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September 2025

Marion Edition - Monthly

FREE

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WHO CAN PARTICIPATE?

Individuals 50-90 years old who:

- have memory concerns reported by them or a doctor within the last year ;
- have not previously had a diagnosis of Alzheimer's disease based on an amyloid PET scan or cerebrospinal fluid draw;
- are able to complete daily, basic tasks that are not affected by memory or cognitive concerns;
- do not have other neurodegenerative conditions or major psychiatric conditions;
- has not chronically used antipsychotic or neuroleptic medications within last 3 months;
- has not abused alcohol or substances within the last 6 months.

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- provide information about their medical history, baseline conditions, and medications usage;
- provide demographic data, including their age, sex, and self-reported race or ethnicity;
- complete a learning and memory task assessment;
- complete a blood draw for standard blood tests and to determine ptau217 (pTau217 is a protein that is elevated in the blood of individuals with Alzheimer's disease).

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Why Should I Participate In an Alzheimer' Clinical Trial?

Reasons to participate can include:

- people 60+ years old have a 1 in 6 chance of developing harmful levels of amyloid beta, a protein associated with Alzheimer's disease;
- participating in research expands your option especially if you have been offered limited treatments or have tried treatments you coul tolerate, afford, or found effective;
- once enrolled in trial, you receive regularly scheduled monitoring by specialized health professionals at no cost to you or your insuran
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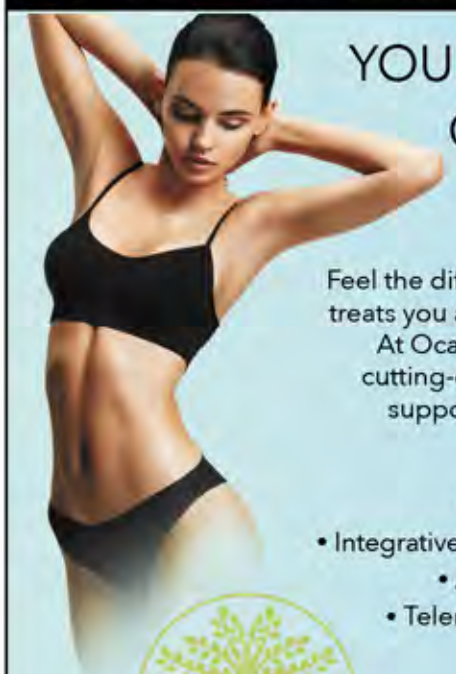

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Introducing Lumen Dermatology

We're excited to share that David Kosiorek, PA-C and Michael J. Freeman, MD have started a NEW Dermatology practice! David has 27 years of Dermatology experience and is proudly serving The Villages and Ocala. He is passionate in providing meticulous, personalized care with a focus on early detection and treatment of skin cancer. His new practice, Lumen Dermatology, continues his commitment to excellence, offering comprehensive skin care solutions in a welcoming environment.

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MEMORY PROBLEMS COULD BE EARLY ALZHEIMER'S

ACT NOW!

What Are the Symptoms of Alzheimer's Disease?
Common symptoms of early Alzheimer's include:

- **Loss of memory that affects daily living** – You may find that you rely more on notes or family members to remember appointments or things that you used to handle on your own.
- **Poor judgment leading to unusual decision-making** — You might forget to pay bills, or pay less attention to personal grooming.
- **Challenges in planning or problem-solving** — Following a plan or a recipe may be more difficult, or your concentration may be easily broken.
- **Difficulty completing familiar tasks** — You may forget where everyday items are kept, how to use a device, or how to get somewhere you visit frequently.
- **Confusion with time and place** — You may lose track of the date and the passage of time, when events occurred, or not understand where you are or how you got there.
- **Trouble understanding visual images** — You might have difficulty reading or judging distance, which can cause issues with your balance.
- **Losing things and having trouble retracing steps** — You might put things in an unusual place or mistakenly blame others for hiding things from you.
- **Withdrawing from social activities** — You may drop out of conversations or have trouble finding certain words.
- **Changes in mood and personality** — You may become more irritable, easily frustrated, or upset when outside of familiar surroundings.

None of these are enough by themselves to make a diagnosis. But if you or someone you know are experiencing any of these symptoms, call Renstar today to learn about a new Alzheimer's Disease trial.

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- you can make a difference! Your participation in this study will help contribute to scientific research that could help you or future generations.

About Renstar Medical Research
Founded in 1998, Renstar Medical Research has been at the forefront of clinical research, dedicated to advancing medical breakthroughs through high-quality, multispecialty clinical trials. With over two decades of experience, we have conducted studies across a wide range of therapeutic areas, including obesity, chronic obstructive pulmonary disease (COPD), Alzheimer's disease, Parkinson's disease, psoriasis, and other conditions.

Through innovation, expertise, and a patient-centered approach, we strive to make a meaningful impact on global healthcare. At Renstar Medical Research, we are seeking tomorrow's answers to the health questions of today.

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WHAT DOES A COMPLETE BLOOD COUNT (CBC) REVEAL ABOUT BLOOD CANCERS?

A CBC (complete blood count) is a common blood test that measures and evaluates the different types of cells in the blood. While it is often part of a routine health checkup, it is also one of the first tests commonly used to detect signs of many types of blood cancer.

A CBC is usually done at a lab or hospital. You may need to follow special instructions beforehand, such as stopping certain medications that can affect results. During the test, blood is drawn from a vein in your arm using a needle. The blood is collected in a labeled tube and sent to a lab, where a technologist uses specialized equipment to examine your blood cell counts.

The ABCs of CBCs

Think of a CBC like a quick snapshot of your blood—sometimes it can feel like reading an alphabet soup of medical abbreviations. Key parts of the test include:

- **White blood cells:** Part of the immune system that fights infections and other diseases
- **Red blood cells (RBCs):** Cells that carry oxygen throughout the body
- **Hemoglobin (Hb):** The specific protein in RBCs that carries oxygen
- **Hematocrit (Hct):** The percentage of blood made up of red blood cells
- **Platelets:** Fragments of cells that help with blood clotting

This "alphabet soup" gives doctors important clues about your overall blood health. A CBC can detect signs of anemia, infection, inflammation, potential bleeding problems, or certain blood disorders, and it can help track the effectiveness of treatments.

CBC Reference Chart

This reference chart shows the main components and typical normal ranges for a CBC test:

Component	Typical Normal Range	Function/Notes
White Blood Cells WBCs)	4,200 - 10,000 cells per microliter	Fight infection and support immune function
Red Blood Cells (RBCs)	Females: 3.8 - 5.4 million cells per microliter Males: 4.3 - 6.3 million cells per microliter	Carry oxygen throughout the body
Hemoglobin (Hb)	Females: 12.0 - 16.0 grams per deciliter Males: 14.0 - 18.0 grams per deciliter	Protein in RBCs that carries oxygen
Hematocrit (Hct)	Females: 37% - 47% Males: 41% - 51%	Percentage of blood made up of red blood cells
Platelets	150,000 - 450,000 per microliter	Help with blood clotting to prevent bleeding

If your CBC results are outside the normal range, it doesn't automatically mean something serious. Sometimes the cause can be simple, but it may also point to certain health conditions.

While a CBC is an important first step in detecting possible blood cancers, it is not enough by itself to confirm a diagnosis. Abnormal results typically prompt further tests — such as a peripheral blood smear, bone marrow biopsy, imaging, or genetic testing. These are necessary to confirm the presence, type, and stage of cancer and guide steps for treatment. What are blood cancers?

Every three minutes, someone in the U.S. is diagnosed with blood cancer, which is an umbrella term that covers leukemia, lymphoma, and myeloma and other cancers that affect the blood and lymphatic system.

Although the specific causes remain largely unknown, scientists have learned that blood cancers develop when the DNA in immature blood cells becomes damaged or mutated. This triggers uncontrolled cell growth that crowds out healthy cells, leaving less room for normal blood production and weakening the immune system.

- Leukemia develops when the bone marrow makes large numbers of abnormal white blood cells that don't work properly and crowd out healthy blood cells. Unlike most cancers, leukemia doesn't form tumors.
- Lymphoma is a cancer of the lymphatic system, which helps remove excess fluid and produce immune cells. It begins when abnormal lymphocytes (a type of white blood cell) grow uncontrollably and build up in lymph nodes and other tissues.
- Myeloma affects plasma cells and disrupts normal antibody production, weakening the immune system and increasing infection risk.

Many blood cancers can start with vague or nonspecific symptoms such as fatigue, fever, night sweats, weight loss, or frequent infections. Because these symptoms are common to many less serious conditions, it can be difficult to recognize blood cancers early without blood tests or medical evaluation.

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Understanding Squamous Cell Carcinoma

EXPERT CARE AND TREATMENT

By David Kosiorek, PA-C

Squamous cell carcinoma (SCC) is the second most common form of skin cancer, affecting millions of people worldwide each year. While this diagnosis can be concerning, early detection and proper treatment lead to excellent outcomes for most patients. At Lumen Dermatology, our experienced team specializes in comprehensive SCC care, from prevention and early detection to advanced treatment options.

What is Squamous Cell Carcinoma?

Squamous cell carcinoma develops in the squamous cells that make up the outer layer of your skin. Unlike basal cell carcinoma, SCC has a higher tendency to spread to other parts of the body if left untreated, making early intervention crucial. This cancer typically appears on sun-exposed areas such as the face, ears, neck, lips, backs of hands, arms, and legs.

The primary cause of SCC is cumulative ultraviolet (UV) radiation exposure from the sun or tanning beds. Other risk factors include fair skin, a history of sunburns, weakened immune system, exposure to certain chemicals, and previous skin cancer diagnoses. People over 50, men, and those with outdoor occupations face increased risk.

Recognizing the Warning Signs

SCC can present in various forms, making professional evaluation essential. Common signs include persistent, scaly red patches that may bleed or crust over, elevated growths with a central depression, wart-like growths, and open sores that don't heal within several weeks. Any new growth, changing mole, or suspicious skin lesion warrants immediate dermatological examination.

The cancer often develops gradually, which can lead patients to dismiss early symptoms as minor skin irritations. However, what distinguishes SCC from benign conditions is its persistence and progressive nature. Unlike temporary skin issues that resolve on their own, SCC lesions continue growing and changing over time.

When SCC is suspected, we perform precise biopsies to confirm the diagnosis and determine the specific subtype and characteristics of the cancer.

Our treatment philosophy centers on achieving complete cancer removal while preserving both function and cosmetic appearance.

For patients who aren't surgical candidates or have specific location concerns, we provide alternative treatments such as supeficial radiation therapy. Our team carefully evaluates each case to recommend the most appropriate treatment approach based on the cancer's size, location, depth, and the patient's overall health status.

Prevention and Ongoing Care

Beyond treatment, Lumen Dermatology emphasizes prevention and long-term skin health management. We provide comprehensive skin cancer screenings, educate patients about proper sun protection, and establish personalized follow-up schedules. Our team recommends daily broad-spectrum sunscreen use, protective clothing, and avoiding peak sun hours. For patients with a history of SCC, regular monitoring becomes essential since they face increased risk for developing additional skin cancers.

Your Partner in Skin Health

Receiving an SCC diagnosis doesn't have to be overwhelming. At Lumen Dermatology, our compassionate team guides you through every step of your treatment journey, from initial consultation through recovery and beyond. We're committed to providing personalized, evidence-based care that prioritizes your health, comfort, and peace of mind.

Expert Dermatology Care for Your Skin

At Lumen Dermatology, we bring over 70 years combined experience in skin health. Our team specializes in diagnosing, treating, and preventing skin conditions, including acne, eczema, psoriasis, and skin cancer. With a patient-centered approach, we provide personalized care to help you achieve and maintain healthy skin for life.

Book Your Appointment

Booking a Dermatology appointment is an essential step for anyone looking to address skin concerns or maintain overall skin health. By scheduling an appointment, patients gain access to professional insights and tailored solutions that can significantly improve their skin health.

Call 352-830-1500 to schedule your appointment today!

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UNDERSTANDING PERIPHERAL ARTERIAL DISEASE (PAD)

By Dr. Andrew Franklin, DPM, PH.D

September marks Peripheral Arterial Disease (PAD) Awareness Month, making it an ideal opportunity to discuss this often-overlooked vascular condition. As a foot and ankle specialist, I frequently encounter patients whose first symptoms of PAD manifest in their feet, yet many remain unaware of the serious implications this disease can have on their overall health.

UNDERSTANDING PAD: MORE THAN POOR CIRCULATION

Peripheral Arterial Disease develops when plaque accumulates within the arteries supplying blood to your extremities, causing these vessels to narrow or become completely blocked. This arterial narrowing significantly reduces blood flow to your legs and feet, creating a cascade of potential health complications that extend far beyond simple circulation problems.

The condition represents a systemic issue that can signal increased risk for cardiovascular events, including heart attacks and strokes. In severe cases, insufficient blood flow can lead to tissue death and the need for amputation.

RECOGNIZING THE WARNING SIGNS

Your lower extremities often serve as early indicators of PAD, displaying symptoms that shouldn't be ignored:

Pain and Discomfort

- Cramping, aching, or fatigue in leg muscles during activity that subsides with rest (intermittent claudication)
- Persistent pain in feet or toes, particularly at night that is relieved with walking or dangling your feet off the bed.

Physical Changes

- Noticeable temperature differences between each legs
- Wounds or ulcers that heal slowly or not at all
- Changes in skin texture, including a shiny appearance
- Altered nail growth patterns
- Color changes in the skin of your legs or feet

Functional Limitations

- Weakness in the legs
- Reduced sensation in the feet

RISK FACTORS TO CONSIDER

Several factors can predispose individuals to developing PAD:

Age and Lifestyle

- Being over 50 years of age
- Current or former smoking habit
- Sedentary lifestyle

Medical Conditions

- Diabetes mellitus
- Hypertension
- Elevated cholesterol levels
- Obesity

Genetic Predisposition

- Family history of cardiovascular disease
- Personal history of heart disease or stroke

PREVENTION AND MANAGEMENT STRATEGIES

Taking proactive steps can significantly reduce your PAD risk and improve outcomes if you already have the condition:

MEDICAL MONITORING

Regular vascular screenings, particularly for those over 50 or with risk factors, allow for early detection. Simple, painless tests can evaluate blood flow and identify potential problems before they become severe.

LIFESTYLE MODIFICATIONS

- **Tobacco Cessation:** Eliminating tobacco use is perhaps the most impactful change you can make for vascular health
- **Exercise Program:** Structured walking programs and regular physical activity improve circulation and can alleviate symptoms
- **Chronic Disease Management:** Maintaining optimal control of diabetes, blood pressure, and cholesterol levels through medication and lifestyle changes

FOOT CARE PROTOCOLS

- Daily inspection of feet for any abnormalities
- Proper hygiene and moisturization
- Immediate attention to any wounds or concerning changes
- Regular professional foot examinations

TAKING ACTION THIS SEPTEMBER

PAD Awareness Month serves as a reminder to prioritize your vascular health. If you're experiencing any concerning symptoms or have multiple risk factors, don't delay in seeking professional evaluation. Early intervention can prevent serious complications and preserve both your mobility and overall health.

Consider scheduling a comprehensive vascular assessment to establish baseline measurements and discuss personalized prevention strategies. Together, we can develop an approach that addresses your individual risk factors and helps maintain the health of your lower extremities for years to come.

The key to managing PAD lies in awareness, early detection, and consistent follow-through with treatment recommendations. Your feet often tell the story of your vascular health—let's make sure it's a positive one.

About Dr. Andrew Franklin, DPM, Ph.D

Dr. Andrew Franklin, DPM, Ph.D., moved from Essex, UK to the US in 2007, completing his post-doctorate in Organic Chemistry at FSU. He studied Podiatric Medicine at Ohio College of Podiatric Medicine and completed surgical residency at Cleveland Clinic. Relocating to Ocala in 2018, he opened Ocala Podiatry in December 2023. This board-certified podiatrist emphasizes patient education and teamwork. Married with two boys, he enjoys pickleball, sports, traveling, and outdoor activities.

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EMBRACE YOUR BEST YEARS:
Celebrating Healthy Aging Month

By Jessica Howington, APRN

September marks Healthy Aging Month, a time dedicated to highlighting the importance of maintaining physical, mental, and emotional well-being as we age. At Ocala Health & Wellness, we believe that aging doesn't mean slowing down—it means adapting and thriving in new ways while prioritizing the practices that keep you feeling vibrant and strong.

The Foundation of Healthy Aging

Healthy aging begins with understanding that getting older is a natural process that can be embraced with confidence. Rather than focusing on limitations, successful aging emphasizes maintaining independence, staying engaged with life, and preserving the activities that bring joy and purpose. The key lies in taking a proactive approach to health that addresses both current needs and future wellness goals.

Physical Wellness as Your Cornerstone

Regular physical activity remains one of the most powerful tools for healthy aging. Exercise doesn't have to mean intense workouts—gentle activities like walking, swimming, yoga, or tai chi can significantly improve balance, flexibility, and cardiovascular health. Strength training, even with light weights, helps maintain bone density and muscle mass, reducing the risk of falls and fractures.

Nutrition plays an equally vital role. As metabolism changes with age, focusing on nutrient-dense foods becomes increasingly important. Incorporating plenty of fruits, vegetables, lean proteins, and whole grains while staying adequately hydrated supports energy levels and immune function. Regular health screenings and medication management also ensure that potential issues are caught early and managed effectively.

Mental and Emotional Vitality

Cognitive health deserves special attention during the aging process. Engaging in mentally stimulating activities such as reading, puzzles, learning new skills, or taking classes helps maintain sharp thinking and memory. Social connections are equally crucial—maintaining relationships and building new ones combats isolation and supports emotional well-being.

Stress management becomes increasingly important as life transitions occur. Practices like meditation, deep breathing exercises, or simply spending time in nature can significantly impact overall quality of life. Many find that aging brings a clearer perspective on what truly matters, allowing for greater focus on meaningful relationships and activities.

Building Your Support Network

Healthy aging thrives within a supportive community. This includes healthcare providers who understand your unique needs, family and friends who provide emotional support, and community resources that offer opportunities for engagement and assistance when needed. Don't hesitate to seek help when necessary—asking for support is a sign of wisdom, not weakness.

Creating Your Personal Wellness Plan

The journey of healthy aging is highly individual, which is why developing a personalized wellness plan is essential. This plan should encompass your unique health history, current fitness level, personal interests, and long-term goals. Consider working with healthcare professionals to create a comprehensive approach that addresses preventive care, manages existing conditions, and incorporates lifestyle modifications that align with your preferences and capabilities.

Regular health assessments become increasingly valuable as we age. Annual physicals, vision and hearing checks, bone density screenings, and cardiovascular evaluations help identify changes early when interventions are most effective. Staying current with vaccinations and discussing supplement needs with your healthcare provider ensures you're taking a complete approach to wellness.

Looking Forward

At Ocala Health & Wellness, we're committed to supporting your journey toward healthy aging with comprehensive care tailored to your individual needs. Our team understands that successful aging requires a holistic approach that considers not just physical health, but also emotional well-being, social connections, and personal fulfillment.

This Healthy Aging Month, consider it an opportunity to assess your current wellness practices and make positive changes that will benefit you for years to come. Whether you're looking to start a new exercise routine, improve your nutrition, manage stress more effectively, or simply want guidance on maintaining your independence, we're here to help you navigate this exciting phase of life.

Remember, the best time to start focusing on healthy aging is right now, regardless of your current age. Every positive step you take today is an investment in your future well-being and vitality.

About the Author

Driven by a passion for wellness, Jessica is a versatile nurse practitioner who has honed her skills across a range of dynamic healthcare settings. After earning her Master's in Nursing from Emory University, she has gone on to make her mark in the emergency room, psychiatry, hospice, palliative care, and functional medicine, dedicated to empowering each of her patients to achieve their optimal health.

When she's not in the clinic, Jessica channels her competitive spirit into the equestrian sport of dressage, recently being short-listed for the Tokyo Olympics with her horse, Cavalia. As an accomplished competitor, she also manages her family's top-tier training, boarding, sales, and lesson facility in Ocala, where she shares her love for all animals, including her own sweet dogs.

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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 to reduces pain and inflammation, enhances healing, and increases circulation with no surgery, drugs, or side effects.

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UNDERSTANDING OVARIAN AND PROSTATE HEALTH

September marks an important time for health awareness, bringing attention to two critical areas of reproductive and urological health: ovarian cancer awareness and prostate health education. At Lake Sumter Urology, we believe that knowledge is power when it comes to protecting your health and the health of your loved ones.

Ovarian Cancer Awareness: The Silent Threat
September is National Ovarian Cancer Awareness Month, dedicated to educating women and their families about this often-overlooked disease. Ovarian cancer affects approximately 22,000 women in the United States each year, making it the fifth leading cause of cancer death among women. What makes this disease particularly dangerous is its tendency to develop silently, often without obvious symptoms until it reaches advanced stages.

Recognizing the Warning Signs
While ovarian cancer symptoms can be subtle, being aware of potential warning signs is crucial for early detection. Women should pay attention to persistent symptoms lasting more than two weeks, including:

- Bloating or abdominal swelling
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary urgency or frequency
- Fatigue
- Back pain
- Changes in bowel habits

These symptoms can easily be attributed to other conditions, which is why ovarian cancer is sometimes called the "whispering disease." However, when these symptoms are new, persistent, or severe, it's important to consult with a healthcare provider promptly.

Risk Factors and Prevention
Understanding risk factors can help women make informed decisions about their health. Age is the most significant risk factor, with most cases occurring in women over 50. Family history of ovarian, breast, or colorectal cancers can increase risk, particularly when associated with BRCA gene mutations. Other factors include personal history of breast cancer, fertility treatments, and hormone replacement therapy.

While there's no foolproof way to prevent ovarian cancer, certain factors may reduce risk, including pregnancy, breastfeeding, and the use of oral contraceptives. Regular gynecological examinations and open communication with healthcare providers about family history and symptoms remain the best defense.

Prostate Health: A Men's Health Priority
While September focuses on ovarian awareness, it's equally important to address prostate health, which affects virtually all men as they age. The prostate gland, responsible for producing seminal fluid, can develop various conditions that significantly impact quality of life.

Common Prostate Conditions
Benign Prostatic Hyperplasia (BPH), or enlarged prostate, affects more than half of men in their 60s and up to 90% of men in their 70s and 80s. Symptoms include difficulty starting urination, weak urine stream, frequent urination (especially at night), and the feeling of incomplete bladder emptying.

Prostate cancer, the second most common cancer in men, typically develops slowly and may not cause symptoms in early stages. Regular screening through PSA blood tests and digital rectal examinations can help detect problems early when treatment is most effective.

The Urological Connection
At Lake Sumter Urology, we understand that both ovarian and prostate health issues can significantly impact urological function. Ovarian masses can compress the bladder or ureters, causing urinary symptoms. Similarly, prostate conditions directly affect urinary function and overall quality of life.

Taking Action for Your Health
Prevention and early detection remain the most powerful tools against both ovarian and prostate-related health issues. We encourage patients to maintain regular check-ups, communicate openly with healthcare providers about symptoms and family history, and stay informed about their bodies.

For women, this means scheduling annual gynecological examinations and reporting any concerning symptoms promptly. For men, prostate screening discussions should begin around age 50, or earlier for those with family history or other risk factors.

COMPREHENSIVE UROLOGICAL SERVICES
At Lake Sumter Urology, we treat various male urology conditions, including Enlarged Prostate (BPH), Urinary calculi (Kidney Stones), Prostate Cancer screening and management, Erectile Dysfunction, Hypogonadism (Low Testosterone), Kidney tumors, Bladder cancer, Chronic Prostatitis, Elective Sterilization (Vasectomy), Infertility, and Female Urology conditions, Recurrent Urinary tract Infections, Urinary incontinence(Bladder control) Pelvic Organ Prolapse, and Chronic Pelvic Pain, with utmost expertise and experience.

This September, take charge of your health by scheduling appropriate screenings, learning about your family history, and staying alert to your body's signals. Early detection saves lives, and we're here to support you every step of the way. Contact Lake Sumter Urology at 352-775-6899 to schedule a confidential consultation with specialists who understand and can help address your concerns.

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Breaking Through the Pain:

INNOVATIVE SHOCKWAVE THERAPY TRANSFORMS ARTHRITIS TREATMENT

By Gene Turner, MD, FAARFM

Mid-Florida Age Management are highlighting breakthrough treatments that are changing lives for the millions of Americans living with this challenging condition. Among these innovations, Omniwave shockwave therapy is emerging as a game-changer for patients seeking relief from arthritis pain and improved mobility without invasive procedures.

Understanding the Arthritis Epidemic

Arthritis remains America's leading cause of disability, affecting approximately 58.5 million adults nationwide. This family of more than 100 related conditions causes joint inflammation, pain, stiffness, and decreased range of motion that can significantly impact quality of life. While medications and surgery have long been standard treatments, many patients are now turning to advanced non-invasive alternatives like shockwave therapy.

Shockwave Therapy: A Non-Invasive Revolution

The Omniwave shockwave therapy device represents the cutting edge of musculoskeletal treatment technology. This sophisticated system delivers precisely calibrated acoustic waves that penetrate deep into affected tissues, stimulating the body's natural healing processes without the risks associated with surgery or the side effects of long-term medication use.

"What makes Omniwave particularly effective is its versatility across different joint applications," I explain to my patients. "At Mid-Florida Age Management, we're seeing remarkable improvements, particularly in hand, shoulder, and knee treatments, where precision targeting is crucial. Our patients have responded exceptionally well to this innovative approach."

Targeted Treatment for Multiple Joint Conditions

The Omniwave system has demonstrated particular success in treating arthritis in small joints of the hands, where traditional therapies often fall short. The device's precision allows practitioners to direct healing energy to the exact location of inflammation, even in these smaller anatomical structures.

For shoulder arthritis—often one of the most mobility-limiting forms of the condition—patients report significant pain reduction and improved range of motion after a series of Omniwave treatments. The therapy's ability to reduce inflammation while simultaneously promoting tissue regeneration makes it uniquely suited for complex shoulder joint issues.

Knee arthritis patients, who often face limited options between pain management and eventual joint replacement, have found Omniwave treatments provide a middle path—reducing pain and improving function without surgical intervention.

Beyond these primary applications, clinical results show promising outcomes for hip arthritis and other joints affected by degenerative conditions or inflammation.

Patient-Centered Benefits

What sets Omniwave apart is not just its clinical effectiveness but its patient-friendly profile:

- Treatments typically take just 15-20 minutes
- No anesthesia required
- No incisions or scarring
- Minimal to no recovery time
- Cumulative benefits with successive treatments
- Compatible with other therapy modalities

Most patients report feeling only mild discomfort during treatment sessions, describing the sensation as a series of light tapping pulses as the acoustic waves work their healing magic.

A Timely Focus During Arthritis Awareness Month

As healthcare providers prepare educational initiatives for Arthritis Awareness Month, many are featuring shockwave therapy as an example of how technology is expanding options for arthritis sufferers. The Omniwave system exemplifies the trend toward treatments that work with the body's natural healing capabilities rather than simply masking symptoms.

For millions living with arthritis pain, awareness of these advanced treatment options offers new hope. As one of my Omniwave patients at our Ocala clinic expressed, "After years of limiting my activities because of knee pain, I've returned to gardening, walking with friends, and playing with my grandchildren. The relief I've experienced feels nothing short of miraculous."

The success stories from Omniwave therapy recipients at Mid-Florida Age Management remind us that while arthritis remains a serious health challenge, innovative approaches continue to improve outcomes and quality of life for those affected by this pervasive condition. If you're in the Ocala area and struggling with arthritis pain, I invite you to learn more about how our Omniwave shockwave therapy might help restore your comfort and mobility.

About the Author

"Gene" Turner, MD is a board-certified physician, advanced fellowship-trained in Regenerative and Functional Medicine and a diplomate of the American Academy of Anti-Aging Medicine, with over 25 years of clinical experience. Dr. Turner graduated from the University of Arizona College of Medicine and received residency training at Vanderbilt University. He is the medical director of Mid-Florida Age Management.

Your wellness doctor in Ocala is Board Certified by the American Board of Anti-Aging and Regenerative Medicine and is fellowship trained in Metabolic and Nutritional Medicine. He has also received certification as Therapeutic Lifestyle Practitioner through Metagenics FirstLine Lifestyle Medicine Program. The CDC and NIH recommend Lifestyle Treatment Programs for such lifestyle conditions such as hypertension, hyperlipidemia, poor glucose control and overweight. Such programs require time and expertise to develop and implement: our programs include addressing diet, exercise, stress management, sleep issues, nutritional supplementation where indicated and correction of metabolic deficits when detected. Evidence-based programs are used to assess, interpret, and recommend proven integrative protocols which dramatically increase patient adherence and engagement level. The effect is a symbiotic relationship between practitioner and patient, resulting in patient centered care and higher levels of wellness.

Dr. Turner uses conventional, nutritional, complementary and alternative modalities. He specializes in hypertension, lipid disorders, prevention of cardiovascular disease, nutritional and weight management, and clinical age management. He has a special interest in anti-aging medicine for which he uses a combination of natural and prescriptive therapies.

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CAREGIVING IMPACTS YOUR HEALTH

Submitted by Hospice of Marion County

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

Health of Caregivers Impacted

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

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

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

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

Resources and Tips Available

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

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

Call Hospice of Marion County for support from these programs:

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

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

empath HOSPICE OF MARION COUNTY

THE HORMONE-SEXUAL HEALTH CONNECTION:
UNDERSTANDING YOUR BODY'S CHEMICAL MESSENGERS

Sexual health is a crucial aspect of overall well-being, encompassing physical, emotional, and social dimensions. At the core of sexual health lies a complex interplay of hormones – chemical messengers that regulate various bodily functions, including sexual development, desire, and function. Understanding the role of hormones in sexual health can empower individuals to make informed decisions about their bodies and relationships.

Key Hormones in Sexual Health

Several hormones play pivotal roles in sexual health:

1. Testosterone: Often associated with male sexuality, testosterone is important for both men and women. In men, it drives libido, sperm production, and erectile function. In women, it contributes to sexual desire and arousal.

2. Estrogen: Primarily a female hormone, estrogen is essential for maintaining vaginal health, lubrication, and the menstrual cycle. It also influences sexual desire and arousal in women.

3. Progesterone: This hormone works alongside estrogen to regulate the menstrual cycle and prepare the uterus for pregnancy. It can affect mood and libido during different phases of the menstrual cycle.

4. Oxytocin: Known as the "love hormone," oxytocin is released during physical intimacy and orgasm. It promotes bonding, trust, and emotional connection between partners.

5. Prolactin: This hormone is involved in breast milk production but also plays a role in sexual satisfaction and the refractory period after orgasm.

Hormonal Imbalances and Sexual Health

When hormone levels are out of balance, various sexual health issues can arise:

- **Low libido:** Decreased levels of testosterone or estrogen can lead to reduced sexual desire in both men and women.
- **Erectile dysfunction:** Low testosterone or high prolactin levels may contribute to difficulty achieving or maintaining erections.
- **Vaginal dryness**: Reduced estrogen, common during menopause, can cause vaginal dryness and discomfort during intercourse.
- **Menstrual irregularities:** Imbalances in estrogen and progesterone can lead to irregular periods, heavy bleeding, or painful menstruation.
- **Mood changes:** Hormonal fluctuations can affect mood, potentially impacting sexual desire and relationship dynamics.

Maintaining Hormonal Balance for Sexual Health

Several lifestyle factors can help maintain hormonal balance and promote sexual health:

1. Healthy diet: Consuming a balanced diet rich in nutrients supports hormone production and regulation.

2. Regular exercise: Physical activity helps maintain healthy hormone levels and improves overall sexual function.

3. Stress management: Chronic stress can disrupt hormone balance. Techniques like meditation, yoga, or counseling can help manage stress.

4. Adequate sleep: Quality sleep is crucial for hormone regulation. Aim for 7-9 hours of sleep per night.

5. Limiting alcohol and avoiding smoking: Excessive alcohol consumption and smoking can negatively impact hormone levels and sexual function.

Seeking Professional Help

If you experience persistent sexual health issues, it's essential to consult a healthcare provider. They can assess your hormone levels through blood tests and recommend appropriate treatments, which may include:

- Hormone replacement therapy
- Lifestyle modifications
- Medications to address specific sexual health concerns
- Counseling or sex therapy to address psychological factors

Remember, sexual health is an integral part of overall health and well-being. By understanding the role of hormones and taking proactive steps to maintain balance, individuals can enjoy satisfying and healthy sexual lives. Open communication with partners and healthcare providers is key to addressing concerns and finding solutions that work for each unique situation.

MEET THE TEAM

Elite Medical is comprised of a team who is dedicated to helping you on your journey to better health.

Christopher Bagley, APRN

Chris is lifelong a resident of Marion county. Chris graduated with a Bachelors degree from the University of Florida in Health Science Education with a specialization in Health Promotion. Chris worked as a firefighter, paramedic and registered nurse prior to becoming a nurse practitioner. Chris has worked primarily as an ER nurse practitioner but also has experience in primary care and long term care.

Chris has always had a passion for health and after committing himself to his health, he was inspired along with Eldon, to open Elite Medical, a comprehensive wellness practice that focuses on health and well-being to prevent sickness and chronic diseases.

Eldon Waters, MSN, APRN

Eldon is a Marine Corps veteran and attended the College of Central Florida, University of Virginia and completed a Bachelors of Science in Nursing from University of Central Florida. Eldon also completed his Masters of Science in Nursing from South University.

Eldon started as an EMT/Medic at the University of Virginia Medical Center, a level 1 trauma center and teaching facility. He went on to work at Advent Health Ocala as a tech then registered nurse. After gaining more experience, Eldon worked at Ocala Health in the ER as a Nurse Practitioner.

To find out more or to schedule your appointment, please contact Elite Medical today.

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JOINTS DESERVE TO BE HAPPY

A Life with Joint Pain

As the pain pandemic continues more joints everywhere are losing their mojo. Over 500 million people are impacted by osteoarthritis (OA) worldwide. Joint pain changes the way people feel and act. Luckily there is plenty of support outside of medication.

Sometimes the thought of exercising while in pain seems counterproductive. However, "exercise plays the most important role as the first line of treatment for OA, (Professor Helen French, *Inflammation Nation,* S3 E2)" The widespread saying, "motion is lotion" is a mantra to be shared amongst everyone, especially those with joint pain. Exercise has proven to be just as effective as over-the-counter pain relievers and has a more positive long-term impact.

Consider the relationship between posture and OA. Both significantly impact the other. "Joint misalignment due to arthritis frequently coincides with muscle imbalance creating additional stress on involved joints," explains occupational therapist Carole Dodge. Luckily with proper movement training programs muscular imbalances are quickly improved.

From the other end, physical therapist Dr. Kelly Ruther states, "Your arthritis isn't what is causing your pain. Your body's misalignment, and muscular imbalance resulting in joint compression is. Just because you have arthritis doesn't mean you have to live with discomfort. If we can reduce compression in your joint by improving your body's alignment and muscular balance we can reduce inflammation, and ultimately reduce pain!"

Pilates for OA

Enter the power of Pilates. Pilates is more than a method for joint pain, it is a lifestyle capable of reducing chronic pain and inflammation starting with alignment, breathing and core stability. This trio weaves a supportive path for the joints.

Easy as A, B, C

• **Alignment:** In the Pilates method there is a primary focus to harmonize muscles through postural stretches and resistance training. Every exercise begins, ends, and is performed with corrective alignment to balance the muscles groups. As the muscles begin to balance, joint compression naturally decreases and joints can begin to move more freely.

• **Breathing:** Breathwork not only facilitates better posture and stability but it can also decrease inflammation. Studies have shown that breathwork combined with a deepening of mind-body training will significantly lower inflammation (Dr. Will Cole, *How Breathwork can Help Heal Trauma & Reduce Physical Inflammation,* 2017). The guided breathwork performed in Pilates aims to connect awareness within the body to every movement.

• **Core:** The Pilates method demonstrates how stability begins with a resilient core. Meaning Pilates goes beyond improving core strength to train the core in dynamic and functional movements. Directly this reduces load on the spine and hips. A great Pilates session includes functional core challenges like rotation and lateral training.

Support that Brings Joy to Joints

Pilates goes a step further than being nurturing joints. Pilates uses equipment to support the body's optimal movement pattern. This allows play back into movement and a chance to move like care-free kids.

Reformer - An entire warmup is masterly crafted to the lower body called footwork. Footwork on the reformer focuses on ankle, knee, and hip alignment while using resistance in a reclined position. This gently facilitates movement into the most weathered knees.

Chair - The Pilates chair is an ideal apparatus to remove load and play with rotation and side bending. The resistance springs designed within the chair provide feedback to integrate the shoulder girdle to the ribcage and spine. All of this is performed with care to even non-loading joints like the hands.

BOSU - This unstable small piece of equipment provides the additional challenge of training balance. Moves like 'cat' and 'bird dog' are amazing on the BOSU because it provides reactive control which subconsciously contracts the core while stretching the spine and gently challenging balance.

Joints Deserve Happiness, Too

Pilates is thoughtfully crafted to keep joints from aches and inflammation. While exercise is the first line of defense for osteoarthritis, Pilates is the game changer that joints deserve. Joints need the Pilates method to stay happy and healthy while Pilates can shine through thoughtful and fun movement. This harmonious relationship even makes the most successful dating algorithms jealous.

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Obstructive Sleep Apnea & Oral Appliances:

A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

Sleep 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 WatcbPAT"" 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.

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!

Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

Meditation

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

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

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

Quick Care Med Urgent Care

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

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

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

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The Power of Physical Therapy:
Maximizing Recovery Through Proactive Care

Undergoing orthopedic surgery involves more than just the procedure itself. A crucial aspect that often goes unrecognized is the role of physical therapy both before and after surgery. Did you know that engaging in physical therapy sessions prior to your surgery can significantly impact your recovery?

It's a common misconception that physical therapy starts after surgery. However, the reality is quite the opposite. Pre-operative physical therapy plays a pivotal role in enhancing your overall fitness and readiness for the impending procedure. The key lies in proactive preparation, aiming to strengthen your body and address any existing weaknesses or limitations.

One of the primary benefits of pre-operative physical therapy is its ability to address issues that might exacerbate during the lead-up to surgery. Loss of joint motion, weakened muscles, and poor movement patterns tend to worsen before a surgical intervention. Engaging in a pre-operative strengthening regimen helps counter these issues by reinforcing soft tissue mobility, reducing inflammation, and enhancing muscle balance and coordination.

For instance, individuals preparing for a total knee replacement require specific strengthening of the muscles supporting and stabilizing the knee joint. A tailored pre-operative strengthening protocol, curated by a skilled therapist, can make a significant difference in the outcome of the surgery.

Beyond physical preparation, pre-operative therapy also involves education and guidance. Therapists provide invaluable insights into the impending procedure, pain management strategies, and establish a supportive environment that diminishes fears or concerns related to the surgery.

Wondering how to kickstart this proactive approach? Simply ask your primary care physician, orthopedic surgeon, or any healthcare professional involved in your care for a physical therapy script aimed at pre-operative strengthening. This step opens the door to an evaluation of your condition and allows the therapist to determine the most beneficial treatment options tailored to your specific needs, ensuring the swiftest recovery possible.

But it doesn't stop there. Post-operative physical therapy is equally crucial. It's the bridge between the surgery and returning to your optimal functionality. Through targeted exercises, pain management techniques, and personalized care, post-operative therapy aims to expedite recovery, rebuild strength, and restore mobility.

The impact of physical therapy both before and after orthopedic surgery cannot be overstated. It's a proactive investment in your well-being, enabling a smoother recovery trajectory, minimizing complications, and ultimately allowing you to regain your active lifestyle sooner.

In conclusion, don't overlook the power of physical therapy in the pre- and post-operative phases of orthopedic surgery. By taking proactive steps to strengthen your body before surgery and engaging in a dedicated rehabilitation program afterward, you pave the way for a swifter, more successful recovery, ensuring you get back on your feet in no time.

Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Electrical nerve stimulation
- Help with daily tasks & Living
- Cold laser treatment

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.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.

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RECHARGE YOUR BODY:
REGENERATIVE THERAPY THAT ACTUALLY WORKS

You've tried the pain pills. You've "rested." You've done the whole "just ice it" routine your aunt swears by. Still hurt? Still tired? Still feeling like your body is giving you the middle finger every time you move?

It's time to ditch the quick fixes and give your body something it can actually use to repair, rebuild, and restore — **Regenerative Therapy at Recharge Clinic.**

This isn't magic. This is science. And it's all about jumpstarting your body's own healing abilities so you can feel better without living at the mercy of meds or endless recovery timelines.

Pulsed Electromagnetic Field (PEMF) Therapy
Think of PEMF therapy like plugging your body into a charger — only instead of juicing up your phone, we're juicing up your cells. The magnetic fields help your cells work better, recover faster, and reduce inflammation. Whether you're nursing a sports injury or just feel like your joints came straight from a 1950s parts factory, PEMF can help you get back in motion.

Trigger Point Injections
We all have those muscle knots that feel like they've been there since the Bush administration. Trigger point injections target those stubborn, painful areas with a small injection that relaxes the muscle, improves blood flow, and reduces pain. It's fast, effective, and way less awkward than having your friend "just press on it until it pops."

PRP Therapy (Platelet-Rich Plasma)
Your blood is full of powerful growth factors — PRP therapy just makes them work overtime. We draw a little of your blood, spin it to separate the healing platelets, and then inject that concentrated goodness right where you need it. PRP has been used by pro athletes to speed up recovery, but here's the kicker: you don't have to be famous or on a championship team to get it.

FDA-Approved Human Cellular Tissue Therapy
This is where regenerative medicine really flexes. Using ethically sourced, FDA-approved human cellular tissue, we help your body replace damaged cells and tissue. It's the next level of healing — perfect for people who are ready for big results and tired of temporary fixes.

Other Regenerative All-Stars at Recharge Clinic
We've got more ways to help you heal and recharge:

- **Ketamine Infusions** – For chronic pain and mood disorders.
- **NAD Therapy** – Cellular energy boost for brain and body.
- **Deca (Nandrolone Decanoate)** – Helps preserve lean muscle while aiding recovery.
- **Peptides & HGH** – Support tissue repair, muscle growth, and anti-aging.

Why This Works
Here's the thing: your body wants to heal — it just needs the right tools. Regenerative therapy gives your cells the boost they need to repair damage instead of just masking symptoms. That means less downtime, fewer side effects, and a better shot at actually fixing the problem.

Let's Get You Moving Again
If you're ready to feel better, stronger, and maybe even a little younger, it's time to talk regenerative therapy. We're not here to slap a band-aid on your pain — we're here to help you actually heal.

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Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation* (a rather pessimistic view); *but be of good cheer* (maintain your hope), *I have overcome the world* (which is the basis of our hope)." (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!

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