

CENTRAL FLORIDA'S

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

June 2025

Lake/Sumter Edition - Monthly

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 **FREE**

**JUNE IS BRAIN  
HEALTH MONTH**

AN IMPORTANT REMINDER  
TO PRIORITIZE SENIOR WELLNESS

**UNDERSTANDING  
YOUR MRI REPORT**

**NATIONAL CANCER  
SURVIVORS MONTH**

**LOW TESTOSTERONE  
LEVELS IN MEN IS LINKED  
TO PREMATURE DEATH**

**PROTECTING  
YOUR EYES  
FROM UV RAYS**

**INNOVATIVE  
APPROACHES IN  
ALZHEIMER'S CARE**

**MEN'S  
HEALTH MONTH**

EXPERT GUIDANCE FROM  
UF HEALTH MEDICAL GROUP  
ORTHOPAEDICS TEAM





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Publishing • Advertising • Web Design • Graphic Design

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# June is *Brain Health* Month and an Important Reminder to Prioritize Senior Wellness

June is recognized as Brain Health Month, a time dedicated to raising awareness about the importance of maintaining cognitive well-being, especially as we age. For older adults, protecting brain health plays a vital role in sustaining independence and enhancing overall quality of life.

"At Health First Health Plans, we are committed to supporting our senior members by offering comprehensive programs, personalized care, and meaningful community engagement aimed at promoting brain health and wellness," said Kamela Sooknanan, Vice President of Population Health at Health First Health Plans. "As a not-for-profit health plan based in Central Florida, Health First Health Plans continues to focus on keeping our members informed, empowered, and connected to resources that support healthy aging."

## ***Optum Monthly Engagement Toolkit***

To support the commitment to member well-being, members have access to Optum, Health First Health Plans behavioral health partner. Optum offers a monthly toolkit focused on self-discovery.

Some examples of what's included in the toolkit:

- Worksheets and featured articles to support mental health and wellbeing.
- Self-discovery worksheet, "What makes you, you?"
- Managing stress, anxiety and panic.
- Using mindfulness and relaxation techniques.

Explore, engage, and share to inspire wellness and improve mental health.



## ***Community Engagement and Support***

Health First Health Plans is committed to fostering connection and well-being through year-round events designed specifically for Medicare Advantage members. These events offer valuable education on health and safety while fostering meaningful social interaction. These gatherings are well-received by members, who value both valuable information and the opportunity they provide for social interaction and to stay active and engaged within their community.

## ***A Commitment to Wellness***

"At Health First Health Plans, we're dedicated to the health and well-being of the communities

we serve. We do this by championing senior wellness programs and fostering meaningful community engagement. These initiatives are thoughtfully designed to support both the cognitive and overall health of older adults. Together, they reflect our unwavering commitment to building a vibrant, inclusive community where seniors can thrive and enjoy a healthier, more fulfilling life," said Sooknanan.

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Additional information can be found on [hf.org/healthplans](https://www.healthfirst.com/healthplans).

# Men's Health Month:

## Expert Guidance from UF Health Medical Group Orthopaedics Team

June marks Men's Health Month, a national observance focused on encouraging men to prioritize their physical well-being through prevention, early detection and treatment of health issues. The orthopaedic specialists at UF Health offer valuable insights for men looking to maintain optimal physical health while avoiding common sports-related injuries.

### Building a Foundation for Lifelong Mobility

"The key to maintaining good orthopaedic health isn't just about intense workouts—it's about consistency and smart training," explains Dr. Cedric Tankson, orthopaedic surgeon at UF Health. "We see too many men who push themselves too hard after periods of inactivity, leading to preventable injuries."

The UF Health Medical Group Orthopaedics team recommends building a balanced fitness routine that incorporates strength training, cardiovascular exercise and flexibility work. Research shows that men who maintain muscle mass through regular resistance training experience better metabolic health and reduced risk of injury as they age.

### Five Essential Tips for Men's Orthopaedic Health

**1. Prioritize Recovery:** Muscles need time to repair and strengthen after workouts. Incorporate rest days into your routine and consider active recovery options like swimming or walking on days between intense training sessions.

**2. Focus on Form Over Weight:** The UF Health team frequently treats injuries resulting from improper lifting technique. "When strength training, perfect your form with lighter weights before progressing to heavier loads. This significantly reduces injury risk while maximizing results.

**3. Maintain Healthy Body Weight:** Excess weight places additional stress on joints, particularly knees and hips. Even modest weight loss can dramatically reduce pressure on these critical joints and decrease arthritis risk.

**4. Stay Hydrated:** Proper hydration supports joint lubrication and muscle function. Aim for at least 3-4 liters of water daily, especially when exercising in Florida's heat and humidity.

**5. Don't Ignore Pain:** "Men often delay seeking treatment, trying to 'push through' pain," notes Dr. Isaac Mitchell. "This frequently transforms manageable conditions into serious injuries requiring extensive treatment."



### Common Sports Injuries in Men and Prevention Strategies

Men are particularly susceptible to certain orthopaedic injuries. Achilles tendon ruptures, rotator cuff tears and ACL injuries frequently sideline active men. The UF Health team emphasizes prevention through proper warm-up routines, cross-training and gradual progression in training intensity.

"We recommend comprehensive warm-ups targeting the specific muscle groups you'll be using," explains UF Health orthopaedic surgeon Dr. Paul Mahle. "Five to ten minutes of dynamic stretching and mobility work dramatically reduces injury risk."

For weekend warriors—men who primarily exercise on weekends due to busy weekday schedules—the risk of injury increases significantly. UF Health specialists recommend maintaining some level of activity throughout the week rather than condensing all exercise into weekend sessions.

### When to Seek Professional Help

The UF Health orthopaedic team advises seeking medical attention for:

- Pain that persists more than two weeks
- Sudden, severe pain during activity
- Joint instability or giving way
- Visible swelling or deformity
- Inability to bear weight or perform normal movements

"Early intervention often means faster recovery and better outcomes," emphasizes Dr. Jon Radnothy. "Our multidisciplinary team at UF Health provides comprehensive care for everything from minor sprains to complex surgical cases."

This Men's Health Month, the UF Health Medical Group Orthopaedics team encourages all men to prioritize their physical well-being through preventative care, smart training practices and prompt attention to potential issues—setting the foundation for active, healthy living for years to come.

### Get Expert Orthopaedic Care

For more information about orthopaedic services, sports medicine or to schedule a consultation with the UF Health Medical Group Orthopaedics team, call 352-323-5665. Our specialists are ready to help you achieve your health and fitness goals while preventing and treating injuries effectively.



**Paul Mahle, MD**  
Orthopaedic Surgery,  
Adult Reconstruction



**Cedric Tankson, MD**  
Orthopaedic Surgery  
Sports Medicine - Foot & Ankle



**Jon Radnothy, DO**  
Orthopaedic Surgery  
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# IGNORING COMMON CARDIAC SYMPTOMS LEADS TO CRITICAL ISSUES

T.E. Vallabhan, MD, FACC

**J**ohn F. Kennedy once said, “The time to repair the roof is when the sun is shining.” This statement holds true when we focus on many of the issues in life, especially our health. Some of the most common cardiac risk symptoms are often overlooked. Ideally, individuals should start to be mindful of their heart health from a younger age, but it’s never too late to improve your cardiac function or to get the treatment you need to enhance your lifestyle and overall health.

People are living longer, and staying healthy is at the forefront of most our minds. The aging population is primarily concerned about keeping up with their grandchildren and having the capability to freely live an active lifestyle well into their eighties and nineties, but without being proactive about our cardiac health, we set ourselves up for critical heart disorders and issues.

Some of the things we can do are to follow a heart-healthy nutrition plan like the Mediterranean diet. We should also incorporate regular exercise and keep our stress levels down. If you smoke, you **MUST** quit now to help your body heal from the damage to the blood vessels and arteries that have already taken place. It’s never too late to stop smoking.

#### Cardiac Risk Factors & Indicators

- High Blood Pressure
- High Cholesterol
- Tightness in Chest
- Shortness of Breath
- Jaw pain
- Arm Pain
- Back Pain
- Fatigue

These symptoms are significant indicators of heart disease, but the most common warning sign that people have is —Ignoring their symptoms!

It’s the familiar adage of denial—If we ignore or avoid the symptoms, then we don’t have to deal with any of the accountability. However, just like most things, if you ignore them, they’ll go away, but not in a right way.



If left untreated, they will go away through deterioration and damage, and eventually death. Being proactive about your heart’s health is imperative.

Unfortunately, many people are more sedentary than they’d like to believe. A limited or lack of physical activity is not going to do your body or your heart much good. In our modernized world, we have grown complacent. We don’t walk as much to get from A to B; instead, we drive a car to work, sit at a desk all day, drive home, sit down to eat dinner and then sit in front of the television until we go to bed. If this sounds even remotely familiar, you need to have a consultation with a cardiologist to test your cardiac condition.

Coupled with a sedentary lifestyle, the prevalence of individuals being diagnosed with diabetes is astronomical. Diabetes is a significant risk factor for cardiovascular disease. Very often obesity and diabetes work in conjunction to damage your heart and arteries, deplete your nutrient, oxygen-rich blood, and can cause venous insufficiency and blood clotting issues. If you have diabetes or suspect that you may, it’s critical to seek medical attention to get your blood sugar levels to a manageable state and to assist you with an overall healthy lifestyle plan.

#### Risk Factors For Heart Disease

- Age
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Overweight
- Chronic stress

#### What You Can Do

- See a cardiologist for important diagnostic testing
- Don’t ignore symptoms
- Eat a heart-healthy diet
- Avoid sugar and salt in excess
- Stop smoking
- Exercise daily (at least a 30-minute walk)

*This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.*

# Dr. V

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

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# ESSENTIAL OILS TO IMPROVE SYMPTOMS OF VARICOSE VEINS

**V**aricose veins can be more than just a cosmetic concern; they can cause discomfort, including itchiness and leg pain. While seeking treatment from vascular physicians like those at Central Florida Vein & Vascular Center in Orlando is essential for effectively addressing varicose veins, many individuals also explore natural remedies like essential oils for symptom relief.

Essential oils have gained popularity for their therapeutic properties and offer promising benefits for those dealing with varicose veins. These veins develop when the valves in the legs fail to function correctly, leading to poor circulation and blood pooling in the veins. Fortunately, certain essential oils can help alleviate the discomfort associated with varicose veins and support healthy circulation.

Here are some of the top essential oils known for their potential to relieve varicose vein symptoms:

- 1. Lemongrass Oil:** Lemongrass essential oil promotes blood circulation, benefiting individuals with varicose veins. By improving circulation, lemongrass oil helps prevent blood from stagnating in the veins, reducing the risk of complications like blood clots and venous ulcers.
- 2. Chamomile Oil:** Chamomile oil is renowned for its soothing properties, which can provide relief from the heaviness and pain associated with varicose veins. Massaging chamomile oil into the legs before bedtime can help alleviate discomfort, particularly for individuals who spend prolonged periods standing during the day.
- 3. Helichrysum Oil:** Helichrysum essential oil offers dual benefits for varicose veins. Not only does it possess anti-inflammatory properties that reduce inflammation in the veins, but it also supports healthy circulation and helps prevent the formation of new varicose veins. Regular use of helichrysum oil can help manage existing symptoms while protecting against further vein damage.

Using essential oils for varicose veins requires proper application to ensure safety and effectiveness. Essential oils are highly concentrated and



should always be diluted before use. One common method is to create a compress by adding five drops of essential oil to a liter of warm or cold water and soaking a cloth in the solution. Alternatively, you can mix 30 drops of essential oil with a carrier oil like sweet almond, coconut, or olive oil and massage it into the affected area.

While essential oils can provide temporary relief from varicose vein symptoms, they are not a substitute for professional treatment. For lasting relief and comprehensive vein care, it's essential to consult with vascular physicians who specialize in varicose vein treatment. The experts at Central Florida Vein & Vascular Center are dedicated to helping patients achieve optimal vein health and regain comfort in their legs. Contact us today to schedule a consultation and take the first step towards a life free from varicose vein discomfort.

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

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

For more information regarding the prevention of varicose veins, please see our blog at: <https://cfvein.com/spider-veins-bruise-prevention/>

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# PROTECTING YOUR EYES FROM UV RAYS

A lot of attention is given to protecting our skin from the sun's damaging UV rays; however, there's another part of the body that's just as crucial to cover up when outside: your eyes. UV light exposure can cause or accelerate several serious eye conditions, some of which can lead to severe vision loss. Fortunately, there are ways to preserve your vision while having fun in the sun. Below are some helpful tips to protect your eyes from UV rays.

## WAYS TO PROTECT YOUR EYES FROM UV RAYS

Shielding your eyes from UV rays is easy to implement into your summer routine. There are three simple steps you can take to reduce exposure to blinding sunlight:

### 1. Limit your time outside:

The sun is usually strongest between 10 a.m. and 4 p.m., so stick to the shade or stay indoors during these hours as much as possible. Most weather apps display a UV index, which is the measure of the sun's intensity. Check the index before going outside, even if it's a cloudy or rainy day.

### 2. Wear a hat:

Wearing a hat not only keeps your face shaded from the sun, but it can keep your eyes protected from both glare and dangerous UV rays. Choose a hat that has a broad, dark brim. Test it out before going outside to make sure it fully covers your eyes.

### 3. Choose UV-resistant sunglasses:

Sunglasses work by blocking and reflecting harmful UV light away from your eyes. All sunglasses are

required to meet minimum requirements for UV protection and lens quality. Look for lenses that provide 99%-100% protection or have a UV400 rating. Fit is more important than style, and they should stay in place while covering the skin around your eyes. Polarized lenses can help reduce glare if you're near the water. If you're unsure whether your sunglasses are effective, ask your ophthalmologist or optometrist to test them with a device called a photometer.

## HOW UV RAYS CAN DAMAGE YOUR EYES

UV rays are extremely harmful, and they can damage nearly all parts of your eye, including your eyelid. Light exposure ages all structures of your eye, and it can lead to several chronic conditions, especially on the eyelids. Your eyelids have the thinnest skin throughout your whole body, and UV rays can cause them to experience dryness, wrinkles, loss of elasticity and sagging. Other serious damages UV exposure can cause to your eyes include:

- **Pinguecula:** This non-cancerous fat and protein deposit can build up in the white part of your eye, called the sclera, causing irritation that affects the efficiency of your tear ducts.

- **Pterygium:** Also known as "Surfer's Eye," pterygium develops as a growth that extends from your sclera to your cornea. Both pterygium and pingueculas often affect those who participate in water sports because the front surface of the eye absorbs a majority of UV rays, especially when it's reflected off the water's surface.

- **Cataracts:** UV rays can modify your lens proteins, which can cause clouding in the lens of your eye, known as a cataract. The damage from cataracts is irreversible and can only be removed with surgery treatment to artificially replace your eye's lens.

- **Cancers:** Basal cell carcinoma, squamous cell carcinoma and cutaneous melanoma are cancers that can develop on your eyelid. Squamous cell carcinoma can also spread to your conjunctiva and make its way into your cornea. These diseases are the only type of ocular cancer linked to UV ray overexposure.

- **Age-Related Macular Degeneration:** Commonly hyphenated as AMD, this condition is the major cause of blindness in Americans over 55. The condition breaks down the macula, which, as part of your light-sensitive retina, is the part of the eye that controls straight-ahead sight and clear vision. Oxidative stress and prolonged exposure to UV rays without protection increase your risk of developing AMD, for which there is no cure.

Protecting your eyes against UV rays is crucial in maintaining your eye's overall health. If you're worried you're experiencing symptoms of UV damage or you want to take preventative action, consult with your local ophthalmologist or optometrist. To keep your eyes protected and your vision strong, trust the experts at Lake Eye.

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# What's the Difference Between Alzheimer's and Dementia?

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

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

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

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

## COMMON TYPES OF DEMENTIA

### Alzheimer's disease

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

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

### Vascular dementia

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

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

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

### Frontotemporal dementia

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

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

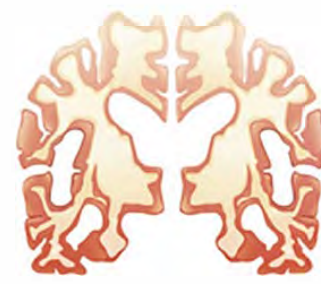
### Lewy body dementia

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

## Alzheimer's Disease



Healthy Brain



Mild Alzheimer's Disease



Severe Alzheimer's Disease

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

### A precision approach to zeroing in on dementia

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

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

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# Shedding Light on Cataracts: Understanding and Addressing the Impact

By Dan P. Montzka, M.D.

## Cataract Awareness Month: A Call to Action

Every June, a spotlight shines on one of the most prevalent yet often misunderstood eye conditions: cataracts. Cataract Awareness Month serves as a crucial reminder of the importance of vision health and the need for proactive measures to address this common ailment. With an aging population and increasing prevalence worldwide, understanding cataracts and promoting awareness about prevention and treatment options are more critical than ever.

## Understanding Cataracts: Unveiling the Cloudiness

Cataracts occur when the clear lens of the eye becomes cloudy, leading to blurred vision, sensitivity to light, and difficulty seeing at night. While age-related changes are the primary cause of cataracts, other factors such as genetics, injury, and certain medications can also contribute to their development. Over time, untreated cataracts can significantly impair vision, impacting daily activities and diminishing quality of life.

## The Global Impact: A Growing Concern

According to the World Health Organization (WHO), cataracts are the leading cause of blindness worldwide, responsible for approximately 51% of all cases. With the global population aging rapidly, the prevalence of cataracts is expected to rise significantly in the coming years. This increase underscores the urgent need for awareness campaigns, early detection, and access to affordable treatment options.

## Prevention Is Key: Nurturing Vision Health

While cataracts cannot always be prevented, several lifestyle choices can help reduce the risk of developing them. Protecting the eyes from excessive sunlight by wearing sunglasses and hats, maintaining a healthy diet rich in antioxidants, and avoiding smoking are all beneficial practices for preserving vision health. Regular eye examinations, especially for individuals over the age of 40, can also aid in early detection and timely intervention.

## Empowering Communities: Promoting Awareness and Education

Cataract Awareness Month provides an invaluable opportunity to engage communities, healthcare professionals, and policymakers in dialogue about vision health. Educational initiatives, outreach programs,

and media campaigns play a vital role in dispelling myths, raising awareness about risk factors, and promoting the importance of regular eye exams. By empowering individuals with knowledge and resources, we can encourage proactive steps towards preserving vision and preventing avoidable blindness.

## Breaking Barriers: Access to Care

Despite significant advancements in cataract treatment, access to care remains a challenge for many communities, particularly in low- and middle-income countries. Limited resources, inadequate infrastructure, and cultural barriers can hinder individuals from seeking timely diagnosis and treatment. Addressing these barriers requires a multi-faceted approach, including increased investment in healthcare infrastructure, training of local healthcare providers, and greater collaboration between government agencies, non-profit organizations, and the private sector.

## Innovations in Treatment: Restoring Clarity

Fortunately, cataract surgery remains one of the most successful and cost-effective medical procedures, with a high rate of success in restoring vision. Technological advancements, such as phacoemulsification and intraocular lens implants, have revolutionized cataract surgery, making it safer, more efficient, and more accessible to a broader population. Moreover, initiatives aimed at reducing the cost of surgery and improving post-operative care are instrumental in ensuring equitable access to treatment for all individuals affected by cataracts.

## Looking Ahead: A Vision for Change

As we observe Cataract Awareness Month, let us recommit ourselves to the fight against preventable blindness and vision impairment. By raising awareness, advocating for equitable access to care, and embracing innovation in treatment, we can make significant strides towards eliminating the burden of cataracts on individuals and communities worldwide. Together, let us work towards a future where everyone has the opportunity to enjoy clear vision and a brighter tomorrow.



## Conclusion

Cataract Awareness Month serves as a poignant reminder of the importance of vision health and the need for concerted efforts to address cataracts. By understanding the impact of this common eye condition, promoting prevention strategies, and advocating for improved access to care, we can make meaningful progress towards eliminating preventable blindness and preserving vision for generations to come. Let us join hands in spreading awareness, fostering education, and championing innovation to ensure a world where clarity of vision is within reach for all.

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

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# BREAKING THE SILENCE:

## MEN'S HEALTH MONTH SPOTLIGHTS ERECTILE DYSFUNCTION

June marks Men's Health Month, a time dedicated to raising awareness about health issues that disproportionately affect men, including one of the most common yet least discussed conditions: erectile dysfunction (ED). While millions of men experience ED, many suffer in silence due to embarrassment or misconception. This Men's Health Month, it's time to change the conversation around this treatable condition.

### UNDERSTANDING ERECTILE DYSFUNCTION

Erectile dysfunction affects approximately 30 million American men, with prevalence increasing significantly with age. According to statistics, approximately 12 percent of men under 60, 22 percent of men between 60 and 69, and 30 percent of men over 70 experience ED.

Despite its prevalence, many men still don't understand what causes ED or how it develops. An erection is a complex process involving nerve signals, blood vessels, and muscle tissue. When aroused, the brain sends nerve signals that cause arteries in the penis to dilate, increasing blood flow to erectile tissue. This blood must then remain trapped in the penis to maintain the erection until release.

When this process is disrupted, ED can occur. Medical professionals categorize ED into two main types: psychogenic and organic. Psychogenic ED stems from psychological factors like stress, anxiety, depression, or relationship issues. However, most cases (about 80%) are organic, meaning they result from physical conditions affecting the body's systems.

### PHYSICAL CAUSES OF ED

Organic ED often results from conditions that affect either the nervous system, circulatory system, or both. Some of the most common causes include:

- **Diabetes:** This condition can damage nerves and blood vessels essential for erectile function, making it one of the leading causes of ED.
- **Cardiovascular disease:** Conditions like atherosclerosis (hardening of the arteries) restrict blood flow throughout the body, including to the penis.
- **Hypertension:** High blood pressure damages blood vessels and can lead to ED both directly and through medications used to treat it.



- **Venous leak impotence:** This condition allows blood to escape from the penis prematurely, making it difficult to maintain an erection.
- **Medication side effects:** Many medications, particularly those for blood pressure, depression, and prostate conditions, list ED as a potential side effect.

### TREATMENT OPTIONS

Men's Health Month serves as a reminder that ED is a medical condition, not a reflection of masculinity or worth. Most importantly, numerous effective treatments exist, and finding the right one often just requires an honest conversation with a healthcare provider.

For psychogenic ED, counseling often provides significant improvement. For organic cases, treatment options include:

- **Oral medications:** FDA-approved medications like Viagra®, Levitra®, and Cialis® work by enhancing the effects of nitric oxide, a natural chemical that relaxes penile muscles and increases blood flow. However, these aren't appropriate for everyone, particularly men with certain cardiovascular conditions or those taking nitroglycerine medications.
- **Vacuum constriction devices:** These non-invasive devices use negative pressure to draw blood into the penis, creating an erection that is then maintained with a constriction band at the base of the penis.
- **Injectable therapies:** Medications like Caverject® are directly injected into the penis to increase blood flow and produce an erection.

- **Medical devices:** Various implantable and external devices can help men achieve erections when other treatments aren't effective.

- **Surgical procedures:** For men who don't respond to other treatments, penile implant surgery offers a highly effective solution with high satisfaction rates. Many procedures can be performed on an outpatient basis with relatively short recovery periods.

### BREAKING THE STIGMA

This Men's Health Month, healthcare providers are encouraging men to break the silence around ED. The condition is often an early warning sign of other serious health conditions like heart disease or diabetes, making diagnosis and treatment not just about sexual health, but overall wellbeing.

By addressing ED with a healthcare provider, men often discover underlying health issues that, once treated, improve both their erectile function and overall health. Remember, seeking help isn't a sign of weakness—it's taking control of your health.

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# INNOVATIVE APPROACHES IN ALZHEIMER'S CARE: The Theta Chamber at Keep Young Wellness Center

By Allen T. Stanley, Practitioner

In the challenging landscape of Alzheimer's disease treatment, innovative approaches are bringing new hope to patients and families affected by this progressive neurodegenerative condition. Among these promising developments is the integration of neurological stimulation technologies like the Theta Chamber, now available at Keep Young Wellness Center, which offers a complementary approach to conventional Alzheimer's treatments.

## Understanding Alzheimer's Challenges

Alzheimer's disease remains one of the most formidable health challenges of our time, affecting approximately 6.7 million Americans, with numbers expected to rise dramatically as the population ages. Traditional medications have shown limited effectiveness in halting the progression of the disease, creating an urgent need for alternative and complementary treatment modalities.

The disease's complex nature—involving protein accumulation in the brain, neuroinflammation, and disrupted neural signaling—requires multifaceted treatment approaches. This complexity has led forward-thinking facilities like Keep Young Wellness Center to explore technologies that address brain function at the fundamental level.

## The Theta Chamber: A Neurological Approach

The Theta Chamber represents a technological innovation designed to influence brain wave patterns through a combination of sensory inputs. At Keep Young Wellness Center, this technology is being utilized as part of an integrated approach to cognitive health, with potential applications for Alzheimer's patients.

The system works by producing theta brain wave states—low-frequency patterns associated with deep relaxation, improved memory function, and enhanced learning capacity. For Alzheimer's patients, who often experience disrupted brain wave patterns and neural connectivity issues, this therapy aims to create more harmonious neural activity.

"What makes the Theta Chamber particularly interesting for Alzheimer's care is its non-invasive nature," explains Allen Stanley. "Patients experience a multi-sensory session that includes visual stimulation, auditory input, and gentle physical vibrations—all designed to guide the brain toward healthier functioning patterns."

## Integration with Conventional Treatment Plans

Perhaps the most valuable aspect of the Theta Chamber approach is its compatibility with established medical treatments. Rather than positioning itself as a replacement for conventional care, the center emphasizes that Theta Chamber sessions can work alongside physician-directed treatment plans.

This integrated approach recognizes the importance of standard medical care while acknowledging that complementary techniques may offer additional benefits. For Alzheimer's patients, this might mean continuing prescribed medications while adding regular Theta Chamber sessions to potentially enhance cognitive function, reduce anxiety, and improve sleep patterns—all common challenges in the Alzheimer's journey.

## Addressing Multiple Dimensions of Alzheimer's

The effects of Alzheimer's extend far beyond memory loss, often manifesting as anxiety, depression, sleep disturbances, and agitation. The Theta Chamber's approach to balancing brain activity shows promise in addressing these secondary symptoms that significantly impact quality of life.

Keep Young Wellness Center clients with early-stage cognitive decline have reported improvements in sleep quality, reduced anxiety levels, and a greater sense of calm after beginning regular sessions. These quality-of-life improvements, while not curative of the underlying condition, represent meaningful gains for patients and caregivers navigating the Alzheimer's journey.

## Research and Future Directions

While the application of technologies like the Theta Chamber in Alzheimer's care is still evolving, preliminary research into neurological stimulation techniques shows promising directions. Studies examining various forms of brain stimulation have demonstrated potential benefits for cognitive function, though more research specific to Theta technology is needed.

Keep Young Wellness Center maintains careful records of client outcomes, contributing to the growing body of knowledge about complementary approaches to Alzheimer's care. This commitment to evidence-based practice ensures that while offering innovative options, they remain grounded in responsible healthcare principles.

## A Person-Centered Approach

Central to Keep Young Wellness Center's philosophy is personalization of care. Each client's Theta Chamber experience is tailored to their specific needs, cognitive status, and comfort level. This individualized approach recognizes that Alzheimer's affects each person differently and that treatment approaches must be equally nuanced.

For families exploring options beyond conventional treatments, the center provides educational resources and consultation to determine if their services might be appropriate for their loved one's specific situation and stage of cognitive change.

## Looking Forward

As the search for effective Alzheimer's interventions continues, approaches that can work harmoniously with medical treatments offer an expanded toolkit for patients and healthcare providers. Keep Young Wellness Center's integration of the Theta Chamber into comprehensive care plans represents one direction in this evolving landscape.

For those affected by Alzheimer's disease and seeking additional support strategies, technologies like the Theta Chamber may offer a complementary approach to enhancing brain function and quality of life—working not to replace but to supplement the best that conventional medicine has to offer.

Keep Young Wellness Center stands ready to collaborate with patients, families, and healthcare providers in exploring how innovative approaches like the Theta Chamber might contribute to more comprehensive Alzheimer's care—offering support for the mind, brain, and overall well-being during one of life's most challenging health journeys.



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# National Cancer Survivors Month: VIGILANCE AND REGULAR CHECK-UPS SAVE LIVES

By Chand Rohatgi, MD

In the United States, approximately 2 million new cancer cases will be diagnosed in 2025 alone. Even more sobering is the fact that about 1 in 3 people will develop cancer during their lifetime, with current statistics showing approximately 39% of men and women will face a cancer diagnosis at some point.

"Early detection remains our most powerful weapon against cancer," said Dr. Rohatgi, MD, a UF Health breast surgeon specializing in oncology. "When caught in its earliest stages, most cancers respond better to treatment, leading to significantly improved survival rates."

As we commemorate National Cancer Survivors Month, Dr. Rohatgi emphasizes the critical importance of knowing what to look for and maintaining regular screening schedules.

"For breast cancer, women should be familiar with the normal look and feel of their breasts," explains Dr. Rohatgi. "Watch for any new lumps, skin changes, including dimpling or puckering, nipple discharge or persistent pain in one area. These warrant immediate medical attention."

While breast self-exams are valuable, they don't replace clinical screenings. Dr. Rohatgi stresses that mammograms can detect cancers up to two years before they become palpable.

But vigilance extends beyond breast cancer. For all individuals, Dr. Rohatgi recommends being alert to these universal warning signs.

"Pay attention to unexplained weight loss, persistent fatigue, prolonged coughing, difficulty swallowing, changes in bowel or bladder habits, unusual bleeding or sores that don't heal," he advises. "These symptoms don't automatically mean cancer, but they deserve prompt investigation."

Regular medical check-ups form the foundation of effective cancer prevention. These screenings should include age-appropriate cancer tests like mammograms, colonoscopies, Pap tests, prostate exams, and skin checks.

"Many people skip routine check-ups because they feel fine," notes Dr. Rohatgi. "But cancer often develops silently, with symptoms appearing only in advanced stages. By then, treatment options may be more limited and less effective."



Dr. Rohatgi emphasizes that cancer survival rates have improved dramatically over recent decades, with death rates falling steadily since the early 1990s. This progress stems largely from better screening protocols leading to earlier detection.

"Today's cancer survivors – numbering over 17 million in the United States alone – a testament to the power of vigilance and medical advancement," Dr. Rohatgi explains. "National Cancer Survivors Month celebrates these victories while reminding us all that proactive health monitoring saves lives."

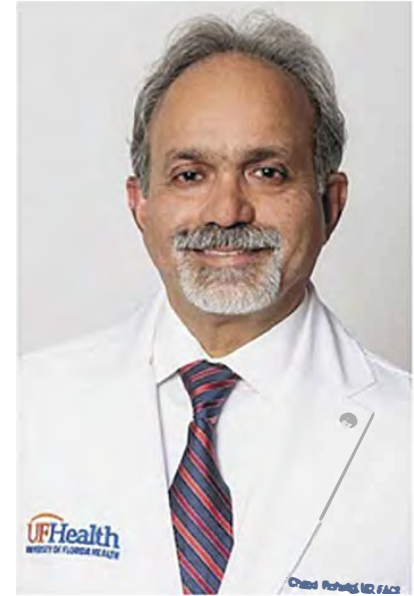
For those with a family history of cancer, Dr. Rohatgi recommends discussing personalized screening schedules with healthcare providers, as genetic factors may necessitate earlier or more frequent testing.

"Cancer screening guidelines continue to evolve as we learn more about different cancer types and risk factors," notes Dr. Rohatgi. "What remains constant is that early intervention dramatically improves outcomes. The difference between catching cancer at stage one versus stage three or four can literally be lifesaving."

Dr. Rohatgi also emphasizes the importance of lifestyle factors in cancer prevention. Maintaining a healthy weight, avoiding tobacco, limiting alcohol consumption, protecting skin from excessive sun exposure, and consuming a diet rich in fruits and vegetables can all reduce cancer risk.

"While we cannot control all cancer risk factors, many are within our power to modify," he adds. "These healthy habits complement regular medical screenings to create your strongest defense against cancer."

Remember: when it comes to cancer, knowledge and action are your strongest allies.



**Chand Rohatgi, MD**  
Breast Surgeon

As a board-certified breast surgeon at UF Health, I serve patients across central Florida with specialized care for cancerous and noncancerous breast conditions. "My patients drive my energy," and I remain committed to the latest medical guidelines and technologies to provide optimal care.

Previously, I established a comprehensive breast care center in Easton, Pennsylvania, offering in-house mammography, biopsies, lymphedema therapy, and genetic testing. During my nearly two-decade professorship at Drexel University College of Medicine, I received the Dean's Special Award for Teaching Excellence four times.

I completed my medical education in Varanasi, India, with surgical training in India and New Jersey, before finishing my residency as chief resident at Easton Hospital in Pennsylvania.

Outside medicine, I volunteer with the American Cancer Society—receiving their St. George National Award in 2014—and at my community's historic State Theater. While I enjoy cultural travel, my greatest joy comes from time spent with my wife, three children, and extended family.



**For questions or to learn more, visit our website [UFHealth.org/conditions-and-treatments/breast-cancer/central-florida](https://www.UFHealth.org/conditions-and-treatments/breast-cancer/central-florida) or call 352.323.5665.**



## LOW TESTOSTERONE LEVELS IN MEN IS LINKED TO PREMATURE DEATH! ALL PROS NO CONS WITH TESTOSTERONE THERAPY

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Testosterone assists in regulating blood pressure, stabilizing blood sugar and lowering cholesterol. The heart has more testosterone receptors than any muscle in the body reducing death by heart attack by 50%. In addition to the cardiac benefits the brain also is protected by testosterone which assists in preventing plaque build-up in the brain deferring the onset of early dementia and Alzheimer's disease.

When we are young active males, we produce high levels of testosterone but after age 30 these levels begin to slowly decline, losing approximately 90% of our original levels by age 75 It isn't until we reach our late 40's and 50's that men begin to notice some things aren't quite what they used be with our physical and mental capacities. With life expectancies extending longer we need to consider ways to improve and retain quality of life.

Just because men age doesn't mean they need to surrender sexual activity. Testosterone corrects erectile dysfunction and restores sex drive and performance.

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

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

## Understanding Neuropathy: A Complex Challenge

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

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

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

## Key Mechanisms of Summus Laser Therapy

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

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

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

## Clinical Evidence and Patient Outcomes

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



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

## Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

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

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

## Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

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

## Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

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

## Future of Neuropathy Treatment

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

## Conclusion

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

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

**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.

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# Obstructive Sleep Apnea & Oral Appliances: A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

**S**leep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People who suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities.

## What Is Sleep Apnea?

The short answer is the airway collapses during sleep. It is a relatively common condition and is related to lifestyle and age. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications. Left untreated, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

## What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders such as A-Fib
- Chronic disease
- Diabetes
- Brain health impairment

## What are the symptoms of Sleep Apnea?

- Snoring
- Gasping for air while sleeping
- Dry mouth
- Cognitive decline or brain fog
- Restless sleeping
- Daytime sleepiness/dozing

## Obstructive Sleep Apnea & Oral Appliances:

### Have you tried CPAP therapy?

The customary first line of treatment for severe sleep apnea is a PAP device. For Mild and Moderate Sleep Apnea an oral appliance is an effective alternative. Approximately 50 percent of patients are unable to tolerate the use of a PAP, and therefore are not achieving optimum treatment results. In many cases those individuals are going untreated. Those



patients are candidates for Oral Appliance Therapy, or OAT. A custom-fit oral appliance is an effective therapeutic treatment option for Obstructive Sleep Apnea and can also help to eliminate snoring. By opening the airway, you increase your oxygen intake, as well as improve your sleep, and your overall health. The American Medical Association, The American Academy of Sleep Medicine and the American Board of Dental Sleep Medicine all recommend OAT to be prescribed by a Sleep Physician and fabricated by an ABDSM qualified dentist.

The negative effects of poor sleep are numerous. We all know the short-term results of not sleeping well and feeling terrible but what about the more serious health concerns? If left untreated, people may experience poor memory, decreased cognitive function leading to dementia and Alzheimer's disease, cardiovascular disease including high blood pressure, insulin resistance, obesity and worsening symptoms of asthma and COPD due to lack of oxygen to the brain during sleeping hours. The good news is that if properly diagnosed and treated early, the effects of Sleep Apnea can be reversed over time.

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## Benefits of Oral Appliance Therapy for the treatment on Sleep Apnea:

- Oral appliances can be easily cleaned and disinfected by patients.
- Oral Appliances are silent.
- Oral Appliances are truly portable. They can fit in a pocket or purse. They require no electricity and are easily transported when traveling.
- Best of all, Laurel Manor Dental/SleepCare provides CDC recommended, single use WatchPAT™ ONE contact less, first and only disposable Home Sleep Apnea Test.

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

## Meet Dr. Rozensky

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

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

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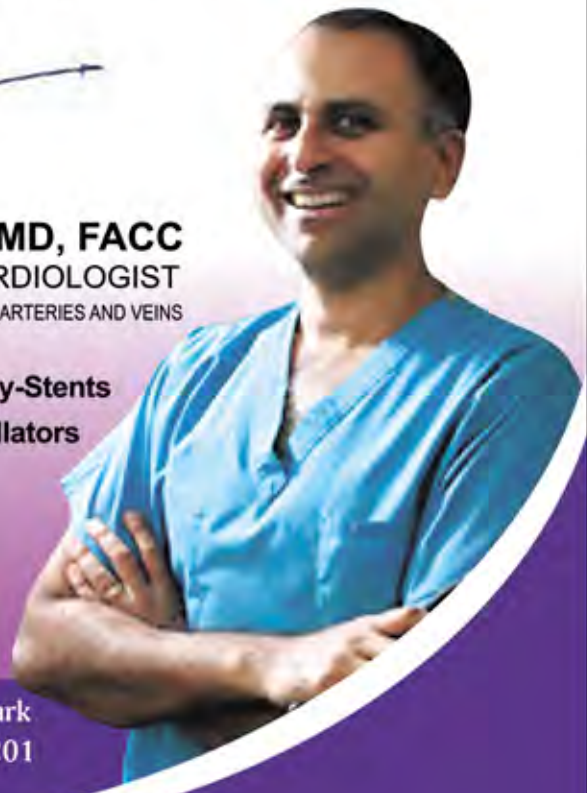
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# MEN'S HEALTH MONTH: The Silent Crisis of Male Hearing Loss

By Dr. Evans Pemba

**J**une marks Men's Health Month, a time dedicated to raising awareness about health issues that disproportionately affect men. While conversations often focus on heart disease, prostate cancer, and mental health, one critical aspect of male wellness frequently goes unnoticed: hearing health. The statistics paint a concerning picture that demands attention and action.

Men are significantly more likely to experience hearing loss than women, with studies showing they face nearly twice the risk. According to the National Institute on Deafness and Other Communication Disorders, approximately 18% of men between ages 20-69 have hearing loss in both ears, compared to just 11% of women in the same age group. This disparity becomes even more pronounced with age, as men over 65 are three times more likely than their female counterparts to develop hearing impairment.

The reasons behind this gender gap are multifaceted and often preventable. Occupational hazards play a significant role, as men are more likely to work in industries with high noise exposure, including construction, manufacturing, military service, and transportation. The constant exposure to machinery, power tools, aircraft engines, and heavy equipment takes a cumulative toll on their auditory system over decades of employment.

Recreational activities also contribute to the problem. Men are more prone to engage in loud hobbies such as hunting, motorcycling, attending concerts, and using power equipment for home improvement projects. These activities, while enjoyable, often occur without proper hearing protection, gradually damaging the delicate structures of the inner ear.

The biological differences between men and women may also play a role. Research suggests that estrogen might have protective effects on hearing, potentially explaining why women maintain better hearing health throughout their lives. Additionally, men may be more susceptible to noise-induced hearing damage due to differences in ear anatomy and blood flow patterns.

Perhaps most troubling is the reluctance many men show toward addressing hearing problems. Cultural factors and traditional masculine stereotypes often discourage men from seeking help for what they



perceive as signs of weakness or aging. This delay in treatment can have serious consequences, as untreated hearing loss is linked to social isolation, depression, cognitive decline, and increased risk of falls and accidents.

The impact extends beyond the individual. Hearing loss affects relationships, job performance, and overall quality of life. Family members often bear the burden of repeated conversations, raised television volumes, and the frustration that comes with communication barriers. Professional relationships may suffer when important information is missed during meetings or phone calls.

Fortunately, prevention and treatment options are more accessible than ever. The first step is recognition and regular hearing assessments. Men should have baseline hearing tests by age 50, or earlier if they have significant noise exposure. Annual screenings can catch problems early when interventions are most effective.

Prevention strategies include wearing appropriate hearing protection in noisy environments, keeping the volume reasonable when using headphones or earbuds, and taking breaks from loud activities. Modern hearing protection doesn't mean sacrificing enjoyment—high-quality earplugs and noise-canceling headphones can preserve sound quality while protecting hearing.

For those already experiencing hearing loss, today's hearing aids are remarkable technological achievements. They're smaller, more effective, and often virtually invisible. Many connect seamlessly with smartphones and other devices, offering features that enhance rather than hinder daily life.

This Men's Health Month, let's break the silence around male hearing health. Encourage the men in your life to prioritize their auditory wellness alongside other health concerns. Regular check-ups, proper protection, and early intervention can preserve one of our most precious senses. After all, staying connected to the sounds of life—from grandchildren's laughter to meaningful conversations—is an essential part of healthy aging and overall well-being.

If you're ready to take control of your hearing health, don't wait any longer. Contact Dr. Pemba at Ocala Hears to schedule a comprehensive hearing evaluation at 352-612-3739. With expert care and cutting-edge technology, Dr. Pemba and the team at Ocala Hears are committed to helping you maintain your connection to the world around you. Your hearing—and your quality of life—are worth the investment.



## 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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## BREAKING THE SILENCE:

# How Chiropractic Care Transforms Men's Health and Well-being

By Dr. Chad Rose, DC

**M**en often carry the weight of the world on their shoulders—literally and figuratively. From demanding careers to family responsibilities, the modern man faces unique health challenges that frequently go unaddressed. Dr. Chad Rose of Rose Wellness Clinic has spent years helping men overcome these obstacles through comprehensive chiropractic care, revealing how spinal health serves as the foundation for overall masculine wellness.

### The Silent Struggle of Men's Health

Statistics paint a concerning picture: men are significantly less likely than women to seek preventive healthcare, often waiting until symptoms become unbearable. This tendency particularly affects musculoskeletal health, where chronic pain and mobility issues develop gradually over time. Dr. Rose observes that many of his male patients arrive at his clinic after years of ignoring warning signs, from persistent lower back pain to recurring headaches.

"Men typically push through discomfort until it begins affecting their work performance or family activities," explains Dr. Rose. "By the time they seek treatment, what could have been a minor adjustment has often evolved into a complex condition requiring extensive rehabilitation."

### The Workplace Warrior Syndrome

Modern work environments present significant challenges to men's spinal health. Whether hunched over computers for hours, performing repetitive manual labor, or maintaining static positions during long commutes, men's bodies endure constant stress. Dr. Rose identifies several key areas where chiropractic intervention proves particularly beneficial for working men.

Desk workers frequently develop forward head posture and rounded shoulders, leading to cervical spine dysfunction and tension headaches. Construction workers and tradesmen face repetitive strain injuries and acute trauma from heavy lifting. Even seemingly low-impact professions like driving or sales can create chronic lower back problems due to prolonged sitting and poor ergonomics.

### Athletic Performance and Recovery

Many men maintain active lifestyles well into their later years, participating in recreational sports, weightlifting, or outdoor activities. Dr. Rose emphasizes how regular chiropractic care enhances athletic performance while reducing injury risk. Proper spinal



alignment improves nervous system function, leading to better coordination, faster reaction times, and more efficient movement patterns.

Recovery from intense physical activity also benefits significantly from chiropractic treatment. Regular adjustments help reduce inflammation, improve circulation, and restore proper joint mechanics, allowing men to maintain their active pursuits longer and with greater enjoyment.

### Beyond Pain Relief: Holistic Wellness

Dr. Rose's approach at Rose Wellness Clinic extends beyond traditional pain management. He addresses how spinal misalignments can affect sleep quality, stress levels, and even digestive function. Many male patients report improved energy levels, better mood regulation, and enhanced overall quality of life following consistent chiropractic care.

The clinic's comprehensive approach includes lifestyle counseling, ergonomic education, and exercise recommendations tailored specifically to each patient's needs and goals. This holistic strategy helps men develop sustainable habits that support long-term spinal health.

### Taking the First Step

Dr. Rose encourages men to view chiropractic care as an investment in their future selves rather than a last resort for existing problems. Regular maintenance visits can prevent minor issues from becoming major limitations, allowing men to continue performing at their best in all aspects of life.

Breaking free from the cycle of neglecting health concerns starts with acknowledging that seeking professional care demonstrates strength, not weakness. At Rose Wellness Clinic, Dr. Rose creates a supportive environment where men can address their health concerns without judgment, paving the way for lasting wellness and vitality.

### Ready to Prioritize Your Health?

Don't let another day pass living with discomfort or reduced performance. Take the first step toward optimal health and wellness by scheduling a consultation with Dr. Chad Rose at Rose Wellness Clinic. Call 352-775-2180 today to discover how chiropractic care can transform your health, enhance your performance, and improve your quality of life. Your future self will thank you for making this important investment in your well-being.

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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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# Comprehensive Men's Health Services at Recharge Clinic

**A**t Recharge Clinic, we are dedicated to helping men look, feel, and perform at their absolute best. Our customized men's health services are designed to address a wide range of concerns—from hormone optimization and sexual wellness to aesthetic enhancements and overall vitality. Here's an overview of the main services we proudly offer our male clients.

## 1. Testosterone Replacement Therapy (TRT)

As men age, testosterone levels naturally decline, often leading to fatigue, low libido, weight gain, and reduced muscle mass. Our testosterone replacement therapy is designed to restore optimal hormone levels, helping men regain energy, confidence, and overall well-being.

### Benefits include:

- Increased energy and stamina
- Improved mood and mental clarity
- Enhanced libido and sexual performance
- Better muscle tone and reduced body fat

Our tailored TRT protocols include blood testing, ongoing monitoring, and multiple administration options such as injections, pellets, or topical creams.

## 2. Sexual Wellness Treatments

Recharge Clinic offers advanced therapies for sexual health and performance enhancement. We understand the importance of confidence in intimacy, and our discreet services are designed to help men overcome common challenges.

### Options include:

- **P-Shot® (Priapus Shot):** Platelet-rich plasma (PRP) injection to improve erectile strength and sensation.
- **Acoustic Wave Therapy:** Non-invasive therapy to stimulate blood flow and reduce erectile dysfunction symptoms.
- **Libido-enhancing peptides:** Prescription treatments that naturally boost sexual desire and performance.

## 3. Weight Loss & Body Optimization

Achieving and maintaining a healthy weight is essential to men's health. Our customized medical weight loss programs combine nutritional guidance, supplements, and cutting-edge treatments for optimal results.



### Services may include:

- Semaglutide or Tirzepatide injections
- Customized diet and exercise plans
- B12/Lipo-MIC injections for metabolism
- Full-body composition analysis

## 4. Peptide Therapy

Peptides are short chains of amino acids that stimulate various functions in the body. Whether you're looking to improve muscle recovery, sleep, focus, or fat metabolism, peptide therapy can be a powerful tool.

### Common peptides for men include:

- Ipamorelin/CJC-1295 for growth hormone stimulation
- BPC-157 for injury recovery
- Tesofensine for appetite control and fat loss

## 5. Hair Restoration Solutions

Hair loss is a common concern for men, but it's no longer something you have to live with. At Recharge Clinic, we offer medical and regenerative solutions that target the root cause of hair thinning.

### Treatment options include:

- PRP Scalp Injections
- Topical Minoxidil and Finasteride compounds
- Oral hair growth medications
- Nutritional support and bloodwork assessment

## 6. Aesthetic Services for Men

Confidence starts with looking as good as you feel. Our aesthetic offerings for men are subtle, effective, and designed to maintain a masculine appearance while addressing aging or skin imperfections.

### Popular treatments include:

- Botox for wrinkle reduction
- Dermal fillers for facial definition
- Laser treatments for skin tone and hair removal
- Medical facials and microneedling

## 7. IV Therapy & Wellness Injections

Men on the go often need a quick boost. Our IV nutrient therapies and injections deliver hydration, vitamins, and performance-enhancing ingredients directly into the bloodstream for fast, effective results.

### Popular infusions and shots:

- Myers' Cocktail for overall energy
- NAD+ for anti-aging and brain health
- Athletic recovery blends
- Glutathione for detox and skin clarity

## 8. Comprehensive Lab Testing & Men's Health Panels

All our services begin with detailed diagnostic evaluations. We run extensive blood panels to uncover hormone imbalances, nutritional deficiencies, and underlying health concerns that may be affecting your energy, mood, or performance.

### Our men's panels often screen for:

- Total and free testosterone
- Estrogen and DHT
- Thyroid function
- Metabolic markers (cholesterol, glucose, liver/kidney function)

### Ready to Rediscover Your Prime?

Sex drive doesn't have an expiration date—at Recharge Clinic, neither should your peak performance. Our medical experts tailor every protocol to your unique biochemistry, ensuring safe, effective, and measurable results. If you're tired of settling for "good enough," it's time to take control of your health, your vitality, and your sexual confidence.

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# Understanding Your MRI Report: Decoding Spinal Stenosis and Spondylosis

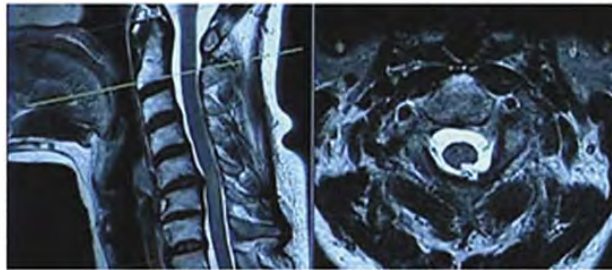
**W**hen patients receive their MRI or CT scan reports, they often encounter complex medical terminology that can cause confusion and anxiety. Terms like "spinal stenosis" and "spinal spondylosis" appear frequently, but what do they actually mean for your health and well-being?

## BREAKING DOWN THE MEDICAL JARGON

**Spinal Stenosis:** refers to the narrowing of spaces within your spine, which can put pressure on the nerves that travel through it. This narrowing typically occurs in the lower back (lumbar stenosis) or neck (cervical stenosis). Think of your spinal canal as a tunnel - stenosis is when that tunnel becomes constricted, potentially causing pain, numbness, weakness, or tingling in your extremities.

**Spinal Spondylosis:** is essentially the medical term for age-related wear and tear affecting the spinal disks. As we age, these disks gradually deteriorate, losing hydration and elasticity. This natural process can lead to bone spurs (osteophytes), stiffened ligaments, and decreased disk height. It's similar to how a car's shock absorbers might wear down over time, affecting the overall function and comfort of the vehicle.

Both conditions are extremely common as we age, and their presence on an imaging report doesn't always correlate with symptoms. Many people with significant stenosis or spondylosis on imaging remain pain-free, while others with minor changes may experience considerable discomfort.



## WHEN PAIN PERSISTS: THE ROLE OF INTERVENTIONAL PAIN PHYSICIANS

When conservative approaches like physical therapy, chiropractic care, or over-the-counter medications fail to provide adequate relief, interventional pain physicians offer specialized expertise.

Interventional pain medicine is a medical subspecialty focused on diagnosing and treating pain through minimally invasive techniques. These physicians complete a three to five years of residency training, and then additional fellowship training specifically in pain management.

What sets interventional pain physicians apart is their comprehensive approach to addressing all types of pain:

- **Nerve pain** (neuropathic) caused by damaged or irritated nerves
- **Bone and joint pain** (osteoarthritis, fractures)
- **Muscular pain** (spasms, strains)
- **Acute pain** (recent injury or surgery)
- **Chronic pain** (persistent beyond normal healing time)

These specialists employ a wide range of techniques beyond medication management, including:

- Precise diagnostic injections to identify pain sources
- Therapeutic nerve blocks to provide targeted relief
- Radiofrequency ablation to disrupt pain signals
- Spinal cord stimulation for persistent nerve pain
- Regenerative medicine approaches like platelet-rich plasma therapy

The goal of interventional pain medicine is not just symptom management but improving function and quality of life. By precisely targeting the source of pain, these specialists can often provide relief while minimizing medication side effects and avoiding more invasive surgical procedures.

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.

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

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

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

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

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

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible compli-



cations like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, and mobility is critical.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical & Occupational therapy.

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# UNSEEN BATTLES: THE SILENT TOLL OF PTSD

By Matthew Rocklage

**M**illions of people walk among us with hidden mental health challenges. It's a battle that doesn't always come with visual indicators. One of these conditions is Post-Traumatic Stress Disorder (PTSD). For veterans, survivors of abuse, first responders and countless others, PTSD is not just a mental health diagnosis – it's a daily struggle for peace and healing.

This experience can be isolating, making sufferers feel alone. However, when there is understanding, support and appropriate treatment, recovery is possible.

There's a common misconception that PTSD only affects combat veterans, but it can impact a variety of individuals. PTSD can affect anyone whose nervous system responds to a traumatic event with a heightened sense of fear or danger. Everyone is different, and what's traumatic for one person might not be for others. This could include natural disasters, physical assault, domestic violence or even a car accident. However, whether PTSD develops is unique to each person, so individuals may experience PTSD from sustained hardships like bullying, medical issues, family issues or grief. Each year, nearly 9 million people are affected by PTSD.

## In Florida specifically, residents may experience hurricane-related PTSD.

With several significant storms in the past few years, it's common to feel fearful and vulnerable when hurricane season begins. A range of emotions, from anxiety to depression, can last for days, weeks or even months after the storm. People who experience particularly traumatic events during a hurricane, including being trapped or injured, or suffering the loss of a loved one or pet, may be at a higher risk of developing PTSD.

## What are the symptoms of PTSD?

The most common warning signs include:

- Nightmares or flashbacks that vividly recall traumatic events leading to distressing emotions or even physical sensations.
- Avoidance behaviors, where you try to avoid people, places or situations that remind you of the trauma.
- Increased irritability, anger or difficulty concentrating, leading to challenges at home, work or school.



- Hyperarousal or being easily startled, having difficulty sleeping or feeling a constant sense of unease.
- Increased alertness, also known as hypervigilance, which can result in increased anxiety, persistent worrying or difficulty sleeping.
- Persistent feelings of guilt, shame or self-blame, even when you are not at fault.

Experiencing any of these symptoms can significantly impact your mental and physical well-being. They can also affect your daily activities, relationships and diminish your overall quality of life.

## Who can experience PTSD?

PTSD is a mental health condition that can impact anyone, regardless of race, gender or background. However, the way it presents in children is often different than adults.

Very young children might have trouble describing their experiences, but there may be noticeable changes in their behavior, mood or academic performance. You may even see milestone regression in some children. In extreme cases, some children may stop talking entirely.

Adolescents may have dramatic shifts in their social behaviors, friend groups or stop taking part in hobbies and interests.

Recognizing the symptoms or spotting changes in your child's behavior is essential. You can help them get early intervention from a professional mental health provider, which is the first step towards recovery. Without treatment, the effects of PTSD can continue indefinitely.

## Treatment options

Early diagnosis and intervention from a professional are key to effectively managing PTSD symptoms.

PTSD treatment plans often include a range of therapeutic approaches. Cognitive-Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR) and talk therapy are commonly used to

treat PTSD. In other cases, medication may also be utilized as part of the treatment approach. There isn't one specific treatment plan that works for everyone, so it's important to work with a professional you trust for individualized support.

## How can you help someone with PTSD?

Caregivers play a vital role in supporting their loved ones with PTSD. Whether you're caring for a parent, spouse or child, it's crucial to educate yourself about the disorder and its effects.

Emotional support is one of the most valuable contributions caregivers can offer. Creating a safe space for someone to express their emotions and actively listening without judgment can make a significant difference. This especially applies for children, as they likely don't understand what they're experiencing and need support from a family member or loved one to process these feelings.

Even though it can be scary, it's critical to encourage your loved one to seek professional help and assist them in finding the right therapist. You can also provide support by attending their appointments with them.

Recovery is possible – even when it feels entirely out of reach. Healing doesn't mean forgetting the trauma or pretending it never happened; it means learning to live with the past without it controlling you. With timely intervention, professional help and a compassionate support system, the brain can unlearn fear and rebuild trust. The path may be difficult, but there is hope.

## About the Author

Matthew Rocklage, DNP, PMHNP-BC, is a board-certified psychiatric-mental health nurse practitioner at Elite DNA Behavioral Health's North Palm Beach location. Elite DNA is one of Florida's largest mental health providers, offering accessible and affordable in-person and virtual behavioral health services for children, adolescents, and adults at more than 30 locations across the state. For more information, visit [EliteDNA.com](http://EliteDNA.com).



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## When You Are At Your Wits End

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

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

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

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

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

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

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

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







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