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November 2025

Lake/Sumter Edition - Monthly

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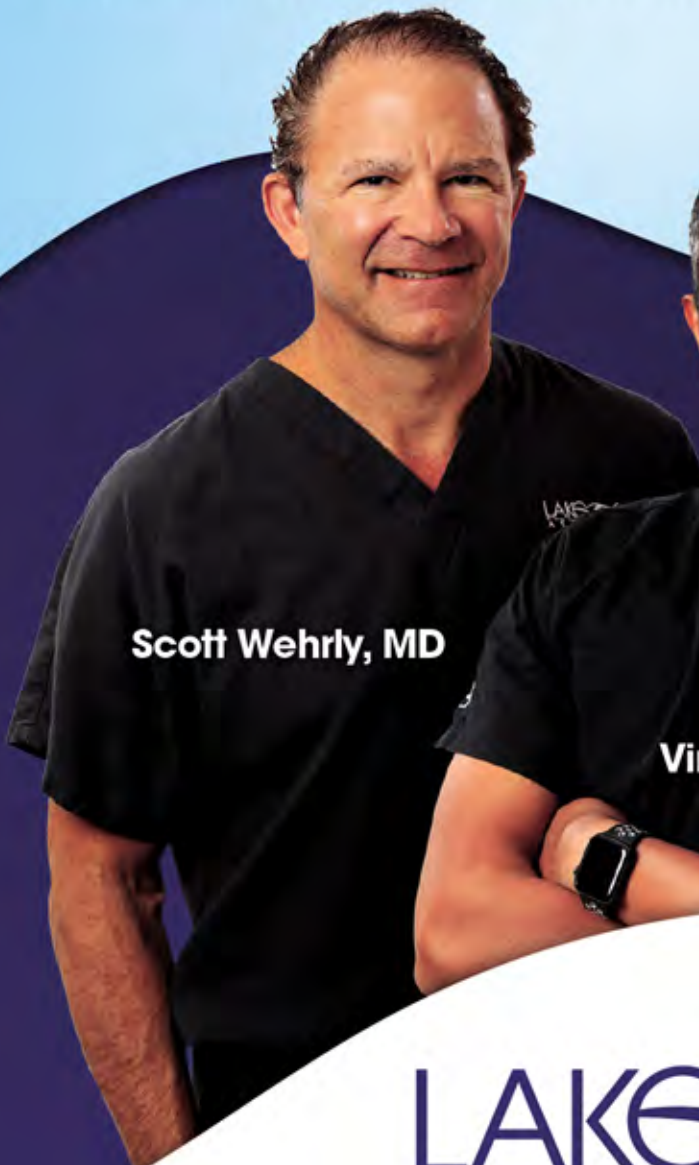
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# TRANSFORMING ANXIETY:

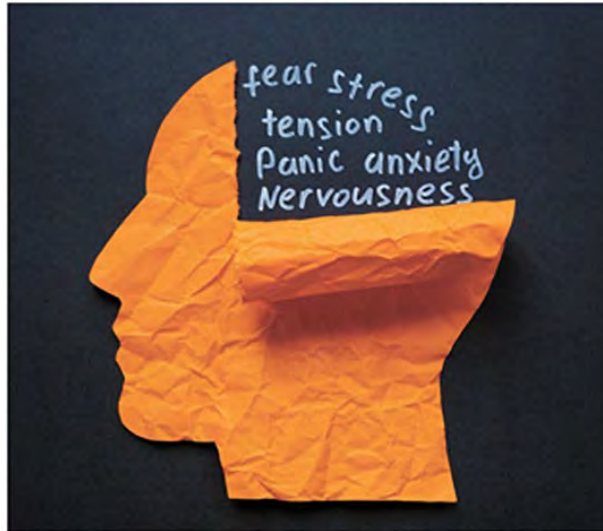
## How Exomind Helps Dr. Dhanani Heal Old Wounds

For many mature patients, medical appointments trigger a visceral response rooted deep in childhood memories. The sterile environments, painful procedures performed with outdated techniques, and the dismissive attitudes of mid-century healthcare left lasting psychological scars that persist decades later. These early experiences created anxiety patterns that, even in today's advanced medical landscape, can make routine wellness appointments feel insurmountable. Dr. Shireen Dhanani at My Wellness Studio Medical Spa has discovered a powerful ally in addressing these deep-seated fears: Exomind, a revolutionary approach that's transforming how patients experience medical care.

"I see patients in their 60s and 70s who still experience overwhelming anxiety during medical appointments," Dr. Dhanani explains. "They're not reacting to what's happening now—they're reliving traumatic experiences from 40 or 50 years ago when medical practices were vastly different. Their bodies remember the fear, even when their minds understand that modern medicine has evolved dramatically."

The challenge with treating medical anxiety in mature patients isn't just about current comfort—it's about rewiring neural pathways formed during an era when healthcare was often impersonal and painful. Old-school medical practices frequently meant insufficient pain management, longer procedures with primitive equipment, and a cultural attitude that dismissed patient discomfort as something to simply endure. For many, these childhood medical experiences became defining moments that shaped their relationship with healthcare for life. The anxiety isn't irrational—it's a learned response based on genuine past trauma.

This is where Exomind has become invaluable in Dr. Dhanani's practice. Rather than simply addressing surface-level anxiety with medication or distraction techniques, Exomind helps patients understand and reprocess their historical trauma at its root. The system works by helping patients recognize that their anxiety response, while once protective and appropriate, no longer serves them in a modern medical setting. It's a compassionate approach that validates their past experiences while gently guiding them toward new, healthier patterns of response.



"Exomind creates a bridge between their past experiences and present reality," Dr. Dhanani notes. "Patients begin to understand that the medical care they're receiving today bears little resemblance to what they endured as children. We have advanced pain management, gentle techniques, and most importantly, a commitment to their comfort."

The approach involves helping patients externalize their anxiety—viewing it as a separate entity shaped by outdated information rather than an inherent part of themselves. Through guided sessions, patients learn to distinguish between legitimate concerns about current treatment and fear responses triggered by decades-old memories. This separation is crucial: it allows patients to honor their past without being imprisoned by it. They begin to see their anxiety not as a personal failing, but as a protective mechanism that once served them well but now needs updating.

One of Dr. Dhanani's patients, a 68-year-old woman who had avoided medical procedures for fifteen years due to childhood trauma, experienced remarkable progress. "After working with the Exomind approach, she told me it was like finally being able to separate the terrified child she was from the empowered adult she is now," Dr. Dhanani shares. "She completed her full wellness treatment plan—something she never thought possible. The transformation wasn't just physical; it was emotional and psychological. She reclaimed agency over her own healthcare decisions."

The integration of Exomind at My Wellness Studio Medical Spa represents a holistic approach to patient care that acknowledges the psychological component

of medical treatment. Dr. Dhanani has found that addressing the mental and emotional aspects of healthcare anxiety leads to better treatment outcomes, improved overall health, and patients who actually maintain regular wellness appointments rather than avoiding care until emergencies arise. The ripple effects extend beyond the medical spa itself—patients report feeling more confident in all their healthcare interactions, from routine check-ups to specialist consultations.

"Mature patients deserve to experience modern medical care without the ghosts of the past haunting them," Dr. Dhanani emphasizes. "Exomind gives us the tools to help them heal not just their bodies, but their relationship with healthcare itself. That's truly transformative medicine."

For patients who have spent decades dreading medical appointments, this approach offers something precious: the possibility of finally being free from fear that has controlled their choices for far too long.

To schedule a consultation and explore how Exomind technology can help your anxiety, contact My Wellness Studio at 352-728-0786.



**DR. SHIREEN DHANANI**

Dr. Dhanani is always keeping up-to-date with the latest advancements in dentistry enabling her to provide her patients with the best quality of care. She dedicates herself to numerous continuing education hours each year and offers all phases of Cosmetic, Implant (both surgical placement and restorative) and Esthetic dentistry including Botox and Juvéderm dermal fillers. Dr. Dhanani is certified to treat patients using Invisalign and Cerec 3-D CAD/CAM technology, as well as sleep apnea.



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# UNDERSTANDING DIABETES: WHAT YOU NEED TO KNOW THIS NOVEMBER

By Kelly S. Kevitt, MSN, ARNP, FNP-BC

**N**ovember marks American Diabetes Month, a time dedicated to raising awareness about a condition affecting more than 38 million Americans. At UF Health, we recognize the importance of education, prevention and compassionate care in managing diabetes — a disease that impacts not only physical health but also quality of life. This observance serves as a crucial reminder to prioritize our health and take proactive steps toward diabetes prevention and management.

Diabetes is a chronic condition that affects how your body processes blood sugar, or glucose. When functioning normally, the pancreas produces insulin, a hormone that helps glucose enter cells to be used for energy. However, in people with diabetes, this process is disrupted. Type 1 diabetes occurs when the body produces little to no insulin, typically developing in childhood or young adulthood. Type 2 diabetes — the most common form, accounting for about 90% to 95% of all diabetes cases — develops when the body becomes resistant to insulin or doesn't produce enough to maintain normal glucose levels.

The warning signs of diabetes can be subtle but shouldn't be ignored. Increased thirst and frequent urination, unexplained weight loss, fatigue, blurred vision and slow-healing wounds are all potential indicators. Some people may also experience tingling or numbness in their hands or feet, recurrent infections or areas of darkened skin. Many people with Type 2 diabetes initially do not experience any symptoms, which is why regular screenings are so important, especially for those with risk factors such as being overweight, having a family history of diabetes, being over 45 years old or living a sedentary lifestyle.

Prevention and management of Type 2 diabetes begin with lifestyle modifications. Maintaining a healthy weight through balanced nutrition and regular physical activity can significantly reduce your risk. Even modest weight loss — just 5% to 7% of body weight — can make a substantial difference in preventing or delaying the onset of Type 2 diabetes. Incorporating more whole grains, vegetables, lean proteins and healthy fats while limiting processed foods and sugary beverages creates a foundation for better metabolic health. Regular exercise, even just 30 minutes of moderate activity most days of the week, helps improve insulin sensitivity and blood sugar control. Simple changes like taking the stairs, walking during lunch breaks or gardening can add up to significant health benefits.



For those already living with diabetes, consistent management is key to preventing complications. Monitoring blood sugar levels, taking medications as prescribed and attending regular check-ups help keep the condition under control. Diabetes increases the risk of serious health complications, including heart disease, kidney damage, nerve problems and vision loss, making proactive care essential. Working closely with your health care team to develop a personalized management plan can help you stay on track and adjust your approach as needed. Daily self-care routines, including foot care and blood sugar monitoring, become important habits for long-term health.

At UF Health, our multidisciplinary team provides comprehensive diabetes care tailored to each patient's unique needs. From nutrition counseling and medication management to ongoing support and education, we're committed to helping our patients thrive. We believe that with the right tools, knowledge and support system, individuals with diabetes can lead full, active lives. Our diabetes educators work alongside physicians, nurses and dietitians to provide coordinated care that addresses all aspects of living with diabetes.

This Diabetes Month, we encourage everyone to take stock of their health. Schedule a wellness check, learn your numbers and make small changes that lead to big results. Whether you're managing diabetes or working to prevent it, remember that you don't have to navigate this journey alone. Understanding your risk factors and taking preventive measures today can help protect your long-term health. Knowledge is power, and with the right care team by your side, you can take control of your health and build a healthier future.



**Kelly S. Kevitt, MSN, ARNP, FNP-BC**  
Nurse Practitioner

As an advanced practice registered nurse, Kelly Kevitt is deeply committed to empowering her patients to live their healthiest lives. She takes a compassionate, personalized approach — truly listening to each individual's needs and equipping them with the tools and guidance necessary to achieve lasting wellness.

Kelly's dedication to health care began with a transformative mission trip to the Dominican Republic at the age of 18. That experience ignited a lifelong passion for serving others, especially those most in need, and has continued to inspire her approach to care ever since.

She brings a wealth of clinical expertise and a warm, empathetic touch to every patient interaction. Kelly is driven by a desire to help individuals take control of their health and reach their personal wellness goals with confidence.

Outside the clinic, she enjoys spending time gardening, cooking, traveling and making memories with her family.

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# How to Choose the Right Eyeglasses

Whether it's your first set of frames or you're looking to switch it up, choosing a new set of eyeglasses is the perfect opportunity to pick an option that fits into your personal style.

However, with a wide variety of shapes, colors, patterns and brands to choose from, it can be difficult to choose eyeglasses that are right for you. While trial and error is a key part in deciding on a new set of frames, there are several factors that will help you slim down your options and select a new pair of eyeglasses without getting overwhelmed.

## Factors to Help You Choose Eyeglasses

The following considerations should be made when choosing new eyeglasses:

### FACE SHAPE

Everyone's face is unique, and eyeglasses can help elevate or counterbalance specific facial features. Knowing what face shape you have can be helpful when shopping for new frames.

Some of the most common types of face shapes include:

- **Round:** A round face has even proportions throughout, with a rounded forehead, jawline and cheeks.
- **Oval:** Oval-shaped faces are evenly proportional, but with rounded face corners that narrow slightly at the forehead and a chin that is widest at the cheekbones.
- **Square:** A square face has a broad forehead, with strong cheekbones and an angular jaw.
- **Diamond:** Diamond faces have a narrow forehead, high cheekbones and a pointed chin.
- **Heart:** Heart faces have a broad forehead, narrow jawline and a pointed chin.

### MATERIAL

Eyeglasses are made out of a variety of materials that can affect their flexibility, style, and price. Some of the most common eyeglass materials include:

- **Metal:** Metal frames are the thinnest and most lightweight option, making them ideal for strong prescriptions.
- **Titanium:** Titanium frames are long-lasting and built to withstand corrosion. Hypoallergenic, these frames are the best option for those with sensitive skin or other allergies.



- **Memory Metal:** Made of a titanium alloy, memory metal is durable, lightweight and flexible. These frames can bend while keeping their shape, making them ideal for an active lifestyle.

- **Plastic:** If you're looking for eyeglasses on a budget, plastic is a great material to consider. Cost-effective plastic frames come in a wide variety of colors and are built thicker, which can help support high-prescription lenses.

### COLOR AND PATTERN

Choosing a color can be one of the most daunting aspects of choosing eyeglasses. If you're looking for glasses that can blend in with your everyday wardrobe, then neutral colors such as black, white, silver, beige or brown will match with nearly every color. When you choose eyeglasses, you may also want to consider the color of your eyes, hair and skin, as some colors can complement and highlight your natural tones.

### PERSONAL STYLE

Don't be afraid to try eyeglasses that show off your personal style, even if it may be out of your comfort zone. Just like other fashion accessories, your eyeglasses are an extension of how you express yourself. If you're looking to make a statement with your glasses, look for brightly colored or neon frames that will pop. A dynamic pattern can also stand out and blend with your personal style.

### LIFESTYLE

What you do for both work and play can also influence what type of glasses you select. If you're active, sturdy, strong frames will be a better choice over intricate designs. Prescriptions with progressive lenses are best fit in taller, wider frames. For those who work in front of a screen for a majority of the day, anti-fatigue and blue light-blocking lenses can provide a huge benefit to your weary eyes.

### PRESCRIPTION

One of the most important factors that can influence frame choices is your prescription. As mentioned above, some frames are better suited for specific strengths. Ultimately, whatever vision problem your prescription is trying to correct — such as astigmatism, nearsightedness, farsightedness or presbyopia — will influence the shape and thickness of your frames.

If you're having trouble choosing the right glasses for your eyes, the optometrists at Lake Eye are here to help.

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# Chronic Obstructive Pulmonary Disease (COPD) & Your Heart Health

**N**early 24 Million Americans have COPD, and large number of them are over the age of 40 and have a history of smoking or being subjected to respiratory irritants such as chemicals and pollutants. COPD is a disease that is encompassed by chronic bronchitis, emphysema, and asthma, causing shortness of breath, productive coughing and inflammation of the airways. It is a progressive lung disease with no cure. Most patients are put on steroids (oral and inhaled), bronchodilators and antibiotics.

Individuals with COPD often have incidents of fluid build-up, which can make it difficult for them to breath. They frequently feel as if they are drowning and call 911 often due to this terrifying sensation. This is why it's important to speak to your physician about your COPD treatment and the best at home care techniques to keep you safe and comfortable.

Having a disorder like COPD is challenging with continual progressive changes and side effects. Talking to your physician about any fluctuations in your health or symptoms is critical.

#### COPD Symptoms

- Coughing
- Producing phlegm
- Wheezing
- Shortness of breath with normal activity
- Blue tinge to fingernails
- Fatigue

#### The COPD and Cardiac Connection

Both disease states are linked systemically to chronic inflammation in the body. Most individuals are unaware of the fat that they have chronic inflammation, because it's not typically something they can see and what they feel, they often ignore as general aging complaints like stiffness, brain fog, high blood pressure or high lipid levels, diabetes, etc. These issues are what lead to the vast amount of people that have comorbidities.

Patients with COPD have fluid retention, which is also attributed to cardiac issues, and can exacerbate cardiovascular conditions. For both sets of conditions diet is a critical component. Making sure that low sodium, low sugar and carbohydrates are minimal in the diet is helpful to lessen the effects of the inflammatory response. Exercise is also important but should be monitored and discussed with your physician.



The health of the heart and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of heart disorders are being overweight, poor dietary habits, having high blood sugar levels and living a sedentary lifestyle.

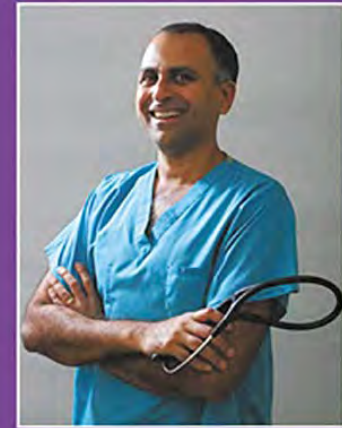
Depending on the stage of the COPD, some patients might need to consider home health care or private duty nursing. When under home health care, their team of nurses and medical director can prevent these readmissions to the hospital by several means. The medical team can prescribe medications to block fluid build-up, have a daily vital reading monitored by a home health program, and have specialists help with understanding nutrition, and how to keep calm and learn to breathe more functionally through the episodes. Your physician is still in charge of your medical care, and all reports from the home health team are reported to your primary care doctor.

Talking to you primary care physician or cardiologist about diagnostic testing, lab work, medication management, and lifestyle changes is critical for your quality of life when dealing with COPD, heart issues or any other health changes or conditions that you might be experiencing.

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# Understanding Squamous Cell Carcinoma

## EXPERT CARE AND TREATMENT

By David Kosiorek, PA-C

**S**quamous 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 superficial 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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# Signs It's Time to See a Spine Specialist

By Ali Zarezadeh, MD - Spine

**B**ack pain is one of the most common health complaints, affecting millions of people each year. While occasional discomfort may resolve on its own with rest and self-care, certain symptoms warrant professional evaluation. Dr. Ali Zarezadeh, a spine surgeon at UF Health, explains the key warning signs that indicate it's time to consult a spine specialist.

## Persistent or Worsening Pain

If your back or neck pain persists for more than six weeks despite conservative treatment, it's time to seek specialized care. "Many people hope their pain will simply go away, but chronic pain that doesn't improve with rest, over-the-counter medications, or physical therapy needs professional assessment," explains Dr. Zarezadeh. Progressive pain that worsens over time, rather than improving, is particularly concerning and should never be ignored.

## Radiating Pain and Numbness

Pain that travels down your arms or legs, known as radiculopathy, often indicates nerve compression or irritation. This type of pain may be accompanied by tingling, numbness, or a pins-and-needles sensation. "When you experience radiating symptoms, it suggests that a spinal nerve is being compressed, possibly by a herniated disc or bone spur," notes Dr. Zarezadeh. These symptoms require prompt evaluation to prevent potential nerve damage.

## Weakness in the Extremities

Unexplained weakness in your arms, hands, legs or feet is a red flag that should not be dismissed. This may manifest as difficulty gripping objects, trouble walking or frequent stumbling. Muscle weakness can indicate significant nerve compression and may worsen without appropriate intervention. Early diagnosis and treatment are essential to prevent permanent neurological damage.

## Loss of Bladder or Bowel Control

This is a medical emergency requiring immediate attention. Loss of bladder or bowel control, especially when accompanied by back pain, may indicate cauda equina syndrome, a serious condition where nerves at the base of the spinal cord are severely compressed. "If you experience sudden loss of bladder or bowel function, numbness in the groin area or severe leg weakness, seek emergency care immediately," Dr. Zarezadeh emphasizes.



## Pain That Disrupts Daily Life

When back or neck pain begins interfering with your ability to perform everyday activities, work or sleep, it's time for a specialist evaluation. Chronic pain that limits your mobility, prevents you from exercising, or requires frequent modifications to your routine significantly impacts your quality of life and deserves expert attention.

## Pain Following Trauma

If you've experienced a fall, car accident or other injury and develop back or neck pain, a comprehensive evaluation is crucial. Even seemingly minor accidents can cause fractures, disc injuries, or ligament damage that may not be immediately apparent. "Post-traumatic spine pain should always be evaluated to rule out structural damage," advises Dr. Zarezadeh.

## Unexplained Weight Loss or Fever

Back pain accompanied by unexplained weight loss, fever or night sweats may indicate infection, tumor or other serious conditions. These systemic symptoms combined with spinal discomfort require thorough investigation to identify and address underlying causes.

## Previous Treatments Haven't Worked

If you've tried conservative treatments such as physical therapy, chiropractic care or pain medications without significant improvement, a spine specialist can offer advanced diagnostic tools and treatment options. Modern spine care includes minimally invasive procedures, targeted injections and when necessary, surgical interventions that can provide lasting relief.

## Taking the Next Step

"Don't let fear or uncertainty prevent you from seeking help," Dr. Zarezadeh encourages. "Early intervention often leads to better outcomes and can prevent conditions from progressing to the point where more aggressive treatment is needed."

A spine specialist can provide comprehensive evaluation, accurate diagnosis and personalized treatment plans tailored to your specific condition. If you're experiencing any of these warning signs, schedule a consultation with a qualified spine specialist to explore your options and reclaim your quality of life.

To schedule an appointment with Dr. Zarezadeh at UF Health, call 352-323-5665.

## About Ali Zarezadeh, MD



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

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

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

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# FLIGHT GUIDELINES POST-VEIN TREATMENT: WHEN IS IT SAFE TO FLY?

## How Soon Can You Fly After Vein Treatment?

Traveling after vein treatment can raise concerns about deep vein thrombosis (DVT), a potentially serious complication. The prolonged sitting involved in flying or long car rides can impair venous flow in the legs, which is already a risk factor for DVT. When combined with recent vein treatment, this risk can increase. To minimize the chance of developing a DVT, it's important to follow medical advice and take preventive measures after your procedure. At the Central Florida Vein & Vascular Center, our experts prioritize your safety and will guide you through your recovery process.

## What Is Deep Vein Thrombosis (DVT)?

Deep vein thrombosis is a condition where a blood clot forms in one of the deep veins, most commonly in the legs. DVT can lead to swelling, pain, and other complications. The primary concern is that a clot may break off and travel to the lungs, causing a pulmonary embolism, a life-threatening situation. While the risk of developing DVT post-vein treatment is low, air travel can increase this risk due to restricted movement and decreased blood flow.

## How Long Should You Wait to Fly After Varicose Vein Procedures

We recommend waiting at least 7 days before flying or taking long car trips after minimally invasive vein treatments. This precaution allows your body time to heal and return to its pre-treatment baseline risk of DVT. While modern vein therapies are highly effective and safe, giving your body this recovery window is essential for reducing potential complications.

## Why Air Travel Increases DVT Risk

Long periods of sitting—whether on an airplane or during a car ride—can cause sluggish venous flow, increasing the chance of blood clots. A study published by the CDC found that air travelers on flights lasting 4 hours or longer have a 2-3 times higher risk of DVT. Though the risk remains small, combining this with recent vein treatment necessitates extra caution.

## Tips for Safe Travel After Vein Treatment

If you need to fly soon after your vein procedure, follow these tips to lower your risk of DVT and keep your legs healthy during travel:

### 1. Wear Compression Socks

Compression socks help improve blood flow by applying gentle pressure to your legs. These socks



are designed to have graduated pressure, meaning the tightest point is at the ankle, and the pressure decreases up the leg. Wearing compression socks during long trips helps reduce venous stasis (sluggish blood flow) and prevent blood clots. According to a 2018 study published in *The Lancet*, wearing compression socks can decrease the risk of DVT in travelers by up to 65%.

### 2. Hydrate Properly

Staying hydrated is crucial for healthy blood flow. Dehydration can thicken the blood, making clots more likely to form. While it may be tempting to limit water intake to avoid frequent bathroom trips during travel, proper hydration helps maintain optimal circulation and reduces the risk of DVT.

### 3. Stay Active

Movement is key to preventing blood clots. If you're on a flight, try to get up and walk the aisle every hour, or at least whenever the seatbelt sign is off. Walking activates your calf muscles, helping the blood in your legs flow more efficiently back to your heart. If walking isn't possible, perform simple in-seat exercises like heel raises to keep the calf muscles engaged and promote circulation.

### 4. Avoid Tight Clothing

Tight clothing can constrict blood flow, especially around the waist and legs. Opt for loose, comfortable clothing to prevent restricting your circulation during travel.

## Safe Travels

Taking a trip after vein treatment requires careful planning to ensure you avoid complications like DVT. By waiting at least 7 days post-procedure and following key preventive strategies—such as wearing compression socks, staying hydrated, and moving regularly—you can significantly reduce your risk. Consult with your vein specialist for personalized advice based on your health status and travel plans.

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

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# FROM MELANOMA SURVIVOR TO PATENT HOLDER: Local Inventor Develops Patented Skincare Applicator

**W**hen Kathe D'Alfonso faced melanoma, the Penfield resident knew her daily routine had to change. Suddenly, applying sunscreen to every inch of her body became not just important—it became life-saving. But like most people, she discovered a frustrating reality: reaching the middle of her back was nearly impossible.

Rather than accept this limitation, the 55-year-old inventor decided to create her own solution. Three years of development later, D'Alfonso holds a patent for Solo Beauty, a flexible wand applicator that's transforming how people approach their skincare routines.

## Innovation Born from Necessity

Solo Beauty features a unique design: a sturdy wand topped with a flexible, mitt-covered head that angles perfectly to reach those troublesome spots between the shoulder blades. The interchangeable mitts come in three varieties—a lotion applicator made from material that resists absorption, a body exfoliator, and a face exfoliator.

"I don't know anyone who can reach the middle of their backs," D'Alfonso said with a laugh, highlighting the universal problem her invention solves.

The path to patent approval wasn't guaranteed. D'Alfonso's attorney cautioned her that patent acquisition is far from automatic. When the U.S. Patent Office approved her application in April 2024, it validated not just her design but her persistence through years of prototype development.

## Engineering for Real-World Use

D'Alfonso's commitment to quality shows in her development process. She created eight different prototypes before settling on the final design, testing each version rigorously. Her current prototype has survived more than 550 machine wash cycles—a testament to the product's durability.

"The biggest thing is it has the right angle," she explained. "Just hold it up and put it over your shoulder. The mitt can be washed and dried. There's no product out there that does that."

This washability factor sets Solo Beauty apart from competitors while offering environmental benefits. Unlike similar products with disposable heads, Solo



Beauty's reusable design reduces waste and saves customers money over time.

## Expanding Beyond the Original Vision

While D'Alfonso initially created Solo Beauty for sunscreen application, customer feedback revealed broader applications. People with arthritis, Parkinson's disease, and mobility limitations have found the tool invaluable for maintaining independence in their skincare routines. Others use it to apply topical medications without exposing their hands to the treatment.

***"Customers absolutely love it," D'Alfonso reported. "It solves a lot of problems and has been helping people."***

The response from wheelchair users has been particularly meaningful to her. "Some customers use wheelchairs. They go through a lot of struggles and this helps," she noted, emphasizing how the product addresses accessibility challenges she hadn't initially considered.

## Local Manufacturing, Personal Touch

D'Alfonso has built her business around local partnerships. She cuts all materials herself and works with a local seamstress for mitt construction, while sourcing wands from regional suppliers. This approach keeps production close to home and allows for customization—including one memorable request for Holstein cow print mitts.

Her sales channels reflect this personal approach. Starting at the Webster Farm Market, D'Alfonso now operates a physical store in Irondequoit and maintains an online presence at [solobeautyroc.com](http://solobeautyroc.com). The direct customer interaction has been rewarding, she says, with repeat customers and enthusiastic word-of-mouth recommendations driving growth.

## Looking Forward

Solo Beauty retails for \$28.99 online, with replacement mitts available for \$12.99 to \$14.99. For D'Alfonso, the success isn't just measured in sales figures but in the problems solved.

"For the average person, this product solves a problem and makes your life easier," she reflected. "Once you use it, you'll never stop."

What started as one woman's response to a health challenge has evolved into a solution that addresses universal accessibility needs in personal care. D'Alfonso's journey from melanoma patient to patent-holding entrepreneur demonstrates how personal necessity can spark innovations that benefit entire communities.

As Solo Beauty continues to reach new customers, D'Alfonso's story serves as inspiration for other would-be inventors: sometimes the best business ideas come from solving your own problems first.



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# REVOLUTIONARY BODY SCULPTING ARRIVES IN FLORIDA THE ARTEMIS T-SHAPE 2

Infinity Medical Institute is proud to announce the arrival of cutting-edge aesthetic technology to the Sunshine State. As the first facilities in Tampa and The Villages to offer the Artemis T-Shape 2, we're bringing an innovative, non-invasive body transformation solution that's making waves across the United States.

## What Is the Artemis T-Shape 2?

The Artemis T-Shape 2 represents the next generation of comprehensive body contouring technology. Unlike treatments that address only one concern, this advanced system delivers five powerful benefits in a single, comfortable session: body contouring, skin tightening, cellulite reduction, muscle toning, and lymphatic drainage. This multi-dimensional approach means patients can achieve their aesthetic goals more efficiently than ever before.

## The Science Behind the Technology

This state-of-the-art device combines multiple therapeutic modalities to target different layers of tissue simultaneously. By addressing fat cells, muscle fibers, connective tissue, and the lymphatic system all at once, the Artemis T-Shape 2 creates comprehensive results that look natural and feel transformative.

The treatment works by using advanced energy delivery systems that penetrate beneath the skin's surface. These precisely calibrated energies stimulate collagen production for firmer, tighter skin while simultaneously breaking down stubborn fat deposits. The technology also activates muscle contractions that tone and define underlying musculature, creating a sculpted appearance that diet and exercise alone often cannot achieve.

## FIVE TREATMENTS IN ONE

• **Body Contouring:** Targets those stubborn areas that resist traditional weight loss efforts. Whether it's the abdomen, thighs, arms, or flanks, the Artemis T-Shape 2 helps reshape your silhouette by reducing localized fat deposits.

• **Skin Tightening:** Addresses the loss of elasticity that comes with aging, weight fluctuation, or sun exposure. By stimulating collagen and elastin production, treatments leave skin visibly firmer and more youthful.



• **Cellulite Reduction:** Smooths the dimpled appearance that affects nearly 90% of women. The technology targets the fibrous bands and fat distribution patterns that create cellulite's characteristic texture.

• **Muscle Toning:** Strengthens and defines muscles through induced contractions, similar to an intensive workout but without the sweat. This benefit is particularly popular for enhancing abdominal definition and lifting the buttocks.

• **Lymphatic Drainage:** Supports the body's natural detoxification process by stimulating lymph flow. This not only aids in eliminating metabolic waste but also reduces water retention and inflammation, contributing to a leaner, more contoured appearance.

## WHY INFINITY MEDICAL INSTITUTE?

Being the first to offer the Artemis T-Shape 2 in Tampa and The Villages reflects our commitment to bringing the most advanced aesthetic treatments to our patients. Our trained specialists understand how to customize each treatment protocol to individual body types, concerns, and goals.

The non-invasive nature of the Artemis T-Shape 2 means no downtime, no anesthesia, and no recovery period. Patients can return to their daily activities immediately after treatment. Most people describe the sensation as comfortable and relaxing, similar to a warm massage with gentle muscle contractions.

## WHO CAN BENEFIT?

The Artemis T-Shape 2 is ideal for individuals who maintain a healthy lifestyle but struggle with specific problem areas. It's perfect for those who want to enhance their body confidence without surgery, whether preparing for a special event or simply investing in their personal wellness.

Treatment plans are customized based on individual goals, but most patients see optimal results with a series of sessions scheduled over several weeks. Results continue to improve as the body naturally processes fat cells and produces new collagen in the months following treatment.

Infinity Medical Institute invites you to experience this groundbreaking technology firsthand. Schedule your consultation today at our Tampa or Villages location and discover why the Artemis T-Shape 2 is transforming the aesthetic medicine landscape across America.



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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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# What Can Newborns Tell Us About Alzheimer's?

In recent years, scientists have stood by the belief that p-tau217, a seemingly toxic protein found in the brain, plays a key role in the development and progression of Alzheimer's disease. Yet a new study out of the University of Gothenburg in Sweden is turning that theory on its head—and challenging what research has shown about both Alzheimer's disease and early brain development.

The study, published in June in the journal *Brain Communications*, found that elevated levels of p-tau217 are found in the brains of newborns—potentially forging a new path forward for research and new treatments for Alzheimer's.

## What's Tau?

Before exploring what this new study found, it's important to first understand tau. A vital protein, tau has many functions in healthy brain cells. It's mostly found in neurons, facilitating the sending of messages throughout the body, allowing us to think, talk, eat, and more.

In an individual with Alzheimer's disease, however, tau becomes altered and turns into phosphorylated tau, also called p-tau217. High levels of p-tau217 may then lead to further alterations, becoming "tau tangles"—harmful structures that damage neurons and impair communication between cells. This impairment is thought to be one of the main drivers of cognitive decline in Alzheimer's patients.

The increase of tau levels can be seen more than 20 years before symptoms of Alzheimer's disease show up, and has a strong association with later diagnosis of the disease. Because of this, p-tau217 could also be an important new biomarker for Alzheimer's disease.

## Tau's Role in Brain Development

Of course, because newborns don't have Alzheimer's, the elevated levels of p-tau217 discovered in the study suggest a completely different and healthy mechanism at work.



For the study, researchers looked at blood samples from over 400 people, including healthy newborns, premature infants, young adults, older adults, and those with Alzheimer's disease. What they found is that the highest levels of p-tau217 were found in newborns and were even higher than those with Alzheimer's disease.

Even more interesting, the levels were particularly high in premature infants and started to decrease within the first few months of life and ultimately reached levels similar to those in young adults.

These findings suggest that tau plays a role in supporting rapid brain development. Tau may allow neurons to grow and form new connections with other neurons, shaping the structure of the brain. While previous studies in animals started to lay the foundation for exploring the role of p-tau217 in brain development, this study is the first time researchers have measured p-tau217 in newborns.

**New Alzheimer's Treatments May Be On the Horizon**  
Researchers say their findings indicate that babies may be born with a built-in protection in their brains to combat the harmful effects of tau, so they tolerate—even benefit from—the elevated levels without triggering the harmful effects seen in Alzheimer's.

With this new understanding of newborn brain development may ultimately come new treatments for Alzheimer's disease. "If we can learn how the

newborn brain keeps tau in check, we might one day mimic those processes to slow or stop Alzheimer's in its tracks", says Fernando Gonzalez-Ortiz, lead author of the study.

The study authors say that the next step is to understand what's driving the defense from p-tau217 for newborns. "We believe that understanding how this natural protection works—and why we lose it as we age—could offer a roadmap for new treatments."

Clinical trials can possibly help identify new treatments for Alzheimer's disease, as well as its causes, perhaps leading to the ability to prevent it, altogether.

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# Why Diabetic Eye Disease Often Goes Undiagnosed – and How to Catch It Early

By Thomas G. Ward, D.O.

**M**any people assume they'd notice if something were wrong with their eyes. But retinal conditions like diabetic retinopathy often develop silently, without obvious symptoms in the early stages. By the time vision changes are noticeable, irreversible damage may have already occurred. That's why regular diabetic eye exams are so important — even if your vision seems perfectly fine.

## Why You May Not Know You Have Diabetic Eye Disease

Diabetic retinopathy, the most common form of diabetic eye disease, usually doesn't cause pain or noticeable vision loss early on. When symptoms do appear, they can be subtle — like slightly blurry vision or occasional floaters — that are easy to dismiss or mistake for normal changes.

Additionally, many people with Type 2 diabetes don't know they have it, which means they may not realize they're even at risk for diabetic eye disease until an eye exam reveals underlying damage.

## Diabetic Eye Screening vs. Regular Eye Test

A standard eye exam is designed to check your vision and screen for common eye issues. A diabetic eye exam goes deeper — it's specifically focused on identifying early signs of diabetic eye diseases such as diabetic retinopathy, macular edema, and more.

*According to the American Diabetes Association (ADA):*

- **Type 1 diabetes:** Have a dilated eye exam within five years of diagnosis, then annually.
- **Type 2 diabetes:** Have a dilated exam shortly after diagnosis. Depending on the results, your doctor may recommend exams every one to two years.
- **Pregnancy and diabetes:** Pregnant individuals with diabetes should be examined in the first trimester and again in the last trimester.

A diabetic eye exam typically includes:

- **Pupil dilation:** Drops are used to widen the pupils, giving your eye doctor a better view of the retina.
- **Ophthalmoscopy/Fundus photography:** Ophthalmoscopy (funduscopy) is a physical

examination of the eye's interior using an ophthalmoscope, while fundus photography is a diagnostic imaging technique that uses a special camera to capture detailed images of the retina.

- **Optical coherence tomography (OCT):** This non-invasive medical imaging technique provides detailed, high-resolution images of the retina and other eye structures.

- **Additional tests:** Retina specialists may check visual acuity and measure eye pressure to assess for cataracts and signs of glaucoma.

## The Importance of Early Detection

Diabetic eye disease is one of the leading causes of blindness in U.S. adults, but it doesn't have to be. According to the CDC, 90% of diabetes-related blindness is preventable with early detection and treatment. Yet in 2023, only two-thirds of adults with diagnosed diabetes received an annual eye exam.

That gap puts millions of people at risk for avoidable vision loss. The problem? Diabetic eye disease often progresses silently, without noticeable symptoms, until the damage is done. The only reliable way to detect it early is through a comprehensive, dilated eye exam before symptoms appear, not after.

## Schedule a Diabetic Eye Disease Screening

If you have diabetes, seeing a retina specialist regularly can help protect your vision long-term. The earlier we detect diabetic eye disease, the more treatment options are available — and the better your outcomes.

At Retina Group of Florida, our experienced retina specialists provide expert care for patients across the state. Contact us today to schedule your exam



at one of our retina centers in The Villages, Charlotte, Sarasota, Cape Coral, Naples, and Fort Myers.

## Retina Group of Florida

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

Please call (352) 419-8928 today to schedule your eye exam. When necessary same day appointments can often be accommodated.



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# REVOLUTIONIZING KNEE PAIN TREATMENT: THE SUMMUS LASER ADVANTAGE AT LASERLAB

In the ever-evolving landscape of pain management, LaserLab stands at the forefront of innovation with its integration of the cutting-edge Summus Laser technology. This revolutionary approach to treating knee pain represents a significant advancement in non-invasive therapeutic options, offering hope to millions who struggle with chronic and acute knee conditions.

The Summus Laser system, featuring state-of-the-art Class IV laser technology, delivers precisely controlled high-power laser energy that penetrates deep into the knee joint and surrounding tissues. This advanced therapeutic approach works at the cellular level, stimulating natural healing processes while providing significant pain relief without the need for medication or surgery.

## Understanding the Technology

The Summus Laser's sophisticated delivery system utilizes specific wavelengths of light that optimize tissue penetration and cellular response. Operating at power levels up to 15 watts, this advanced system delivers therapeutic energy to depths previously unattainable with traditional laser systems. The precision-engineered beam ensures uniform distribution of energy, maximizing therapeutic benefits while maintaining patient comfort and safety.

## The Science Behind the Success

At its core, the Summus Laser therapy works through a process called photobiomodulation. This scientific breakthrough triggers a cascade of beneficial biological effects:

- Enhanced cellular energy production
- Improved blood circulation to injured areas
- Accelerated tissue repair and cell growth
- Reduced inflammation and swelling
- Natural pain relief through endorphin release
- Increased production of collagen for tissue repair

## Comprehensive Treatment Protocols

At LaserLab, the implementation of Summus Laser technology follows meticulously developed protocols tailored to each patient's specific condition. Whether treating osteoarthritis, sports injuries, or post-surgical rehabilitation, our specialists customize treatment parameters to achieve optimal outcomes. The typical treatment plan involves:



- Detailed initial assessment and diagnosis
- Customized power settings based on condition severity
- Strategic targeting of affected areas
- Progressive treatment protocols
- Regular evaluation of treatment response

## Patient Benefits and Advantages

The integration of Summus Laser therapy at LaserLab offers numerous advantages over traditional treatment methods:

1. Non-invasive treatment with no downtime
2. Immediate pain relief that builds with each session
3. Reduced need for pain medications
4. No known side effects
5. Cumulative healing benefits
6. Quick treatment sessions (typically 8-15 minutes)

## Clinical Success Stories

Our implementation of the Summus Laser has demonstrated remarkable success in treating various knee conditions. Patients report significant improvements in mobility and reduction in pain levels, often experiencing relief after just a few sessions. The technology has proven particularly effective for:

- Osteoarthritis pain management
- Sports-related injuries
- Post-surgical rehabilitation
- Chronic knee pain
- Acute injury recovery

## Looking to the Future

As LaserLab continues to pioneer advanced pain management solutions, the Summus Laser represents more than just a treatment option – it symbolizes our commitment to embracing technological innovation in the service of patient care. The system's versatility and proven effectiveness make it an invaluable tool in our comprehensive approach to knee pain management.

Our dedication to staying at the cutting edge of medical technology ensures that patients receive the most advanced and effective treatments available. The integration of the Summus Laser system reflects our understanding that the future of pain management lies in sophisticated, non-invasive solutions that promote the body's natural healing processes.

For those suffering from knee pain, LaserLab's adoption of the Summus Laser technology offers a beacon of hope. This advanced therapeutic option provides a path to pain relief and improved function without the risks associated with surgery or long-term medication use. As we continue to refine our protocols and witness the transformative results in our patients, we remain committed to leading the way in innovative pain management solutions.

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

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



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# The Power of Emsella:

## The Non-invasive Treatment for Urinary Incontinence

**L**iving with urinary incontinence can significantly impact quality of life, affecting everything from daily activities to social interactions. For millions of people experiencing this condition, Lake Sumter Urology now offers an innovative, non-invasive solution: Emsella therapy. This revolutionary treatment is transforming how we approach pelvic floor dysfunction and urinary incontinence management.

### What is Emsella?

Emsella is a breakthrough treatment that utilizes high-intensity focused electromagnetic (HIFEM) technology to strengthen pelvic floor muscles without surgery, medication, or downtime. The treatment involves sitting fully clothed on a specialized chair that delivers thousands of supramaximal pelvic floor muscle contractions during each 28-minute session. These contractions are equivalent to performing 11,000 Kegel exercises, making it far more effective than traditional pelvic floor training.

### How Does Emsella Work?

The electromagnetic energy penetrates deep into pelvic floor tissues, stimulating motor neurons and triggering intensive muscle contractions. These contractions strengthen the entire pelvic floor musculature, including muscles that are difficult to target through voluntary exercises. The treatment rebuilds muscle tone and restores neuromuscular control, addressing the root cause of many incontinence issues rather than simply managing symptoms.

### Who Can Benefit from Emsella?

Emsella is effective for both men and women experiencing various forms of urinary incontinence, including:

- Stress incontinence (leakage during coughing, sneezing, or physical activity)
- Urge incontinence (sudden, intense urges to urinate)
- Mixed incontinence (combination of stress and urge)
- Post-childbirth pelvic floor weakness
- Age-related muscle deterioration

The treatment is particularly beneficial for patients seeking non-surgical alternatives or those who cannot perform traditional Kegel exercises effectively.

### Sit Back, Relax, and Reclaim Control



### The Treatment Experience

Emsella treatment sessions are comfortable and convenient. Patients remain fully clothed while sitting on the Emsella chair, making it a discreet option for busy individuals. During the session, patients may feel intense muscle contractions in the pelvic area, similar to an intensive workout, but without pain or discomfort. Many patients use this time to read, work on their phone, or simply relax.

### Expected Results and Treatment Protocol

Most patients require a series of six treatments scheduled twice weekly over three weeks. Clinical studies demonstrate that 95% of patients report improved quality of life, with many experiencing significant improvement in incontinence symptoms. Results typically begin appearing after the second or third session, with continued improvement over several months as muscle strength builds.

### Why Choose Lake Sumter Urology?

At Lake Sumter Urology, our experienced team understands the sensitive nature of urinary incontinence and provides compassionate, professional care. We conduct thorough evaluations to determine if Emsella is the right treatment option for each patient's specific condition. Our commitment to utilizing cutting-edge technology ensures patients receive the most advanced treatments available.

### Take the First Step

Don't let urinary incontinence control your life. Contact Lake Sumter Urology today to schedule a consultation and learn how Emsella therapy can help restore your confidence and quality of life. Our team is ready to guide you through this transformative treatment journey with the expertise and care you deserve.



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in Nocturia<sup>1</sup>



Average Hygiene  
Pad Reduction<sup>1</sup>



# Inner Pelvic Pulse: Transforming Arthritis and Osteoporosis Treatment

By Allen T. Stanley, Practitioner

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

## Understanding the Challenge

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

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

## The Inner Pelvic Pulse Chair: A Breakthrough Approach

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

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

## How It Works for Arthritis and Osteoporosis

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

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



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

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

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

## Patient Success Stories

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

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

## The Treatment Process

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

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



## Comprehensive Care Approach

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

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

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

## Take the First Step

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

**Ready to experience the benefits for yourself?**

Book your Inner Pelvic Pulse Chair session today by visiting [www.keepyoungwellness.com](http://www.keepyoungwellness.com) or calling our clinic.

**Let's work together to strengthen your core—no sweat required.**

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# FINDING RELIEF FROM SCIATICA AND NEUROPATHY THROUGH CHIROPRACTIC CARE

By Dr. Chad Rose, DC

**B**illions of Americans suffer from debilitating nerve pain conditions like sciatica and peripheral neuropathy. These conditions can transform simple daily activities into painful ordeals, affecting everything from walking and sitting to sleeping comfortably. While traditional medical approaches often focus on pain medication management, chiropractic care offers a comprehensive, drug-free alternative that addresses the root causes of nerve dysfunction.

## Understanding Sciatica and Neuropathy

Sciatica occurs when the sciatic nerve, which runs from the lower back through the hips and down each leg, becomes compressed or irritated. This compression typically results from herniated discs, bone spurs, or spinal stenosis. Patients experience sharp, shooting pain that radiates from the lower back through the buttock and down the leg, often accompanied by numbness, tingling, and muscle weakness.

Peripheral neuropathy involves damage to the peripheral nervous system, affecting nerves outside the brain and spinal cord. Common causes include diabetes, vitamin deficiencies, autoimmune disorders, and physical trauma. Symptoms typically manifest as burning pain, tingling sensations, numbness, and sensitivity to touch, most commonly in the hands and feet.

## The Chiropractic Approach to Nerve Pain

Chiropractic care focuses on restoring proper spinal alignment and optimizing nervous system function. Since the spine houses and protects the central nervous system, misalignments can create pressure on nerve roots, contributing to pain and dysfunction throughout the body.

Chiropractors employ various techniques to address nerve-related conditions. Spinal adjustments help restore proper vertebral positioning, reducing pressure on compressed nerves. These precise manipulations can provide immediate relief while promoting long-term healing by improving nerve communication and reducing inflammation.

## Comprehensive Treatment Strategies

Modern chiropractic treatment extends beyond spinal adjustments. Soft tissue therapies, including massage and myofascial release, help reduce muscle tension that may contribute to nerve compression. These techniques improve blood flow to affected areas, promoting natural healing processes.



Decompression therapy represents another valuable tool in treating sciatica. This non-invasive technique gently stretches the spine, creating negative pressure within spinal discs. This process can help retract herniated disc material, reducing pressure on nerve roots and allowing damaged tissues to heal.

Many chiropractors also incorporate therapeutic exercises and stretching programs tailored to each patient's specific condition. These movements help strengthen supporting muscles, improve flexibility, and prevent future episodes of nerve pain.

## The Benefits of Natural Healing

Chiropractic care offers several advantages over conventional pain management approaches. Treatment is non-invasive and drug-free, eliminating the risk of medication side effects or dependency. This approach addresses underlying structural problems rather than merely masking symptoms.

Research supports chiropractic care's effectiveness for nerve pain conditions. Studies have shown significant improvement in sciatica symptoms following chiropractic treatment, with many patients experiencing reduced pain intensity and improved functional capacity.

## Taking the First Step

If you're struggling with sciatica or neuropathy symptoms, consulting with a qualified chiropractor can be an important step toward recovery. A comprehensive evaluation will help identify the underlying causes of your nerve pain and develop an individualized treatment plan.

Remember that early intervention often leads to better outcomes. Don't let nerve pain control your life when effective, natural treatment options are available. Chiropractic care offers hope for those seeking lasting relief from these challenging conditions.

## 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.

## YOUR JOURNEY TO HEALING STARTS HERE

**Rose Wellness Clinic: Where Innovation Meets Compassionate Care.**

*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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**S**tep into the ring—because at Recharge Clinic, your health isn't just another chart on an assembly line. It's a title fight, and we're in your corner from the opening bell. This isn't insurance-driven medicine where you get rushed through a round or two and sent back to the bench. This is **primary care that fights for you**, the way healthcare *should be*—personal, fast, and focused on results.

## ROUND 1: KNOCK OUT INSURANCE-DRIVEN MEDICINE

Ever felt like your doctor's appointment was over before it even started? That's what happens when big insurance companies call the shots. Traditional primary care is tangled in red tape, forcing doctors to see more patients in less time, cutting corners just to keep the schedule moving. It's not healthcare—it's health *guesswork*.

At **Recharge Clinic**, we threw out the playbook written by insurance companies. Here, your care plan isn't dictated by what's "covered" or "approved." It's guided by what *you actually need*. You get the time, attention, and treatment you deserve—without fighting a billing department to get it.

We call it **Concierge Medicine**, but really, it's common sense. No middlemen, no fine print—just direct access to your provider when you need it. You can text, call, or schedule same-day visits with your primary care team. Whether it's a sinus infection or a vitamin deficiency, you get answers fast and solutions that actually work for *you*.

## ROUND 2: NO ASSEMBLY LINE MEDICINE

You know that feeling when you sit in a waiting room forever, only to see your doctor for 5 rushed minutes? That's what we call *assembly line medicine*—and it's officially down for the count.

At Recharge Clinic, every appointment is personalized. You're not "patient number 27" on a clipboard. You're a whole person—with your own goals, concerns, and health story. We take time to listen, to test, and to treat—not just to prescribe.

Our on-site **lab services** make that even easier. Need bloodwork? You don't have to drive across town or wait a week for results. Our in-house lab team delivers same-day insights so your provider



can build a real-time plan to help you feel better, faster. It's convenient, it's comprehensive, and it's exactly how primary care should be.

## ROUND 3: NO COOKIE-CUTTER CARE

Let's be honest: one-size-fits-all medicine fits no one. You deserve a care plan that's as unique as your health history—and that's where our team shines. Recharge Clinic's providers treat everything from high blood pressure and cholesterol to chronic fatigue and thyroid disorders.

We use **advanced lab testing**, nutritional analysis, and hormone panels to uncover the *root* cause of your symptoms. No guesswork, no generic treatment plans. Whether your goal is more energy, better focus, or total-body wellness, we design a plan made just for you.

And because we know health isn't just about prescriptions, we go beyond them. Our in-house **Recharge RX Compounding Pharmacy** creates customized medications and supplements that target your body's exact needs. From hormone optimization to immune support, these tailored solutions pack a powerful punch that standard pharmacy options can't deliver.

## ROUND 4: STAY CONNECTED, STAY IN THE FIGHT

Life doesn't always wait for an appointment, and neither should your healthcare. That's why Recharge Clinic offers **telehealth services** for your convenience. Whether you're traveling, home with the kids, or simply too busy to come in, you can connect directly with your provider through secure video visits. Get advice, renew prescriptions, or review lab results—all from the comfort of home.

It's care without boundaries—no wires, no waiting rooms, no wasted time.

## ROUND 5: TRAINING FOR LIFE

Primary care at Recharge Clinic isn't about quick fixes; it's about long-term wellness. We're your team for everything from annual checkups to

physicals for school, work, or sports. We track your progress, support your health goals, and adjust your plan as your life evolves. Whether you're fighting off a bug or training for your next big life event, we're right there with you—every round.

Because here's the truth: real primary care isn't about checking boxes. It's about building a partnership that helps you live stronger, longer, and better.

## THE FINAL BELL

If you're tired of feeling like a number, it's time to switch corners. Step away from the cookie-cutter clinics and the insurance-driven madness. Step into a healthcare experience that actually *sees you*.

At **Recharge Clinic**, our providers deliver primary care that's personal, fast, and fierce. Same-day appointments, telehealth convenience, on-site labs, and custom compounded medications—all in one place.

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# Diabetic Neuropathy: How Physical Therapy Can Help

**R**oughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage generally affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, you may feel nerve damage sensations in your upper extremities as well.

### Peripheral Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers



Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of peripheral diabetic neuropathy. Physical medicine provides alternative therapeutic and rehabilitating procedures that can offer significant pain relief and limit drug dependency. Physical therapy helps with balance and can reduce the risk of falls.

**When you have diabetic neuropathy, your feet and legs can feel so numb that you may trip, fall and injure yourself just by trying to get through normal daily activities. This can be dangerous for obvious reasons. Along with dietary changes, orthopedic shoes and compression stockings, physical therapy can help.**



### Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Massage therapy
- 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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# INTERVENTIONAL PAIN MANAGEMENT IS WELL BEYOND MEDICATION MANAGEMENT ALONE

By Brent Compton, MD

**C**hronic pain is a debilitating condition that affects millions of people worldwide, significantly impacting their quality of life. While traditional pain management strategies, such as medication and physical therapy, can provide relief, interventional pain management offers a more targeted and minimally invasive approach to addressing the root causes of pain. In this article, we'll delve into the world of interventional pain management and explore its role in the comprehensive treatment of chronic pain.

Interventional pain management is a specialized field of medicine that focuses on diagnosing and treating various types of chronic pain through minimally invasive techniques. These procedures are performed by highly trained physicians, often pain management specialists or anesthesiologists, who use advanced imaging techniques and specialized equipment to target specific areas of the body responsible for pain.

One of the primary goals of interventional pain management is to reduce or eliminate pain while minimizing the need for oral medications, particularly opioids, which can have significant side effects and carry the risk of addiction. By targeting the source of pain directly, interventional techniques can provide long-lasting relief and improve overall functionality.

The decision to pursue interventional pain management typically follows a structured pathway, beginning with conservative treatments and progressing to more advanced interventions as necessary. This pathway can be visualized as a decision tree, guiding patients through the various options available to them.

At the most basic level, patients may begin with non-invasive treatments such as chiropractic care, physical therapy, massage, and home exercises. These approaches aim to alleviate pain through manual manipulation, stretching, and strengthening exercises, often addressing musculoskeletal issues or improving overall mobility.

If these initial treatments prove insufficient, the next level may involve medications and imaging tests. Pain medications, including over-the-counter and prescription options, can provide temporary relief, while imaging techniques like X-rays, MRI, or CT scans can help identify the underlying cause of pain and guide further treatment decisions.



When conservative methods and medications fail to provide adequate relief, interventional pain management techniques become a viable option. These minimally invasive procedures include:

- 1. Epidural steroid injections:** These injections deliver corticosteroids directly into the epidural space of the spine, reducing inflammation and providing pain relief for conditions such as herniated discs, spinal stenosis, or radiculopathy.
- 2. Facet joint injections:** Targeted injections into the facet joints of the spine can alleviate pain caused by arthritis or injury in these joints.
- 3. Radiofrequency ablation:** This procedure uses heat generated by radio waves to disrupt the transmission of pain signals from specific nerves, providing long-term relief for conditions like chronic back or neck pain.
- 4. Spinal cord stimulation:** Implanted devices deliver electrical impulses to the spinal cord, modulating pain signals and providing relief for various chronic pain conditions.
- 5. Nerve blocks:** These injections involve the administration of medication, such as anesthetics or steroids, near specific nerves to block the transmission of pain signals.

If all other interventions fail to provide adequate relief, surgery may be considered as a last resort. However, interventional pain management techniques often allow patients to avoid or delay the need for surgical intervention, reducing the risks and recovery time associated with major procedures.

It's important to note that interventional pain management is not a one-size-fits-all solution. Each patient's condition is unique, and treatment plans are tailored to address their specific needs. Pain management specialists work closely with patients to develop comprehensive treatment strategies, combining interventional techniques with other modalities, such as physical therapy, medication management, and lifestyle modifications.

In conclusion, interventional pain management offers a promising solution for individuals suffering from chronic pain. By targeting the source of pain directly through minimally invasive techniques, these procedures can provide significant relief and improve overall quality of life. As awareness of these techniques continues to grow, more patients can benefit from this comprehensive approach to pain management.

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

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

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# Understanding COPD and Sleep Apnea Overlap Syndrome: A Comprehensive Guide to Diagnosis and Treatment

By Dr. Shakti Narain, MD, FCCP

**C**hronic Obstructive Pulmonary Disease (COPD) and Obstructive Sleep Apnea (OSA) represent two prevalent respiratory conditions affecting millions of Americans. COPD, a progressive lung disease resulting from prolonged exposure to irritants, causes persistent breathing difficulties. OSA is a sleep disorder characterized by recurring airflow obstructions during sleep. When these conditions coexist, they create “COPD and Sleep Apnea Overlap Syndrome”—a complex medical challenge requiring specialized attention. As a physician board-certified in Pulmonary Medicine, Sleep Medicine, and Internal Medicine, I believe understanding this syndrome is crucial for effective management and improved patient outcomes.

## Understanding the Mechanisms

COPD develops primarily through chronic exposure to harmful substances, particularly tobacco smoke, causing permanent lung damage. Patients typically experience progressive shortness of breath, persistent coughing, and chest tightness. OSA stems from physical upper airway obstruction, causing intermittent oxygen deprivation during sleep and resulting in disrupted rest and potential complications including hypertension and cardiovascular disease.

The combination proves particularly problematic because COPD patients with concurrent OSA face amplified breathing difficulties during sleep when respiratory muscle tone naturally decreases. Research demonstrates that this interaction intensifies hypoxemia—dangerously low blood oxygen levels—accelerating respiratory decline and compromising overall health.

## The Compounded Risks

While COPD and OSA independently increase risks for cardiovascular disease and diminished quality of life, their combination dramatically amplifies these dangers. Overlap Syndrome patients experience more severe nocturnal hypoxemia and elevated mortality rates compared to those with either condition alone.

Key complications include severely worsened oxygen deprivation during sleep, stressing the cardiovascular system; increased frequency of acute COPD exacerbations requiring hospitalization; and heightened pulmonary hypertension risk, where elevated lung blood vessel pressure strains the heart.

## Recognizing Symptoms

Overlap Syndrome symptoms often mirror individual conditions, making recognition challenging. Warning signs include chronic nighttime shortness of breath, excessive daytime fatigue from sleep disruption, loud snoring with gasping episodes, and morning headaches with dry mouth. Accurate diagnosis requires comprehensive evaluation combining pulmonary and sleep assessments through polysomnography and spirometry.

## Treatment Strategies

Managing Overlap Syndrome demands individualized approaches addressing both conditions. Core treatments include Continuous Positive Airway Pressure (CPAP) therapy to maintain airway openness and improve oxygen saturation. Supplemental oxygen may be prescribed for significant nocturnal hypoxemia. Bronchodilators and inhaled corticosteroids help manage symptoms and prevent exacerbations.

Essential lifestyle modifications include smoking cessation, regular exercise, and weight management, as excess weight exacerbates both conditions. Pulmonary rehabilitation programs combining exercise training, nutritional counseling, and education significantly improve lung function and quality of life.

## The Importance of Specialized Care

Successfully managing Overlap Syndrome requires multidisciplinary expertise addressing both COPD and OSA complexities. I strongly encourage COPD patients experiencing sleep apnea symptoms—snoring, daytime fatigue, morning headaches—to seek prompt evaluation. Early intervention significantly improves outcomes and quality of life for those facing this challenging dual diagnosis.

**Dr. Narain is a board certified specialist in Pulmonary Medicine, Sleep Medicine and Internal Medicine.**

Dr. Narain is a specialist in Pulmonary Medicine and Sleep Medicine. In addition, Dr. Narain specializes in Internal Medicine, which is a medical specialty devoted to the diagnosis, treatment and prevention of disorders of the internal body organs and functions of the body, such as diabetes, high cholesterol, high blood pressure, and many other treatable diseases.

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# What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfilment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfilment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10).

I would enjoy exploring with you the meaning of life and God.

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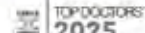
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