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Health & Wellness

MAGAZINE

January 2026

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in 2026!

THE FUTURE OF WEIGHT LOSS

Combining GLP-1s
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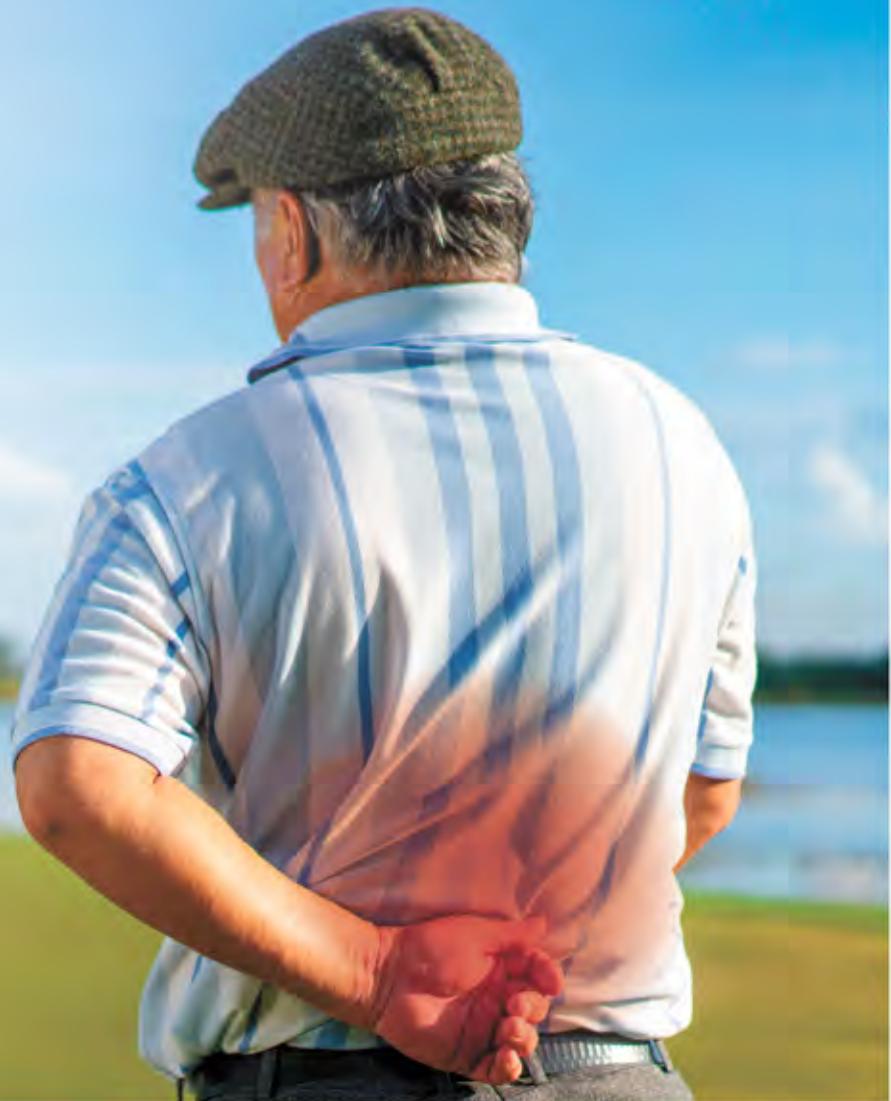
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THE FUTURE OF WEIGHT LOSS:

Combining GLP-1s with EmsculptNeo for Optimal Results

Losing weight is only half the battle—keeping your strength, balance, and vitality throughout the journey is what truly transforms your health. At My Wellness Studio Medical Spa, we've developed a revolutionary approach that pairs the power of GLP-1 medications with EmsculptNeo technology, ensuring you shed pounds while building the lean, strong body you deserve.

Understanding GLP-1 Medications

GLP-1s, or glucagon-like peptide-1 receptor agonists, have transformed medical weight loss. These medications work by mimicking a natural hormone your body produces in response to eating. When you take a GLP-1, it signals your brain's appetite centers to reduce hunger and increase feelings of fullness. Additionally, GLP-1s slow down how quickly food leaves your stomach, helping you feel satisfied longer after meals.

The results speak for themselves—patients typically experience significant weight loss as they naturally consume fewer calories without the constant battle against cravings. GLP-1s also help regulate blood sugar levels and have shown cardiovascular benefits, making them a comprehensive tool for metabolic health. However, there's a critical issue that many weight loss journeys overlook: muscle loss.

The Hidden Challenge of Weight Loss

When you lose weight rapidly, your body doesn't discriminate between fat and muscle tissue. Studies show that up to 25-30% of weight lost during calorie restriction can come from lean muscle mass. This muscle loss leads to several concerning outcomes: decreased strength, reduced metabolic rate, poor balance, increased injury risk, and a higher likelihood of regaining weight.

Many patients on GLP-1s find themselves losing weight but also losing their energy, stability, and physical capability. They become weaker, more prone to falls, and struggle with everyday activities that once felt effortless. This is where our innovative approach changes everything.

EmsculptNeo: Your Muscle-Preserving Solution

EmsculptNeo represents a breakthrough in body contouring technology, and it's the perfect complement to GLP-1 therapy. This FDA-cleared treatment



combines two powerful technologies in one session: high-intensity focused electromagnetic (HIFEM) energy and radiofrequency heating.

The HIFEM technology induces powerful muscle contractions—approximately 20,000 contractions in a single 30-minute session. These supramaximal contractions are more intense than what you can achieve through voluntary exercise, forcing your muscles to adapt and grow stronger. Meanwhile, the radiofrequency energy heats fat cells to temperatures that trigger apoptosis, the natural process of fat cell death.

The result? You're simultaneously burning fat and building muscle. Clinical studies demonstrate that EmsculptNeo can increase muscle mass by an average of 25% while reducing fat by approximately 30% in treated areas.

Why This Combination Works

When you pair GLP-1 medications with EmsculptNeo, you're addressing weight loss from every angle. The GLP-1s help you reduce overall body weight by controlling appetite and food intake, while EmsculptNeo ensures that weight loss comes from fat, not muscle. You're not just becoming lighter—you're becoming stronger, more toned, and more resilient.

This combination prevents the weakness and fragility that often accompany rapid weight loss. Your balance improves rather than deteriorates. Your

metabolism stays elevated because muscle tissue burns more calories than fat, even at rest. You maintain the physical strength needed for daily activities, exercise, and injury prevention.

Patients in our program report feeling energized and capable throughout their weight loss journey. They're not experiencing the fatigue and weakness common with traditional weight loss methods. Instead, they're watching their bodies transform into leaner, stronger versions of themselves.

A Complete Approach to Transformation

At My Wellness Studio Medical Spa, we believe weight loss should enhance your quality of life, not diminish it. Our EmsculptNeo + GLP-1s program represents a comprehensive approach that honors both the number on the scale and the strength in your body. You'll lose weight, preserve muscle, burn fat, and build the foundation for long-term health and wellness.

Your transformation should leave you feeling powerful, not depleted. With our innovative combination therapy, you can achieve the body you want while maintaining the strength you need.



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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The Connection Between Hearing Loss and Mental Wellness: Prioritizing Hearing Health for Mental Wellness Month

by AudioNova

January is Mental Wellness Month, a time to focus on the health of our minds and emotions as we begin a new year. While many people recognize the importance of mental health, the role of hearing health in maintaining overall well-being is often overlooked. Untreated hearing loss can have a significant impact on mental wellness, contributing to social isolation, anxiety, depression, and cognitive decline. As we turn our attention to mental wellness this January, it's essential to understand how addressing hearing loss can support overall mental health.

The Mental Toll of Hearing Loss

Hearing loss affects how we interact with the world. For many, it leads to frustration, loneliness, and stress. Conversations become harder to follow, especially in noisy environments or group settings, and individuals with hearing loss may start to avoid social situations. What may start as an inconvenience can quickly become a source of emotional strain.

Untreated hearing loss can lead to social isolation, which is closely linked to mental health challenges. When individuals feel disconnected from others, they are more likely to experience depression and anxiety. The effort to follow conversations, combined with the fear of miscommunication, can also lead to self-consciousness and withdrawal from social settings. Over time, this isolation can have a significant impact on mental well-being.

Research shows that people with untreated hearing loss are at a greater risk of developing depression. A study published in the Journal of the American Medical Association (JAMA) found that individuals with hearing loss are more likely to experience depressive symptoms than those with normal hearing. Older adults with hearing loss are especially vulnerable to mental health challenges, as hearing impairment can deepen feelings of loneliness.

Cognitive Decline and Hearing Loss

Another major concern is the link between hearing loss and cognitive decline. When hearing is impaired, the brain must work harder to process sound, using mental resources that are typically dedicated to other cognitive functions, such as memory and thinking. This extra strain can lead to mental fatigue and contribute to cognitive decline over time. Research shows that untreated hearing loss is associated with an increased risk of dementia and other cognitive disorders.

A Johns Hopkins University study found that individuals with mild hearing loss were twice as likely to develop dementia as those with normal hearing. For those with moderate to severe hearing loss, the risk was even higher. These findings emphasize the importance of treating hearing loss early, not only to preserve hearing but also to protect cognitive health.

Treating hearing loss helps alleviate cognitive strain, allowing the brain to focus on important tasks without working overtime to process sounds.

Emotional Well-Being and Hearing Loss

Untreated hearing loss can also take a toll on emotional well-being. Struggling to hear clearly can lead to frustration for both the individual and their loved ones. Misunderstandings and frequent repetition can strain relationships, leading to stress and emotional distress.

For many, untreated hearing loss can cause a loss of confidence. The anxiety of missing key details or struggling to communicate effectively can make social gatherings uncomfortable. Over time, individuals may avoid social situations, missing out on meaningful connections and experiences.

By addressing hearing loss, people can regain confidence, reduce anxiety, and feel more comfortable in social settings. Improved communication leads to less stress and enhances emotional resilience.

Supporting Mental Wellness by Treating Hearing Loss

Treating hearing loss can significantly improve mental and emotional well-being. Hearing aids and other treatments make communication easier, allowing individuals to stay engaged in conversations and social interactions. Improved hearing reduces mental fatigue, strengthens cognitive function, and promotes emotional well-being.

By staying connected with family, friends, and the community, individuals with hearing aids can reduce the isolation that often accompanies hearing loss. Social engagement is vital for maintaining a healthy mind, particularly in older adults, where the effects of isolation are more pronounced.

Today's hearing aids are designed to be discreet, comfortable, and highly effective. They offer a range of features, such as speech enhancement and background noise reduction, making it easier to hear in

various environments. Many modern hearing aids also connect to smartphones and other devices, providing a seamless experience.

A New Year Focus on Mental Wellness

As we observe Mental Wellness Month, now is the perfect time to consider how hearing health affects your mental well-being. If you or a loved one is experiencing hearing loss—such as frequently asking people to repeat themselves or struggling to follow conversations—this is a great time to take action. A hearing evaluation is quick, simple, and effective in assessing hearing ability.

At AudioNova, we are committed to supporting both your hearing and mental health. Our licensed audiologists offer complimentary comprehensive hearing evaluations and personalized treatment plans to ensure you receive the care you need. By addressing hearing loss, you're not only improving your hearing but also investing in your long-term mental well-being.

This January, take the first step toward better mental and emotional health by addressing your hearing loss. Contact us today to schedule a hearing evaluation and discover how improved hearing can support a happier, healthier you. to the people and the moments that matter most.

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TOP TIPS FOR FIRST-TIME CONTACT LENS WEARERS: WHAT TO EXPECT AND HOW TO ADJUST

If you're new to contact lenses, get ready for an exciting journey to clearer vision and newfound freedom. Whether you're looking to enhance your style, enjoy the convenience of lens wear, or simply experience life without glasses, you're in for a treat. As you embark on this adventure, remember that it's perfectly normal to have questions and need a little time to adjust. With a bit of practice and the right tips, you'll soon be navigating your daily routine with confidence. Let's get started on making your contact lens experience as comfortable and enjoyable as possible.

FIRST-TIME CONTACT LENS TIPS

Here are some common sense, practical contact lens tips to help you transition into the world of contact lenses:

- Practice Good Hygiene** – Always wash your hands thoroughly with mild, fragrance-free soap and dry them using a lint-free towel before handling your contact lenses. Good hygiene can help prevent eye infection and irritation from germs, bacteria and debris.

- Create the Right Environment** – Practice in a well-lit space in front of a mirror until you develop muscle memory for the procedure. If needed, use a magnifying mirror so you can see what you're doing. Make sure to avoid air conditioning vents, fans, or open windows, as the moving air could dry out your lenses.

- Master the Insertion and Removal Technique** – The art of inserting and removing contact lenses takes practice, so be patient with yourself. For many, the process is frustrating at first, so take breaks when you need them. Once you get into the groove, it will get quicker and easier. Here are some tips for success:

1. Start with the same eye each time to avoid mix-ups.
2. Place the lens on the tip of your index fingertip and make sure it's not inside-out.
3. Add a drop of saline solution to the lens before insertion to help it adhere more easily.
4. Use what's called the "monkey grip" technique: Reach over your head with the opposite hand and lift your upper eyelid as high as it will comfortably go, and use your other hand to pull down your lower lid.
5. Look up or to the side as you insert the lens, rather than staring directly at the lens. This can help reduce the reflex to blink. Some people are "clenchers," meaning they have a predisposition to

react to things touching their eyes. With practice, this tendency will lessen over time.

6. Place the lens on the white part of your eye first, then let it slide into place over your iris. Blink gently to center the lens.

7. To remove the lens, look upward and use your clean fingertip to slide the lens down toward the white of your eye before carefully pinching it out.

- Allow an Adjustment Period** – In the beginning, it's normal to experience some mild discomfort or awareness of your lenses. Your eyes may water, look red or feel slightly irritated. You may find your eyes feel a little dry, or you blink more often than normal. Your vision may blur occasionally. This typically improves within 1-2 weeks of consistent wear. To help you adjust, take a gradual approach:

1. Start by wearing your lenses for 2-4 hours on the first day.

2. Gradually increase wear time by 1-2 hours each day.

3. Most people can comfortably wear lenses for a full day (8-12 hours) within 1-2 weeks, though if it takes you longer, that's perfectly okay. Go at your own pace.

4. Soft lenses are usually quicker to adapt to than rigid gas permeable lenses.

Remember, it's normal for inserting contact lenses to feel challenging at first. If you talk to others who wear contact lenses, most will tell you it took them some adjustment. But, with consistent practice and patience, most people find it becomes much easier over time. Longtime users will likely tell you that it's second nature to them now.

ADJUSTING TO THE FEELING OF CONTACT LENSES

For some, having a foreign object in the eye can create some discomfort. If this applies to you, these tips may help:

- Stay Hydrated** – Drinking plenty of water may help ease eye dryness and irritation.
- Use Lubricating Eye Drops** – Not all eye drops are compatible with all contact lenses or eye conditions. Ask your eye doctor about which lubricating drops are best for your eye health and lenses.
- Blink More Often** – It may be surprising to know that people often forget to blink enough, especially if they're staring at phone, computer or tablet screens. Make it a habit to blink often, especially while using digital devices, watching TV, reading, etc.
- Take Breaks** – If your eyes feel tired or strained, remove your lenses and wear glasses for a while to give your eyes a breather.

SOME FINAL CONTACT LENS TIPS

- Don't Overdo Wear Times** – Always follow the contact lens wearing schedule recommended by your eye doctor. Don't be tempted to sleep in your lenses or keep using them past their life cycle, as this can be a recipe for eye infection, abrasion or ulceration.

- Never Use Water on Your Lenses** – Tap water is full of contaminants and should never be used to clean, moisturize or store lenses. Always use the contact lens solution recommended by your eye care professional.

- Store Your Lenses in Their Case** – Always store your clean lenses inside a clean lens case. Rinse the case with sterile contact solution every night, and fill it with enough fresh solution to submerge your lenses. Gently secure the lids. Replace your lens case every three months or sooner if it becomes dirty or damaged.

WHEN TO CONTACT YOUR EYE DOCTOR

The eye doctors of Lake Eye (a US Eye company) are here to help you make a safe, smooth transition into the wonderful world of contact lens clarity and convenience. If, after two weeks, you continue to experience discomfort, irritation or vision issues, your lenses may need to be adjusted for fit or changed to a different type of lens. Any signs of eye infection, such as discharge, undue redness, or swelling, require immediate attention. We are here to help throughout your adjustment.

Count on the vision care specialists of Lake Eye to help you decide which type of contact lens will best suit your unique eyes and lifestyle needs – from soft, rigid gas-permeable and hybrid, to Rose-K and scleral for people with keratoconus and other corneal issues. We provide comprehensive eye exams, vision exams, contact lens fittings, and a full range of contact lenses, for complete, one-stop service.



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Staying On Your Feet: Navigating Pickleball's Popularity for the New Year

By Cedric Tankson, MD - Orthopaedic Surgeon

As courts across America fill with enthusiasts embracing the nation's fastest-growing sport, pickleball continues to capture the hearts of millions—from retirees to young athletes looking for a new challenge. With its accessible learning curve and social appeal, the sport's surge in popularity has brought a corresponding rise in sport-specific injuries, particularly to the foot and ankle.

THE PICKLEBALL PHENOMENON

Pickleball's meteoric rise is no accident. The sport combines elements of tennis, badminton, and table tennis, played on a smaller court with a plastic ball and paddle. Its appeal spans generations, with over 4.8 million players nationwide enjoying its blend of strategy, skill, and social connection.

"What makes pickleball unique is its accessibility for all ages and fitness levels," explains Dr. Cedric Tankson, Orthopaedic Surgeon at UF Health Orthopaedics. "However, this accessibility sometimes leads players to underestimate the physical demands and proper preparation required."

COMMON FOOT AND ANKLE INJURIES IN PICKLEBALL

The quick starts, stops, and lateral movements characteristic of pickleball create particular stress on the lower extremities. According to UF Health Sports Medicine data, the most common pickleball-related foot and ankle injuries include:

- Achilles tendinitis: Repetitive strain on the tendon connecting the calf muscles to the heel
- Plantar fasciitis: Inflammation of the thick band of tissue running across the bottom of the foot
- Ankle sprains: Stretching or tearing of the ligaments, often from quick directional changes
- Stress fractures: Tiny cracks in bones from repetitive force, particularly in the metatarsals

"Many players don't realize that pickleball, despite its friendly appearance, involves movements that can put significant stress on the foot and ankle complex," notes Dr. Tankson. "The sport's frequent direction changes and quick pivots challenge stability and strength in ways newcomers might not anticipate."

PREVENTION STRATEGIES FOR FOOT AND ANKLE INJURIES

UF Health Sports Medicine specialists recommend several strategies to maintain foot and ankle health while enjoying pickleball:

1. Proper Footwear Selection

"Court-specific shoes are essential," emphasizes Dr. Thompson. "Unlike running shoes designed for forward motion, court shoes provide lateral support and appropriate traction for multi-directional movements."

Look for shoes with:

- Good lateral support
- Cushioning for impact absorption
- Non-marking soles designed for court surfaces
- Proper fit with adequate toe room

2. Progressive Training and Conditioning

"Many pickleball injuries occur when players jump into competitive play without building foundational strength and flexibility," says Dr. Thompson.

A balanced conditioning program should include:

- Ankle strengthening exercises
- Balance and proprioception training
- Flexibility work, especially for the Achilles tendon and calf muscles
- Core stability exercises to improve overall movement efficiency

3. Proper Warm-Up and Cool-Down Routines

Before hitting the court, spend 5-10 minutes on dynamic warm-ups like ankle circles, heel walks, and gentle side-to-side movements. After play, static stretching helps maintain flexibility and aids recovery.

4. Playing Surface Awareness

"Different court surfaces present unique challenges to foot and ankle stability," Dr. Thompson explains. "Players should adjust their movement patterns accordingly and be particularly cautious on slippery or uneven surfaces."

WHEN TO SEEK MEDICAL ATTENTION

While minor soreness is normal after activity, certain symptoms warrant professional evaluation:

- Pain that persists more than a few days
- Swelling that doesn't improve with rest and ice
- Inability to bear weight
- Visible deformity or bruising
- Recurring pain that interferes with daily activities

THE BENEFITS BEYOND THE COURT

Despite potential injury risks, the benefits of pickleball far outweigh the concerns when played with proper preparation.



"Regular pickleball play improves cardiovascular health, enhances balance and coordination, strengthens lower body muscles, and provides valuable social connections," says Dr. Tankson. "These benefits contribute significantly to overall health and quality of life, particularly as we age."

UF Health Orthopaedics reminds enthusiasts that with proper preparation, equipment, and awareness, players can enjoy the game while minimizing injury risk. By following these guidelines, pickleball can remain a source of fitness, fun, and friendship for years to come.

About Cedric Tankson, MD



Cedric J. Tankson, M.D., earned his medical degree from The University of South Florida College of Medicine in Tampa, Florida. He completed his orthopaedic residency training at Louisiana State University in New Orleans and completed a foot and ankle fellowship at The Institute for Foot and Ankle Reconstruction at Mercy Medical Center in Baltimore, Maryland.

Dr. Tankson joined the UF Health-Villages orthopaedics staff in January 2020 and is board certified by the American Board of Orthopaedic Surgery. His clinical area of interests include arthritis, fracture management, joint restoration, sporting injuries and tendinitis

Dr. Tankson has been published in several publications and has experience researching many topics including foot and ankle disorders, pediatric acute hematogenous osteomyelitis, cubital tunnel syndrome and infectious diseases.

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HOW TO IMPROVE YOUR HEART HEALTH IN THE NEW YEAR

T.E. Vallabhan, MD, FACC

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

Too Much Sugar

High blood sugar and cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's critical that you see a cardiologist because it's not a matter of, "will I have heart issues," but rather "when."

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Too Much Salt

When we ingest excessive salt, inflammation takes effect in our entire bodies and water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.

Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy. Eating whole foods is imperative to keeping your sodium

levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

Improve Your Diet

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt in the center isles. There are exceptions of course, like frozen no salt added vegetables and fruit and dried spices to take the place of your saltshaker. For the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs and some dairy.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

When you shop, check the labels on your food and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces of condiments on the side and use sparingly. Also, order steamed vegetables, lean meat and in general make wise choices.

Exercise

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

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO2) is three times greater in water than on land. Working large muscle groups

leads to this uptake of oxygen or VO2, but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.



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UNDERSTANDING VENOUS LEG ULCERS: CAUSES, SYMPTOMS, AND TREATMENTS

We've all experienced minor cuts, scrapes, or bruises on our legs. In most cases, these injuries begin to heal within two weeks. However, if a wound on your leg seems to be worsening, increasing in size, or producing drainage, it could be a venous leg ulcer (VLU)—a condition requiring medical attention.

What Are Venous Leg Ulcers?

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

What Causes Venous Leg Ulcers?

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

Other Types of Leg Ulcers

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

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

Treatment Options for Venous Leg Ulcers

Treatment for VLUs depends on the severity of the ulcer, your age, and overall health. Commonly recommended approaches include:

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



- **Sclerotherapy:** A minimally invasive procedure where a solution is injected into the varicose veins, causing them to collapse and fade over time.
- **Endovenous Laser Treatment (EVLT):** Using laser energy, this procedure targets the damaged veins, causing them to close and reroute blood flow to healthier veins.
- **Radiofrequency Ablation (RFA):** Similar to EVLT, this method uses radiofrequency energy to seal off problematic veins.
- **Varithena:** Varithena is minimally invasive and doesn't involve surgical vein stripping, removing the associated risks. You avoid general anesthesia, sedation and incisions. Varithena does not require multiple injections to numb the treatment site, unlike most thermal procedures, and doesn't leave permanent foreign bodies behind after treatment.
- **Microphlebectomy:** The procedure is performed by making a tiny 1-2mm micro-incision and the vein is teased out with a small hook. It is then divided and removed. The incisions are so small that stitches are not needed to close them. They heal with excellent cosmetic results with only a butterfly closure.
- **Ultra Sound Guided Foam Sclerotherapy:** is unique because it removes unsightly or unhealthy veins without stripping them. First, an ultrasound will be used to find the affected vein, and then a needle is inserted to inject a sclerosing agent into the vein being treated. This agent causes a chemical reaction, which causes the vein to collapse leaving the body to then absorb that vein. This removes the varicose vein without creating any scarring or skin conditions. Veins generally need two to three treatments, and patients enjoy long-lasting cosmetic results afterward.

The Importance of Timely Treatment

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

Statistics Highlight the Scope of the Issue

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

Seeking Professional Care

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

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Protecting Your Spine:

Essential Strategies for Lifelong Back Health

By Ali Zarezadeh, MD - Orthopaedics

Your spine is the literal backbone of your health and mobility. This remarkable structure of bones, discs, muscles, and nerves supports your body, enables movement, and protects your spinal cord. Yet many of us don't think about spine health until pain or injury occurs. According to specialists at UF Health, proactive spine care is essential for maintaining quality of life and preventing debilitating conditions that affect millions of Americans each year.

Understanding Your Spine's Needs

The spine consists of 33 vertebrae stacked in a gentle S-curve, cushioned by shock-absorbing discs and supported by muscles and ligaments. This complex system requires proper care to function optimally throughout life. UF Health experts emphasize that spine health influences overall wellness, affecting everything from physical mobility to sleep quality and even mood.

"Many spine problems develop gradually over years of accumulated stress and poor habits," explains UF Health Orthopaedic Surgeon, Dr. Zarezadeh. "What's encouraging is that many of these issues can be prevented through consistent, thoughtful daily practices."

ESSENTIAL STRATEGIES FOR SPINE PROTECTION

1. Maintain Proper Posture

Poor posture places excessive stress on your spine. UF Health recommends being mindful of your alignment throughout the day:

- When sitting, keep your feet flat on the floor with knees at hip level
- Maintain a small gap between the back of your knees and your chair
- Position your computer monitor at eye level to avoid neck strain
- Take regular "posture breaks" to reset your alignment if sitting for extended periods

2. Practice Spine-Friendly Movement

Regular movement nourishes spinal discs and strengthens supporting muscles. UF Health suggests:

- Engage in low-impact exercises like walking, swimming, or cycling
- Incorporate core-strengthening exercises that support the spine
- Practice gentle stretching to maintain flexibility
- Avoid high-impact activities that jar the spine if you have existing back issues



3. Lift and Carry Correctly

"Improper lifting technique is one of the most common causes of acute back injuries," note UF Health experts. Follow these guidelines:

- Bend at the knees, not the waist
- Keep objects close to your body when lifting
- Avoid twisting while lifting
- Ask for assistance with heavy items
- Use mechanical aids when available

4. Create Spine-Supportive Environments

Your daily surroundings significantly impact spine health:

- Invest in a quality mattress that maintains proper spinal alignment
- Use ergonomically designed chairs and workstations
- Wear supportive footwear that promotes good posture
- Consider a standing desk option if you work at a computer

5. Maintain Healthy Weight

Excess weight, particularly around the midsection, increases strain on the lower back. UF Health research shows that even modest weight loss can significantly reduce back pain for many patients.

6. Stay Hydrated and Nourished

Spinal discs are approximately 80% water and require proper hydration to maintain their shock-absorbing properties. Additionally, calcium, vitamin D, and magnesium are essential nutrients for bone health.

WHEN TO SEEK PROFESSIONAL CARE

While prevention is ideal, being proactive about seeking care is equally important. UF Health recommends consulting a spine specialist if you experience:

- Pain that radiates down your arms or legs
- Numbness or tingling in extremities
- Back pain accompanied by fever
- Pain that persists despite rest
- Any back pain following trauma

THE LONG-TERM VIEW

"Spine health is a lifelong journey, not a one-time fix," emphasize UF Health spine specialists. "The habits you establish today can determine your mobility and comfort decades from now."

By implementing these evidence-based strategies recommended by UF Health experts, you can protect your spine and enjoy greater mobility, comfort, and overall wellness throughout your life. Remember that small, consistent actions typically yield better results than dramatic but short-lived changes to your routine.

About Ali Zarezadeh, MD



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

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

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

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Understanding Squamous Cell Carcinoma

EXPERT CARE AND TREATMENT

By David Kosiorek, PA-C

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

What is Squamous Cell Carcinoma?

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

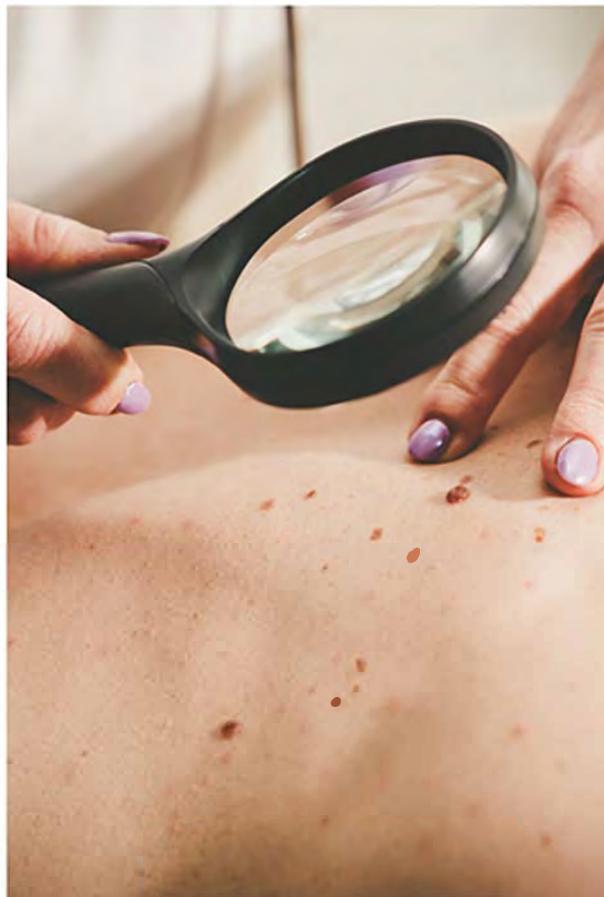
The primary cause of SCC is cumulative ultraviolet (UV) radiation exposure from the sun or tanning beds. Other risk factors include fair skin, a history of sunburns, weakened immune system, exposure to certain chemicals, and previous skin cancer diagnoses. People over 50, men, and those with outdoor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

Recognizing the Warning Signs

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

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

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



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

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

Prevention and Ongoing Care

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

Your Partner in Skin Health

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

Expert Dermatology Care for Your Skin

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

Book Your Appointment

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

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



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A NEW YEAR, A NEW YOU! BE PAIN FREE IN 2026!

By Dr. Chad Rose, DC

Are you one of the millions of Americans suffering from the burning, tingling, and debilitating pain of neuropathy? As we step into 2026, Rose Wellness Clinic is revolutionizing neuropathy treatment with cutting-edge technologies that offer hope and healing to those struggling with this challenging condition.

Understanding Neuropathy's Impact

Peripheral neuropathy affects more than 20 million Americans, impacting every aspect of daily life. From difficulty sleeping to challenges with basic mobility, neuropathy's effects can be devastating. Traditional treatments often fall short, leaving many patients frustrated and seeking better solutions.

Breakthrough Technologies at Rose Wellness Clinic

At Rose Wellness Clinic, we're proud to introduce a comprehensive suite of innovative therapies that are changing lives. Our multi-faceted approach combines the latest medical advancements with personalized care plans designed for optimal results.

Advanced Nerve Stimulation Therapy

Our state-of-the-art Electronic Neural Stimulation (ENS) technology delivers precise, targeted electrical impulses to affected nerve pathways. This groundbreaking treatment helps reduce pain signals while promoting natural healing processes. Patients report significant improvement in symptoms after just a few sessions, with many experiencing up to 80% reduction in discomfort.

Laser Light Therapy

Our advanced Class IV laser therapy penetrates deep into affected tissues, stimulating cellular repair and reducing inflammation. This non-invasive treatment accelerates healing at the molecular level, providing lasting relief without medication or surgery.

Regenerative Medicine

Rose Wellness Clinic leads the field in regenerative medicine applications for neuropathy. Our cutting-edge treatments help restore damaged nerve tissue, offering hope for long-term recovery rather than just symptom management.



Personalized Treatment Plans

Every patient's neuropathy journey is unique. Our expert medical team develops customized treatment plans that may include:

- Targeted nutritional therapy
- Advanced diagnostic testing
- Specialized physical therapy protocols
- Breakthrough medication management
- Lifestyle modification coaching

Real Results, Real People

"After years of suffering, I had almost given up hope," shares Maria Rodriguez, a patient at Rose Wellness Clinic. "The innovative treatments here have given me my life back. I'm now able to sleep through the night and enjoy activities with my grandchildren again."

Why Choose Rose Wellness Clinic?

Our commitment to excellence shows in every aspect of patient care:

- Board-certified specialists in neuropathy treatment
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- Comprehensive treatment approaches
- Proven success rates
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Make 2026 Your Year of Recovery

Don't let another year pass while living with neuropathy pain. Rose Wellness Clinic's innovative treatments offer real hope for recovery and renewed quality of life. Our expert team is ready to help you start your journey to becoming pain-free.

TAKE THE FIRST STEP TOWARD A PAIN-FREE 2026

Contact Rose Wellness Clinic today to schedule your comprehensive evaluation. Our caring staff will guide you through your options and help develop a personalized treatment plan that works for you.

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Dr. Chad Rose, DC is the lead chiropractor at Rose Wellness Clinic who serves The Villages and the surrounding communities in FL.

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

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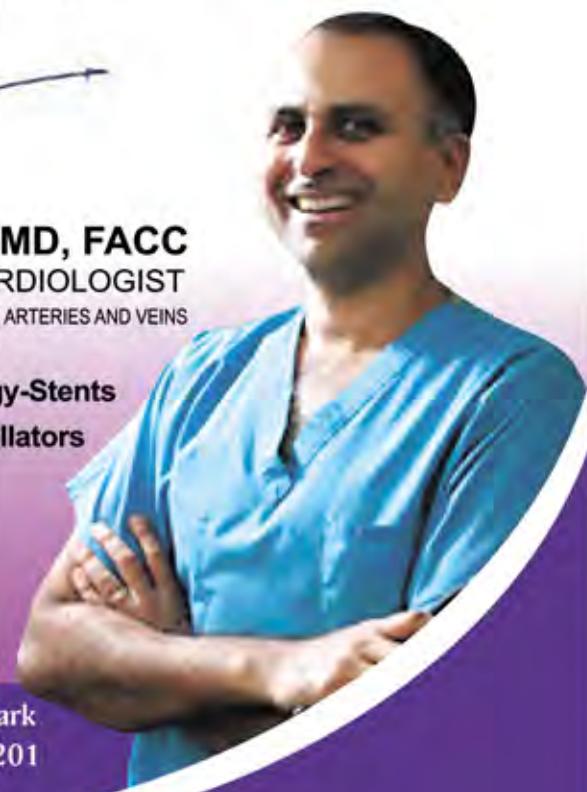
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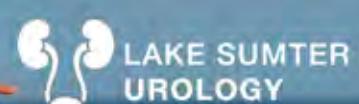
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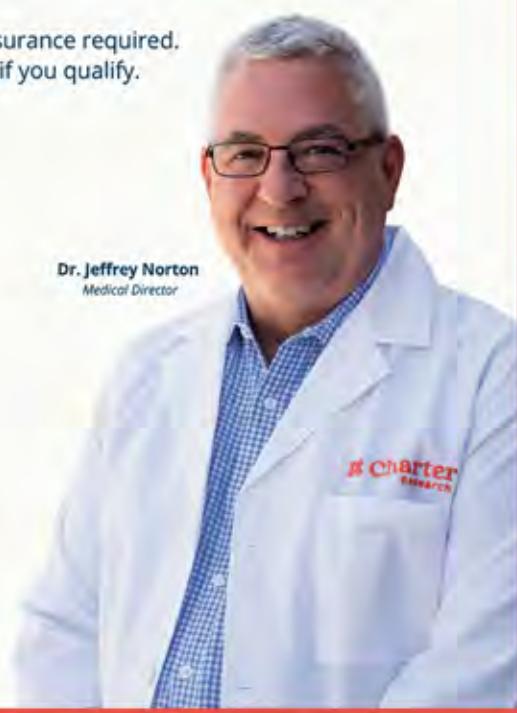
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Do Brain-Training Exercises Delay Alzheimer's?

If you spend time working on crossword puzzles, Sudoku, or playing cards with friends, stick with it! These brain-stimulating activities can go a long way in slowing down Alzheimer's Disease—even 5 years later.

That's according to a recent study in the journal *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring* which found that brain-training exercises can potentially reduce symptoms and delay the onset or prevent the progression of the disease.

"Brain-training exercises are something that we tell our patients they have to do to stay cognitively active," says Diana Balsalobre, MD, a board-certified neurologist and Principal Investigator at Charter Research. "Stimulating the brain helps maintain your cognitive reserve—or your brain's ability to think and problem solve—and eventually helps with memory and cognition," she said.

What did the study about brain training find?
The study was a small, randomized controlled single-blind trial of 145 older adults with mild cognitive impairment (MCI).

Participants were randomly assigned to three groups: cognitive training, psychosocial intervention, or no-contact condition.

Participants who received cognitive training were given memory strategies such as memorizing names of people, remembering tasks or lists of items, as well as learning strategies to help them focus their attention and improve memorization.

Those in the psychosocial group participated in a program to improve their psychological well-being and learned techniques such as anger and stress management and problem-solving. Over a 2-month period, patients in these first two groups received eight, 120-minute weekly sessions.

The third group didn't receive any training.

At the end of the study, those who received brain training experienced a slower decline in memory and had stable cognition 5 years later. Those in the other two groups who received psychosocial interventions or no-contact didn't experience any cognitive benefits.

While most research has looked at patients over a shorter duration of time, this study was unique in that it followed patients long term. "This research



shows that brain training over a relatively short period of time can still have a significant, long-lasting impact on a person's cognition and memory," Balsalobre said.

While previous studies have suggested that brain training is beneficial, there has been some debate in the scientific community. In 2014, the Stanford Center on Longevity and Berlin Max Planck Institute for Human Development, two research organizations, stated, "The consensus of the group is that claims promoting brain games are frequently exaggerated and at times misleading."

While experts agree that a larger scale, double blinded study is likely the next step to validate the results, if you have Alzheimer's disease or are at risk, making brain training a part of your everyday life is still a good idea. "With this study, we can confidently say that brain-training exercises should go hand-in-hand with conventional treatments," Balsalobre said.

Try These Brain-Training Exercises to Sharpen Your Mind

Brain-training activities can go a long way to improve your memory, focus, and mood. Choosing activities that are enjoyable and fun, however, will ensure they'll be something you do every day. Here are some to consider.

1. Join a book club

While reading is beneficial for brain health, it's not enough on its own. "Reading only stimulates one part of your brain," according to Balsalobre. "The way to stimulate connections and improve cognition and memory is reading and listening comprehension."

If you enjoy reading, you should certainly continue but think about joining a book club.

2. Get moving

You already know that exercise has a ton of benefits for your physical health, but it's also important for your brain health. Research shows that exercise may reduce the risk of Alzheimer's and potentially slow cognitive decline. Exercise can also boost memory and thinking indirectly by improving mood and sleep and by reducing stress and anxiety.

The best type of exercise, however, is one that you'll stick with, whether that's walking, swimming, strength training, or something else.

3. Work on puzzles and play games

Math or word puzzles or playing cards can be fun, brain-stimulating activities to do every day, and they're even better with friends. "We know that socialization on its' own can prevent Alzheimer's so getting out and spending time with friends is always a good idea," according to Mary Quarterman, MD, an Internal Medicine Physician and Principal Investigator at Charter Research.

Some ideas include:

- Sudoku
- Crossword puzzles
- Chess

4. Try something new

Taking a dance class, learning how to play an instrument, or picking up a new hobby like painting or gardening with friends can improve cognition and boost your memory. "Problem-solving and socialization are essential for brain health," according to Dr. Jeffrey Norton, Medical Director, The Villages. "Try activities that require visualization such as sewing, woodworking, or painting which are other forms of problem-solving." Look for classes at your library or local senior center. Non-profit organizations and museums are good options too.

Call 352-441-2000 to schedule your free memory screen today!

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1025 Lake Sumter Landing
The Villages, FL 32162



REVITALIZE YOUR MENTAL HEALTH WITH THE THETA CHAMBER AT KEEP YOUNG WELLNESS CENTER

By Allen T. Stanley, Practitioner

At the forefront of innovative wellness technology, Keep Young Wellness Center proudly introduces the Theta Chamber, a groundbreaking therapeutic system that combines multiple healing modalities to promote deep relaxation, mental clarity, and overall well-being. This state-of-the-art chamber represents a significant advancement in non-invasive neural enhancement therapy, offering clients a unique path to optimal health.

What is the Theta Chamber?

The Theta Chamber is a revolutionary multi-sensory simulator that harnesses the principles of brainwave entrainment—a therapeutic approach that stimulates the brain using rhythmic frequencies to facilitate changes in neural activity. This process promotes the formation of new neural connections, balancing brain function and neurochemistry.

For those dealing with cognitive function challenges, stress, pain, headaches, migraines, PMS, and behavioral issues, the Theta Chamber offers a new avenue for mental health support. While many therapies are designed to target individual symptoms, the Theta Chamber goes a step further by focusing on holistic, brain-based health improvement. Through the use of precisely calibrated electrical frequencies, the Theta Chamber reinforces neural connections, supports regular brain function, and promotes a positive emotional state.

A Scientific Approach to Brain Health

Inspired by research on electrophysiological oscillations, the Theta Chamber has been carefully engineered to optimize brainwave entrainment. Brainwave entrainment uses rhythmic stimuli—such as sound, light, and electrical pulses—to guide the brain into a desired frequency. This frequency is commonly associated with calmness, relaxation, and focus, aligning with the brain's natural oscillations to create harmony and mental clarity.

How the Theta Chamber Works

Each 30-minute session in the Theta Chamber includes a blend of therapies scientifically designed to help "reset" the brain. These include:

- **Vestibular Motion:** Gentle rocking or rotation that synchronizes with the brain's natural motion-processing systems, promoting equilibrium and calming sensations.



- **Cranial Electrotherapy Stimulation (CES):** CES is a US FDA-approved noninvasive, electro-medical treatment that has been shown to decrease anxiety, insomnia, and depression significantly. CES is the main modality utilized in the recovery of drug addiction. Studies have shown that deep relaxation and calm alertness produced by CES increases suggestibility and hypnotism along with an induced state of openness and adds heightened awareness; allowing new ideas, memories, and subconscious material to come to the surface.
- **Left/Right Hemispheric Synchronization using Light Therapy:** Alternating light stimulation aimed at aligning both brain hemispheres, fostering balanced thought patterns and emotional stability.
- **Traveling Pulsed Electromagnetic Frequencies (PEMF):** Low-frequency electromagnetic pulses work to improve cellular function and communication within the brain, supporting neural growth and recovery.
- **Inner Voice and Frequency Modulation:** This unique approach uses a combination of Theta, Alpha, and Delta brainwave frequencies, along with over 2,000 body-specific frequencies, customized to each client's current mental state.

Together, these modalities create an experience that is scientifically informed, safe, and tailored to individual needs. They help facilitate neurogenesis—the formation of new neurons and neural connections—enabling more rapid mental health recovery and emotional well-being.

The Theta Chamber's Impact on Mental Health and PTSD

The Theta Chamber provides unique support for people managing mental health conditions such as PTSD, a condition that can be especially challenging during the holiday season when stress levels peak. PTSD affects millions, often impairing a person's ability to manage stress, control emotions, and process memories. Many people with PTSD experience recurring flashbacks, heightened anxiety, and mood disturbances. By helping to "reset" brainwave patterns and restore balanced brain activity, the Theta Chamber offers a new resource for PTSD relief.

Research has shown that brainwave entrainment therapies can produce measurable improvements in mood and behavior for those struggling with PTSD, anxiety, and depression. Through regular Theta Chamber sessions, clients report a reduction in intrusive thoughts, a decrease in anxiety symptoms, and a more positive overall outlook. The controlled sensory environment within the chamber is especially helpful in providing a calm, supportive space for people looking to improve their mental health. And because the treatment is non-invasive and drug-free, it's accessible to a wider range of clients who may be looking to avoid medication or who need complementary support.

Prioritize your mental health and consider how the Theta Chamber's powerful, multi-sensory experience could help you with renewed calm and resilience. Every session is designed with care, ensuring that each person receives a customized experience tailored to their specific neurological needs. Take the first step toward lasting mental wellness—contact Keep Young Wellness Center to schedule your Theta Chamber session today. Experience firsthand the benefits of this revolutionary therapy and a healthier, more balanced mind.

KEEP YOUNG WELLNESS CENTER

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

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

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

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

The Summus Laser: A Technological Marvel in Pain Management

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

Key Mechanisms of Summus Laser Therapy

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

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

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

Clinical Evidence and Patient Outcomes

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



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

Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

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

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

Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

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

Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

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

Future of Neuropathy Treatment

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

Conclusion

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

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

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

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



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LaserLab Lake Mary

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Lake Mary, FL 32746

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

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

What Is the Artemis T-Shape 2?

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

The Science Behind the Technology

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

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

FIVE TREATMENTS IN ONE

- **Body Contouring:** Targets those stubborn areas that resist traditional weight loss efforts. Whether it's the abdomen, thighs, arms, or flanks, the Artemis T-Shape 2 helps reshape your silhouette by reducing localized fat deposits.
- **Skin Tightening:** Addresses the loss of elasticity that comes with aging, weight fluctuation, or sun exposure. By stimulating collagen and elastin production, treatments leave skin visibly firmer and more youthful.



- **Cellulite Reduction:** Smooths the dimpled appearance that affects nearly 90% of women. The technology targets the fibrous bands and fat distribution patterns that create cellulite's characteristic texture.
- **Muscle Toning:** Strengthens and defines muscles through induced contractions, similar to an intensive workout but without the sweat. This benefit is particularly popular for enhancing abdominal definition and lifting the buttocks.
- **Lymphatic Drainage:** Supports the body's natural detoxification process by stimulating lymph flow. This not only aids in eliminating metabolic waste but also reduces water retention and inflammation, contributing to a leaner, more contoured appearance.

WHY INFINITY MEDICAL INSTITUTE?

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

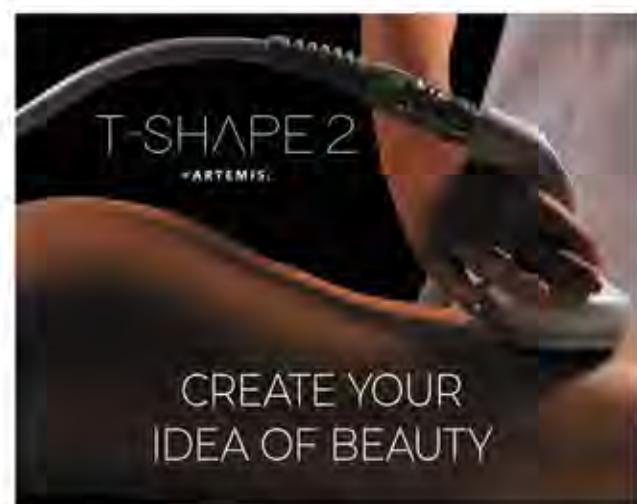
The non-invasive nature of the Artemis T-Shape 2 means no downtime, no anesthesia, and no recovery period. Patients can return to their daily activities immediately after treatment. Most people describe the sensation as comfortable and relaxing, similar to a warm massage with gentle muscle contractions.

WHO CAN BENEFIT?

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

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

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



INFINITY
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FREE CONSULTATION



An Easy New Year's Resolution: CREATE YOUR ADVANCE DIRECTIVE

Submitted by Hospice of Marion County

Each year, many people make New Year's resolutions; some include making healthier decisions about their diet, while others are about exercising, traveling and more. Some are kept and some not so much. There's one resolution that's easy to keep – deciding to have a talk with your loved ones about your healthcare decisions and wishes at end of life.

Making your healthcare decisions and relationships a priority is wise any time of the year. It's never too early to have those conversations with your loved ones – better to have the discussion sooner than later when it may be too late.

However, many find procrastination is all too easy, especially when it comes to talking about something unpleasant as the end of life. It's one of those topics most people would rather not discuss, but there's no guarantee on how long we'll live. Just as preparing a will is optimal when we are of sound mind and body, so is preparing for future healthcare needs. Having to make decisions for others is complicated, especially when that person – someone beloved – can no longer speak for themselves.

Advance directives are legal documents that include a living will or a durable power of attorney for healthcare, also known as a healthcare proxy. Either document allows you to give directions about your future medical care. It's your right to accept or refuse medical care. Advance directives can protect this right if you ever become mentally or physically unable to choose or communicate your wishes due to an injury or illness. By law, the decision belongs to the patient, so make your wishes known to your family, providers and caregivers.

An advance directive can be as simple as a two-page *Living Will* or as lengthy as the *Five Wishes*, a detailed-yet-user-friendly booklet. In Florida, an advance directive requires neither an attorney nor a notary—just the writer's signature and that of two witnesses. Despite the simplicity of these documents, only about a third of all Americans have completed one according to the National Hospice and Palliative Care Organization.

Advance Directives can:

- Protect your rights to make medical choices that can affect your life



- Let families avoid the responsibility and stress of making difficult decisions
- Assist physicians by providing guidelines for your care
- Protect people who may be unable to communicate
- Limit life-prolonging measures when there's little or no chance of recovery

Enable patients to make their wishes known about:

- Cardiopulmonary resuscitation (CPR)
- Intravenous (IV) therapy
- Feeding tubes
- Ventilators (respirators)
- Dialysis

Regardless of age or health status, we owe it to those we love to discuss our wishes and follow through with a written advance directive, which is revocable at any time.

Advance directives are available to download at no charge on our website at HospiceofMarion.org all year long. Visit our website to learn more and check this New Year's resolution off your list.


**HOSPICE OF
MARION COUNTY**

HospiceofMarion.org | (352) 873-7415



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

By Richard W. Rozensky, DDS, D.A.B.D.S.M

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

What Is Sleep Apnea?

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

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

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

What are the symptoms of Sleep Apnea?

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

Obstructive Sleep Apnea & Oral Appliances:

Have you tried CPAP therapy?

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



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

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

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 WatchPAT™ ONE contact less, first and only disposable Home Sleep Apnea Test.

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

Meet Dr. Rozensky

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

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

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!

RECHARGE YOUR HEALTH: NO-NONSENSE APPROACH TO WELLNESS

At Recharge Clinic, health isn't passive — it's powered up. From primary care to hormone optimization, cutting-edge weight-loss support, regenerative solutions, and targeted vitamin therapy, Recharge delivers medical services that are both practical and progressive. Every care path begins with patients — not cookie-cutter checklists — and ends with outcomes worth talking about.

Primary & Quick Care: Real Medicine, Zero Wait
You don't need an ER bill or a long lag time to get medical attention that matters. Recharge Clinic's **Primary and Quick Care** services treat everyday illnesses and injuries — from colds, sinus infections, and dehydration to joint pain, lacerations, and flu symptoms — without unnecessary downtime. Providers see patients 10 years and up, offer pre-employment and school physicals, in-house lab testing, and medical marijuana consults. This means:

- **Rapid relief** for acute problems that don't require emergency care.
- **Comprehensive oversight** from seasoned clinicians who dig deeper than symptoms alone.

If you're unsure whether something warrants medical attention, scheduling a consultation with a provider ensures you get accurate assessment and guidance tailored to your health history.

Weight-Loss Programs: Data-Driven & Holistic

Recharge Clinic is known in Ocala for *serious weight-loss results*. The clinic has helped the community shed **over 650,000 pounds** through a hybrid of lifestyle planning, personalized diet protocols, accountability, and medical support.

Key features include:

- **Hormone Replacement Therapy integration:** Optimizing endocrine balance can be a critical facilitator of weight management.
- **Semaglutide injections:** These GLP-1 analog medications are among the most support-backed treatments currently available for medical weight loss, working by reducing appetite and improving metabolic control.
- **Tailored exercise and lifestyle plans:** Every body is different — planning reflects that. Clinical evidence shows GLP-1 medications can produce meaningful weight loss when combined with life-style modifications, and each program at Recharge is designed for *sustainability, not just speed*.

Always consult a medical provider to assess suitability, potential side effects, and ongoing monitoring.

Hormone Replacement Therapy (HRT): Precision Tuning Your Physiology

Hormones are chemical messengers that influence energy, mood, metabolism, libido, muscle mass, and more. Yet hormone imbalances often go unrecognized in routine medical care. At Recharge Clinic, hormone levels are evaluated through detailed blood work, symptom assessment, and individualized care plans.

HRT can address:

- **Low testosterone in men or women**, often linked to fatigue, low libido, and diminished muscle mass.
- **Estrogen and progesterone balance for women** — which can significantly reduce hot flashes, mood swings, and vaginal dryness during menopause. Estradiol therapy has been shown to markedly reduce hot flash severity in many women.
- **Thyroid and adrenal balance** to support metabolism and stress regulation. HRT at Recharge is not "one-size-fits-all." Patients work with providers to safely navigate individualized regimens, monitor lab values, and adjust dosing over time. Always consult a clinician to determine if HRT is right for you and to discuss risks and benefits based on your health profile.

Regenerative Therapy: Healing Beyond Band-Aid Fixes

Regenerative medicine taps into the body's own healing mechanisms. At Recharge Clinic, this includes:

- **PRP (Platelet-Rich Plasma) injections** — used to stimulate repair in tendons, ligaments, joints, and even hair follicles.
- **NAD+ infusions** — NAD+ is a coenzyme involved in cellular energy production; supplementation has been associated with enhanced metabolic and cognitive support.
- **Peptides and HGH options** — peptides can stimulate growth hormone release and support recovery and fitness performance.
- **Ketamine infusions** — administered under medical supervision for select chronic pain and treatment-resistant mood disorders. Each of these therapies demands clinical consultation to assess appropriateness, safety, and expected outcomes.

IV & IM Vitamin Therapy: Nutrients on Speed Dial

Recharge Clinic's **IV and intramuscular (IM) vitamin therapies** bypass the gut, delivering higher bioavailability of critical nutrients directly to the bloodstream.

Benefits may include:

- **Rapid hydration and energy restoration**
- **Immune support with high-dose vitamins**
- **Metabolic and weight-loss support**
- **Enhanced recovery and exercise performance**
- **Antioxidant support for cellular health**

This direct delivery method ensures nutrients are absorbed efficiently, but it's important to align IV or IM vitamin therapy plans with your individual health goals through clinician evaluation.

Why Consult a Provider?

Recharge Clinic's array of services reflects modern medicine's intersection with functional and integrative care. For many of these treatments — especially weight-loss medications, hormone therapy, nutrient infusions, and regenerative protocols — *professional medical guidance, laboratory evaluation, and ongoing monitoring* are essential to maximize safety and effectiveness. Always speak with a qualified provider to explore which services align with your health goals and to develop a personalized treatment plan.

Free Consultations 352-512-9996
Telehealth Service Available



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www.rechargeocalaclinic.com

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

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Lady Lake Clinic

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The Power of Physical Therapy: Maximizing Recovery Through Proactive Care

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

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

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

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

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

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

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

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

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

Physical & Occupational Therapy Benefits

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

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

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

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

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Understanding Interventional Pain Management: A Comprehensive Approach to Pain Relief

By Brent Compton, MD

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

The Apostle Paul said this about contentment. ¹¹*I am not saying this because I am in need, for I have learned to be content whatever the circumstances.* ¹²*I know what it is to be in need, and I know what it is to have plenty.*

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.¹³ I can do everything through him who gives me strength. Philippians 4:11-13

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

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

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

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

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

If you find yourself making statements like this:

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



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

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

Health & Wellness

MAGAZINE



Healthy new year

As we welcome 2026, we want to express our heartfelt gratitude to our incredible readers. Your commitment to living healthier, more vibrant lives inspires everything we do.

Thank you for making us Florida's most trusted source for health and wellness information. Here's to another year of better health, wellness, and vitality together!

Wishing you and your loved ones a happy, healthy, and prosperous New Year!

– The Health & Wellness Magazine Team

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