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TAKE CONTROL OF YOUR PELVIC HEALTH WITH EMSELLA IN LEESBURG, FL

Pelvic floor health is a topic that affects millions of people, yet it often remains undiscussed due to embarrassment or lack of awareness. Weakened pelvic floor muscles can lead to urinary incontinence, reduced bladder control, and diminished quality of life. Fortunately, modern technology has brought forward innovative solutions that address these concerns with dignity and effectiveness. Emsella, available at My Wellness Studio Medical Spa in Leesburg, FL, represents a breakthrough in noninvasive pelvic floor therapy that is changing lives without surgery, discomfort, or downtime.

Understanding Pelvic Floor Challenges

The pelvic floor is a group of muscles that support the bladder, bowel, and reproductive organs. Over time, these muscles can weaken due to various factors including childbirth, aging, hormonal changes, obesity, and chronic straining. When these muscles lose their strength and tone, the consequences can be frustrating and life-altering. Many people find themselves dealing with stress incontinence, which causes leakage during activities like coughing, sneezing, laughing, or exercising. Others experience urge incontinence, characterized by sudden and intense needs to urinate.

These challenges affect both women and men, though they are particularly common among women who have given birth or gone through menopause. Traditional approaches to strengthening the pelvic floor have included Kegel exercises, physical therapy, medications, and in severe cases, surgical intervention. While these methods can be effective, they often require significant time, effort, or come with risks and recovery periods that many people wish to avoid.

How Emsella Works

Emsella offers a revolutionary alternative that harnesses the power of high-intensity focused electromagnetic technology to stimulate pelvic floor muscles. During a treatment session, you simply sit fully clothed on the Emsella chair while the device delivers thousands of supramaximal contractions to the pelvic floor muscles. These contractions are far more intense and numerous than what could be achieved through voluntary exercise alone.



A single thirty-minute session produces the equivalent of approximately 11,000 Kegel exercises, providing deep and comprehensive muscle stimulation that promotes strengthening and toning. This targeted approach helps restore neuromuscular control, improve muscle tone, and enhance overall pelvic floor function.

The Benefits of Choosing Emsella

One of the most appealing aspects of Emsella is its completely noninvasive nature. There are no needles, no anesthesia, and no surgical incisions involved. Patients remain fully clothed throughout the treatment, which helps maintain comfort and dignity. Sessions typically last about thirty minutes, and most people can return to their normal activities immediately afterward with no recovery time needed.

Results from Emsella treatments are often noticeable within just a few sessions, with optimal outcomes typically achieved after a series of six treatments scheduled over the course of several weeks. Many patients report significant improvements in bladder control, reduced leakage episodes, and enhanced confidence in their daily activities. Beyond addressing incontinence, strengthening the pelvic floor can also contribute to improved intimacy and overall pelvic wellness.

Why Choose My Wellness Studio Medical Spa in Leesburg, FL

When seeking treatment for something as personal as pelvic health, choosing the right provider matters immensely. My Wellness Studio Medical Spa in Leesburg, FL, offers expert care in a warm, welcoming

setting designed entirely around your comfort and well-being. The experienced team understands the sensitive nature of pelvic floor concerns and provides compassionate, judgment-free care that puts you at ease from the moment you walk through the door.

From advanced skin treatments and body sculpting to confidence-boosting wellness solutions like Emsella, every service at My Wellness Studio is thoughtfully tailored to your individual goals. The team combines the latest technology with a gentle, personalized approach to help you look and feel your best. Here, your beauty and wellness journey is fully supported, your results are real and measurable, and your experience is truly exceptional.

Taking control of your pelvic health does not have to mean enduring invasive procedures or lengthy recoveries. With Emsella at My Wellness Studio Medical Spa, you can reclaim your confidence and improve your quality of life through a dignified, effective solution. Contact the team today to schedule your consultation and learn more about how this innovative treatment can help you live more freely and comfortably. Your path to better pelvic health and renewed confidence starts here.



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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START YOUR BETTER HEALTH JOURNEY NOW:

WHY PREVENTIVE CARE MATTERS FOR YOUR FUTURE

By Oscar A. Perez, MD



s we approach the new year, many of us create resolutions focused on better health. While enthusiasm peaks in January, the secret to lasting wellness isn't found in quick fixes or temporary lifestyle changes. Instead, it lies in embracing preventive care as a cornerstone of your health strategy.

Preventive care represents one of the most powerful tools we have in modern medicine, yet it remains underutilized. These proactive health measures from routine screenings to vaccinations and wellness checkups - can identify potential problems before they become serious conditions, saving lives and improving quality of life for years to come.

The Power of Early Detection

Many chronic diseases develop silently over years. High blood pressure, diabetes and certain cancers often present no symptoms in their early stages. Regular preventive screenings allow health care providers to catch these conditions when they're most treatable. For example, detecting high cholesterol early can prevent heart attacks and strokes through lifestyle modifications and medication. Similarly, routine cancer screenings have dramatically improved survival rates by identifying diseases in their earliest, most curable stages.

Long-Term Health Benefits

The impact of preventive care extends far beyond avoiding immediate health crises. When we address risk factors early, we reduce the likelihood of developing complications that can affect multiple body systems. Managing prediabetes, for instance, doesn't just prevent diabetes - it also protects your heart, kidneys, eyes and nerves from future damage.

Preventive care also means staying current with vaccinations, which protect not only you but also your community. Annual flu shots, pneumonia vaccines and updated boosters maintain your immune defenses against preventable diseases.

Cost-Effective Health Care

Beyond the personal health benefits, preventive care makes financial sense. Treating advanced disease is significantly more expensive than managing conditions early or preventing them altogether. A routine screening costs far less than hospitalization for a heart attack or cancer treatment. Most insurance plans, including Medicare, cover preventive services at no cost to patients, making this investment in your health more accessible than ever.

Building a Relationship with Your Health Care Provider

Regular preventive visits establish continuity of care with your physician. This ongoing relationship means your doctor understands your complete health history, family background and individual risk factors. They can provide personalized recommendations and catch subtle changes that might signal emerging health issues.

Taking Action Today

Don't wait for Jan. 1 to put your health first. Schedule your annual physical or any overdue screenings now. Talk with your doctor about your family health history so you can better understand your risk factors and ask which preventive steps are right for your age and lifestyle.

Preventive care isn't just about adding years to your life - it's about adding life to your years. By staying on top of routine checkups and screenings, you're building a strong foundation for long-term, vibrant health.



Oscar A. Perez, MD

Internal medicine physician, Oscar A. Perez, MD, is dedicated to providing comprehensive, individualized care with a focus on prevention. Known for his patient-centered approach, he believes in building strong, trusting relationships with his patients. He takes a holistic approach to patient care, focusing not only on treating acute illnesses, but also on preventive care and health maintenance.

Dr. Perez understands the importance of listening to his patients' concerns, thoroughly explaining diagnoses and treatment options and empowering them to take an active role in their health and wellness.

Passionate about patient care and community service, he has contributed to mission trips to Haiti, Venezuela and Cuba. Outside of medicine, Dr. Perez enjoys mountain biking and traveling with his wife and two children.



For more information about preventive care services at UF Health or to schedule your wellness visit, visit UFHealth.org/Central-Florida-Care or call 352-323-5665.

CHOOSING THE RIGHT SUNGLASSES: UV PROTECTION AND STYLE COMBINED

hen it comes to selecting the perfect pair of sunglasses, it's imperative to have both UV protection and incredible style. 100% UV protection is essential for protecting your eyes from the damaging rays of the sun, and the styling flatters your face and showcases your tastes. With that in mind, here's a guide to help you make an informed choice when picking out sunglasses.

UV PROTECTION IS AN ABSOLUTE NECESSITY

The primary function of sunglasses is to protect your eyes from the harmful effects of ultraviolet radiation, which include an increased risk of cataracts, macular degeneration, photokeratitis (sunburn of the cornea), pterygium (yellow growths on the white of the eye), skin cancer of the eyelid, and other detrimental conditions.

When picking out a pair of sunglasses, check the label for:

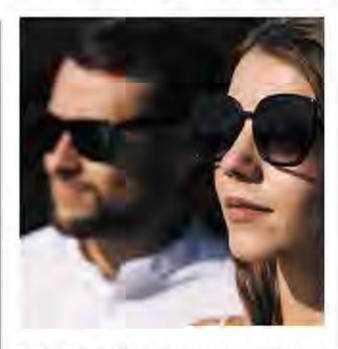
- 100% UV Protection: Make sure any sunglasses you pick block 100% of both UVA and UVB rays. If the sunglasses contain no UV information, it's safer to assume they lack the requisite protection.
- UV400 Label: This means the lenses block all light rays with wavelengths up to 400 nanometers, offering maximum UV protection.

INVEST IN A DURABLE PAIR

Sunglasses come in various materials, mainly plastic, metal, or a combination of both. Choose a material that complements your lifestyle and overall look. Metal frames tend to be more durable and classic looking, while plastic frames are often lighter, making them more comfortable for some, and come in a wide variety of shapes and colors.

For maximum wear and ongoing protection, look for lenses made from durable materials like polycarbonate to ensure clarity and impact resistance. For enjoyment outside, driving and playing sports, polarized lenses can reduce glare for optimal performance and comfort. The lenses as well as any coatings can affect the safety, effectiveness and lifespan of your sunglasses. Things to consider include:

- Polarized Lenses: Polarization reduces glare from the sun as well as reflective surfaces like water, glass and pavement.
- Lens Color: While lens color doesn't affect UV protection, it can enhance visual comfort and clarity in different lighting conditions. Gray lenses can reduce overall brightness while preserving natural color



balance. Brown/amber lenses can boost contrast and depth perception, making them great for sports and driving. Green lenses can provide a balance of contrast and color accuracy.

- Scratch-resistant Coating: If you play sports, tend to drop your glasses, or slide them in and out of a pocket or purse throughout the day, this coating can prevent minor abrasions.
- Transitions/Photochromatic: These specialty lenses change to perform for your current environment, darkening in bright settings and clearing in darker ones.

To protect your sunglasses, remember to store them in a protective case when not in use.

MAKE SURE TO GET THE PERFECT FIT

A good fit is crucial for both comfort and effective protection. To prevent slipping, choose a sunglass style that fits snugly but comfortably, to avoid pressure points over the course of the day. Make sure sunglasses rest on your nose and ears without pinching. A skilled optician can help ensure a perfect fit by adjusting the nose pads and temple tips to customize the fit.

PICK A STYLE THAT SUITS YOUR FACE

While UV protection is crucial, style is what makes wearing sunglasses fun and fashionable. The right sunglasses make your face and outfit dazzle! While the design of your sunglasses is entirely up to your personal sense of style, picking the right pair can be challenging. That's why it's always good to have a friend, or perhaps even more helpful, a skilled optician, on hand to help you pick out the most flattering sunglasses for your face.

While there are no rigid rules for picking a frame style (you do you!), different frame types can be especially complementary to certain face shapes. For instance:

- Round Faces: Angular frames, such as square, rectangular and cat-eye, add flair and definition to rounder faces.
- Square Faces: Round or oval frames, wire frames and thin rim styles help balance strong jawlines.
- Heart-Shaped Faces: Frames that are wider at the top than the bottom are especially flattering to heart-shaped faces.
- Triangular Faces: A broad jawline and narrower forehead can be complemented by frames that draw the eye upward, such as rectangular and cat-eye styles.
- Oval Faces: Oval faces have the benefit of working well with most frame shapes, including bolder frames.

For sports and driving, you may want to consider wraparound frame styles, which deliver peripheral protection against UV rays, glare, and debris.

UV PROTECTION LENSES FROM LAKE EYE

Remember, investing in a good pair of sunglasses is about more than just looking cool, but also about protecting your eyes from the sun and other potential hazards. By choosing sunglasses that offer both excellent UV protection and a style that suits your personal tastes, you'll protect your eyes, and look sensational doing it.

Need help choosing the right sunglass style, lenses or coating? Look no further than Lake Eye (a US Eye company). Each Lake Eye location features a full-service optical center with a vast array of sunglass frames by famous name designers, cutting-edge lenses and coatings, and skilled, friendly opticians ready to help you select the right sunglasses for your face, wardrobe and active lifestyle.



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Why Adults Struggle Most in **Restaurants and Crowded Places**

by AudioNova

any adults are surprised when they first notice that conversations in restaurants, family gatherings, or busy social settings feel harder than they used to. You might be able to hear every sound around you, yet the person across the table feels distant or unclear. You may find yourself nodding along or leaning in more often. You may even leave a noisy place feeling unusually tired, as if your mind was working overtime simply to follow along. This experience is far more common than people realize, and it often appears long before someone would consider themselves to have hearing loss.

There is a good reason adults struggle most in these environments, and it has to do with how the ear and brain work together. Understanding the science behind it helps remove the confusion and the frustration that many people feel.

The human ear is remarkable. It can pick up thousands of tiny details in speech and sound. The brain then takes those signals and sorts them so you can focus on what matters. The challenge is that most speech clarity comes from high frequency sounds. These sounds are soft, quick, and easy to lose in a room filled with background noise. For example, consonants like S, F, TH, SH, and CH carry the meaning in speech. They help our brain distinguish one word from another. When those sounds become harder to hear, people will often say that others are mumbling or that speech feels less crisp.

As adults get older, even as early as their thirties and forties, the tiny hair cells in the inner ear that detect high frequencies can begin to weaken. This is a slow and natural process, made faster for some people by noise exposure, work environments, genetics, and overall health. The important part is that this change affects clarity long before it affects volume. You may hear the sound of someone speaking, but the details of the words get lost.

Social environments make this even more challenging. Restaurants, parties, and cafes are filled with competing sound sources. Music, dishes, chairs moving, air systems, conversations from other tables, and the natural echo of the room all blend together.



Your ears are picking up every one of those sounds at once. When your brain tries to filter the voice you want to hear from everything else, the job becomes incredibly difficult. This filtering process is called auditory processing, and it becomes more demanding with age.

One of the most overlooked factors is the signal-to-noise ratio. This is the relationship between the voice you want to hear (the signal) and the sound around you (the noise). Even slight hearing changes can make the signal weaker, and even a moderate amount of noise can overpower the ability to follow speech. Adults often blame themselves when they cannot keep up, but the reality is that the environment is simply overpowering the clarity their ears can detect.

There is also an emotional side to this that many people do not talk about. Adults often leave noisy gatherings feeling drained or disconnected. They may stop speaking up as much or avoid busy places altogether. They may feel embarrassed asking people to repeat themselves. What they do not realize is that their brain has been doing the work of separating speech from noise on their behalf, and that work is exhausting. When hearing clarity changes, even slightly, the brain has to fill in the gaps. This can create listening fatigue, which is why some people feel mentally tired after conversations that used to feel effortless.

The good news is that struggling in noisy places is not a sign that something is wrong with you. It is a sign that your ears and brain are working hard in an environment that is genuinely difficult. It is also a sign that early hearing screenings can make a meaningful difference. These screenings show how well you hear

soft, high frequency sounds and how well you understand speech. They give you a clear picture of what is happening and help you know whether your challenges are simply environmental or if subtle hearing changes are beginning.

Adults who take a proactive approach often feel more confident afterward. They understand why certain situations feel hard. They know what is in their control. And if there are early changes, addressing them can make conversations feel more natural again. The goal is not to fear hearing loss. The goal is to protect communication, connection, and confidence.

Struggling in restaurants and crowded places is one of the earliest and most common signs of hearing changes in adults. It is also one of the easiest problems to misunderstand. When you know the science behind it, the frustration starts to fade. You realize that hearing is not just about detecting sound. It is about understanding speech in the middle of real life. When you take steps to understand your hearing earlier, you make it easier to stay connected to the people and the moments that matter most.

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The Holiday Season is Stressful:

What This Means for Your Heart Health

he Holiday season is upon us, and with all of the festivities, we should consider that this time of year can actually put a great deal of stress on our hearts. Heart disease is still the leading cause of death in both men and women, and during the holidays, it's essential to better understand and implement heart health and risk prevention.

Did you Know that Heart Attack Risks Increase Around this Season?

The risk of heart attack increases substantially during and after the holidays. The term "post-holiday heart attack" is a condition that is well-known by medical professionals. We are busier than ever during and after the holiday season. With parties, gift shopping, community events, and family gatherings, our stress levels are quite often through the roof. Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, and the fact that most of us overindulge during this time of year. For example, we're overeating, eating the wrong foods, like excessively salty and fatty fare, or we're drinking too much alcohol.

When we overeat, it can raise our cholesterol levels, and when we drink too much alcohol, it can cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical stimulations in your heart, and you may experience a dangerously high heart rate. Taking the time to make wise decisions can be the straw that allows for a happy holiday or an unfortunate one.

Keeping Your Heart Healthy Through the Holidays

- Avoid excessive alcohol consumption
- Cut down on stress levels
- Eat a healthy diet
- Exercise multiple times per week
- Get physical examinations and regular checkups recommendations
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Stop smoking
- Learn to say no/too many activities can lead to undue anxiety



Diet

Eating a healthy diet is strongly recommended for many health benefits, but in terms of keeping our hearts ticking along, a diet low in saturated fat, high in vegetables and fruits, legumes, healthy oils like olive oil and avocado is critical. Also, consuming less unhealthy carbohydrates and more low-fat proteins like fish and poultry are crucial. If you have high blood pressure, minimizing salt is also highly significant. Instead of salt, try substituting with lemon or spices and herbs.

Stay Active

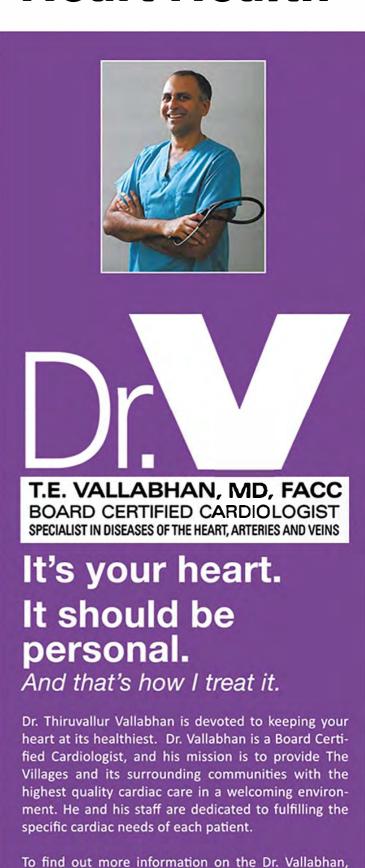
Carve out time to exercise. It's recommended that we get 2.5 hours of moderate exercise weekly or 1.5 hours of active cardiovascular training per week. It's okay to do a combination of the two, by walking one day for 20 minutes and sprinting the next for 30. No matter what you decide, you should always consult your physician before embarking on any workout plan. Along with cardiovascular uptake, exercise helps to increase the oxygen in our blood, and this is relevant to our overall heart health.

Stop the Cycle of Harmful Habits

If you smoke, stop now. Smoking causes an array of adverse health effects, including increasing plaque buildup in our arteries, raising bad cholesterol, decreasing good cholesterol, and damages the vessel walls, to name a few. If you smoke, your chances of a heart attack are incredibly high; smoking causes 6 million deaths per year. Talk to your physician about a specific smoking cessation plan for you. This holds true for any drug addictions that you may have. Do not wait; get help today and enjoy this holiday season with friends and family in a healthy state.

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The Direct Anterior Approach:

A Faster Path to Recovery After Hip Replacement

By Paul Mahle, MD | UF Health Medical Group Orthopaedics

s a total joint replacement surgeon, I'm constantly seeking ways to improve outcomes and accelerate recovery for my patients. One of the most significant advancements in hip replacement surgery over recent years has been the direct anterior approach. This technique has transformed how we perform total hip arthroplasty, offering patients a faster return to their daily activities with less post-operative discomfort.

Understanding the Direct Anterior Approach

Traditional hip replacement surgery typically involves accessing the hip joint from the side or back of the hip, which requires cutting through major muscle groups. The direct anterior approach is different. By accessing the hip joint from the front of the body, I can work between the muscles rather than cutting through them. This muscle-sparing technique preserves the natural anatomy and significantly reduces surgical trauma to the surrounding soft tissues.

Shorter Recovery Time

The most compelling benefit of the direct anterior approach is the dramatically shorter recovery period. Because muscles are not detached from the bone during surgery, patients experience less pain, less inflammation, and faster healing. Patients are walking within hours of surgery and can bear full weight on their new hip immediately. Compared to traditional approaches that may require six to eight weeks of restricted movement and hip precautions, patients undergoing the direct anterior approach often return to normal activities within two to four

Hospital stays are also typically shorter — often just one night or even same-day discharge for appropriate candidates. This means less time away from home, family, and the comfort of your own environment during the critical early recovery phase.

Fewer Restrictions, Greater Confidence

Traditional hip replacement techniques often come with a long list of precautions: don't bend past 90 degrees, don't cross your legs, use elevated toilet seats, sleep with a pillow between your knees. These restrictions exist because cutting through muscles increases the risk of hip dislocation during the healing process.



With the direct anterior approach, most of these precautions are unnecessary. The intact muscles provide natural stability to the new joint from day one. Patients can bend, sit in normal chairs and move more freely without restrictions. This freedom translates to greater confidence during recovery and a faster psychological adjustment to the new hip.

Ideal Candidates

While the direct anterior approach offers tremendous benefits, it's important to understand that not every patient is an ideal candidate. During your consultation, we'll discuss your specific anatomy, overall health and activity goals to determine whether this technique is right for you. Factors such as body composition, previous surgeries, and bone quality all play a role in surgical planning.

Taking the Next Step

If hip pain is limiting your quality of life and you've been considering joint replacement, I encourage you to explore whether the direct anterior approach might be right for you. At UF Health Medical Group Orthopaedics, we're committed to providing personalized care using the most advanced techniques available. Our goal is not just to replace your hip it's to restore your mobility, independence, and active lifestyle as quickly and safely as possible.



PAUL MAHLE, MD ORTHOPAEDIC SURGEON

Paul Mahle, MD, is a board-certified orthopaedic surgeon at UF Health fellowship trained in joint replacement and adult reconstructive surgery. He provides personalized care for bone, muscle and joint conditions, offering both non-surgical and surgical treatments for hip and knee injuries and degenerative conditions.

As part of a skilled healthcare team, he draws on shared expertise and best practices to diagnose and treat a wide range of musculoskeletal conditions. Outside of his practice, he enjoys traveling, being outdoors and is passionate about physical wellness, encouraging an active and healthy lifestyle.



For more information about orthopaedic services at UF Health or to schedule your next appointment, visit UFHealth.org/Central-Florida-Care or call 352-323-5665.

Same-day and Next-day appointments available.

Understanding Basal Cell Carcinoma: WHAT YOU NEED TO KNOW

By David Kosiorek, PA-C

asal Cell Carcinoma (BCC) is one of the most common types of skin cancer, affecting millions of people worldwide each year. At Lumen Dermatology, our experienced team encounters this condition frequently and wants to ensure patients understand the importance of early detection and proper treatment.

What is Basal Cell Carcinoma?

Basal cell carcinoma develops in the basal cells, which are found in the deepest layer of the epidermis. These cancers typically grow slowly and rarely spread to other parts of the body, making them highly treatable when caught early. However, if left untreated, BCCs can become locally invasive, causing significant tissue damage and disfigurement.

Recognizing the Signs

The Lumen Dermatology team emphasizes the importance of knowing what to look for when examining your skin. Basal cell carcinomas can appear in various forms:

- Nodular BCC presents as a pearly, domeshaped bump with visible blood vessels. These lesions may develop a central depression or ulceration as they grow.
- Superficial BCC appears as a red, scaly patch that may resemble eczema or psoriasis. These are commonly found on the trunk and can be easily overlooked.
- Morpheaform BCC looks like a scar-like, firm, pale area with poorly defined borders. This type can be particularly challenging to detect and treat due to its appearance.
- Pigmented BCC contains brown, black, or blue pigmentation and may be mistaken for a mole or melanoma.

BASAL CELL CARCINOMA (BCC)









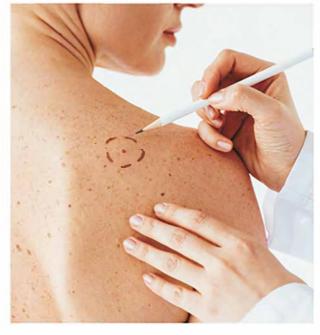
SQUAMOUS CELL CARCINOMA (SCC)











Risk Factors and Prevention

Several factors increase the likelihood of developing basal cell carcinoma. Prolonged sun exposure and a history of sunburns, particularly during childhood, significantly elevate risk. Fair-skinned individuals, those with light-colored eyes and hair, and people over 50 are at higher risk. Additionally, exposure to radiation, certain chemicals, or having a compromised immune system can increase susceptibility.

Lumen Dermatology strongly advocates for prevention through sun protection. This includes wearing broad-spectrum sunscreen with at least SPF 30, seeking shade during peak sun hours (10 AM to 4 PM), wearing protective clothing, and avoiding tanning beds entirely.

Treatment Options

When we diagnose basal cell carcinoma, several effective treatment options are available, including Mohs surgery, surgical excision, and superficial radiation therapy. The choice depends on the size, location, and type of BCC, as well as the patient's overall health.

The Importance of Professional Care

Regular skin examinations by our qualified team at Lumen Dermatology are crucial for early detection. Our professionals can identify suspicious lesions that patients might miss and provide appropriate treatment recommendations.

If you notice any new, changing, or concerning spots on your skin, don't hesitate to schedule an appointment. Early intervention leads to better outcomes and often simpler treatment procedures. Remember, basal cell carcinoma is highly curable when detected and treated promptly by experienced medical professionals.

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!



352-830-1500

www.LumenDermatology.com

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Ocala, FL 2750 SE 17th Street, Ocala, FL 34471







UNDERSTANDING AND TREATING ANKLE FLARE: A SYMPTOM OF VENOUS DISEASE

f you've ever noticed a spiderweb of veins around your ankles or feet, it could be more than just a cosmetic concern. Known as corona phlebectatica or ankle flare, these small, spider-like veins often signal underlyingof venous disease. While they may seem harmless, they can indicate a larger vascular issue that, if left untreated, may progress into more serious complications. At Central Florida Vein and Vascular Center, we specialize in diagnosing and treating this condition, ensuring that our patients receive top-tier care to improve both their health and confidence.

What is Ankle Flare?

Ankle flare is a common vascular issue where small veins inside and outside the ankle become visible due to increased pressure within the veins. This spider-like network of veins may appear insignificant at first, but they are often one of the earliest signs of chronic venous insufficiency (CVI). CVI affects over 40% of adults in the U.S., and ankle flare is frequently the body's first warning sign that venous health is at risk. When vein walls become damaged, they are unable to effectively return blood to the heart, causing it to pool and increase pressure in the lower extremities.

What Causes Ankle Flare?

Venous insufficiency occurs when the valves in the veins, designed to keep blood moving toward the heart, weaken or become damaged. As a result, blood begins to flow backward and collects in the veins of the legs and feet. This backward blood flow, known as venous reflux, increases pressure within the veins, causing them to stretch and twist. The buildup of pressure leads to the visible appearance of spider veins, particularly in delicate areas such as the ankles and feet.

In addition to aging and genetics, other factors that may contribute to venous insufficiency and the formation of ankle flare include:

- Prolonged sitting or standing: Many people who work desk jobs or stand for extended periods, like teachers or nurses, are more prone to venous issues.
- . Obesity: Excess weight increases pressure on the veins in the legs, exacerbating venous reflux.
- · Pregnancy: The increased blood volume and hormonal changes during pregnancy can weaken vein walls and cause vein issues to develop.
- Family History



If you notice swelling, aching, or itching in your legs, ankle flare may be the visible manifestation of an underlying venous problem that should be addressed with the guidance of a vascular specialist.

Treatment Options for Ankle Flare

At Central Florida Vein and Vascular Center, we tailor our treatment plans based on the severity of the venous disease. Early intervention is critical to prevent the progression of venous insufficiency and to restore healthy blood flow.

Early Treatment is Essential

Ignoring ankle flare or delaying treatment can lead to a worsening of venous disease, increasing the risk for conditions like varicose veins, chronic leg swelling, and even venous ulcers. According to the American Vein and Lymphatic Society, an estimated 1 in 4 Americans suffers from chronic venous insufficiency, and many of these individuals are unaware they have it. Early treatment not only improves cosmetic concerns but also prevents further damage to the veins and surrounding tissue.

Untreated venous insufficiency can result in:

- Varicose veins: Large, swollen veins that are visible on the surface of the skin.
- · Skin changes: Over time, skin around the ankle area may become discolored or thickened.
- . Venous ulcers: Chronic ulcers may form on the legs or ankles, which are difficult to heal without addressing the underlying venous issue.

Patient-Centered Care at Central Florida Vein and Vascular Center

At Central Florida Vein and Vascular Center, we believe that patient education and involvement are key to successful treatment outcomes. From the moment you walk into our office, our compassionate team listens to your concerns, explains your options, and ensures that you're an active participant in your healthcare decisions. We also provide comprehensive follow-up care to monitor your progress and offer ongoing support.

Take Control of Your Venous Health

If you're experiencing symptoms of venous disease or have noticed spider veins developing around your ankles, don't wait to seek treatment. Schedule a consultation with the specialists at Central Florida Vein and Vascular Center to discuss the best course of action for your unique condition. Our advanced treatment options can help you restore healthy circulation, reduce symptoms, and improve the appearance of your legs.

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THETA CHAMBER TECHNOLOGY OFFERS NEW HOPE FOR PAIN RELIEF AND RESTORATIVE SLEEP

By Allen T. Stanley, Practitioner

hronic pain and sleep disorders affect millions of people worldwide, often creating a debilitating cycle where pain disrupts sleep, and poor sleep intensifies pain. Keep Young Wellness Center is breaking this cycle with an innovative approach: The Theta Chamber, a cutting-edge neurotechnology that's transforming how patients experience pain management and sleep restoration.

Understanding the Theta Chamber

The Theta Chamber represents a breakthrough in non-invasive wellness technology, combining multiple therapeutic modalities into a single, immersive experience. This rotating chamber utilizes vestibular motion, binaural audio beats, visual light stimulation, and microcurrent signaling to guide the brain into a theta brainwave state—the same restorative frequency experienced during deep meditation and REM sleep.

During a typical 30-minute session, patients recline comfortably in the chamber while carefully calibrated stimuli work synergistically to induce profound relaxation. This theta state is where the brain becomes most receptive to positive change, allowing the nervous system to reset and rebalance naturally.

Pain Management Through Neurological Reset

Chronic pain often persists because the nervous system becomes hypersensitive, creating pain signals even after the original injury has healed. The Theta Chamber addresses this at its source by helping to recalibrate the brain's pain processing centers.

As patients enter the theta brainwave state, their nervous system shifts from sympathetic "fight or flight" mode into parasympathetic "rest and digest" function. This transition is crucial for pain management, as it reduces inflammation markers, decreases stress hormones like cortisol, and allows the body's natural healing mechanisms to engage more effectively.

Many patients at Keep Young Wellness Center report significant reductions in chronic pain conditions including fibromyalgia, arthritis, migraines, and neuropathic pain. Unlike pharmaceutical interventions that merely mask symptoms, the Theta Chamber works to retrain the brain's response to pain signals, offering longer-lasting relief without side effects.



Transforming Sleep Quality

Quality sleep remains elusive for millions who struggle with insomnia, restless nights, or non-restorative sleep patterns. The Theta Chamber's unique approach addresses sleep issues by targeting the root cause: a dysregulated nervous system and disrupted brainwave patterns.

The technology works by entraining the brain to produce more theta and delta waves—the frequencies associated with deep, restorative sleep. Through consistent sessions, patients often find their natural sleep architecture begins to normalize. They fall asleep more easily, experience fewer nighttime awakenings, and wake feeling genuinely refreshed.

The connection between improved sleep and reduced pain creates a powerful positive feedback loop. As sleep quality improves, pain perception decreases. As pain diminishes, sleep becomes even more restorative. This synergistic effect amplifies the benefits of each Theta Chamber session.

The Keep Young Wellness Center Experience

At Keep Young Wellness Center, the Theta Chamber protocol is tailored to each patient's unique needs. Most programs involve multiple sessions over several weeks, allowing cumulative benefits to build progressively. The center's experienced practitioners conduct thorough assessments to optimize treatment parameters for individual conditions.

Patients appreciate that Theta Chamber therapy requires no medications, produces no uncomfortable side effects, and demands no strenuous effort—just relaxation in a comfortable, controlled environment. Sessions can be easily integrated into busy schedules, making this advanced therapy accessible to those who need it most.

A Natural Path Forward

For individuals exhausted by the limitations of conventional pain management and frustrated by ineffective sleep solutions, the Theta Chamber offers a scientifically-grounded alternative. By working with the brain's natural capacity for healing and regulation rather than against it, this technology represents a paradigm shift in wellness care.

Keep Young Wellness Center continues to witness remarkable transformations as patients discover lasting relief from pain and return to restorative sleep patterns. The Theta Chamber stands as testament to how advanced neurotechnology, when properly applied, can unlock the body's innate ability to heal and thrive.



KEEP YOUNG WELLNESS CENTER

352-561-2991 www.keepyoungwellness.com 510 County Road 466, Lady Lake, Florida 32159

SHOCKWAVE THERAPY:

A NON-INVASIVE SOLUTION FOR MULTIPLE CONDITIONS

ake Sumter Urology is proud to offer cutting-edge shockwave therapy, a revolutionary non-invasive treatment that's transforming how patients address multiple health concerns. This innovative technology harnesses the power of acoustic waves to stimulate the body's natural healing processes, providing effective relief for conditions ranging from erectile dysfunction to chronic pain in joints and soft tissues.

Understanding Shockwave Therapy

Shockwave therapy, also known as extracorporeal shockwave therapy (ESWT), delivers targeted acoustic waves to affected areas of the body. These high-energy sound waves penetrate deep into tissues, triggering increased blood flow, breaking down scar tissue, and stimulating cellular regeneration. The treatment is performed in-office, requires no anesthesia, and allows patients to return to their daily activities immediately afterward.

Treating Erectile Dysfunction

For men struggling with erectile dysfunction, shockwave therapy offers a promising alternative to medications or invasive procedures. The treatment works by promoting the growth of new blood vessels in penile tissue, enhancing blood flow and improving erectile function naturally. Multiple clinical studies have demonstrated significant improvements in sexual performance and satisfaction following a course of shockwave treatments. This non-pharmaceutical approach is particularly beneficial for men who cannot take oral ED medications due to health conditions or those seeking a more permanent solution.

Relief for Golfer's Elbow

Golfer's elbow, medically known as medial epicondylitis, causes pain and inflammation on the inner side of the elbow where forearm tendons attach to the bone. This condition doesn't just affect golfers—it can develop in anyone who performs repetitive wrist and arm motions. Shockwave therapy targets the damaged tendons, accelerating healing and reducing inflammation. Patients typically experience decreased pain and improved range of motion, allowing them to return to their favorite activities without the prolonged recovery times associated with traditional treatments.

Addressing Knee Pain

Chronic knee pain can significantly impact quality of life, making simple activities like walking or climbing stairs challenging. Whether caused by osteoarthritis,



tendinitis, or previous injuries, knee pain responds well to shockwave therapy. The treatment stimulates the regeneration of damaged cartilage and reduces inflammation in the joint. By promoting natural healing mechanisms, shockwave therapy can delay or even eliminate the need for more invasive interventions like cortisone injections or surgery.

Healing Heel Pain

Plantar fasciitis and other causes of heel pain affect millions of people, making each step uncomfortable. Traditional treatments often involve rest, orthotics, and anti-inflammatory medications with varying degrees of success. Shockwave therapy offers a more direct approach by targeting the inflamed plantar fascia or Achilles tendon. The acoustic waves break up calcified deposits, reduce inflammation, and stimulate tissue repair. Many patients report significant pain reduction after just a few sessions, with improvements continuing for months after treatment completion.

The Treatment Experience

At Lake Sumter Urology, the shockwave therapy process is straightforward and convenient. Each session typically lasts 15 to 30 minutes, depending on the condition being treated. Most treatment protocols involve multiple sessions scheduled over several weeks to achieve optimal results. Patients may experience mild discomfort during the procedure, but this is generally well-tolerated without anesthesia. Side effects are minimal and may include temporary redness, swelling, or soreness at the treatment site.

Why Choose Lake Sumter Urology

Lake Sumter Urology combines advanced medical technology with compassionate, personalized care. The experienced medical team thoroughly evaluates each patient to determine if shockwave therapy is the right treatment option for their specific condition. With a commitment to patient education and evidence-based medicine, Lake Sumter Urology ensures that every individual receives the most appropriate and effective care available.

If you're struggling with erectile dysfunction, chronic joint pain, or other conditions that haven't responded to conventional treatments, shockwave therapy at Lake Sumter Urology may provide the relief you've been seeking. Contact the practice today to schedule a consultation and discover how this innovative treatment can help you reclaim your health and vitality.

At Lake Sumter Urology, we believe that proactive care and open communication form the foundation of excellent urologic health. Our board-certified physicians, including specialists with over ten years of robotic surgery experience, combine expertise with compassion to deliver personalized treatment plans. We participate in more than fifty managed care plans, including major Florida healthcare networks and Medicare, ensuring that advanced urologic care remains accessible to our community.

Do not wait to address your urologic concerns.

Whether you are experiencing symptoms of an enlarged prostate, are due for a routine screening, or have received an abnormal PSA result, our team is ready to help. Contact Lake Sumter Urology today at 352-775-6899 to schedule an appointment and take the first step toward protecting your prostate health.



808 Highway 466, Lady Lake, FL 32159

HANDLING HOLIDAY EMOTIONS: GRIEF, JOY, AND EVERYTHING IN BETWEEN

he holiday season is often described as "the most wonderful time of the year." Yet for many, it's also one of the most emotionally complicated. For people living with cancer, survivors, or caregivers, the holidays can stir up a deep mix of feelings — joy and gratitude intertwined with fatigue, uncertainty, or grief. Even those in good health can find the season emotionally charged, as expectations of happiness and togetherness clash with the realities of stress, loss, or change.

All the emotions you feel this season are valid; they're part of being human.

The Two Sides of Emotion

The holidays have a way of magnifying whatever we're feeling. For some, they bring comfort, connection, and warmth. For others, they can highlight absence, illness, or the way life has changed. People undergoing treatment or recovery may find it difficult to join every gathering or keep up with traditions. Caregivers might feel stretched thin, torn between responsibilities and the desire to make things "normal."

Recognize that it's OK to feel both grateful and sad at the same time. Emotions can coexist — we can laugh through tears, celebrate while remembering those we miss, and feel joy even amid uncertainty.

What Happens When Emotions Run High

Emotions aren't just in our heads — they affect the body, too. Stress, sadness, and anxiety can influence hormone levels, immune function, and sleep. For those navigating cancer or recovery, chronic stress can increase fatigue, tension, and even physical discomfort.

Understanding this connection can help us approach emotional wellness as a key part of physical health. Simple coping tools — mindfulness, deep breathing, brief walks, journaling, or moments of stillness — can help reduce stress hormones and restore balance.

Coping with Grief and Loss

The holidays can be especially hard when illness has changed what used to be familiar or when someone you love is no longer here.

Grief is often more intense during a season that celebrates togetherness. Rather than trying to avoid or suppress that pain, consider gently acknowledging it. Light a candle in a loved one's honor. Share stories about them during dinner. Create a small ritual that brings them into the moment — like playing their favorite song or cooking their favorite dish.

Grief is not something to "get over"; it's something we carry differently over time. If sadness feels overwhelming or persistent, reaching out to a counselor, faith leader, or oncology social worker can provide support and perspective.



Giving Yourself Permission to Feel Joy

When you're going through something hard, moments of joy can sometimes bring guilt — as if happiness means you're forgetting what's painful.

Allow yourself to embrace small pleasures: watching holiday lights, sharing a meal, laughing at a movie, or enjoying the scents of pine and cinnamon. These simple experiences can lift the spirit and support healing.

Managing Emotional Overload

Between travel, gatherings, and expectations, the holidays can easily lead to emotional or sensory overload. To protect your energy:

- Set limits: It's OK to decline invitations or leave early if you're tired.
- Simplify traditions: Focus on what feels meaningful, not what's "expected."
- Take small breaks: Even a few minutes of quiet breathing or stretching can reset your body and mind.
- Ask for help: Loved ones often want to help but don't know how; let them know what would be most supportive.

The Healing Power of Connection

If you're struggling, reach out — to friends, family, support groups, or communities of faith. You're likely to find that others are also navigating mixed emotions this season. Sharing honestly, without pressure to "be OK," can help lighten the weight.

For those supporting someone facing cancer or grief, the most meaningful gift isn't advice or cheer — it's presence. A listening ear, a handwritten note, or simply showing up can make a profound difference.

Finding Meaning and Peace

Whether you're celebrating, remembering, or simply getting through each day, allow yourself to feel it all — the joy, the sadness, the gratitude, the ache. This season, try letting go of "shoulds" and focusing on "what is." Rather than trying to change how you feel, allow yourself to feel it.

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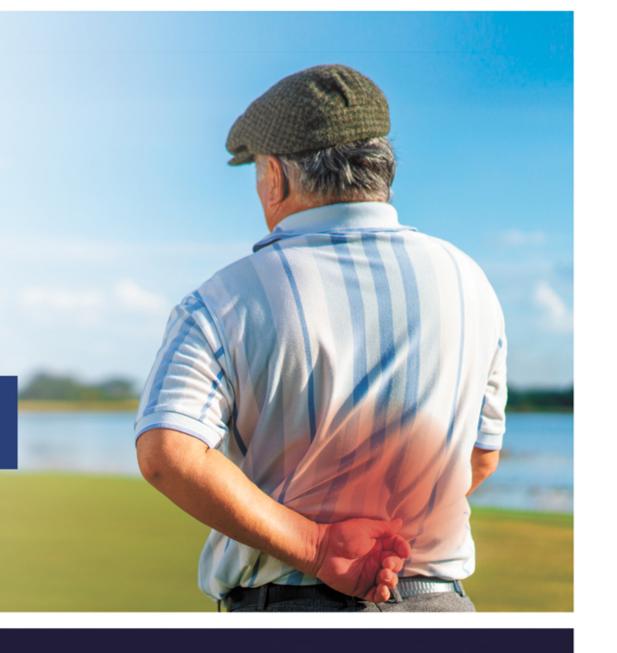
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How Stress Hurts Brain Health

Stress is something we all deal with. And it's not necessarily a bad thing. The human body contains a natural stress response system that serves a purpose. A brief surge of stress helps us stay alert and react quickly when life throws us a curveball. In small doses, it's useful.

The problem arises with the kind of stress that doesn't let up. You know the type—worry that keeps you up at night or ongoing anxiety that never seems to ease. This is the type of long-term stress that can take a huge toll emotionally and physically.

Biologically, stress can disrupt your sleep and increase inflammation in your body. Researchers now believe that chronic stress can also chip away at your memory and decision-making. This is how stress hurts brain health.

Protecting Your Brain Starts with Managing Your Stress

In a Danish study, researchers followed a group of adults over 30 years. They found that people who reported higher stress levels around age 56 experienced greater declines in IQ, especially in problem-solving and processing speed.

A separate study of 500,000 participants revealed that stress was consistently connected to increased dementia risk.

Finally, a study in Sweden followed a group of women for five decades. Those with midlife symptoms of stress-related exhaustion including fatigue, forgetfulness, and persistent burnout were nearly three times more likely to develop dementia before age 75.

But how exactly does stress affect the brain?

Stress Reshapes the Brain

When stress persists, your body remains in a state of high alert while also releasing cortisol, a hormone meant only for short bursts. Cortisol is produced in times of stressful physical and mental events. It is essential for helping your body deal with stress. But the prolonged elevation of cortisol from chronic stress wreaks havoc on your neurons and deteriorates brain structures.

Two of your brain structures are especially sensitive to stress. Located deep within your brain, the hippocampus handles memory creation and memory storage. The prefrontal cortex helps you maintain focus and develop plans. It also controls decision-making and emotional regulation. Chronic stress can physically change these parts of your brain. They are among the first areas of the brain to show damage in the early stages of Alzheimer's.

Animal studies support this. Research shows that stress exposure and high cortisol levels accelerate the formation of amyloid-beta and tau proteins, two key indicators of Alzheimer's.

One scientific study found that repeated, chronic stress reduced learning and memory, specifically in the prefrontal cortex. In this study, stress did more than simply make animals more forgetful. Stress actually changed how their brains processed new information.

Stress also overstimulates the amygdala—a small, almond-shaped structure in the brain that helps us process emotions like fear and anger. The result? More anxiety, less focus, and greater difficulty managing emotions.

Fortunately, some of these changes may be reversible.

4 Ways To Manage Stress

The earlier stress is addressed, the more likely the brain can bounce back. While we can't eliminate life's challenges, we can change how we respond to stress. Here are some ideas for getting started.

1. Get Moving

Exercise stands as one of the most effective tools for maintaining brain health. In fact, research shows that aerobic exercise and resistance training decreases inflammation, stimulates the brain's ability to create new neurons (nerve cells), and enhances memory function. Even light daily activity helps.

2. Create Calm Through Routine

Regular sleep and mealtimes, along with manageable daily routines, help the brain regulate stress more effectively.

3. Reach Out

We all need someone to talk to. Speaking to someone, whether it be a friend, family member or therapist, can help you de-stress. Social support serves as an important buffer against stress-related brain damage.



4. Eat Brain-Friendly Foods

A diet rich in leafy greens, berries, fish, olive oil, and nuts can do wonders to improve overall health and support cognitive function. The Mediterranean diet and the Mediterranean-DASH Diet Intervention for Neurodegenerative Delay (MIND) are effective prevention methods for Alzheimer's disease.

The Bottom Line

Stress is part of life, and there's no way to completely avoid it. However, when it sticks around too long without relief, stress can cause significant damage.

But you have more power than you might think. Simple choices like taking a daily walk and going to bed on time can help your brain stay strong. Spending quality time talking and having fun with others can also significantly decrease your stress level.

If you haven't checked out one of Charter Research's free community events, now is the perfect time. Gentle yoga, dance classes, movie nights—we've got it all. To see what's coming up near you, visit: charterresearch.com/events

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REVIVE & RETRAIN YOUR BRAIN



DECOMPRESSION THERAPY UNLOCKING HEALING POTENTIAL

By Dr. Chad Rose, DC

ecompression therapy has emerged as a groundbreaking treatment option for individuals suffering from chronic pain, offering a non-invasive alternative to traditional medical interventions. At Rose Wellness Clinic, patients are discovering a revolutionary approach to managing pain, improving mobility, and enhancing overall quality of life through this advanced therapeutic technique.

Understanding Decompression Therapy

Decompression therapy is a specialized treatment designed to alleviate pressure on compressed joints, nerves, and soft tissues. The primary goal is to create negative pressure within the affected area, which helps decompress spinal discs, reduce nerve impingement, and promote natural healing processes. Unlike invasive surgical procedures, this therapy offers a gentle, strategic approach to addressing various chronic pain conditions.

KEY BENEFITS OF DECOMPRESSION THERAPY

1. Non-Invasive Pain Management

One of the most significant advantages of decompression therapy is its non-surgical nature. Patients can experience substantial pain relief without the risks associated with invasive procedures. The treatment is particularly effective for:

- · Chronic lower back pain
- · Herniated or bulging discs
- Sciatica
- · Neck pain
- · Degenerative disc disease
- Pinched nerves

2. Improved Healing and Circulation

The therapy works by creating negative pressure within the affected area, which:

- Promotes nutrient and oxygen flow to injured tissues
- Reduces inflammation
- Stimulates the body's natural healing mechanisms
- · Helps rehydrate compressed discs
- · Encourages the retraction of herniated disc material

3. Enhanced Mobility and Flexibility

Patients often report significant improvements in:

- Range of motion
- Muscle flexibility
- · Overall joint function
- · Reduction in stiffness and discomfort



4. Holistic Approach to Treatment

Rose Wellness Clinic takes a comprehensive approach to decompression therapy, combining it with:

- · Personalized treatment plans
- Complementary therapies
- · Nutritional guidance
- Rehabilitation exercises

INSURANCE COVERAGE AT ROSE WELLNESS CLINIC

Many patients are pleasantly surprised to learn that decompression therapy may be covered by their insurance provider. At Rose Wellness Clinic, our dedicated team works closely with patients to:

- Verify insurance benefits
- Provide detailed documentation
- · Navigate insurance claims process
- · Offer flexible payment options for treatment

Insurance Considerations

- Most major health insurance plans provide partial coverage
- Coverage typically depends on:
- Specific diagnosis
- · Recommended treatment duration
- · Individual policy details
- · Pre-authorization may be required
- Patients are encouraged to consult with their insurance provider

Rose Wellness Clinic Offers an Insurance Friendly Multidisciplinary Approach

- Conservative medical care
- · Physical therapy
- Chiropractic
- Durable medical equipment (DME)

Who Can Benefit Most?

Decompression therapy is particularly beneficial for individuals experiencing:

- . Chronic pain lasting more than six months
- Limited relief from traditional treatments
- · Desire to avoid surgical interventions
- Recurring musculoskeletal issues
- Performance-related physical limitations

Safety and Effectiveness

Clinical studies have demonstrated the effectiveness of decompression therapy, with many patients reporting:

- Significant pain reduction
- · Improved functional capabilities
- . Enhanced quality of life
- · Reduced reliance on pain medications

At Rose Wellness Clinic, our expert practitioners utilize state-of-the-art equipment and personalized treatment protocols to ensure optimal results for each patient.

Consultation and Next Steps

Individuals interested in exploring decompression therapy should schedule a comprehensive evaluation with our specialized medical team. During the initial consultation, our experts will:

- · Conduct a thorough medical history review
- Perform diagnostic assessments
- · Create a customized treatment plan
- · Discuss potential insurance coverage

Decompression therapy represents a promising solution for those seeking relief from chronic pain without invasive procedures. Rose Wellness Clinic remains committed to providing cutting-edge, patient-centered care that transforms lives and restores hope.

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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Introducing Lumen Dermatology

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

Comprehensive Care at Lumen Dermatology

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

nfinity 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.





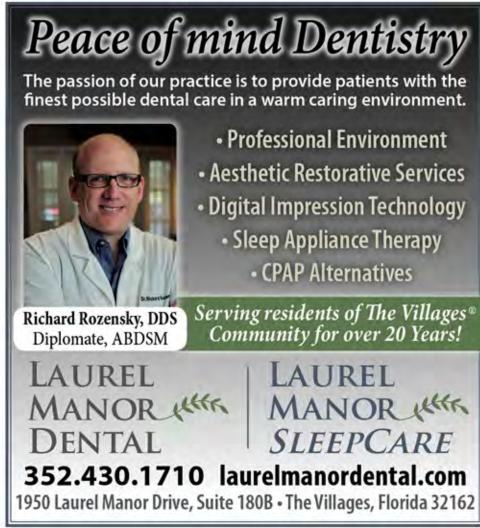
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SCHEDULE YOUR FREE CONSULTATION











REVOLUTIONIZING KNEE PAIN TREATMENT: THE SUMMUS LASER ADVANTAGE AT LASERLAB

n 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 to 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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Obstructive Sleep Apnea & Oral Appliances:

A Solution for a Good Night's Sleep

By Richard W. Rozensky, DDS, D.ABDSM

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.

Laurel Manor Dental/Laurel Manor SleepCare

352.430.1710 laurelmanordental.com

1950 Laurel Manor Drive, Suite 180B The Villages, Florida 32162

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

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

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

Meet Dr. Rozensky

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

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

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

SKIP THE "NEW YEAR, NEW YOU" DRAMA—START DROPPING POUNDS NOW

et's be honest—holiday weight gain is practically a seasonal tradition. Between office parties, pumpkin spice everything, and "just one more cookie," most of us spend November and December in stretchy pants, promising we'll get serious after New Year's. But here's the truth: waiting until January means starting behind. By then, your metabolism's sluggish, your hormones are cranky, and your motivation's snoozing like it's still on holiday break.

At Recharge Clinic, we're flipping the script. Why wait for the calendar to tell you it's time to feel amazing? Starting your weight-loss journey now gives you the head start you'll need to breeze into the new year lighter, leaner, and ready to show off that confidence you've been hiding under a sweater.

Real Science, Real Results

Recharge's weight-loss programs aren't your run-of-the-mill "eat less, move more" plans. We customize your program to fit your metabolism, hormones, and lifestyle—because everyone's body plays by its own rules. Some of our most popular medical options include:

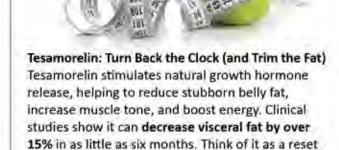
GLP-1 and GLP-Blend Peptides: Hunger, Meet Your Match

GLP-1 medications, like semaglutide, have taken the weight-loss world by storm—and for good reason. They help regulate appetite, slow digestion, and support insulin balance, leading to steady fat loss and fewer cravings. Studies show GLP-1 therapy can reduce body weight by up to 15% over a year, especially when combined with healthy eating and activity.

GLP-Blend peptides work in harmony with GLP-1, supporting gut health and nutrient absorption—an underrated but crucial piece of sustainable weight management. Together, these peptides help your body burn smarter, not harder.

MOTS-C: The Mitochondrial Power Player

This lesser-known but powerful peptide helps your body use energy efficiently at the cellular level. MOTS-C mimics the effects of exercise on metabolism—improving fat utilization, increasing endurance, and making workouts more effective. It's ideal for patients who feel their metabolism has hit a wall, especially during perimenopause or after years of yo-yo dieting.



button for your body composition-helping you

look and feel younger from the inside out.

Semamorelin: The Research-Backed Energy Booster Another growth-hormone secretagogue, semamorelin works much like tesamorelin but focuses on overall energy, better sleep, and recovery. Ongoing research shows promising effects on metabolism and lean muscle preservation—great news for anyone ready to shed fat while keeping those curves in all the right places.

Phentermine + Naltrexone: Appetite Control, Upgraded

For those who want faster, pharmaceutical-based results, our team may prescribe phentermine and/or naltrexone. Phentermine is a trusted appetite suppressant that helps jumpstart weight loss by curbing hunger and boosting energy. Naltrexone works on brain chemistry to reduce food cravings and emotional eating—especially for sweets, carbs, and late-night snacks. When combined, these medications can lead to significant fat reduction within weeks, with supervision from our medical team to keep you safe and balanced.

HRT or Not? We've Got You Covered

Let's talk hormones, because they rule everything—from your metabolism to your mood. If your testosterone, estrogen, or thyroid levels are out of balance, weight loss can feel impossible. That's why Recharge offers weight-loss programs with or without hormone replacement therapy (HRT).

For patients who qualify, HRT can help restore metabolic function, increase lean muscle, and reduce fat storage. But even if HRT isn't your vibe, our peptide and medication programs can work wonders on their own. The key is personalization—our providers use lab testing and consultations to find what your body truly needs, not just what's trending on social media.

Why Start Before the Holidays?

Because later never really happens. Getting started now means:

- You'll stabilize your appetite before holiday feasts hit full swing.
- You'll have more energy (thanks to peptides like MOTS-C and tesamorelin) to stay active and enjoy festivities.
- You'll prevent weight gain, rather than fight it come January.
- You'll roll into 2026 already crushing your goals.

You don't need to skip every party or hide from the dessert table—just start building momentum now. Even small losses of 5–10% of body weight can dramatically improve insulin sensitivity, blood pressure, and cholesterol levels.

Your Recharge Moment

At Recharge Clinic, weight loss isn't about punishment or deprivation—it's about empowerment. We combine cutting-edge science with real-world strategies that make sense for busy lives. Whether you want to balance your hormones, fine-tune your metabolism, or simply stop feeling stuck, our team has the tools, the experience, and yes, the sass to get you there.

So, instead of waiting for the "perfect time," make now your time. Because nothing says "Happy New Year" like zipping up your favorite outfit, feeling strong, confident, and completely in charge of your health.

Call Recharge Clinic today or visit

RechargeOcalaClinic.com to schedule your

consultation. Your new year transformation starts
the moment you decide you're ready—why not

make that today?

Free Consultations 352-512-9996 Telehealth Service Available



352-512-9996 www.rechargeocalaclinic.com

Call us at 352-512-9996 and step into a revitalized, vibrant you!

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Northwest Ocala Clinic 6889 N US HWY 27, Unit 104, Ocala, FL 34482

Southwest Ocala Clinic Timber Ridge Commons 9121 SW HWY 200, STE 1, Ocala, FL 34481

Lady Lake Clinic Sunset Professional Plaza 809 Co Rd 466 C 303, Lady Lake, FL 32159

Tips to Stay Active & Take the Appropriate **Precautions This Holiday Season**

hen we think of the holiday season, we typically visualize family dinners, lasting memories, and some relaxation, and we look forward to a peaceful experience. After all, holidays are a time to get away from our stress-filled lives and visit family and friends. In reality, these things hold true, but there is one blinding caveat that we all seem to gloss over-our sedentary lifestyle during the holidays because we don't take the time to exercise or keep our physical therapy appointments. Exercising through the holidays is critical!

Instead of taking the traditional family car drive to enjoy the festive lights in your neighborhood, take a walk. Walking after your evening dinner can be a peaceful experience for the entire family, but also it will facilitate the extra steps and activity that your body craves. In light of walking, when you're out shopping, park further away from the mall or stores to ramp up your cardio.

Hauling luggage, parking the car at the airport, waiting in the security line, worrying about catching our connecting flights, or traveling in the car or bus for long-distance in heavy traffic are all unpleasant experiences that we encounter while trying to get to our favorite destination.

Slips and falls are more common this time of year. If you're up north visiting loved ones, be careful and use extra caution if it's snowing or if there is ice on the ground, steps, and pavement. When you enter a building or home, make sure you get the majority of wet snow off of your shoes to avoid slipping as well.

One of the most common travel concerns in people with known heart disease, as well as healthy individuals, are DVT's, or deep vein thrombosis. DVT's can occur in travelers in the air, railways, or by road. Both chronic and acute symptoms could be a sign or lead to a DVT (deep vein thrombosis). DVTs are life-threatening and should be treated immediately. Deep vein thrombosis is a blood clot in the veins that are formed deep within the legs. Vascular malformations, pelvic tumors, or sitting for extended periods of time are some of the risk factors that go along with DVTs. Every year, over 2 million people are affected by deep vein thrombosis, and sadly over 200,000 of these cases end in death.

To alleviate your chances of DVT, it's imperative to try and move your toes, ankles, and do calf raises in your seat. If you can get up and walk around, that's a valuable method to keep your blood flowing correctly back to your heart. If your trip is over 3 hours, or if you have venous insufficiency, wearing compression stockings is critical to keeping your vascular structures healthy.

You can also do the same little exercises or movements while you're watching Rudolph or Elf with the kids. During the movie, wiggle your toes, stand up and sit down repeatedly for a few minutes, or do leg lifts. All of these flexion and extension movements will keep your circulation pumping and create oxygen-rich blood, and warm muscles.

Take the time to move this holiday season. Be thankful for your range-of-motion, and take advantage of dancing with your grandchildren, or taking a walk with your friends.

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

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

Innovative Therapies Group offers massage, physical, occupational and speech therapy. They embrace alternative and eastern medicine philosophies and will help you explore new inventive ways to combat your pain or disorders.

Types of Treatment Available with Physical Therapy

- Assessment and Evaluation Programs
- Difficulty Walking
- Fall Prevention and Balance Retraining
- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
- Neurological and Neurodegenerative Retraining
- Vestibular Rehabilitation

Innovative Therapies Group, Inc.

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INTERVENTIONAL PAIN MANAGEMENT IS WELL BEYOND MEDICATION MANAGEMENT ALONE

By Brent Compton, MD

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:

- 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.
- 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.

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

PAIN INSTITUTE 352-350-6500 | www.IPIMED.com

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For the last 18 years, Patrick Smith has served Clermont as a local estate planning attorney and occasional radio guest host. It's the last year, though, that has brought his knowledge and outreach to the entire state and across the country — this time returning as host of his own callin legal advice show. Saturday mornings from 8-9 you can listen Live on 102.5 FM and AM760 and call in with you legal questions. Broadcasts can also be streamed Live on Facebook and at theBoneOnline.com. The office and website are always available to you: 352-204-0305 - www.AttorneyPatrickSmith.com



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FINDING RELIEF FROM BUNIONS: EXPERT CARE AT OCALA PODIATRY

By Dr. Andrew Franklin, DPM, PH.D.

lance, and one of the most serious complications that can arise is the development of finding comfortable footwear. If you're dealing with a painful bump at the base of your big toe, you're not alone—and more importantly, you don't have to suffer in silence. Ocala Podiatry specializes in providing comprehensive bunion treatment to help patients regain mobility and live pain-free lives.

Understanding Bunions

A bunion, medically known as hallux valgus, is a bony prominence that develops at the joint where your big toe meets your foot. This occurs when the bones in the front part of your foot shift out of alignment, causing the tip of your big toe to pull toward the smaller toes while the joint at the base pushes outward. Over time, this misalignment creates the characteristic bump that can become red, swollen, and extremely tender.

Several factors contribute to bunion development, including genetics, foot structure, arthritis, and wearing tight or narrow shoes that squeeze the toes together. Women are particularly susceptible due to wearing high heels and pointed-toe shoes, though anyone can develop bunions regardless of footwear choices if they have an inherited foot structure that predisposes them to this condition.

Recognizing the Symptoms

Bunions typically start small but progressively worsen without proper intervention. Common symptoms include a visible bump on the outside of the base of your big toe, swelling and redness around the big toe joint, persistent or intermittent pain, corns or calluses where toes overlap, restricted movement of the big toe, and difficulty walking. Many people also experience trouble finding shoes that fit comfortably, as the bunion protrusion makes standard footwear painful to wear.

How Ocala Podiatry Can Help

At Ocala Podiatry, experienced podiatrists understand that every bunion case is unique and requires personalized treatment. The practice begins with a comprehensive evaluation, including a physical examination of your foot and possibly X-rays to assess the severity of the deformity and determine the best course of action.



For mild to moderate bunions, conservative treatment options are often highly effective. The podiatrists at Ocala Podiatry may recommend custom orthotics designed to redistribute pressure away from the bunion, padding and taping techniques to minimize pain, proper footwear guidance to accommodate the bunion and prevent further progression, anti-inflammatory medications to reduce swelling and discomfort, and ice therapy and physical exercises to maintain joint mobility.

The team also provides expert advice on selecting appropriate shoes with wide toe boxes and good arch support, which can significantly reduce symptoms and slow bunion progression. They may suggest splints or toe spacers to help realign the joint, particularly when worn at night.

Surgical Solutions When Needed

For severe bunions that don't respond to conservative measures or significantly impact quality of life, Ocala Podiatry offers advanced surgical options. Modern bunion surgery, or bunionectomy, has evolved considerably and can effectively realign the bones, ligaments, and tendons to restore normal foot function and appearance. The surgical approach varies depending on the severity of the deformity, and the podiatrists will thoroughly explain the procedure, recovery expectations, and long-term outcomes.

Taking the First Step

Living with bunion pain doesn't have to be your reality. The earlier you seek treatment, the more options you'll have and the better your outcomes are likely to be. Ocala Podiatry is committed to helping patients find relief through evidence-based treatments tailored to individual needs and lifestyles.

Don't let bunions limit your activities or diminish your quality of life. Contact Ocala Podiatry today to schedule a comprehensive evaluation and take the first step toward healthier, pain-free feet. With their expertise, advanced treatment options, and patient-centered approach, you can look forward to walking comfortably again.

Your Partner in Foot Health

At Ocala Podiatry, our comprehensive approach addresses not just the immediate wound but also the underlying factors contributing to ulcer formation. With proper treatment and ongoing care, most diabetic foot ulcers can heal successfully, allowing patients to return to their normal activities and maintain their quality of life.

If you're concerned about diabetic foot ulcers or any aspect of diabetic foot care, contact Ocala Podiatry today to schedule a consultation.

About Dr. Andrew Franklin, DPM, Ph.D

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



5481 Southwest 60th St Unit 502, Ocala, FL 34474



It's A Wonderful Life

By Pastor Timothy Neptune

very year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?"

Mine is Frank Capra's It's A Wonderful Life.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even by difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.



The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

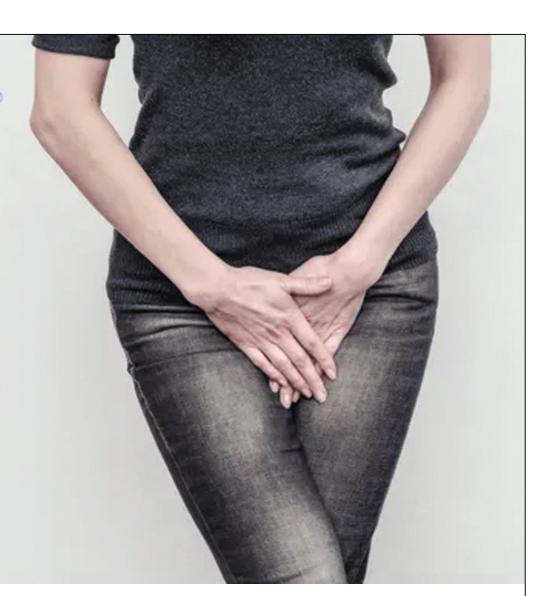
When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.

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