnosis of status epilepticus and non-seizure conditions compared with standard 18-channel electroencephalography. This quick diagnostic capability is critical as seizure emergencies require rapid diagnosis and treatment within a 30-minute timeframe for optimal outcomes, similar to the door-to-needle times established for ischemic stroke protocols.

The technology features a simple headband with integrated electrodes, a pocket-sized recorder with intuitive software, and an online portal that allows neurologists to remotely view brain activity in real-time. This breakthrough technology helps detect and diagnose non-convulsive seizure activity in critically ill patients, ensuring they receive optimal treatment as quickly as possible. Unlike conventional EEG systems that require specialized technicians and cumbersome equipment, the Ceribell system can be deployed by staff members already caring for the patient.

For UF Health patients with Alzheimer's and other neurological disorders, this means faster access to critical care. The Neurocritical Care Society recommends initiating an EEG within 15 to 60 minutes when



a seizure is suspected. However, due to limitations of conventional EEG systems, clinicians often experience up to a 4-hour wait time for results. The Ceribell system effectively eliminates this dangerous delay, potentially preventing permanent brain damage and reducing mortality risks.

Another key advantage is the device's versatility across hospital departments. The assessment can be performed at any time of day and at any level of care (emergency department, ICU, floor nursing units), including respiratory isolation rooms for patients requiring special precautions. This flexibility means that UF Health can now provide consistent neurological monitoring regardless of a patient's location within the hospital system.

Recent clinical evidence reinforces the value of this implementation. New data analysis including 937 point-of-care EEG cases and recordings adds to the growing body of evidence highlighting the potential of Ceribell's system to reduce hospital length of stay and improve functional outcomes compared to conventional EEG. These improvements translate directly to better quality of life for patients and reduced healthcare costs.

The system also produces significant healthcare resource benefits. A study of 100 consecutive patients who underwent Rapid-EEG monitoring found that patients were less likely to be continued or started on anti-seizure medications if the Rapid-EEG diagnosis was normal compared to those with seizure activity, preventing unnecessary medication usage and potential side effects while conserving valuable hospital resources.

At UF Health Leesburg Hospital and UF Health Spanish Plaines Hospital, the addition of the Ceribell system represents their commitment to bringing cutting-edge neurological care to patients throughout Florida. With its ability to provide rapid diagnosis, continuous monitoring, and AI-powered alerts, this technology promises to transform care for patients with Alzheimer's and other neurological disorders while optimizing hospital resources and improving patient outcomes. As brain awareness initiatives gain momentum nationwide, this implementation positions UF Health at the forefront of innovative neurological care.

About Sean Meagher, MD

Neurointerventional Surgeon, Neuroradiologist



With over 20 years of experience, Dr. Sean Meagher is a trusted expert in neurointerventional surgery and diagnostic neuroradiology. He is deeply passionate about helping patients while also mentoring the next generation of medical professionals.

As an educator, he teaches and guides students, residents, and fellows across various neurology specialties. Dr. Meagher is committed to providing compassionate, patient-centered care. His goal is to offer the most advanced, effective treatments for conditions related to the brain, spine, and vascular system, ensuring the highest quality of care at every step. Whether you're facing a cerebrovascular condition or a spinal issue, Dr. Meagher uses the latest innovations in stroke treatment and minimally invasive surgery to help you get back to living your life.



For questions or to learn more, visit our website UFHealth.org/uf-health-central-florida or call 352.323.5665.



AT THE ONSET OF A STROKE:

Prompt Treatment Can Save Lives and Lessen Long-Term Side Effects

T.E. Vallabhan, MD, FACC

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures. Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain. TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B	Balance: Does the person have a sudden loss of balance or coordination?	
E	Eyes: Is your loved one experiencing double vision or are they unable to see out of one eye?	
F	Face: Is one side of the face drooping? Ask the person to smile.	
A	Arms: Does one arm drift downward? Have the person raise both arms in the air.	
S	Speech: Is he or she slurring their speech or having difficulty getting the words out right? Have the person repeat a simple phrase.	
T	Time: Time to act! Call 9-1-1 and get the person to a certified stroke center immediately, such as Adventist Medical Center.	

STROKE?
DON'T WAIT!
B.E. F.A.S.T.



What You Can Do

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

Dr. V

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UNDERSTANDING VENOUS LEG ULCERS: CAUSES, SYMPTOMS, AND TREATMENTS

We've all experienced minor cuts, scrapes, or bruises on our legs. In most cases, these injuries begin to heal within two weeks. However, if a wound on your leg seems to be worsening, increasing in size, or producing drainage, it could be a venous leg ulcer (VLU)—a condition requiring medical attention, or you could have a non-healing wound that might ordinarily heal if you had no venous insufficiency.

What Are Venous Leg Ulcers?

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

What Causes Venous Leg Ulcers?

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

Other Types of Leg Ulcers

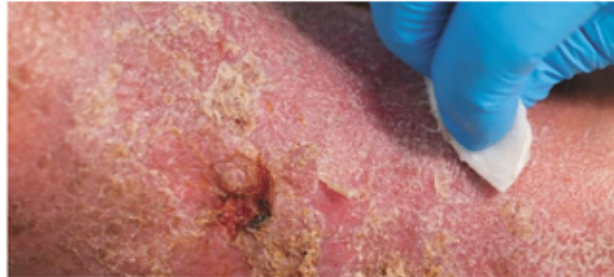
While VLUs are the most common, other types of leg ulcers may occur due to different underlying causes:

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

No matter the cause, underlying high venous pressure from venous insufficiency will inhibit proper wound healing.

Treatment Options for Venous Leg Ulcers

Treatment for VLUs depends on the ulcer's severity, age, and overall health. All procedures used are



designed to decrease venous pressure build-up from venous insufficiency. Commonly recommended approaches include:

Compression Therapy: A conservative approach often used as a first-line treatment, compression therapy can reduce swelling and improve blood flow, helping to manage symptoms.

Endovenous Laser Treatment (EVLT): This procedure uses laser energy to target damaged veins, causing them to close and rerouting blood flow to healthier veins.

Radiofrequency Ablation (RFA): Like EVLT, this method uses radiofrequency energy to seal off problematic veins.

Venaseal: Cyanoacrylate adhesive closure of abnormal veins that creates venous hypertension.

Varithena: Varithena is minimally invasive and doesn't involve surgical vein stripping, removing the associated risks. You avoid general anesthesia, sedation, and incisions. Unlike most thermal procedures, Varithena does not require multiple injections to numb the treatment site and doesn't leave permanent foreign bodies behind after treatment.

Microphlebectomy: The procedure involves making a tiny 1-2mm micro-incision, and the vein is teased out with a small hook. It is then divided and removed. The incisions are so small that stitches are not needed to close them. They heal with excellent cosmetic results with only a butterfly closure.

Ultrasound-Guided Foam Sclerotherapy: is unique because it removes unsightly or unhealthy veins without stripping them. First, an ultrasound is used to find the affected vein, and then a needle is inserted to inject a sclerosing agent into the treated vein. This agent causes a chemical reaction, which causes the vein to collapse, leaving the body to absorb that vein. This removes the varicose vein without creating any scarring or skin conditions. Veins generally need two to three treatments, and patients enjoy long-lasting cosmetic results afterward.

Sclerotherapy: A minimally invasive procedure where a solution is injected into the varicose veins, causing them to collapse and fade over time.

The Importance of Timely Treatment

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

Statistics Highlight the Scope of the Issue

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

Seeking Professional Care

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

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Shedding Light on Stroke Awareness Month: Unveiling the Link Between Strokes and Vision

By Dan P. Montzka, M.D.

May marks Stroke Awareness Month, a crucial time to highlight the importance of understanding strokes and their potential impact on various aspects of health, including vision. While strokes primarily affect the brain, their repercussions can extend to the eyes, often serving as early indicators or resulting in lasting visual impairments. As we delve into the connection between strokes and vision, it becomes evident that raising awareness about this correlation is essential for early detection, prevention, and holistic stroke management.

Strokes, often referred to as "brain attacks," occur when blood flow to the brain is interrupted or reduced, leading to the deprivation of oxygen and essential nutrients. This interruption can result from a blockage in the blood vessels (ischemic stroke) or the rupture of blood vessels (hemorrhagic stroke). While strokes can manifest in various ways, including sudden numbness or weakness in the face, arm, or leg, difficulty speaking, and severe headaches, their impact on vision is less commonly understood.

The eyes serve as windows to the brain, and changes in vision can often indicate underlying neurological issues, including strokes. One of the most common visual symptoms associated with strokes is sudden vision loss or changes, which can range from partial blindness to double vision. These changes may occur abruptly and affect one or both eyes, depending on the location and severity of the stroke. Additionally, individuals may experience visual disturbances such as blurred vision, tunnel vision, or difficulty focusing, all of which warrant immediate medical attention.

The connection between strokes and vision lies in the intricate network of blood vessels that supply oxygen and nutrients to the eyes and the brain. When a stroke occurs, these blood vessels may become compromised, leading to decreased blood flow and potential damage to the optic nerve or retina. The optic nerve, responsible for transmitting visual information from the eyes to the brain, is particularly vulnerable to the effects of strokes, often resulting in vision loss or impairment.



Furthermore, strokes can indirectly impact vision through their effects on cognitive function and mobility. Cognitive impairments resulting from strokes, such as memory loss or difficulty processing information, can hinder a person's ability to interpret visual stimuli effectively. Similarly, mobility issues stemming from stroke-related paralysis or weakness can limit a person's field of vision and spatial awareness, increasing the risk of falls or accidents.

Early detection and intervention are crucial in mitigating the visual consequences of strokes. Regular eye exams, including assessments of visual acuity, peripheral vision, and eye movement, can help detect subtle changes indicative of underlying neurological issues. Additionally, imaging tests such as magnetic resonance imaging (MRI) or computed tomography (CT) scans can provide valuable insights into the extent and location of brain damage caused by strokes.

Preventive measures play a pivotal role in reducing the risk of strokes and preserving vision. Lifestyle modifications, including maintaining a healthy diet, engaging in regular exercise, managing stress, and avoiding smoking and excessive alcohol consumption, can significantly lower the risk of stroke occurrence. Moreover, managing underlying health conditions such as hypertension, diabetes, and high cholesterol through medication and regular monitoring can further decrease the likelihood of stroke-related complications.

In conclusion, Stroke Awareness Month serves as a poignant reminder of the multifaceted nature of

strokes and their potential impact on vision. By understanding the connection between strokes and the eyes, individuals can take proactive steps to safeguard their visual health and reduce the risk of stroke-related visual impairments. Through increased awareness, early detection, and comprehensive stroke management, we can strive towards a future where strokes no longer cast a shadow on vision and overall well-being.

Retina Group of Florida

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

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Four Ways Exercise Protects Your Brain

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

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

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

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

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

1. Exercise increases blood flow to the brain

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

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

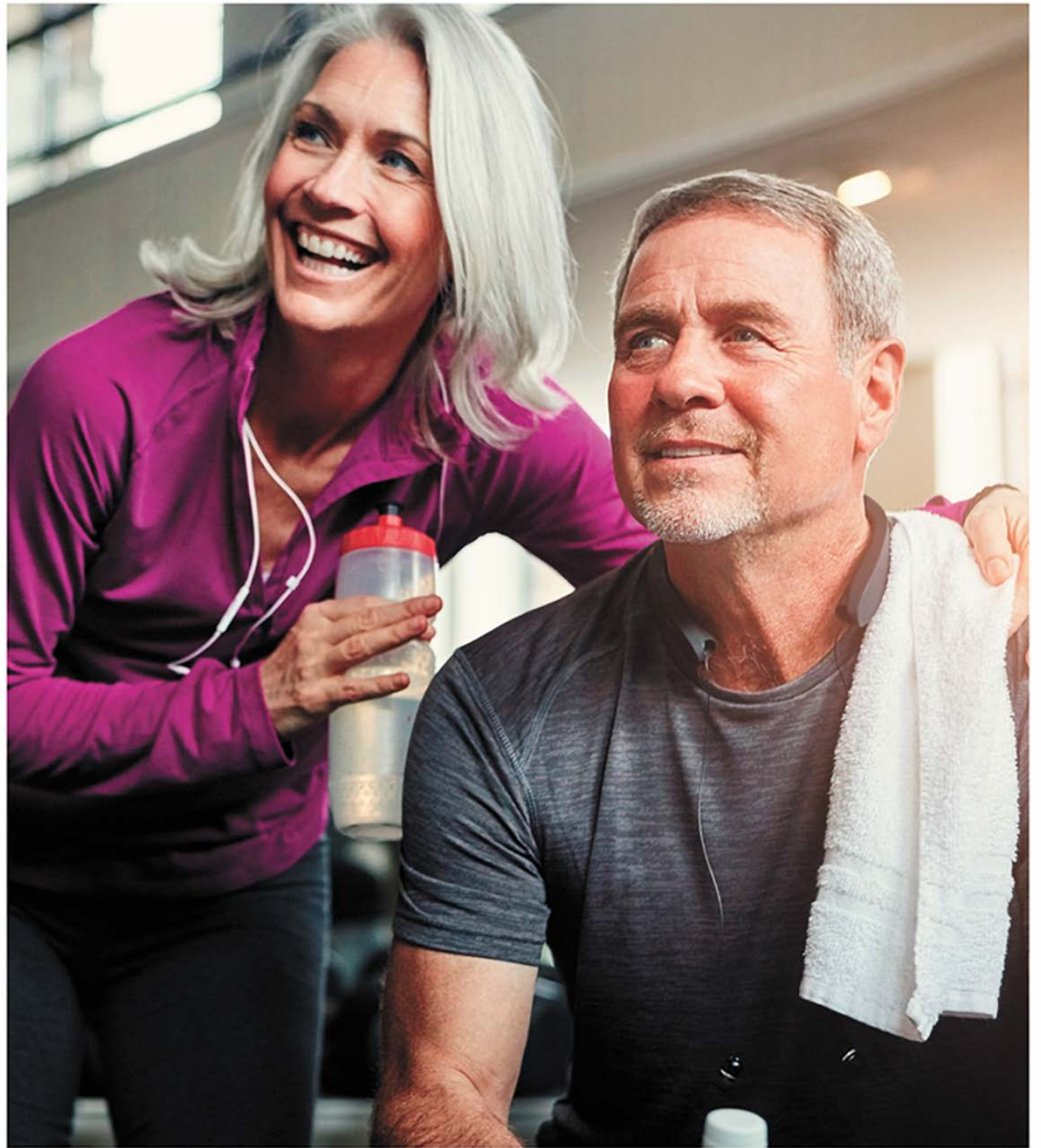
2. Exercise promotes the growth of new brain cells and connections

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

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

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

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



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

4. Exercise can help you stay social

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

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

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MAY: A MONTH TO AMPLIFY UNDERSTANDING OF COMMUNICATION DISORDERS

By Dr. Evans Pemba

May is designated as Better Hearing and Speech Month, an annual observation dedicated to raising awareness about communication disorders and promoting treatments that can improve the quality of life for those affected. This special month highlights the essential work of audiologists, speech-language pathologists, and other professionals who help individuals overcome challenges in hearing, speaking, and understanding language.

Communication disorders affect millions of Americans across all age groups. These conditions range from hearing loss and auditory processing disorders to speech impediments, language delays, and voice disorders. According to the American Speech-Language-Hearing Association (ASHA), which established this observational month in 1927, nearly 40 million Americans have communication disorders, making them among the most common disabilities in the United States.

Early intervention is crucial for children with communication disorders. Research consistently shows that identifying and addressing these issues during the formative years leads to significantly better outcomes. During Better Hearing and Speech Month, healthcare providers and educators emphasize the importance of developmental screenings and encourage parents to seek professional evaluation if they notice delays in their child's communication milestones.

For adults, hearing loss represents one of the most prevalent yet undertreated health conditions. Often developing gradually, many individuals wait an average of seven years before seeking help for hearing difficulties. This delay can lead to social isolation, cognitive decline, and decreased quality of life. May serves as an important reminder for adults to prioritize hearing health through regular screenings and appropriate interventions when needed.

The workplace represents another critical setting where communication abilities significantly impact success and well-being. Employers are encouraged during this month to create accommodating environments for employees with communication disorders and to implement strategies that foster inclusive communication practices.



Technological advancements continue to transform the field of communication disorders. From sophisticated hearing aids and cochlear implants to augmentative and alternative communication devices, these innovations help bridge communication gaps and restore connections between individuals and their communities. Better Hearing and Speech Month showcases these technologies and makes them more accessible to those who need them.

Community outreach forms a cornerstone of May's activities, with professionals organizing free screenings, educational workshops, and support groups. These events not only provide valuable services but also help reduce the stigma associated with communication disorders.

Schools also play a vital role in this observance, incorporating lessons about communication differences into their curricula and teaching students about empathy and inclusion. These educational efforts help nurture a more understanding and supportive generation.

The pandemic has further highlighted the importance of effective communication. With mask-wearing creating barriers for those who rely on lip-reading and facial expressions, awareness about communication accessibility has gained new urgency. Innovations like clear masks and digital communication tools have emerged as solutions, demonstrating the adaptability of the field in meeting unexpected challenges.

Personal stories shared during May's observance provide powerful testimonials about the impact of communication therapies. From toddlers speaking their first words after therapy to seniors reconnecting with loved ones through hearing aids, these narratives inspire hope and motivate action. They remind us that behind every statistic is a human experience worthy of attention and support.

As May unfolds, the message of Better Hearing and Speech Month extends beyond those directly affected by communication disorders. It reminds us all of communication's fundamental role in human connection and underscores our collective responsibility to create a world where everyone can express themselves and be understood—regardless of the challenges they face. Through education, advocacy, and compassion, Better Hearing and Speech Month invites us to listen more carefully and speak up for those whose voices need amplification. This May, take the first step toward better communication by scheduling your comprehensive hearing evaluation with Ocala Hears, where expert care meets compassionate service for all your hearing health needs.



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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UNDERSTANDING ARTHRITIS: Causes, Symptoms, and Management Strategies

By Dr. Chad Rose, DC

Arthritis affects millions of Americans, limiting mobility and diminishing quality of life for many. While often associated with aging, this condition can impact people of all ages and backgrounds. Understanding arthritis is the first step toward effectively managing its symptoms and maintaining an active lifestyle.

What Is Arthritis?

Arthritis isn't a single disease but rather an umbrella term for more than 100 related conditions affecting the joints and surrounding tissues. The word "arthritis" literally means joint inflammation, though many forms involve various other symptoms beyond inflammation.

The two most common types are osteoarthritis and rheumatoid arthritis. Osteoarthritis occurs when protective cartilage that cushions the ends of bones wears down over time, while rheumatoid arthritis is an autoimmune disorder where the immune system mistakenly attacks the body's own tissues, primarily affecting the joint lining.

Recognizing the Signs

Early recognition of arthritis symptoms can lead to more effective treatment. Common warning signs include:

- Persistent joint pain, especially during or after movement
- Stiffness, particularly in the morning or after periods of inactivity
- Swelling and tenderness around affected joints
- Decreased range of motion
- Joint warmth and redness
- Fatigue and general malaise (especially with rheumatoid arthritis)

These symptoms may come and go, and their severity varies widely among individuals. Some people experience mild discomfort that barely affects daily activities, while others face debilitating pain that significantly impacts mobility and independence.

Risk Factors

Several factors increase the likelihood of developing arthritis:

- **Age:** Joint wear increases naturally over time
- **Family history:** Genetic factors play a role in many arthritis types

- **Previous joint injuries:** Damaged joints are more susceptible to arthritis
- **Excess weight:** Extra pounds place additional stress on weight-bearing joints
- **Gender:** Women are more likely than men to develop rheumatoid arthritis
- **Occupational hazards:** Jobs requiring repetitive movements can stress joints

Comprehensive Management Approaches

While there's no single cure for most forms of arthritis, a multifaceted treatment approach can effectively manage symptoms and slow progression. Successful management often combines:

Medical interventions: Medications can reduce inflammation, relieve pain, and in some cases, slow disease progression. These range from over-the-counter pain relievers to prescription anti-inflammatory drugs and disease-modifying treatments.

Physical therapy: Targeted exercises strengthen supporting muscles, improve flexibility, and reduce joint stress. A qualified physical therapist can develop a customized program addressing specific limitations.

Lifestyle modifications: Managing weight reduces pressure on joints, particularly knees, hips, and spine. Nutritional approaches emphasizing anti-inflammatory foods may also provide benefits.

Complementary approaches: Many find relief through acupuncture, massage therapy, and other complementary treatments that address both physical symptoms and overall wellness.

Chiropractic care: For some patients, particularly those with certain types of arthritis affecting the spine, chiropractic adjustments may help improve function and reduce pain when provided by experienced practitioners familiar with arthritis management.

The Importance of Holistic Care

The most effective arthritis management approaches consider the whole person—not just the affected joints. Mental health support, stress management techniques, and addressing sleep issues are equally important components of a comprehensive treatment plan.

Living with arthritis requires adaptability and persistence. By working with healthcare professionals to develop an individualized treatment approach, most people with arthritis can maintain active, fulfilling lives while effectively managing their symptoms.

At Rose Wellness Clinic, our team understands the complex nature of arthritis and offers integrated care approaches to help our patients navigate this challenging condition with confidence and improved quality of life. Call us today at (352) 775-2180 to schedule your consultation at our The Villages office and take the first step towards pain-free living! 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 is the lead chiropractor at Rose Wellness Clinic who serves The Villages and the surrounding communities in FL.

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

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Breaking the Silence:

Addressing Incontinence During National Women's Health Month

By Bela Kudish, MD, MS, ACOG, URPS

National Women's Health Month presents an ideal opportunity to discuss a condition that affects millions of women but remains shrouded in unnecessary silence: urinary incontinence. While common, affecting approximately 25-45% of adult women, many suffer silently due to embarrassment or misconception that it's an inevitable part of aging or motherhood.

Understanding Incontinence in Women

Urinary incontinence—the involuntary leakage of urine—exists in several forms. Stress incontinence occurs during physical activities like coughing, sneezing, or exercise. Urge incontinence involves sudden, intense urges to urinate followed by involuntary leakage. Mixed incontinence combines both types.

Women face unique risk factors across different life stages. In younger women (20s-30s), pregnancy and childbirth can weaken pelvic floor muscles. During perimenopause and menopause (40s-60s), hormonal changes affect urethral tissue integrity. In older women (70+), age-related muscle weakening and neurological changes may contribute to symptoms.

Breaking Myths: It's Not Just Age or Childbirth

While aging and childbirth are significant factors, they're not the only causes. Other contributors include:

- Chronic constipation creating persistent pressure on the bladder
- High-impact exercises without proper pelvic support
- Untreated urinary tract infections
- Certain medications affecting bladder function
- Neurological conditions impacting nerve signals
- Pelvic surgeries, including hysterectomy

Evidence-Based Management Strategies

The good news? Most cases respond well to conservative interventions:

Pelvic Floor Therapy: Beyond Basic Kegels

Pelvic floor physical therapy has emerged as a front-line treatment. Professional therapists assess muscle function and prescribe personalized exercise regimens. Treatment may include:

- Biofeedback to visualize muscle contractions
- Internal and external manual therapy
- Electrical stimulation to improve muscle recruitment
- Functional retraining for everyday activities



Self-Management Exercises

Between therapy sessions, these exercises build strength and control:

1. **Basic Kegels:** Identify the correct muscles by stopping urine mid-stream (for identification only, not as regular practice). Contract these muscles for 3-5 seconds, then release. Build to 10-second holds with equal rest periods.
2. **Elevator Kegels:** Visualize your pelvic floor as an elevator. "Lift" it floor by floor, pausing briefly at each level before descending slowly.
3. **Quick Flicks:** Perform rapid pelvic floor contractions (1-second contract, 1-second release) to improve reactivity during sudden pressure increases.
4. **Bridge Pose:** Lie on your back with knees bent. Lift hips while contracting pelvic floor muscles, hold for 5 seconds, then lower.
5. **Squat-to-Stand:** Perform controlled squats while maintaining pelvic floor engagement throughout the movement.

Lifestyle Modifications

Simple changes can significantly impact symptoms:

- **Bladder training:** Gradually increasing time between bathroom visits
- **Fluid management:** Maintaining hydration without excessive intake
- **Dietary adjustments:** Reducing bladder irritants like caffeine, alcohol, and artificial sweeteners
- **Weight management:** Even modest weight loss can reduce pressure on the pelvic floor
- **Smoking cessation:** Chronic coughing strains pelvic floor muscles

When to Seek Professional Help

While self-management helps many women, certain situations warrant medical attention:

- Incontinence interfering with daily activities or sleep
- Symptoms developing suddenly
- Pharmacotherapy for overactive bladder symptoms
- Pain accompanying leakage
- Blood in urine
- Recurrent UTIs
- Failed response to conservative measures

Healthcare providers might recommend additional treatments like pessaries (supportive devices), medication, or minimally invasive surgical procedures for appropriate candidates.

Empowerment Through Education

National Women's Health Month reminds us that health literacy empowers self-advocacy. Incontinence, though common, is never normal. With proper assessment and targeted interventions, most women can experience significant improvement or complete resolution of symptoms.

By bringing these conversations into the open, we normalize seeking help and ensure women of all ages understand that effective solutions exist for this treatable condition.

About Bela Kudish, MD, MS, FACOG, URPS

Urogynecology and Reconstructive Pelvic Surgeon



Bela Kudish, MD, MS, ACOG, URPS, is a double board-certified urogynecologist specializing in the diagnosis and treatment of complex pelvic conditions, lower urinary tract disorders, and pelvic floor dysfunction. With more than 20 years of experience

and a compassionate approach, Dr. Kudish is committed to enhancing her patients' quality of life through the latest medical advancements and evidence-based practices. She values the importance of building trusting relationships with her patients and is dedicated to empowering them with knowledge and ensuring they are actively involved in their care decisions.

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Inner Pelvic Pulse Chair: Transforming Arthritis and Osteoporosis Treatment

By Allen T. Stanley, Practitioner

For millions of Americans living with chronic arthritis and osteoporosis, finding effective pain management can be life-changing. At Keep Young Wellness Center, an innovative approach to these debilitating conditions is offering new hope through their specialized Inner Pelvic Pulse Chair therapy.

Understanding the Challenge

Arthritis and osteoporosis represent two of the most prevalent musculoskeletal conditions affecting adults today. By 2025, healthcare costs attributable to osteoporosis-related fractures alone are projected to reach \$25 billion annually in the United States. These conditions significantly impact mobility, independence, and quality of life.

Osteoporosis, characterized by decreased bone density and increased fracture risk, affects over 10 million Americans. Meanwhile, arthritis—particularly osteoarthritis—impacts joints through cartilage degradation, causing stiffness, pain, and reduced function. According to surveys by Versus Arthritis, a third of people with osteoarthritis experience severe pain every day, highlighting the urgent need for effective treatments.

The Inner Pelvic Pulse Chair: A Breakthrough Approach

The Inner Pelvic Pulse Chair at Keep Young Wellness Center represents a cutting-edge, non-invasive treatment option utilizing specialized electromagnetic technology to strengthen core stabilizing muscles. Similar to advanced pelvic floor therapy devices, this innovation targets the foundational support structure of the spine and pelvis.

The treatment works by delivering electromagnetic pulses that stimulate powerful muscle contractions throughout the pelvic region. During each session, patients remain fully clothed and comfortably seated while the chair generates thousands of muscle contractions—far more effective than could be achieved through conventional exercises.

How It Works for Arthritis and Osteoporosis

Unlike traditional treatments that often rely solely on medication, the Inner Pelvic Pulse Chair addresses multiple aspects of these conditions:

1. Core Stabilization: By strengthening the pelvic floor and surrounding muscles, the chair improves posture and spinal alignment, reducing pressure on arthritic joints.



2. Increased Circulation: The electromagnetic pulses enhance blood flow to affected areas, promoting healing and delivering nutrients to damaged tissues.

3. Proper Pelvic Alignment: A pelvic-support chair facilitates a less flexed lumbar posture by anteriorly tilting the pelvis during sitting, potentially decreasing strain on passive spinal structures.

4. Pain Management: Patients report significant reduction in chronic pain levels after completing the recommended treatment protocol.

Patient Success Stories

Margaret L., a 67-year-old with osteoporosis and hip arthritis, had nearly given up on finding relief. "After my diagnosis, I was afraid to exercise for fear of fractures. Six sessions on the Inner Pelvic Pulse Chair have given me back my confidence. My pain is reduced by at least 70%, and I'm back to gardening and walking with friends."

John T., 72, who struggled with lower back arthritis for over a decade, shares: "The traditional treatments just weren't cutting it anymore. This therapy has been revolutionary for me. I'm sleeping through the night for the first time in years."

The Treatment Process

The standard protocol at Keep Young Wellness Center involves a series of 28-minute sessions over three weeks. Most patients begin experiencing improvement after just two or three treatments, with optimal results typically achieved after completing the full course.

An initial assessment determines the appropriate intensity level based on individual needs. The treatment is painless—patients often describe feeling a gentle tingling sensation as the electromagnetic pulses activate muscle contractions.



Comprehensive Care Approach

What sets Keep Young Wellness Center apart is their holistic approach to musculoskeletal health. The Inner Pelvic Pulse Chair therapy is complemented by personalized nutrition counseling, targeted exercise recommendations, and posture training.

This multi-faceted strategy addresses not just the symptoms but the underlying factors contributing to arthritis and osteoporosis progression. By strengthening the body's core support system, patients experience improved mobility, reduced pain, and enhanced quality of life.

For those living with the daily challenges of arthritis and osteoporosis, the Inner Pelvic Pulse Chair represents a promising frontier in non-pharmaceutical, non-surgical intervention—offering real hope for sustainable relief and renewed active living.

Take the First Step

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

Ready to experience the benefits for yourself?

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

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REGAINING CONTROL: THE BENEFITS OF EMSELLA FOR URINARY INCONTINENCE

For millions of people, urinary incontinence is an uncomfortable and embarrassing condition that can significantly impact their quality of life. Whether it's a occasional leak during physical activity or a constant struggle to make it to the restroom in time, urinary incontinence can be a source of frustration, social isolation, and even depression. However, thanks to a revolutionary new treatment called EMSELLA, those suffering from urinary incontinence now have a non-invasive and effective solution to regain control over their bladder.

Understanding Urinary Incontinence

Urinary incontinence is the involuntary leakage of urine, and it can occur for a variety of reasons. In women, it is often caused by weakened pelvic floor muscles, which can result from pregnancy, childbirth, or the natural aging process. Men, on the other hand, may experience incontinence due to prostate problems or as a side effect of certain medical treatments. Regardless of the cause, urinary incontinence can be a source of significant physical and emotional distress.

The EMSELLA Solution

EMSELLA is a revolutionary treatment that uses high-intensity focused electromagnetic (HIFEM) technology to stimulate and strengthen the pelvic floor muscles. During a typical EMSELLA session, the patient sits fully clothed on a specialized chair that delivers thousands of supramaximal muscle contractions to the pelvic floor area. These contractions are similar to the muscle contractions that occur during Kegel exercises, but are significantly more intense and efficient.

The Benefits of EMSELLA

One of the primary benefits of EMSELLA is its non-invasive nature. Unlike surgical procedures or medications, EMSELLA does not require any incisions, injections, or oral medications. This means that patients can undergo treatment without the risk of complications or side effects associated with more invasive interventions.

Another significant advantage of EMSELLA is its effectiveness. Clinical studies have shown that EMSELLA can significantly improve urinary incontinence symptoms in both men and women. In one study, 95% of patients reported a significant



improvement in their quality of life after undergoing EMSELLA treatment. Additionally, EMSELLA has been shown to be effective in treating other pelvic floor disorders, such as fecal incontinence and sexual dysfunction.

EMSELLA is also convenient and time-efficient. Each treatment session lasts only 28 minutes, and most patients require a series of six sessions spaced a week apart. This means that patients can receive the full course of treatment in just six weeks, with minimal disruption to their daily routine.

Furthermore, EMSELLA is a comfortable and painless treatment. Patients may feel a slight tingling sensation during the treatment, but the procedure is generally well-tolerated and does not require any anesthesia or recovery time.

Regaining Confidence and Quality of Life

For those struggling with urinary incontinence, the impact on daily life can be significant. Simple activities like exercise, social gatherings, or travel can become sources of anxiety and embarrassment. However, with the help of EMSELLA, many patients are able to regain control over their bladder and reclaim their confidence and quality of life.



One patient, Sarah, a 47-year-old mother of two, had been struggling with urinary incontinence for years after giving birth to her children. "I was always worried about leaking, especially during exercise or when I laughed too hard," she recalls. "It was embarrassing and made me feel self-conscious." After undergoing EMSELLA treatment, Sarah noticed a significant improvement in her symptoms. "It's been life-changing," she says. "I can exercise without worry, and I feel so much more confident in social situations."

Another patient, John, a 62-year-old retiree, had been dealing with urinary incontinence as a result of prostate problems. "It was really limiting my lifestyle," he explains. "I couldn't travel or participate in activities without worrying about finding a restroom." After completing his EMSELLA treatment, John reports a dramatic improvement in his symptoms. "I feel like I have my freedom back," he says. "It's been a game-changer for me."

Conclusion

Urinary incontinence is a common and often debilitating condition, but with the help of EMSELLA, those suffering from this condition now have a safe, effective, and convenient treatment option. By strengthening the pelvic floor muscles, EMSELLA can help patients regain control over their bladder and improve their overall quality of life. Whether you're a new mother, an active adult, or someone dealing with the effects of aging, EMSELLA offers a promising solution for regaining confidence and freedom from the constraints of urinary incontinence.



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COSMETIC DENTISTRY IS MORE THAN A PRETTY SMILE

By Richard W. Rozensky, DDS, D.ABDSM

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

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

DENTAL VENEERS

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

TEETH WHITENING

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

DENTAL CROWNS

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

DENTAL BONDING

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

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

DENTAL IMPLANTS

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

INLAYS AND ONLAYS

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

DENTURES

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

WHY CHOOSE LAUREL MANOR DENTAL AND SLEEP CARE?

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

In our practice, we utilize the following technology:

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

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

Meet Dr. Rozensky

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

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

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

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BREAKTHROUGH IN NEUROPATHY TREATMENT:

HOW SUMMUS LASER THERAPY OFFERS HOPE FOR NERVE PAIN SUFFERERS

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

Understanding Neuropathy: A Complex Challenge

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

The Summus Laser: A Technological Marvel in Pain Management

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

Key Mechanisms of Summus Laser Therapy

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

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

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

Clinical Evidence and Patient Outcomes

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



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

Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

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

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

Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

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

Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

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

Future of Neuropathy Treatment

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

Conclusion

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

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

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

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



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MELANOMA MAY!

By Sierra Mahoney, PA-C

April showers bring May flowers, and the flowers certainly are in full bloom this season! It's warm, the sun is shining, and the sweet smell of melanoma is in the air.

"Melanoma is the most serious form of skin cancer, characterized by the uncontrolled growth of pigment-producing cells. Sadly, melanoma rates in the United States doubled from 1988 to 2019, and worldwide, the number of melanoma diagnoses are expected to increase by more than 50% by 2040", according to the American Academy of Dermatology Association. The good news is that melanoma is treatable when caught early. Here at Midstate Skin Institute, we recommend that everyone over the age of thirty get at least one annual skin exam to help detect and treat melanoma- as well as other forms of skin cancer.

Living in Florida has many wonderful benefits, one of which being the warm, sunny climate. However, more sun means more UV ray exposure which means more skin cancer. One of my favorite lines to tell patients is that everyone will develop a skin cancer at some point if they live long enough. This is because our skin can only handle so much UV radiation before cells start to misbehave, which is why establishing care with a dermatology practice is so important. So, what are some things you can do as a patient to help ensure your skin stays as healthy as possible?

1. Wear Sunscreen

We all know that "back in the day," baby oil and iodine was the perfect way to develop the nice, crisp, golden-brown tan...and to increase your risk of developing melanoma. Interestingly enough, there is a genetic component to melanoma, which can sometimes explain why we see melanoma in young kids, or in places where the sun does not shine, like in between the toes (RIP Bob Marley) or in the genital region, which leads me to my next point...

2. Fully undress for skin exams

As uncomfortable as it may be, removing all undergarments, shoes and socks during skin exams just may save your life. My favorite joke to tell patients when they come in for skin exams and do not wish to fully undress is that my x-ray vision is not working today...however, this is true. I just recently had a patient develop a melanoma between his toes who had been seen for "waist up" skin exams for years. Luckily, the melanoma was discovered in the very beginning stages, but had he not removed his shoes and socks this time, the story may have ended differently.

**MAY IS
MELANOMA &
SKIN CANCER
AWARENESS MONTH**



Please do not let insecurities, being "too cold," or not "feeling" like fully undressing be the thing that prevents catching something potentially life-threatening on your skin. Taking the extra 30 seconds to fully undress just may save your life.

3. Be an advocate for yourself

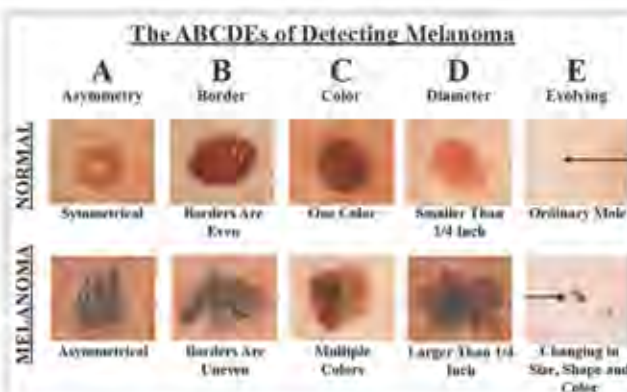
As a dermatology provider I can whole-heartedly say that I do my best to diagnose and treat every possible harm that may come your way...however, you know your body best and we at Midstate Skin Institute will not dismiss or ignore anything that you as a patient have a concern about. Not all melanomas "read the textbook," so it is especially important that you advocate for yourself as patient. See a new mole appear (especially after the age of forty) and want to have it looked at? Notice a change in a pre-existing spot? Have a spot that looks different than your other spots? Develop a spot that is tender to the touch or that bleeds spontaneously? Please call or schedule an appointment online so we can help treat you accordingly.

4. Stay Informed

While (unfortunately) it is true that not all melanomas read the textbook, there is a quite easy and fairly accurate mnemonic that everyone should know when it comes to detecting a melanoma: ABCDE.

A: ASYMMETRY (does one part of the spot look different from the other? Make an appointment in office)

B: BORDERS (does a spot have weird borders surrounding it or an unusual shape? Make an appointment in office)



C: COLORS (pinks, blues, grays, and blacks are not always normal. If you see this in a spot, make an appointment in office)

D: DIAMETER (the larger the spot, the more concerning. If you see a spot growing- make an appointment in office)

E: EVOLUTION (have a spot that started out looking one way, and has morphed/changed over time in size, shape, color, or appearance? Make an appointment in office).

There is far more that could be said on the topic, but the bottom line is that we love and care for our patients here at Midstate Skin Institute and we always want what is best for you. Please come and see our smiling faces so we can continue to work together to provide you with the best care possible and to keep your skin as healthy as possible this blossoming season!

MidState Skin Institute Services:



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Comprehensive Dermatology Care

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.

Mirror Therapy - Hope for Pain and Stroke Sufferers

Mirror Therapy (MT) is an occupational therapy technique used to help increase motor function and decrease pain in a limb, such as in your hand or wrist. The principle of MT is the use of a mirror to create a reflective illusion of the affected limb in order to trick the brain into thinking movement has occurred and without pain.

Although initially developed for amputees to control phantom limb pain, it is now commonly used for many different conditions, including stroke rehabilitation, complex regional pain syndrome (CRPS), arthritis, and other chronic pain conditions in the limbs.

The Brain and Pain: Research tells us there's a complete map of the body's surface in the brain. After a limb injury or in the case of chronic pain in the hand or wrist, the area in the brain mapped to that limb holds on to the memory of the pain. The brain learns to associate movement of the limb to pain, sometimes well after the injury has resolved. This is called, "learned pain". MT uses a reflective illusion of an affected limb in order to trick the brain into thinking movement has occurred without pain and to create positive visual feedback of limb movement.

Mirror Therapy: The device is simply a mirrored box positioned so that your unaffected hand is outside of the box and can be visibly seen as a reflection in the mirror. The affected hand is covered and positioned out of site. The Occupational Therapist will guide you through slow and



repetitive hand and wrist exercises of the unaffected hand, while encouraging you to focus on the reflection in the mirror. The goal is to envision that the hand in the reflection is your affected hand. Exercises may include making and releasing a fist, turning your palm up and down, moving fingers individually, or grasping items like a coin or a water bottle.

Mirror Therapy and the Brain: From the reflective illusion, the brain is tricked into "seeing" the affected limb moving without pain. With continued practice, the brain will "learn" that your limb is healthy and, therefore, will start to move it more easily.

If practiced regularly, MT has helped many people control their pain independently. Occupational Therapists suggest practicing 3-5 sessions a day for up to 30 minutes each. Once learned, the therapy can continue in your home environment.

Innovative Therapies Group

If you often experience pain, stiffness, immobility, or balance issues, being proactive about physical therapy treatments and techniques can help to alleviate or lessen these circumstances.

For patients suffering from pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Innovative Therapies Group offers Hand Therapy Specialists, Occupational Therapy, Physical Therapy, Speech Therapy and Massage Therapy. They embrace alternative methods and will help you explore new inventive ways to combat your pain or disorders.

Types of Treatments 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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CAUDAL STEROID INJECTIONS:

An Effective Treatment Option for Lower Back and Tailbone Pain

By Brent Compton, MD

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

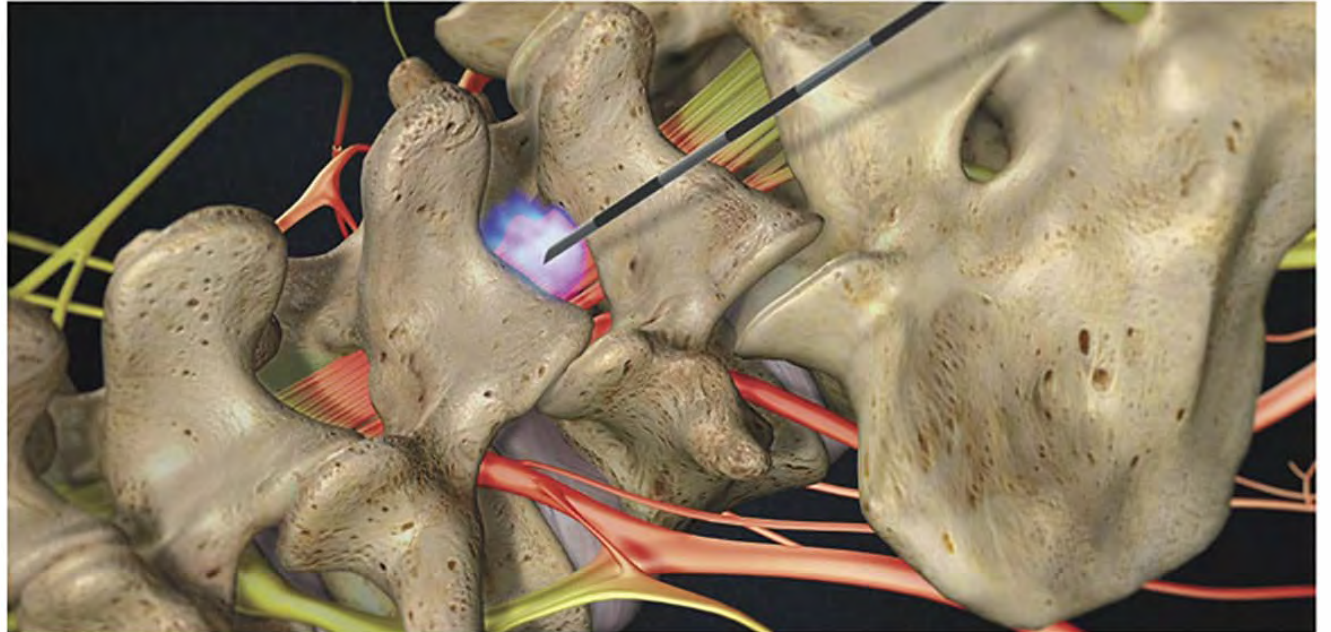
The caudal approach involves injecting a combination of local anesthetic and corticosteroids into the epidural space through the sacral hiatus, a natural opening at the base of the spine. This technique is particularly effective because it allows medication to spread throughout the lower epidural space,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

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

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

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

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



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

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

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

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

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

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

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

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

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

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Feel That Ache in Your Joints? It's Time to Recharge.

April is Stress Awareness Month, and let's be real—if you're breathing, you're probably stressed. Whether it's work, family, doom—let's be real—arthritis is a pain. Literally. If you've got stiff knees, swollen fingers, or feel like your joints are made of rusted-out parts, you're not alone. More than 53 million adults in the U.S. are living with some form of arthritis, according to the CDC. And while it's often brushed off as "just part of getting older," arthritis can hit at any age and completely wreck your day-to-day life if left untreated.

At Recharge Clinic, we believe in treating the *root cause of pain*—not just slapping a Band-Aid on the symptoms. That's where **regenerative therapy** and **trigger point injections** come in. These aren't your grandma's arthritis treatments. They're advanced, science-backed therapies designed to **reduce inflammation, restore mobility, and give you your life back**—without relying on daily meds or risky surgeries.

Arthritis Doesn't Play Fair—So Neither Do We
Osteoarthritis, the most common form of arthritis, happens when the protective cartilage that cushions your joints wears down over time. Rheumatoid arthritis, on the other hand, is an autoimmune disorder that causes the immune system to mistakenly attack your joints. Both can lead to chronic inflammation, swelling, limited mobility, and let's not forget—unrelenting pain.

While prescription drugs like NSAIDs and corticosteroids can help reduce inflammation, they also come with a long list of side effects: think stomach ulcers, high blood pressure, and kidney issues. Worse, they don't do anything to actually heal the damaged tissue—they just dull the pain. Regenerative therapies flip that script.

Regenerative Therapy: Healing From the Inside Out
Recharge Clinic offers **regenerative therapy**, which uses your body's own natural healing powers to reduce joint pain and improve function. We're talking about advanced treatments like **platelet-rich plasma (PRP)** and **bio-ethically sourced human cellular tissue** products that work by repairing damaged tissue and promoting new cell growth.

Here's how it works:

- **Platelet-Rich Plasma (PRP):** We draw a small sample of your blood, spin it down to isolate the growth factors and healing platelets, and then inject



that golden concentrate directly into the affected joint. PRP stimulates your body's natural repair processes—no foreign chemicals, no downtime.

- **Bio-ethically sourced human cellular tissue:** These are not embryonic stem cells, just to be clear. We are North Central Florida's premier provider of FDA-registered, minimally manipulated, zero-aged, bio-ethically sourced products of regenerative therapies. Absent of harmful enzymes and chemicals to preserve integrity, our products and treatments benefit long-term anti-aging and overall well-being.

Regenerative therapies are particularly effective for knee arthritis, shoulder pain, hip degeneration, and even smaller joints like wrists and ankles. Clinical studies have shown significant improvements in pain, mobility, and quality of life after these treatments—sometimes within just a few weeks.

Trigger Point Injections: Say Goodbye to Muscle Knots

But joints aren't the only issue. Arthritis often comes with tight, painful muscles that form what we call "trigger points"—those hard knots that hurt like hell when touched. These muscle spasms can limit movement, affect posture, and add to the already frustrating pain cycle of arthritis.

Trigger point injections are a game-changer for this. At Recharge Clinic, we inject a small amount of anesthetic or anti-inflammatory medication directly into those stubborn muscle knots to relieve pain and relax the muscle. Sometimes we use dry needling—just the needle, no meds—which can be just as effective.

Benefits include:

- Immediate relief from muscle tension
- Increased range of motion
- Reduced joint stress (especially helpful for arthritis sufferers)

And the best part? The entire procedure takes less than 15 minutes. You're in, out, and back to living your life—without the nagging pain dragging you down.

What to Expect at Recharge Clinic

We don't do one-size-fits-all treatments here. Whether you're dealing with osteoarthritis in your knees or chronic neck tension from rheumatoid arthritis, our team builds a **personalized treatment plan** based on your symptoms, lifestyle, and goals.

We'll likely start with a consultation and diagnostic imaging to determine the severity of the arthritis and surrounding muscle involvement. From there, you might be a candidate for regenerative therapies or trigger point injections.

Stop Settling for "This Is Just How It Is"

Pain isn't a badge of honor. You don't have to "tough it out" or pop pills every day just to get through life. With the right therapy, arthritis doesn't have to define your future.

Recharge your joints. Reboot your life. Call the team at Recharge Clinic and ask about our regenerative and trigger point therapies today. Relief might be just one injection away.

Arthritis Awareness Month is the perfect time to take control of your joint health. Don't wait for things to get worse—book your consultation now and take the first step toward living pain-free.

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If you want to feel and look your best as you age, you may want to supplement with HGH or Peptides. Peptides are natural amino acids that are designed to stimulate the pituitary gland to release, Human Growth Hormone (HGH). Dr. Tieche can help you use Peptides to boost your body's natural production of HGH so that you can slow down the effects of aging on your body. Make your body more efficient at burning fat, building muscle, and remaining energized. Boost your sex drive, skin elasticity, and mental clarity by releasing your own HGH. The direct injection of Human Growth Hormone is also available instead of Peptides. What is the difference? The Peptides stimulate your own HGH (Human Growth Hormone), or you can directly inject HGH into your body for a faster result. People see great results with both of these different methods, talk to Dr. Tieche to find out what method would be best for you.

Peptides/HGH NAD+ IV

NAD+ IV Therapy is great for brain function, mental focus, detoxing from substance abuse, moods, anti-aging, weight loss, illness, energy, muscle recovery and so much more! NAD (nicotinamide adenine dinucleotide) is a metabolic coenzyme. Enzymes are responsible for every activity of life. Metabolic enzymes are responsible for the structuring, repair, and remodeling of every cell. These enzymes operate in every cell, every organ, and every tissue, and they need constant replenishment.



As we age, NAD levels decline and they cannot repair cells efficiently. Supplementing with an NAD+ IV will restore those levels. The effects are often times immediate. Depending on the patient's needs, Dr. Tieche will prescribe treatment plans and frequencies.

Methylene Blue IV

Great for improving the health of all cells in the body, including brain cells. This antioxidant substance regenerates and repairs the mitochondria within cells to enhance their energy production to fuel cells' individual functions. This potent nutraceutical displays a unique ability to concentrate in the

brain, targeting and repairing damaged brain cells, providing antioxidant protection from oxidative stress, and enhancing the energy production and breathing function of brain cells.

Methylene Blue's antioxidant properties protect brain cells from free radical damage caused by external and internal factors like foreign viral pathogens, stress, air pollutants, and many more. Its mitochondrial benefits improve the production of energy within a cell which fuels that cell's intended function, increases the cell's lifespan, and improves the health and respiration of these brain cells. These benefits improve brain cell health and function, which results in decreased feelings of depression and anxiety, improved memory and mental clarity, improved mood, and positivity, better overall physical and mental performance, reduces risk of developing neurological diseases, improves quality of sleep, increases attention span and learning, and reduces the rate of aging in the brain.

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Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

The Apostle Paul said this about contentment. *¹¹I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do everything through him who gives me strength.*

Philippians 4:11-13

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

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

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

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



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

If you find yourself making statements like this:

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

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

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



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