

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

April 2026

Lake/Sumter Edition - Monthly

www.HealthAndWellnessFL.com

 **FREE**

**RECHARGE
YOUR
WAY TO A
HEALTHY
WEIGHT**

**BIOIDENTICAL
HORMONE
REPLACEMENT
THERAPY**

A Personalized Approach to
Restoring Health and Vitality

**THE FUTURE
OF WEIGHT LOSS**

Combining GLP-1s
With EmsculptNeo for
Optimal Results

**THE HIDDEN
STRESS OF
HEARING LOSS**

**FEELING
OVERWHELMED?**

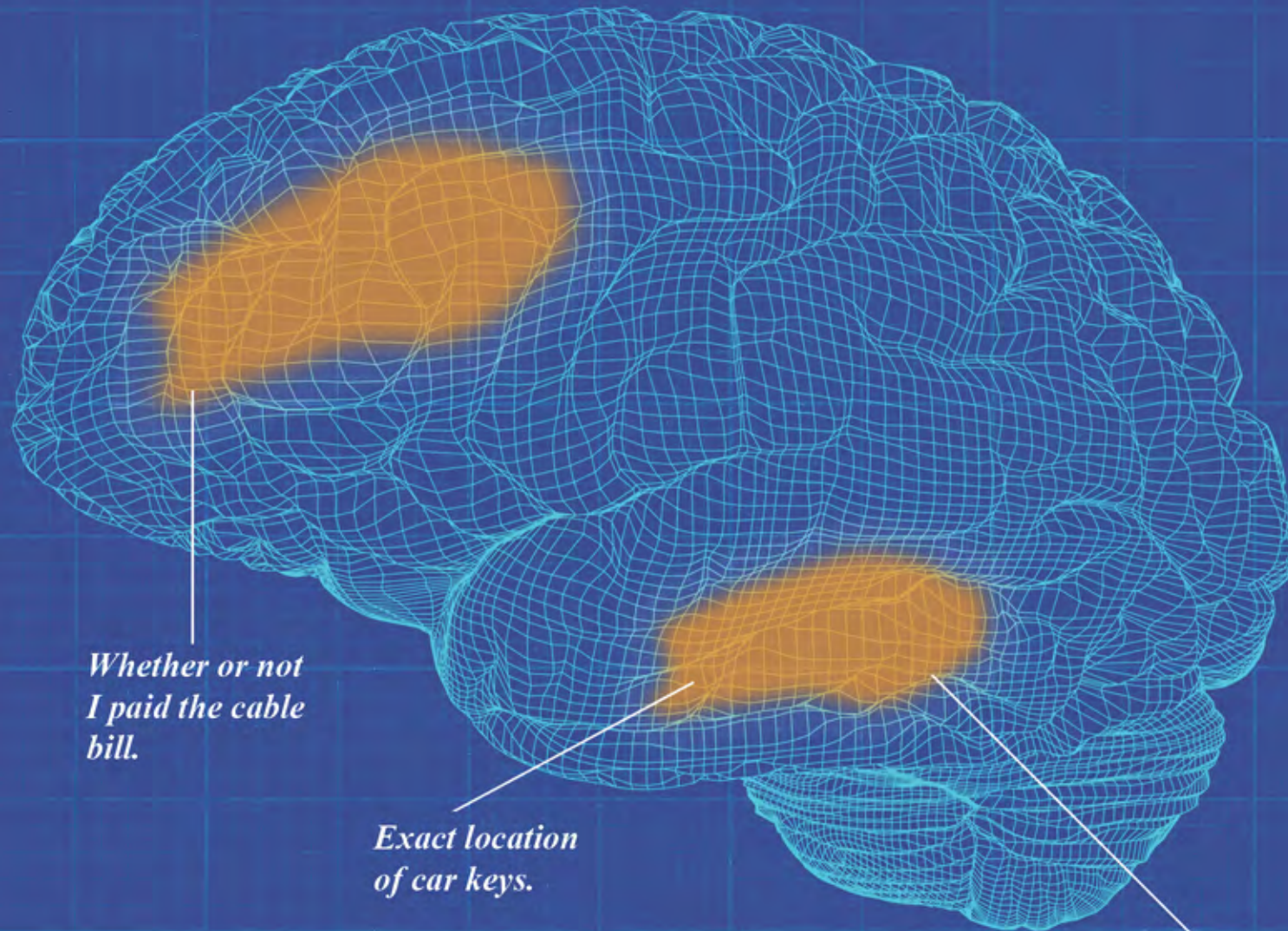
Stress Awareness Month
Is a Reminder to Check In
With Your Primary Care
Provider

**WHAT YOU SHOULD
KNOW ABOUT
PRESIDENT TRUMP'S
RECENT VEIN
DIAGNOSIS**

Understanding Chronic
Venous Insufficiency (CVI)



KEEP YOUR BRAIN TOP OF MIND.



*Whether or not
I paid the cable
bill.*

*Exact location
of car keys.*

*Neighbor's
daughter's
name.*

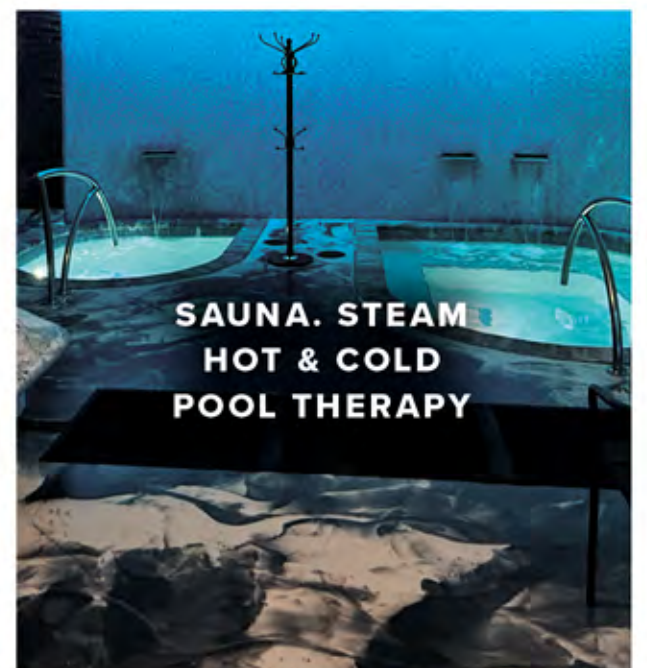
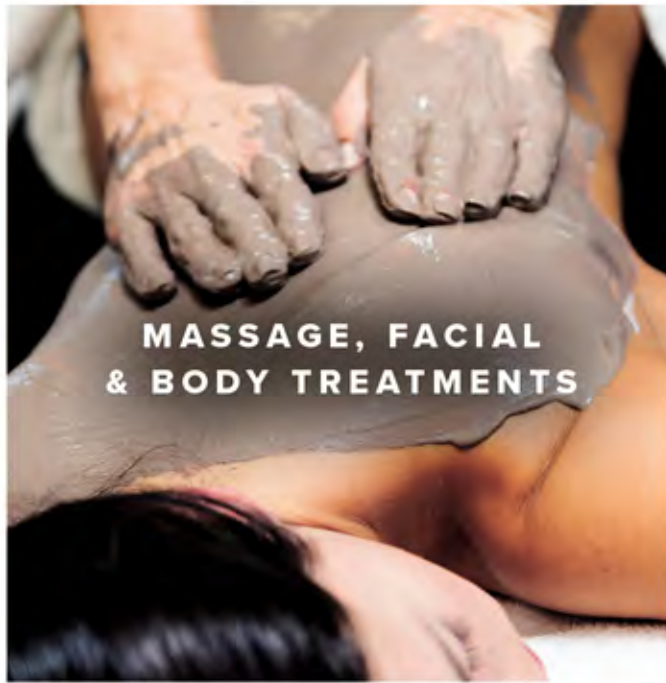
GREY MATTER | *Fig. 17*

Brain health. It's a heavy topic. But it's the key to maintaining your independence for years to come and it shouldn't be ignored. That's why Aviv Clinics focuses on improving brain function throughout the aging process. From enhanced memory and sharper attention, to increased energy and stamina, our multi-faceted approach combines innovative oxygen therapy with a personalized regimen to improve how you age.

Let's talk about what matters: 352-492-6621 ~ aviv-clinics.com



Aviv Clinics
Brain Performance



CALL US AT 833-4-TIME4U | 33040 PROFESSIONAL DRIVE | LEESBURG, FLORIDA 34788



“I Never Thought
My Eyes Could Be
So Clear!”

“Dr. Holman is kind and an amazing surgeon. I would have never thought my eyes could be so clear and my vision so good. I tell everyone to choose the best team for your eye care. My husband is going to see him for eye surgery next.”



Google Review

LAKE  **eye**

 A US EYE COMPANY

Your Clear Choice

352-632-2020 • LakeEye.com •  

CONTENTS APRIL 2026

6 The Future of Weight Loss:
Combining GLP-1 s with
EmsculptNeo for Optimal Results

7 What You Should Know During
IBS Awareness Month

8 Hyperbaric Oxygen Therapy:
5 Questions Every Patient Should Ask

9 The Hidden Stress of Hearing Loss

10 Computer Vision Syndrome:
Causes and Prevention

11 Bioidentical Hormone
Replacement Therapy:
A Personalized Approach to
Restoring Health and Vitality

12 What You Should Know About
President Trump's Recent Vein
Diagnosis: Understanding Chronic
Venous Insufficiency (CVI)

13 Feeling Overwhelmed? Stress
Awareness Month Is a Reminder
to Check In With Your Primary Care
Provider

14 Why Choose Stem Cell Therapy?

18 Alcohol Awareness Month:
How it Affects Your Health and
Your Heart

20 Understanding Basal Cell
Carcinoma: What You Need to Know

22 The New Luxury Essential:
Sleeping Better Than Ever

24 The Power of Emsella:
The Non-invasive Treatment for
Urinary Incontinence

25 Revolutionizing Wellness:
Infinity Medical Institute's Comprehensive
Approach to Anti-Aging and Longevity

26 Breakthrough in Neuropathy
Treatment: How Summus Laser Therapy
Offers Hope for Nerve Pain Sufferers

27 Recharge Your Way to a
Healthy Weight

28 Minimally Invasive Sacroiliac
Joint Fusion: A Modern Solution for
Chronic SI Joint Pain

29 Attorney Patrick Smith
Radio Show Now on 14 Stations

30 Comprehensive Care:
How OT/PT Professionals Integrate
LSVT BIG and Vocal Techniques for
Parkinson's Patients

31 Spiritual Wellness:
Finding a Healthy Tempo for Life

It's your heart. It should be personal.

And that's how I treat it.

When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



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

- Interventional Cardiology-Stents
- Pacemakers and Defibrillators
- Vascular Medicine
- Clinical Cardiology
- Echocardiography
- Nuclear Cardiology

Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159

Call Office for Consultation
352.750.2040

www.drvcardio.com

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonnygensing@yahoo.com



Central Florida's Health & Wellness Magazine can be found in over 900 Central Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Central Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239-588-1200
cristan@gwhizmarketing.com

©Copyright CENTRAL FLORIDA'S HEALTH & WELLNESS Magazine 2026. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of CENTRAL FLORIDA'S Health & Wellness Magazine. CENTRAL FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. CENTRAL FLORIDA'S Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in CENTRAL FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

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.



(352) 728-0786

mywellnessstudio.com

920 E Dixie Ave, Leesburg, FL 34748

What You Should Know During IBS Awareness Month

Every April, Irritable Bowel Syndrome Awareness Month shines a much-needed spotlight on one of the most common yet often misunderstood gastrointestinal conditions in the world. Irritable bowel syndrome, or IBS, affects an estimated ten to 15% of the global population, yet many people suffer in silence for years before receiving a proper diagnosis. This month serves as an opportunity to break the stigma, spread accurate information and encourage those living with IBS to seek the care they deserve.

What Is IBS?

IBS is a chronic functional gastrointestinal disorder characterized by recurring abdominal pain, bloating and changes in bowel habits — including diarrhea, constipation or a combination of both. Unlike inflammatory bowel diseases such as Crohn's disease or ulcerative colitis, IBS does not cause visible damage to the digestive tract. However, its symptoms can be just as disruptive, affecting daily routines, mental health, sleep and overall quality of life.

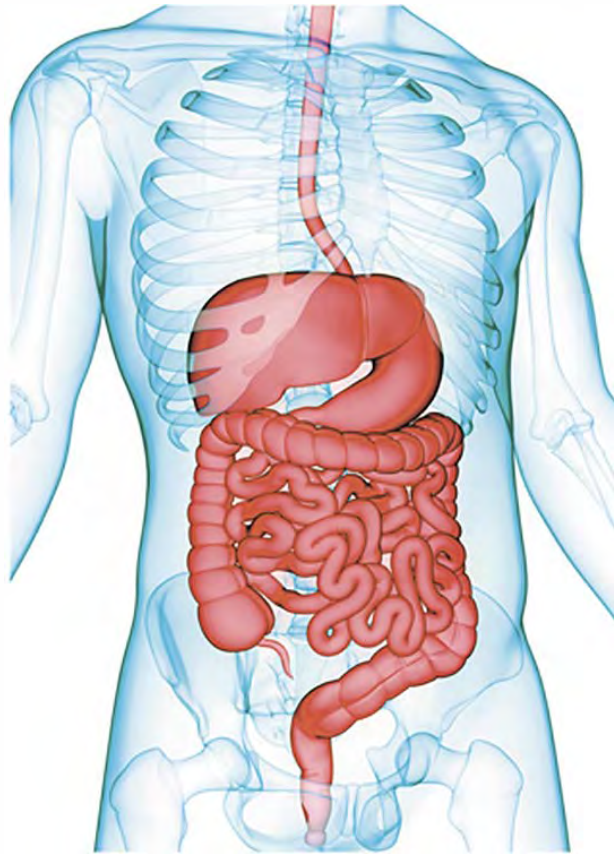
IBS is categorized in three primary subtypes: IBS with predominant diarrhea (IBS-D), IBS with predominant constipation (IBS-C) and IBS with mixed bowel habits (IBS-M). Each presents differently, which is one reason why the condition can be difficult to diagnose and manage. Symptoms often fluctuate in intensity and may be triggered by food, stress, hormonal changes or illness.

Who Does IBS Affect?

IBS can affect anyone, but research shows it is more commonly diagnosed in women and in people under the age of 50. A family history of IBS, a history of anxiety or depression, or a prior gastrointestinal infection can all increase a person's risk. Despite its prevalence, many patients delay seeking help due to embarrassment, assuming their symptoms are normal, or because they are not aware that effective treatments exist.

Diagnosis and Treatment Options

There is no single test for IBS. Instead, diagnosis typically involves a thorough review of symptoms, a medical history and evaluation for other conditions through blood tests, stool tests or imaging. Physicians use established criteria, such as the Rome IV criteria, to make a clinical diagnosis based on the pattern and duration of symptoms.



Treatment for IBS is highly individualized and may include dietary changes such as a low-FODMAP diet, stress management techniques, cognitive behavioral therapy, prescription medications and gut-directed therapies. Many patients find that identifying and avoiding personal triggers — including certain foods, caffeine or stressful situations — makes a meaningful difference in managing their symptoms. Collaboration with a knowledgeable gastroenterologist is key to building an effective treatment plan.

Living Well with IBS

While IBS is a chronic condition, it is manageable. Many people with IBS lead full, active lives by working closely with their health care team and making informed lifestyle choices. Support groups, mental health resources and patient advocacy organizations play a vital role in helping individuals feel less alone and more empowered in their care journey.

This IBS Awareness Month, the message is clear: You do not have to suffer in silence. If you or someone you love has been experiencing persistent digestive symptoms, reach out to a health care provider. Early diagnosis and a tailored treatment approach can dramatically improve quality of life.



**UF Health Welcomes
Dr. César Reátegui-Sanchez, MD, FACS, FSSO**

UF Health is proud to announce the addition of César Reátegui-Sanchez, MD, FACS, FSSO, to its distinguished team of surgical specialists. He is a board-certified General Surgeon, with advanced fellowship training in Colorectal Surgery and Surgical Oncology who holds fellowship designations from the American College of Surgeons (FACS) and the Society of Surgical Oncology (FSSO). Dr. Reátegui brings exceptional expertise and a deep commitment to patient-centered care. His arrival further strengthens UF Health's mission to deliver world-class surgical oncology services to patients in our community and beyond.

For more information on UF Health, Dr. Reátegui-Sanchez or our services, please scan the QR code or call 352.323.5665.



UFHealth
UNIVERSITY OF FLORIDA HEALTH

HYPERBARIC OXYGEN THERAPY: 5 Questions Every Patient Should Ask

By Mohammed Elamir, MD, FACP

We've all experienced some of the more unpleasant side effects of aging: Forgetting the name of a song, groaning when we bend over to pick up an object, or struggling to keep up with the kids or grandkids. As we age, maintaining brain health, mobility, and overall vitality all become much higher priorities than they were in our youth.

One specific therapy has drawn recent attention for its potential to help us preserve cognitive function, support recovery, and optimize wellness, especially in older adults. Published clinical research indicates that hyperbaric oxygen therapy (HBOT) can help the brain recover after stroke or traumatic brain injury, support neurological conditions like PTSD, and even reverse the effects of aging deep within our cells.

But as interest in HBOT grows, so does a common concern: **How can you be sure a hyperbaric clinic is safe and effective?**

As a physician who has guided thousands of patients through hyperbaric oxygen therapy, I know how overwhelming it can feel to choose the right clinic. To make the process easier, here are five essential questions you can ask to feel confident in your care decision.

1. Is the Facility Accredited?

Not all hyperbaric care and equipment is created equally. There are thousands of facilities that offer oxygen treatment, but their commitment to medical oversight, safety, and staff training can vary significantly. Standards vary widely from state to state, and regulations often go unenforced.

For patients, especially seniors, safety is paramount. Treatments involve pressurized oxygen, which must be carefully monitored to avoid complications or safety risks.

Independent accreditation shows that a clinic meets rigorous standards for patient safety, medical protocols, staff qualifications, and facility maintenance. In hyperbaric medicine, accreditation by the Undersea & Hyperbaric Medical Society (UHMS) is recognized as the gold standard. Fewer than 150 clinics in the United States hold this accreditation, which is the only hyperbaric certification recognized by The Joint Commission. Recently, Aviv Clinics in The Villages earned UHMS accreditation, making it the first U.S. center focused primarily on neurological and aging-related conditions to achieve this distinction.

2. Is a Trained Physician Present During Every Session?

Before choosing a clinic, it's also important to understand the level of medical oversight provided. Like any medical intervention, hyperbaric oxygen therapy carries risk. At a minimum, clinics should provide on-site physician supervision during every session to manage any medical issues that may arise.



A medical team member assists patients in the HBOT suite at Aviv Clinics in The Villages

Every hyperbaric session at Aviv Clinics is supervised by physicians trained in hyperbaric medicine, with medical personnel inside the HBOT suite throughout treatment. These practices ensure that safety is maintained at every step, providing peace of mind for patients and their families.

3. Are the Treatment Protocols Based on Clinical Research?

The science behind a clinic's hyperbaric protocols matters. Facilities led by physician-scientists who conduct clinical trials are more likely to deliver safe, evidence-based treatment.

The protocols used at Aviv Clinics are the result of nearly two decades of research and peer-reviewed studies. CEO and Chief Medical Officer Amir Hadanny, MD, PhD, has dedicated his career to studying HBOT's effects on the brain and body and translating that research into patient care. This combination of science and clinical expertise ensures that treatments are refined according to the latest scientific evidence.

4. Will My Care Plan Be Personalized to My Needs?

Every patient's needs and treatment goals are unique. Avoid clinics that offer one-size-fits-all HBOT programs. Clinics that perform thorough pre-treatment evaluations of your physical, cognitive, and neurological function are far more likely to deliver meaningful results.

Thorough cognitive, neurological, and physical assessments guide the individualized treatment plans offered at Aviv Clinics. Therapy is tailored to each client's goals and health profile. This level of personalized care ensures that HBOT is used strategically, maximizing its benefits for both brain and body.

5. Does the Program Include Multiple Therapies to Help My Results Stick?

Evidence suggests that hyperbaric oxygen therapy works best as part of a holistic approach. Programs that combine HBOT with lifestyle interventions, targeted physical training, nutrition guidance, and daily cognitive training create an environment that supports lasting improvements.

The multidisciplinary Aviv Medical Program blends an evidence-based HBOT protocol with tailored physical, cognitive, and nutritional strategies. This holistic approach bolsters the effects of HBOT, helping clients see tangible improvements in brain function, physical mobility, and overall vitality.

Choose Your Care With Confidence

If you're exploring hyperbaric oxygen therapy, knowing what questions to ask can make all the difference. Accreditation and medical oversight are strong indicators of quality, safety, and expertise. UHMS accreditation shows that treatments meet rigorous standards, and research-driven protocols and personalized programs help deliver tangible benefits.

Adults seeking safe, evidence-based hyperbaric care can feel confident when they are in the hands of physicians who not only practice hyperbaric medicine but helped develop the standards of care in the field. Choosing a clinic that combines accreditation, medical oversight, research leadership, individualized care, and a comprehensive program provides the peace of mind everyone deserves while pursuing an active, vibrant life.



About Dr. Elamir:
Dr. Mohammed Elamir ("Dr. Mo" to his patients) is a board-certified internal medicine physician specialized in hyperbaric oxygen therapy. He holds more than a decade of clinical experience treating complex, chronic medical conditions, with a specialized

focus on brain health, cognitive function, and neurologic recovery.

At Aviv Clinics in The Villages, Dr. Elamir works closely with patients experiencing stroke-related cognitive decline, post-concussion syndrome, traumatic brain injury (TBI), early dementia, and age-related changes in memory, attention, and executive function. Aviv Clinics is the most active hyperbaric facility in the nation and the only independently operated UHMS-accredited clinic in Florida.



352-488-2848 | aviv-clinics.com

2955 Brownwood Blvd, #100, The Villages, FL 32163



Look for hyperbaric clinics that display the UHMS seal of accreditation

The Hidden Stress of Hearing Loss

Stress is a part of everyday life. Work, relationships, and health concerns can all contribute to rising stress levels. But one often-overlooked cause of stress is hearing loss.

Hearing is essential for communication, and when it declines, everyday interactions become more difficult. Struggling to understand speech, missing important details, and feeling isolated can all lead to increased anxiety, frustration, and even physical health problems.

April is Stress Awareness Month, a time to recognize the impact stress has on our well-being. Understanding the link between hearing loss and stress is an important step toward improving overall health and quality of life.

How Hearing Loss Contributes to Stress

Hearing loss develops gradually, and many people don't realize how much effort they're putting into listening until fatigue sets in. This phenomenon, known as listening fatigue, occurs because the brain works harder to fill in the gaps when hearing isn't clear.

The result? Mental exhaustion, frustration, and heightened stress levels—all of which can take a serious toll on overall well-being.

Social Anxiety and Isolation

One of the most common effects of hearing loss is social anxiety. When people struggle to hear conversations, they often feel embarrassed asking others to repeat themselves. Instead of participating in discussions, they may choose to withdraw from social situations altogether.

This avoidance can lead to loneliness and isolation, both of which have been linked to increased stress and depression. A study from the *National Institute on Deafness and Other Communication Disorders* (NIDCD) found that older adults with hearing loss are more likely to experience depression than those with normal hearing (NIDCD, 2021).

Workplace Stress and Cognitive Overload

Hearing loss doesn't just affect social life—it can also impact job performance. Employees who struggle to hear clearly may experience chronic stress due to misunderstandings, difficulty following conversations, and decreased productivity.

According to a study by the Better Hearing Institute, people with untreated hearing loss can earn up to \$30,000 less per year than those who treat their hearing loss due to reduced workplace effectiveness (*Better Hearing Institute, 2011*). The fear of missing important details or appearing less competent can create ongoing anxiety.

Additionally, untreated hearing loss increases cognitive load, meaning the brain has to work harder to process sound. This extra strain can lead to memory issues, difficulty concentrating, and mental fatigue, making daily tasks even more stressful.

The Physical Toll of Stress and Hearing Loss

Stress doesn't just affect emotions—it also has a direct impact on physical health. When the brain is constantly under pressure to interpret unclear sounds, the body responds by releasing cortisol, the primary stress hormone.

Over time, elevated cortisol levels can contribute to:

- High blood pressure
- Increased risk of heart disease
- Weakened immune function
- Poor sleep quality

A study published in *JAMA Otolaryngology* found that untreated hearing loss is associated with a 21% increased risk of developing chronic stress-related conditions, including high blood pressure and heart disease (Contrera et al., 2017).

Hearing Loss, Stress, and Cognitive Decline

One of the most concerning links between hearing loss and stress is its effect on brain health. Research from Johns Hopkins University found that even mild hearing loss doubles the risk of dementia, while moderate to severe hearing loss increases the risk up to five times (Lin et al., 2011).

When hearing loss goes untreated, the brain receives less auditory stimulation, which can lead to cognitive decline. Combined with stress and social withdrawal, this creates a dangerous cycle that accelerates memory loss and mental decline.

Reducing Stress Through Better Hearing

The good news is that treating hearing loss can significantly reduce stress and improve quality of life. Modern hearing aids enhance clarity, reduce background noise, and help people engage more comfortably in conversations.

Here's how improving hearing health leads to less stress:

1. **Effortless Communication** – Conversations become easier, reducing frustration and fatigue.
2. **Increased Social Confidence** – People feel more comfortable engaging in social settings and reconnecting with loved ones.
3. **Lower Cognitive Load** – The brain no longer has to work overtime to interpret sounds, improving mental clarity.
4. **Better Sleep and Relaxation** – Less daily stress leads to improved sleep quality and overall well-being.

5. **Improved Workplace Performance** – Clearer hearing means better communication, leading to less anxiety at work.

Take Action for a Stress-Free Life

If you've noticed increased stress, frustration, or fatigue due to hearing difficulties, now is the time to take action. A comprehensive hearing evaluation can determine the best solution to help you hear clearly, feel less stressed, and improve your overall health.

At AudioNova, we specialize in helping people reconnect with the world through expert audiology care. Our team of Doctors of Audiology provides personalized solutions using the latest hearing technology.

This Stress Awareness Month, take a step toward a healthier, more stress-free life. A simple hearing test could be the key to reducing stress, improving brain health, and bringing joy back to everyday interactions.

Schedule a free hearing test today and take control of your stress and hearing health.

Sources:

• National Institute on Deafness and Other Communication Disorders (NIDCD). (2021). *Hearing Loss and Older Adults*. Retrieved from <https://www.nidcd.nih.gov>

• Lin, F. R., Metter, E. J., O'Brien, R. J., Resnick, S. M., Zonderman, A. B., & Ferrucci, L. (2011). *Hearing Loss and Incident Dementia*. *Archives of Neurology*, 68(2), 214–220.

• Contrera, K. J., Betz, J., Deal, J. A., Choi, J. S., Ayonayon, H. N., Harris, T., & Lin, F. R. (2017). *Association of Hearing Impairment and Mortality in the Health ABC Study*. *JAMA Otolaryngology-Head & Neck Surgery*, 143(10), 1006–1010.

• Better Hearing Institute. (2011). *The Impact of Untreated Hearing Loss on Household Income*. Retrieved from <https://betterhearing.org>

AudioNova

Your Hearing Experts

www.AudioNova.com

3399 Wedgewood Ln
The Villages, FL 32162
(352) 259-8070

2951 Traverse Tri
The Villages, FL 32163
(352) 259-8976

910 Old Camp Rd Ste 130
The Villages, FL 32162
(352) 801-4475

10250 US-441
Bellevue, FL 34420
(352) 781-1762

1580 Santa Barbara Blvd
The Villages, FL 32162
(352) 391-8348

10601 US-441 Ste A3
Leesburg, FL 34788
(352) 343-4488

1130 Bichara Blvd
Lady Lake, FL 32159
(352) 750-4327

25327 US-27
Leesburg, FL 34748
(352) 430-7462

2775 NW 49th Ave., #206
Ocala, FL 34482
(352) 708-7480

500 W Burleigh Blvd.
Tavares, FL 32778
(352) 360-0023

COMPUTER VISION SYNDROME: CAUSES AND PREVENTION

In today's ever-connected world, you likely spend a large portion of your day staring at a digital screen. Whether for work or for leisure, looking at a brightly-lit computer screen or smart device for hours on end can put serious strain on your eyes. Computer Vision Syndrome, also known as CVS, is a series of symptoms that can leave your eyes feeling dry and uncomfortable the longer you're working on a screen. Here are some common causes of CVS and how you can prevent it.

WHAT CAUSES COMPUTER VISION SYNDROME?

Computer vision syndrome is similar to many other repetitive motion injuries, such as carpal tunnel syndrome. Spending long hours in front of a computer requires you to constantly focus and refocus your eyes. As you look back and forth between monitors, your eyes constantly adjust, straining your eye muscles. We also tend to blink less when staring at a lit screen, which can lead to dry eyes and blurry vision.

Ultimately, computer vision syndrome is caused by an improper work environment and lack of eye-glasses or contact lenses. The extra contrast, flicker and glare from a screen, paired with using an outdated prescription, can lead to eye irritation, blurred vision, headaches, muscle fatigue and more. Fortunately, there are preventative measures to take to prevent computer vision syndrome.

PREVENTING COMPUTER VISION SYNDROME

Most of the causes of computer vision syndrome are environmental factors that can be adjusted. If you're experiencing CVS at work, take the following steps:

- **Reduce Glare:** Change the light in your room to prevent excess glare and harsh reflections on your computer screen by closing shades or moving your monitors away from light. If overhead lights are too bright, as for a dimmer switch. You can also add a desk lamp to even out the lighting across your workspace.
- **Shift Your Office:** Your screen should be just about an arm's length away, about 20-28 inches from your face, and should stand straight and just below eye level. Reference documents should be as close to the screen as possible, either hung up behind the desk or held with a document holder.



When sitting at your desk, you should sit straight against a backrest, with your knees, forearms and elbows all bent at 90 degrees.

- **Rest Your Eyes:** The 20-20-20 rule says you should look away from your screen every 20 minutes and focus on something 20 feet away for around 20 seconds. Remind yourself to blink often, and use artificial tears if your eyes feel dry.
- **Adjust Your Prescription:** More than 70% of people who experience CVS also use eyeglasses or contacts. Making sure your prescription is up-to-date is an easy way to reduce the risk of CVS. Fortunately, Lake Eye is here to help.

TREAT COMPUTER VISION SYNDROME WITH LAKE EYE

By offering comprehensive eye exams in a full-service optical department and advanced surgical treatments for nearly every eye condition, Lake Eye,

a US Eye company, is dedicated to preserving and restoring your vision. Learn more about our services by contacting us today and scheduling an appointment with one of our experienced ophthalmologists or optometrists.



LAKE EYE
ASSOCIATES

A US EYE COMPANY

The Villages • Wildwood • Lady Lake • Leesburg
Tavares • Mount Dora • Altamonte Springs

352-632-2020 • LakeEye.com

BIOIDENTICAL HORMONE REPLACEMENT THERAPY:

A PERSONALIZED APPROACH TO RESTORING HEALTH AND VITALITY

Bioidentical hormone replacement therapy (BHRT) has emerged as a powerful, science-based approach to restoring health and vitality for both women and men. As awareness of hormonal health grows, so does the understanding that hormones are not just about aging—they are essential messengers that regulate nearly every function in the body. With over 50 different hormones interacting across 11 organ systems, maintaining proper hormonal balance is critical to overall well-being, longevity, and quality of life.

For decades, traditional hormone replacement therapy (HRT) has been both widely used and widely feared. Those fears are not unfounded. Much of the concern stems from the use of synthetic hormones, which differ structurally from those naturally produced by the human body. These synthetic compounds have been associated with increased risks and unwanted side effects, leading many people to avoid hormone therapy altogether. Additionally, conventional approaches often rely solely on blood serum testing, which provides only a limited snapshot of hormone levels and fails to reflect how hormones are metabolized and utilized within the body.

Bioidentical hormone replacement offers a more advanced and personalized solution. These hormones are chemically identical to those the body produces, allowing for better compatibility, improved outcomes, and reduced risk when administered properly. However, BHRT is not a one-size-fits-all treatment. Its success depends heavily on accurate testing, practitioner expertise, and a comprehensive understanding of the body's complex hormonal network.

One of the most common misconceptions is the idea of simply "balancing" hormones. While this concept may apply to younger individuals or those in the early stages of hormonal fluctuation, many people seek help only after years of decline. By that point, hormone levels are often not just imbalanced—they are depleted. In these cases, true replacement, rather than minor adjustment, is necessary to restore optimal function.

Proper testing is the cornerstone of effective BHRT. Advanced methods, such as comprehensive hormone metabolite testing, provide a far more detailed picture than standard blood work. These tests evaluate not only hormone levels but also how they are processed in the body, offering critical insights into deficiencies, imbalances, and potential health risks. With this information, practitioners can design highly individualized treatment plans that may begin with nutritional and lifestyle interventions or targeted supplementation before progressing to prescription hormone replacement if needed.

For patients considering BHRT, asking the right questions is essential. Not all providers have the same level of training or experience in this specialized field. It is important to understand how extensively a practitioner has been educated in bioidentical hormone therapy and what diagnostic tools they use to guide treatment. A thorough, data-driven approach is key to achieving safe and effective results.

When implemented correctly, BHRT can offer profound benefits. Hormonal optimization has been linked to improved energy levels, enhanced mental clarity, better sleep, increased libido, and a stronger immune system. It may also play a role in slowing the aging process and supporting the prevention or reversal of certain chronic conditions. Rather than accepting fatigue, weight gain, brain fog, or diminished vitality as inevitable parts of aging, individuals can take proactive steps to restore their health.

Hormones function much like an orchestra within the body—each one playing a distinct role, yet all working in harmony to create balance and vitality. When even one section is out of sync, the entire system can be affected. By restoring that harmony through bioidentical hormone replacement, individuals can experience a renewed sense of wellness and resilience.

Ultimately, the goal of BHRT is not just to alleviate symptoms but to optimize the body's natural ability to heal and function at a high level. It empowers individuals to take control of their health, extend their vitality, and continue living fully at every stage of life.

Aging is inevitable, but decline does not have to be. With the right approach, it is possible to stay vibrant, mentally sharp, physically energized, and sexually healthy for years to come. By prioritizing comprehensive care, individualized treatment, and a commitment to whole-body wellness, people can move beyond simply "getting older" and instead embrace a life of sustained health and vitality.

IMMUNITY
HEALTH SPA

IMMUNITYHEALTH.COM
833-4-TIME4U

33040 Professional Dr., Leesburg, FL 34788

www.HealthandWellnessFL.com

By Sabrina Ciceri



Sabrina Ciceri is a dynamic leader in health and wellness, recognized for her holistic approach to medicine and her dedication to empowering others through preventative health care. She is the founder of Immunity Health, a wellness company

offering advanced treatments including IV therapy, functional medicine, bio-identical hormone therapy, cryotherapy, hyperbaric and red light therapy, and microneedling with plant-based stem cells. Each service is designed to strengthen the immune system and help clients look and feel their best from the inside out.

Over the past 21 years, Sabrina has extensively studied and researched the preventative side of medicine, collaborating with leading experts at Hippocrates Wellness Center, a world-renowned holistic health institute in West Palm Beach. There, she conducted in-depth interviews with health professionals worldwide and served as a plant-based health educator, helping others achieve optimal well-being through natural, sustainable methods.

In addition to her work in healthcare, Sabrina has made significant contributions to health education and publishing. In 2008, she helped launch *Healthy Living Magazine*, which was named "Best Overall Magazine" for nine consecutive years by the Florida Magazine Association. She also served as publisher of *Hippocrates Wellness Center's Healing Our World* magazine and as a board member for several respected organizations, including the American Cancer Society, LifeStream Behavioral Center, and the Central Florida Boys and Girls Club.

Beyond her professional achievements, Sabrina and her husband, Joe, are deeply committed to family and community. Together, they have fostered and adopted multiple children, earning the honor of 2014 Foster Parents of the Year by Kids Central Inc. The couple also co-own a successful nationwide electrical contracting business, founded in 2008, which now operates in more than 23 states.

Her lifelong dedication to health, service, and leadership continues to inspire others, and she is honored to contribute her experience and passion as a member of the AdventHealth Waterman Board.

Heart Sabrina

WHAT YOU SHOULD KNOW ABOUT PRESIDENT TRUMP'S RECENT VEIN DIAGNOSIS

UNDERSTANDING CHRONIC VENOUS INSUFFICIENCY (CVI)

Recent news surrounding Donald Trump's chronic vein insufficiency diagnosis has brought increased attention to the condition. While the headlines focus on a prominent public figure, the condition itself is common, particularly among older adults.

What Is Chronic Venous Insufficiency?

Chronic venous insufficiency (CVI) occurs when veins in the legs can no longer send blood back to the heart efficiently. Veins rely on small valves to ensure blood keeps moving upward against gravity. If these valves fail or weaken, blood can pool in the legs, increasing pressure inside the veins.

This condition often develops gradually. Common symptoms include leg heaviness, aching, swelling, cramping, skin discoloration and visible varicose veins. Left untreated, venous insufficiency may progress and lead to skin changes or venous ulcers.

How Venous Insufficiency Is Treated

Treatment for venous insufficiency focuses on improving blood flow and addressing the underlying vein dysfunction. At Central Florida Vein and Vascular Center, all care begins with a comprehensive in-office evaluation, including ultrasound imaging, to determine the source of the problem.

For many patients, treatment includes minimally invasive procedures such as endovenous laser therapy (EVLT), Radiofrequency ablation VenaSeal or Varithena injections to address deeper vein issues. These treatments are commonly combined with sclerotherapy for surface veins when appropriate. These treatments are performed in-office, require little downtime and typically allow patients to return to light activity the same day.

The Importance of Compression Stockings

One detail that gained attention in coverage of President Trump's chronic vein disease was his dislike of compression stockings. This reaction is widespread. Compression stockings are often the first step in conservative therapy required by insurance providers before approving procedural treatment.



Although not always comfortable, compression stockings are crucial in managing symptoms by improving circulation, reducing swelling and supporting vein function. More importantly, they help determine whether symptoms persist despite conservative care, which confirms the medical necessity of further treatment. Skipping this step may delay long-term improvement and effective care.

When to Seek Professional Vein Care

Leg pain, swelling or visible veins are not always cosmetic concerns. In many cases, they signal an underlying medical issue that benefits from proper diagnosis and treatment. Donald Trump's leg vein diagnosis is a learning opportunity that can help patients recognize symptoms earlier and avoid progression of venous disease.

Schedule a Vein Evaluation

Central Florida Vein and Vascular Center provides expert, compassionate care in a comfortable office

setting. Insurance often covers most initial consultations, and many vein treatments are covered as well. To learn more about venous insufficiency or to take the next step in protecting leg health, call our office or schedule an appointment online today.

CENTRAL FLORIDA
VEIN & VASCULAR CENTER

(352) 562-0078 • www.cfvein.com

13953 NE 86th Terrace, Unit 101
Lady Lake, FL 32159

**MOST PROCEDURES ARE
COVERED BY INSURANCE**

Convenient Golf Cart Path Access

Feeling Overwhelmed? Stress Awareness Month Is a Reminder to Check In With Your Primary Care Provider

Every April, Stress Awareness Month offers a timely reminder that stress is not just an emotional experience — it is a whole-body health concern. From racing thoughts and sleepless nights to headaches and high blood pressure, the physical toll of chronic stress is real and measurable. At UF Health Medical Group, our primary care providers are here to help you recognize when stress has crossed a line and to partner with you in getting the support you need.

Understanding Stress and Its Impact on Your Health

Some degree of stress is a normal part of life. In short bursts, stress hormones like cortisol and adrenaline help sharpen focus and drive action. But when stress becomes chronic — lasting weeks or months without relief — it can begin to wear down virtually every system in your body. Research consistently links chronic stress to increased risk of heart disease, weakened immune function, digestive disorders, anxiety, depression and even hormonal imbalances. Understanding the difference between everyday pressure and harmful chronic stress is the first step toward protecting your health.

Signs That Stress May Be Affecting Your Physical Health

While stress often reveals itself through emotions, its physical symptoms are just as telling. Watch for these warning signs:

- Frequent headaches, migraines or jaw pain from teeth clenching
- Persistent fatigue that is not relieved by rest
- Upset stomach, nausea or irritable bowel symptoms
- Elevated blood pressure or a racing heart
- Skin flare-ups such as eczema, hives or acne
- Frequent colds or infections due to a weakened immune system
- Changes in appetite, weight or sleep patterns

If any of these symptoms have become a regular part of your daily life, it is worth a conversation with your primary care provider.

When to See Your UF Health Primary Care Provider

Your primary care provider is often your first and most trusted point of contact for both physical and mental health concerns. You should consider scheduling an appointment if you have been experiencing stress-related symptoms for more than two weeks, if



stress is significantly interfering with your ability to work, maintain relationships or carry out daily tasks, or if you have noticed sudden changes in your mood, memory or concentration. Stress that causes you to rely on alcohol, substances or other unhealthy coping behaviors also warrants a prompt visit. At UF Health Medical Group, our providers take a whole-person approach to care, which means we consider how stress, lifestyle and emotional well-being intersect with your physical health.

What to Expect at Your Appointment

Many patients feel uncertain about bringing up stress with a doctor, but there is no need to hesitate. Your UF Health primary care provider will listen without judgment and help you identify whether your symptoms are stress-related or connected to another underlying condition. Depending on your situation, your provider may order lab work to rule out thyroid or cardiovascular issues, discuss evidence-based stress management strategies, connect you with behavioral health or mental health resources or recommend lifestyle modifications, including nutrition, exercise and sleep hygiene. In some cases, a referral to a mental health specialist may be appropriate.

Building Resilience Year-Round

Stress Awareness Month is a powerful reminder, but managing stress should be a year-round priority. Small, consistent habits — such as regular physical activity, mindfulness practices, maintaining social connections and scheduling routine check-ups — can make a significant difference in how your body handles life's pressures over time. Your UF Health Medical Group Primary Care team is here to support you not just in crisis moments, but in building the foundation for long-term wellness.

Do not wait until stress becomes a crisis. If you are struggling, reach out to your UF Health Medical Group primary care provider today. Together, we can create a plan that helps you feel better, function better and live well.

UFHealth
MEDICAL GROUP
PRIMARY CARE

To schedule an appointment, visit
[UFHealth.org/Central-Florida-Care](https://www.UFHealth.org/Central-Florida-Care) or call
352-323-5665 to find a UF Health Medical Group
Primary Care location near you.



WHY CHOOSE STEM CELL THERAPY?

By Trevor Ferguson, DC

Of the available Non-Surgical Pain Relief Therapy procedures, stem cell therapy is the best-known and most effective. Stem cells exist throughout your body and help to heal damaged tissue. As you age, your stem cell count becomes depleted, which makes it harder for your body to heal. Fortunately, medical advancements have created a safe procedure in which stem cells can be harvested and then used for better healing. Here's a look at five reasons to choose stem cell therapy.

Avoid Surgical Procedures

Even minor surgeries carry risks. Stem cell therapy, however, is a minimally-invasive treatment in which you'll avoid going under the knife. While there are certainly scenarios where surgery is the best option, if your ailment can be otherwise treated, then it's worth exploring treatments that don't carry the risk of surgical complications.

Avoid Pharmaceuticals

Instead of using prescription drugs to mask your symptoms, you can use stem cell therapy to solve the ailment at its source. This will also allow you to avoid any medication side effects, as well as any risk of addiction.

No Need for Anesthesia

Many folks feel great fear about being put under, or simply don't like the associated drowsiness. With stem cell therapy, anesthesia won't be necessary.

Heals Wounds & Incisions

Medical research has shown how stem cell therapy boosts the growth of new skin tissue and replaces scar tissue with newly-grown tissue.

Sports-Related Injuries

Stem cell therapy has become a strong treatment option for common orthopedic injuries that are suffered by athletes.

Get To Know Dr. Ferguson

Founder of The Stem Cell Pro Clinic

My Path: Arizona, Brazil, and Beyond

After graduating from Mountain View High School in Mesa, I spent two years serving a mission for the Church of Jesus Christ of Latter-day Saints in Brazil. That experience deepened my purpose—to serve others and lead with compassion.



When I returned home, I married my high school sweetheart, Sheree, and moved to Dallas, Texas, to attend chiropractic school at Parker University. Today, Sheree and I are raising four amazing boys here in Arizona—and I'm still passionate about helping people feel better, move better, and live better.

Hi, I'm Dr. Trevor Ferguson. My journey into chiropractic and regenerative medicine began when I was just 10 years old. I told my parents I wanted to become a chiropractor—something most kids probably don't say.

What inspired me? Watching my dad's best friend, a local chiropractor, help people of all ages overcome pain and live healthier lives. His office felt different from a traditional medical practice. There was energy, hope, and healing. Even patients in pain walked out smiling. I knew then: I wanted to help people heal, naturally.

The Turning Point That Changed Everything

After years of practicing chiropractic care, I began noticing that some patients needed more than traditional treatments to truly recover.

Then came a personal turning point: my dad—an active, athletic man—was facing double knee replacement surgery. I asked him to give me three months to try something different: stem cell therapy.

He agreed.

And after just one treatment, his pain disappeared—and he never needed the surgery.

That single experience opened my eyes to the power of regenerative medicine. I had seen good results in the past—but never anything that fast or effective.

Why I Chose Stem Cells Over Everything Else

After seeing what stem cells did for my father, I began offering regenerative medicine to my patients. The results were consistent—and remarkable.

Patients who had tried every other option were finally experiencing real relief. Often, a single stem cell treatment worked better than a year of supplements, labs, and dietary programs.

It was more effective, more affordable, and more convenient.

That's when I made the leap: I phased out functional medicine and built a new practice focused entirely on regenerative care.

But here's what sets us apart:

- **Top-tier cell quality:** We use umbilical cord-derived Wharton's jelly cells from a U.S. biotech lab that holds an FDA Investigational New Drug (IND) license—the gold standard in safety, sterility, and viability
- **Personalized care:** Every patient is unique, and so is their care plan.
- **Real results, not theory:** Our focus is on outcomes, not hype.

Transparent Pricing. Honest Answers. Real Hope.

We don't believe in confusing packages, upsells, or hidden fees. Our pricing is clear and transparent, and we'll never pressure you into care that doesn't feel right.

If you're searching for a safer, science-based way to heal—not just manage symptoms—we're here to guide you.

If you're interested in stem cell therapy, be sure to get in touch with a reputable specialist. For stem cell therapy in The Villages, FL, contact the experts at Stem Cell Pro at 352-689-9540.



Stem Cell Pro

Science of Renewal. Power of You.

www.thestemcellpro.com

352.689-9540

8564 E County Rd 466 Suite 207 D,
The Villages, FL 32162

info@thestemcellpro.com



**Back pain
have you off
your game?**



Ali Zarezadeh, MD

Stand tall with spine care you can trust.

From chronic back pain to complex spinal conditions, UF Health spine team delivers **expert**, compassionate treatment **tailored to your needs**. We specialize in degenerative spine disorders, spinal deformities, trauma, fractures and tumors — offering advanced, motion-preserving solutions **get back to living**.

Led by fellowship-trained spine surgeon Dr. Ali Zarezadeh, our program combines the **latest surgical techniques** with personalized care plans designed for lasting results.

With a focus on faster recovery, less pain and fewer complications — we're here to help you **be at your best**.



Same-day and next-day appointment available.

To schedule an appointment with Dr. Zarezadeh, please call **352.323.5665** or scan the QR code for more information.

MEDICARE ELIGIBLE?

SIMPLIFY YOUR HEALTH JOURNEY



ENROLLMENT

Join our patient-centered care network with ease.



FIRST APPOINTMENT

Your comprehensive hour-long visit gets your health on track.



SPECIALTY CARE

Access to referrals to our trusted specialists.



EZ CARE

Convenient same-day services for minor injuries and urgent needs



CONTINUED RELATIONSHIP

Ongoing care and guidance with the same physician you know and trust.

The Villages Health®

Soon Becoming **CenterWell™ Senior Primary Care**

TheVillagesHealth.com/stay-well - 352-268-1596

WELCOMING
NEW PATIENTS
WITH ACCEPTED
MEDICARE
ADVANTAGE
PLANS

AudioNova 
Your Hearing Experts

Hearing Experts with
the right options for you!



EXPERT HEARING
EVALUATIONS



PERSONALIZED
SOLUTIONS



RISK-FREE
TRIALS



LATEST HEARING
TECHNOLOGY

Call or scan to book your
FREE HEARING SCREENING
with your local hearing expert.

Scan to book



11 Ocala/The Villages/Leesburg area AudioNova locations!

At **AudioNova**, better hearing is always our focus. We are committed to provide each patient with an exceptional level of care and attention. We've been one of the leaders in hearing technology for years.

Call today to schedule your free hearing screening.

AudioNova Ocala/Belleview

Ocala 49th
(352) 708-7480
2775 NW 49th Ave., Unit 206

Ocala College Rd
(352) 671-2999
3405 SW College Rd., Ste 207

Ocala Hwy 200
(352) 801-3224
9311 SW Highway 200

Belleview
(352) 781-1762
10250 US-441

AudioNova The Villages/Lady Lake

The Villages Wedgewood
(352) 259-8070
3399 Wedgewood Ln.

The Villages Old Camp
(352) 801-4475
910 Old Camp Rd., Ste 130

Lady Lake
(352) 750-4327
1130 Bichara Blvd.

The Villages Traverse Trl
(352) 259-8976
2951 Traverse Trail

The Villages Santa Barbara
(352) 391-8348
1580 Santa Barbara Blvd.

AudioNova Leesburg/Tavares

Leesburg Hwy 27
(352) 430-7462
25327 US Highway 27

Leesburg US441
(352) 343-4488
10601 US-441, Suite A3

Visit us online
AudioNova.com



ALCOHOL AWARENESS MONTH: How it Affects Your Health and Your Heart

T.E. Vallabhan, MD, FACC

In our social culture, drinking with family and friends is common for celebrating special occasions and in some instances coping with life. Drinking alcohol has become extremely accepted in our society, and with that acceptance and desensitization of the harmful effects, comes a lot more alcohol abuse than most people are aware of, or willing to acknowledge.

We all know the guidelines of the healthy version of drinking. A glass of wine or liquor for women and two for men is usually the allotted daily amount recommended for the health benefits to transpire. Despite the health claims in moderate drinking, not everyone should drink.

Alcohol damages the liver, kidneys, brain, and heavy drinking also damages the heart, which can lead to heart palpitations and irregular beating, high blood pressure, heart attack, stroke, and cardiomyopathy.

According to a study titled *Effects of Alcohol on the Heart* reported the following, Some evidence suggests that light to moderate alcohol consumption protects against cardiovascular diseases. However, this cardioprotective effect of alcohol consumption in adults is absent at the population level. Approximately 20 to 30% of patients admitted to a hospital are alcohol abusers. In medical practice, it is essential that patients' levels of consumption are known because of the many adverse effects that might result in the course of routine care. Ethanol damage to the heart is evident if alcohol consumption exceeds 90 to 100 g/d. Heavy ethanol consumption leads to increased risk for sudden cardiac death and cardiac arrhythmias.¹

In patients with coronary heart disease, alcohol use was associated with increased mortality. An early response to drinking was an increased ventricular wall thickness to diameter ratio, possibly proceeding with continuous drinking to alcoholic cardiomyopathy, which had a worse outcome compared with idiopathic dilative cardiomyopathy if drinking was not stopped or at least reduced (< 60 g/d). In the ICU, patients with chronic alcoholism have more cardiac complications postoperatively. These complications probably are caused by biventricular dysfunction, particularly with the occurrence of severe infections or septic shock, events that are three to four times more frequent among chronic alcoholics



than occasional drinkers or nondrinkers. To prevent further complications from drinking and for long-term management of drinking, patients with alcohol abuse and heart failure should be treated in brief intervention and follow-up programs. Prognosis is good even in patients with New York Heart Association class IV heart failure caused by cardiomyopathy if complete abstinence is accomplished. Noncompliance to smoking and alcohol restrictions, which are amenable to change, dramatically increases the risk for hospital readmissions among patients with heart failure.¹

Alcohol plays a significant role in your bodies overall health. A full 24 hours after an episode of drinking, your immune system is more susceptible to disease and infection and the entire body and it's organs experience an inflammatory response.

The functions that are damaged by alcohol abuse are often longstanding. If you stop drinking, some of the damage will lessen, or improve like problem-solving, memory recall, attention span, and motor functions, but this will take time. Researchers usually see improvements to the brain after several months or years after abstinence takes place.

There are benefits to moderate drinking, but the problem is that with the acceptance and social aspect of alcohol, many people are at risk of becoming dependent on it for one reason or another. It's quite common to start out drinking socially and to then need it more often as your tolerance level increases.

April is Alcohol Awareness Month, and the National Council on Alcohol and Drug Dependence shines a light on the first weekend in April every year as the weekend of abstinence. If you have trouble avoiding alcohol for those three days, they encourage you to speak to you physician or therapist about getting help.

Source: 1. <https://www.ncbi.nlm.nih.gov/pubmed/11505330>

Dr. V

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

**It's your heart.
It should be personal.**

And that's how I treat it.

Dr. Thiruvallur Vallabhan is devoted to keeping your heart at its healthiest. Dr. Vallabhan is a Board Certified Cardiologist, and his mission is to provide The Villages and its surrounding communities with the highest quality cardiac care in a welcoming environment. He and his staff are dedicated to fulfilling the specific cardiac needs of each patient.

To find out more information on the Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, Drvcardio.com

Dr. Vallabhan

Call Office for Consultation
352.750.2040

**Rolling Oaks Professional Park
929 N US HWY 441, Suite 201
Lady Lake, FL 32159**

CENTRAL FLORIDA VEIN & VASCULAR CENTER



**Vein Care Experts with More
than 100 Years Experience**

**Board Certified Vascular
Surgeons And Phlebologists**

**Most Qualified
Vein Care Experts
in The Villages
Community**



Dr. Rafael Quinones,
Amber Werner, APRN

Results You Can See & Feel

Specialists in the
non-surgical,
minimally invasive
treatment of:

- Varicose Veins
- Spider Veins
- Leg Pain & Leg Swelling
- Lower Extremity Heaviness & Tiredness



(352) 562-0078 • www.cfvein.com

**13953 NE 86th Terrace, Unit 101
Lady Lake, FL 32159
Convenient Golf Cart Path Access**

**MOST PROCEDURES ARE COVERED
BY INSURANCE**

A NEW CHAPTER IN DERMATOLOGY EXCELLENCE

Lumen DERMATOLOGY

Expert Dermatology Care for Your Skin



David Kosiorek, PA-C
Physician Assistant Certified
Vohra Wound Care Certification



John Cottam, MD
Dermatologist

Introducing Lumen Dermatology

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

Comprehensive Care at Lumen Dermatology

- Skin Cancer
- Melanoma
- Squamous Cell Carcinoma
- Basal Cell Carcinoma
- Acne
- Psoriasis
- Eczema
- Shingles
- Rosacea

SRT-100 Vision:
Advanced, Non-Invasive
Skin Cancer Treatment



CALL US TODAY TO SCHEDULE YOUR APPOINTMENT

352-830-1500

**The Villages, FL
781 Highway 466
The Villages, FL 32159**

**Wildwood, FL
504 Stanley Avenue
Wildwood, FL 34785**



Understanding Basal Cell Carcinoma: WHAT YOU NEED TO KNOW

By David Kosiorek, PA-C

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

What is Basal Cell Carcinoma?

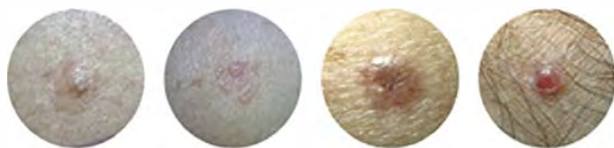
Basal cell carcinoma develops in the basal cells, which are found in the deepest layer of the epidermis. These cancers typically grow slowly and rarely spread to other parts of the body, making them highly treatable when caught early. However, if left untreated, BCCs can become locally invasive, causing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

Recognizing the Signs

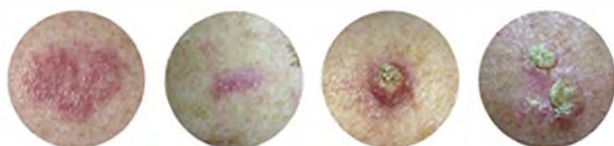
The Lumen Dermatology team emphasizes the importance of knowing what to look for when examining your skin. Basal cell carcinomas can appear in various forms:

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

BASAL CELL CARCINOMA (BCC)



SQUAMOUS CELL CARCINOMA (SCC)



Risk Factors and Prevention

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

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

Treatment Options

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

The Importance of Professional Care

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

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

Expert Dermatology Care for Your Skin

At Lumen Dermatology, we bring over 50 years combined experience in skin health. Our team specializes in diagnosing, treating, and preventing skin cancer. With a patient-centered approach, we provide personalized care to help you achieve and maintain healthy skin for life.

Book Your Appointment

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

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



352-830-1500

www.LumenDermatology.com

The Villages, FL

781 Highway 466, The Villages, FL 32159

Wildwood, FL

504 Stanley Avenue, Wildwood, FL 34785



We Are The Stem Cell Pros



Stem Cell Pro

Science of Renewal. Power of You.

www.thestemcellpro.com

352.689-9540

8564 E County Rd 466 Suite 207 D,
The Villages, FL 32162

info@thestemcellpro.com

Call Stem Cell Pro if you'd like to explore stem cell therapy in The Villages to heal your back pain, neck pain or joint pain, call 352.689.9540 for a Free Consultation.

Discover the Power of Stem Cell Therapy Led by Passionate Experts

Stem Cell Pro is committed to helping you get the best results possible. We don't prescribe pain medications that are riddled with side effects or recommend unnecessary surgery that takes months to recover from. At Stem Cell Pro we listen to your concerns and construct a plan just for you. Call us or email us today to begin on your path to healing.



Cherie McIntyre
FNP-C
Lead Provider



William Johnson
DC
Founder & Owner



Trevor Ferguson
DC
Founder & Owner



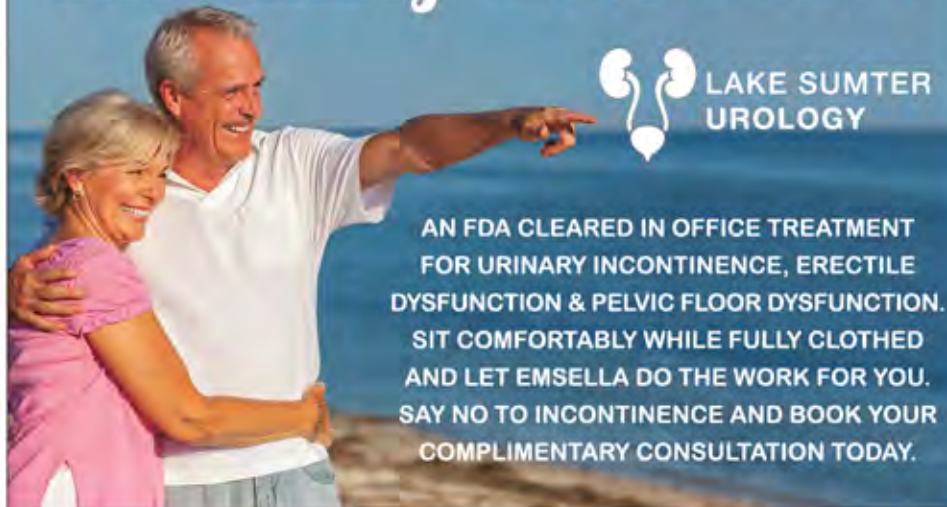
Caroline Soliman
Patient Care Coordinator



Renee Brewer
Office Manager

Non Invasive No Downtime FDA Leared Affordable

Introducing EMSELLA®



AN FDA CLEARED IN OFFICE TREATMENT FOR URINARY INCONTINENCE, ERECTILE DYSFUNCTION & PELVIC FLOOR DYSFUNCTION. SIT COMFORTABLY WHILE FULLY CLOTHED AND LET EMSELLA DO THE WORK FOR YOU. SAY NO TO INCONTINENCE AND BOOK YOUR COMPLIMENTARY CONSULTATION TODAY.



808 HIGHWAY 466, LADY LAKE, FL 32159
(352) 775-6899 | LAKESUMTERUROLOGY@GMAIL.COM

Peace of mind Dentistry

The passion of our practice is to provide patients with the finest possible dental care in a warm caring environment.



Richard Rozensky, DDS
Diplomate, ABDSM

- Professional Environment
- Aesthetic Restorative Services
- Digital Impression Technology
- Sleep Appliance Therapy
- CPAP Alternatives

Serving residents of The Villages® Community for over 20 Years!

LAUREL
MANOR
DENTAL

LAUREL
MANOR
SLEEPCARE

352.430.1710 laurelmanordental.com
1950 Laurel Manor Drive, Suite 180B • The Villages, Florida 32162



THE NEW LUXURY ESSENTIAL: Sleeping Better Than Ever

By Richard W. Rozensky, DDS, D.ABDSM

In the evolving world of health and wellness, true indulgence is no longer defined by what we add to our days—but by how deeply we rest at night. Sleep, once treated as a biological necessity, has become the ultimate marker of a well-lived life. And at the center of this quiet revolution is an unexpected accessory: the custom dental sleep device.

For many, sleep apnea has long carried a clinical stigma—white labs, blinking monitors, and bulky equipment that feels more hospital-grade than home sanctuary. But today's approach reframes the conversation entirely. Modern dental sleep devices are discreet, elegant, and designed with comfort in mind, aligning seamlessly with a lifestyle that values refinement, restoration, and ease.

Sleep as the Highest Form of Self-Care

Luxury wellness isn't about extremes. It's about optimization—making subtle, intelligent choices that elevate everyday experiences. A dental sleep device does exactly that by working quietly in the background, allowing the body to breathe freely and rest uninterrupted.

Unlike traditional sleep equipment that can dominate a bedroom or disrupt intimacy, these devices are custom-crafted to fit the wearer precisely. There are no hoses, no noise, no visual clutter. Just a small, tailored appliance that supports natural airflow and promotes deeper, more restorative sleep.

The result? Waking up clear-headed, energized, and calm—without feeling like you've "done" anything at all.

A Bespoke Experience for the Modern Sleeper

Customization is the hallmark of luxury, and dental sleep devices are nothing if not bespoke. Each is designed from a simple detailed scan of the patient's bite, ensuring a fit that feels intuitive rather than intrusive.

This personalization transforms the experience from treatment to ritual. Putting the device in at night becomes as effortless as slipping on silk pajamas or dimming the lights. It's a quiet signal to the body: rest is coming.



For those who travel frequently, the appeal is even greater. Lightweight and portable, these devices slip easily into a carry-on—no special adapters, no explanations at airport security, no disruption to routine. Whether at home, in a boutique hotel, or halfway across the globe, restorative sleep travels with you.

The Aesthetic of Effortless Health

There is a growing shift in wellness culture away from performative health and toward understated optimization. The most coveted tools are the ones no one notices—but everyone feels.

Dental sleep devices fit seamlessly into this ethos. There's no outward sign, no nighttime spectacle. Partners sleep undisturbed. Bedrooms remain serene. The benefits unfold privately: fewer nighttime awakenings, smoother breathing, and mornings that begin without fog or fatigue.

This is wellness that doesn't ask for attention. It simply delivers.

Beyond Sleep: The Ripple Effect

When sleep improves, everything else follows. Mornings feel lighter. Focus sharpens. Workouts become more effective. Even mood and skin often reflect the change.

Rather than addressing symptoms one by one—fatigue, irritability, low energy—supporting sleep addresses the foundation. A dental sleep device becomes not a solution to a problem, but an investment in overall vitality.

In this way, it aligns perfectly with the modern wellness mindset: proactive, refined, and deeply personal.

Redefining What It Means to Treat Yourself

Indulgence has evolved. Today, it's less about excess and more about intention. It's choosing experiences that enhance life quietly but profoundly.

A dental sleep device may not sparkle or announce itself, but its impact is unmistakable. Night after night, it creates space for the body to do what it was designed to do—rest, recover, and renew.

In a world that demands so much of our waking hours, the most luxurious thing we can do may be to sleep—fully, deeply, and effortlessly.

And that kind of rest? That's the ultimate upgrade.

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!

Laurel Manor Dental/Laurel Manor SleepCare

352.430.1710

laurelmanordental.com

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



REVITALIZE YOUR LIFE

AT INFINITY MEDICAL INSTITUTE

Unlock your body's potential with cutting-edge regenerative therapies! From hormone balance and testosterone replacement to aesthetic services and stem cell treatments, we offer personalized solutions to combat aging.

Free consultations. Expert care. Transformative results.

Located at 322 Heald Way, The Villages - where advanced medicine meets compassionate healing.

HORMONE REPLACEMENT THERAPY | WEIGHT LOSS | PULSE WAVE THERAPY

SCAN & VISIT US ONLINE!



SCHEDULE YOUR FREE CONSULTATION

(352) 626-4334

322 HEALD WAY
THE VILLAGES, FL 32163

We're open Monday through Thursday from 8 AM to 4 PM, and Fridays from 8 AM to 1 PM.

We invite you to experience the Infinity Medical Institute difference.

PRESERVE YOUR MEMORIES



Learn about a clinical trial evaluating an investigational medication for those with a diagnosis of Mild Alzheimer's Disease or Mild Cognitive Impairment due to Alzheimer's Disease.

No Insurance Required



CALL TODAY

352.629.5800

RENSTAR.NET



LASERLAB™

PAIN THERAPY SPECIALISTS

LIVE AN IMPROVED LIFE WITH LASERLAB THERAPY

NEUROPATHY | SPORTS INJURIES | CHRONIC & ACUTE PAIN

Class IV laser therapy and whole-body light therapy used for pain management, therapy, and wellness is:

SAFE • EFFECTIVE • NON-INVASIVE • NON-SURGICAL • NON-PRESCRIPTION

WE REJECT THE STATUS QUO OF PAIN MANAGEMENT

LaserLab believes there's a better way to manage pain. We've pioneered a paradigm-changing health and wellness category so that together with our franchisees we can help revitalize the lives of people suffering from pain.

www.LaserLabTherapy.com

CALL TODAY!

LaserLab Lady Lake
352-717-2586
13721 US-441, Suite 6
Lady Lake, FL 32159

Laserlab Heathrow
321-352-6962
920 International Parkway, Suite 1056
Lake Mary, FL 32746

The Power of Emsella: The Non-invasive Treatment for Urinary Incontinence

Sit Back, Relax, and Reclaim Control

Emsella is a non-invasive treatment option for urinary incontinence, offering a groundbreaking solution for individuals seeking relief without surgery or medication. Using high-intensity focused



electromagnetic (HIFEM) technology, Emsella stimulates deep pelvic floor muscles, helping to strengthen and restore muscle tone. This treatment is ideal for patients suffering from stress incontinence, urge



incontinence, or mixed incontinence, and can be particularly beneficial for women post-childbirth or during menopause.

Clinical studies have demonstrated that Emsella can significantly reduce symptoms of urinary incontinence, improving quality of life for patients who

have struggled with this common condition. Many patients experience noticeable results after just a few sessions, with a significant reduction in accidents, urgency, and the need to frequently visit the bathroom. For those looking for a non-surgical solution to regain control over their bladder, Emsella offers a promising alternative to traditional treatments.

Emsella is quick, non-invasive, and painless. It is a revolutionary treatment for both men and women experiencing incontinence and/or wanting to improve sexual wellness.



**LAKE SUMTER
UROLOGY**

352-775-6899

www.lakesumterurology.com

808 Highway 466, Lady Lake, FL 32159



**Improvement
in Sexual Satisfaction
and Desire ⁴**



**Improvement
in Orgasm ²**



**Overall
Improvement in Sexual
Dysfunction ⁴**



**Improvement
in Maintaining Erection
in Male Patients ⁵**



**Improvement
in UI at 3 Months ¹**



**Improvement
in UI at 12 Months ²**



**Improvement
in Nocturia ¹**



**Average Hygiene
Pad Reduction ³**

REVOLUTIONIZING WELLNESS: INFINITY MEDICAL INSTITUTE'S COMPREHENSIVE APPROACH TO ANTI-AGING AND LONGEVITY

In the heart of The Villages, Florida, a beacon of medical innovation is transforming how we approach aging and personal health. Infinity Medical Institute has been at the forefront of regenerative medicine since its establishment in 2009, offering a holistic and personalized approach to wellness that goes far beyond traditional medical treatments.

Founded in Tampa and now bringing its cutting-edge services to The Villages, Infinity Medical Institute represents a paradigm shift in healthcare. The institute's philosophy is simple yet profound: it's not just about adding years to life, but adding life to years. This approach recognizes that aging is not something to be feared, but a process that can be optimized and embraced with the right medical support.

A Comprehensive Suite of Innovative Treatments

What sets Infinity Medical Institute apart is its comprehensive range of advanced therapies designed to address the multifaceted challenges of aging. The clinic offers a diverse array of treatments that target various aspects of health and wellness:

- **Bioidentical Hormone Therapy:** provides a natural approach to hormone balance, addressing common age-related symptoms like fatigue, mood fluctuations, and decreased libido.
- **Testosterone Replacement Therapy:** helps men restore vitality by supporting healthy testosterone levels, enhancing energy, muscle mass, and overall well-being.
- **Sexual Wellness Treatments:** offer targeted therapies to improve intimate health and quality of life.
- **Aesthetic Services:** Including Botox, Derma fillers, laser skin resurfacing, PRP, Body contouring, cellulite reduction.
- **Pulse Wave Therapy:** Improves circulation and activates stem cell regeneration correcting conditions like chronic pain, neuropathy and erectile dysfunction.
- **Platelet-Rich Plasma (PRP) Therapy:** harnesses the body's own growth factors to accelerate healing and tissue repair.

- **Stem Cell Therapy:** represents a groundbreaking regenerative approach to treating injuries and revitalizing aging tissues.
- **Peptide Therapy:** uses specialized treatments to stimulate natural bodily processes, including metabolism and immune function.
- **Weight Loss Programs:** offer comprehensive, sustainable solutions supported by medical expertise.

Patient-Centered Care: Beyond Treatment

Infinity Medical Institute stands out not just for its advanced treatments, but for its commitment to patient care. The clinic offers free consultations, allowing individuals to explore their health options without financial pressure. This approach reflects their belief in transparency and patient empowerment.

Located at 322 Heald Way in The Villages, the clinic operates Monday through Thursday from 8 AM to 4 PM, and Fridays from 8 AM to 1 PM. Each patient receives a customized treatment plan that recognizes their unique health needs and personal wellness goals.

The Science of Regenerative Medicine

The institute's approach is grounded in regenerative medicine – a field that focuses on natural, integrative therapies working in harmony with the body's inherent healing processes. Their experienced medical team is dedicated to delivering evidence-based care that optimizes health and longevity.

A Vision for Transformative Healthcare

Infinity Medical Institute represents more than just a medical clinic; it's a vision of healthcare that sees aging as an opportunity for growth, renewal, and continued vitality. By combining advanced medical technologies with a compassionate, individualized approach, they are redefining what it means to age gracefully and healthily.

For those seeking to take control of their health, optimize their wellness, and embrace a more vibrant future, Infinity Medical Institute in The Villages offers a beacon of hope and innovative medical care.

About Infinity Medical Institute

Pioneers in Integrative Medicine, Infinity Medical Institute is a company dedicated to benchmarking health in concert with breakthroughs in education through



science. Understanding where individuals are in their "Life Cycle" as opposed to treating symptoms that are often an expression of a greater challenge they are experiencing with their bodies at the cellular level. A new approach in health and wellness based on recently made available research, allowing us to understand the differences in Biological Age as compared to Chronological Age.

Most of us fail to realize that our personal health is the result of the "aging process" complimented and/or penalized by the manner in which we take care of and/or misuse ourselves. Our consumption patterns combined with normal aging and physical activities directly affect our quality of life.

Our approach to wellness is based on meeting people where they are in their personal life and developing an individualized plan of action in and around nutrition, supplementation, and lifestyle.

INFINITY
MEDICAL INSTITUTE

352-626-4334 | www.imifl.com

322 Heald Way
The Villages, FL 32163

**SCHEDULE YOUR
FREE CONSULTATION**



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.



www.laserlabtherapy.com

LaserLab Lady Lake

352-717-2586

13721 US-441

Suite 6

Lady Lake, FL 32159

Laserlab Heathrow

321-352-6962

920 International Parkway

Heathrow FL 32746.

RECHARGE YOUR WAY TO A HEALTHY WEIGHT

Sustainable weight loss is often misunderstood. Many people imagine strict diets, endless gym sessions, and giving up every favorite food forever. In reality, lasting weight management is less about extreme restriction and more about building realistic habits that support long-term health.

At Recharge Clinic, the philosophy behind weight management is simple: healthy change should be practical, medically guided, and sustainable over time. Instead of chasing short-term dieting trends, the clinic focuses on helping patients develop a lifestyle that supports metabolism, energy, and overall wellness.

The Problem with Quick Fixes

The weight loss industry is filled with promises of fast results. However, research consistently shows that rapid, unsupervised weight loss is often difficult to maintain. Studies indicate that nearly 80% of individuals who lose weight through restrictive dieting regain a significant portion of it within one year. This cycle—commonly referred to as “yo-yo dieting”—can negatively affect metabolism and make long-term weight control more difficult.

Sustainable weight loss programs take a different approach. Instead of focusing on rapid results, they aim for gradual, consistent progress supported by evidence-based strategies. Even a modest weight reduction of 5–10% of total body weight can significantly improve health markers such as blood pressure, blood sugar levels, and cholesterol.

A Personalized Plan for Real Life

One of the most important components of successful weight management is personalization. Every person’s metabolism, lifestyle, and health history are different. Recharge Clinic begins with a comprehensive evaluation so providers can design a plan tailored to the patient’s individual goals.

Programs may include nutrition counseling, weekly weigh-ins, lifestyle coaching, and structured goal tracking. This medical guidance provides accountability while helping patients develop habits they can realistically maintain. Some programs may last several weeks, while others extend longer to allow patients to build consistent routines.

The clinic’s results demonstrate the effectiveness of this structured approach. Patients working with Recharge Clinic have collectively lost hundreds of thousands of pounds through medically guided weight loss programs designed to support lasting success.



Food Can Be Powerful Medicine

Healthy eating does not mean eliminating flavor or enjoyment. In fact, many foods that support weight loss are also satisfying and delicious. Protein-rich foods such as eggs, fish, lean meats, and legumes help promote fullness, which may reduce overall calorie intake. Fiber-rich foods—including vegetables, berries, and whole grains—support digestion and help stabilize blood sugar levels.

Recharge Clinic often emphasizes nutrient-dense foods that support metabolism and energy levels. When meals are balanced with protein, healthy fats, and complex carbohydrates, patients may experience fewer cravings and improved satiety throughout the day.

The Science Behind GLP-1 Weight Loss

Modern medical science has introduced new tools that can support weight management when lifestyle changes alone are not enough. One of the most significant advances is the development of GLP-1 receptor agonist medications.

GLP-1 is a naturally occurring hormone that helps regulate appetite and blood sugar levels. Medications that mimic this hormone help slow stomach emptying and signal fullness to the brain. As a result, patients often feel satisfied with smaller portions and experience reduced hunger between meals.

Clinical studies have demonstrated significant outcomes when GLP-1 therapies are combined with lifestyle changes. Research shows that patients may lose approximately 15% or more of their body weight with medically supervised treatment. These medications are prescribed and monitored by healthcare providers to ensure safety and effectiveness. At Recharge Clinic, GLP-1 therapies may be incorporated into personalized weight loss programs when medically appropriate. Providers evaluate each patient’s medical history and health goals before recommending treatment.

Building Habits That Last

Weight loss success is rarely about perfection. Instead, it is about consistency. Sustainable programs focus on small changes that gradually add up to significant results. This might include drinking more water, increasing daily steps, prioritizing sleep, or planning balanced meals throughout the week. Regular follow-up visits also play an important role.

Studies show that individuals participating in structured programs with accountability and monitoring are significantly more likely to maintain their results compared to those attempting weight loss independently.

Over time, these small but consistent changes can produce meaningful health benefits. Reduced body weight is associated with lower risk of cardiovascular disease, improved blood sugar control, and better overall metabolic health.

Everything Is Better with a Friend

Let’s be honest—starting a weight loss journey can feel a little intimidating. But bringing a friend along can make the process more fun and more motivating. Having someone to share healthy meals, workouts, and milestone victories with often improves accountability and encouragement.

Recharge Clinic is making it even easier to team up for success.

BESTIES’ BUNDLE

Weight loss with a friend. \$100 OFF Weight Loss with GLP Package when you both join.

Sustainable weight loss is not about temporary changes—it is about creating a healthier lifestyle that lasts. Individuals interested in learning more about personalized weight loss programs, nutrition strategies, and medically supervised therapies are encouraged to schedule a consultation with a qualified healthcare provider. Recharge professionals can evaluate your health history, discuss your goals, and help determine the safest and most effective approach to long-term weight management.



352-512-9996

www.rechargeocalaclinic.com

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

Southeast Ocala

47 SW 17th St, Suite A, Ocala, FL 34471

Northwest Ocala Clinic

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

Southwest Ocala Clinic

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

Lady Lake Clinic

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

COMING SOON TO CLERMONT

3175 Citrus Tower Blvd, Bldg 3, Suite B
Clermont, FL 34711



Minimally Invasive Sacroiliac Joint Fusion: A Modern Solution for Chronic SI Joint Pain

By Brent Compton, MD

Chronic pain originating from the sacroiliac (SI) joint is a frequently overlooked yet significant cause of lower back and buttock discomfort, affecting millions of Americans each year. At Interventional Pain Institute, our specialists understand how debilitating SI joint dysfunction can be — and how profoundly it can disrupt everyday life. For patients who have not found lasting relief through conservative treatments, minimally invasive sacroiliac joint fusion offers a safe, effective, and increasingly popular path to long-term pain reduction and improved mobility.

Understanding the Sacroiliac Joint and Why It Hurts

The sacroiliac joints connect the sacrum — the triangular bone at the base of the spine — to the iliac bones of the pelvis. These joints bear the weight of the upper body and absorb impact from walking, running, and everyday movement. When the SI joint becomes inflamed, unstable, or arthritic, it can generate intense, often localized pain in the lower back, buttocks, hips, and even down the leg — symptoms that are commonly mistaken for lumbar disc issues or sciatica.

SI joint dysfunction can result from a variety of causes, including degenerative arthritis, prior lumbar spinal fusion, pregnancy-related ligament changes, trauma, or inflammatory conditions such as ankylosing spondylitis. Diagnosis typically involves a detailed clinical evaluation, imaging studies, and diagnostic injections to confirm the SI joint as the primary pain generator.

What Is Minimally Invasive SI Joint Fusion?

Minimally invasive sacroiliac joint fusion is a surgical procedure designed to stabilize and fuse the SI joint, eliminating the abnormal movement that generates chronic pain. Unlike traditional open surgery, which requires large incisions and extensive soft tissue disruption, the minimally invasive approach uses small incisions and specialized implants inserted under fluoroscopic or CT guidance.

The most widely used technique involves placing triangular titanium implants — such as those used in the iFuse system — across the SI joint through a lateral approach. These implants are designed to promote bone ingrowth and biological fusion over time, creating a solid and permanent stabilization of the joint. The procedure is typically performed under general or spinal anesthesia and is often completed in under an hour.



Who Is a Candidate for This Procedure?

Not every patient with SI joint pain requires surgery. At Interventional Pain Institute, we take a comprehensive, stepwise approach to care. Minimally invasive SI joint fusion is generally considered for patients who have experienced significant SI joint pain for six months or more, have not responded adequately to conservative treatments such as physical therapy, anti-inflammatory medications, or SI joint injections, and have had positive diagnostic nerve block results confirming the SI joint as the source of their pain.

Ideal candidates are those with confirmed SI joint instability or degenerative sacroiliitis, particularly patients who have undergone prior lumbar spinal fusion — a group at significantly elevated risk for adjacent SI joint degeneration. A thorough preoperative evaluation ensures that each patient is properly selected for the best possible outcome.

Benefits and Recovery

Clinical studies have consistently demonstrated favorable outcomes with minimally invasive SI joint fusion. Patients typically report substantial reductions in pain scores, decreased reliance on opioid and non-opioid pain medications, and meaningful improvements in physical function and quality of life. Because the procedure requires only a small incision — typically less than three centimeters — there is less blood loss, a lower risk of infection, and a faster recovery compared to open surgical alternatives.

Most patients are able to bear weight and return to light activities within a few weeks, with a gradual return to full activity over two to three months. Physical therapy plays an important role in the recovery process, helping to strengthen the surrounding musculature and optimize long-term function.

Why Choose Interventional Pain Institute?

At Interventional Pain Institute, our board-certified pain management specialists and spine surgeons bring advanced training and a patient-centered philosophy to every case. We utilize the latest diagnostic tools and evidence-based treatment protocols to ensure that SI joint fusion is recommended only when clinically appropriate and likely to deliver meaningful, lasting results.

If you are living with chronic lower back or SI joint pain that has not responded to conventional treatment, we encourage you to schedule a consultation. Dr. Brent Compton is committed to helping you reclaim your quality of life through the most effective and least invasive options available. Relief may be closer than you think.

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.

**INTERVENTIONAL
PAIN
INSTITUTE**
352-350-6500 | www.IPIMED.com
11974 CR 101, Ste 102, The Villages, FL 32162
1715 SE 28th Loop, Ocala FL

Attorney Patrick Smith Radio Show Now on 14 Stations

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



THE LAW OFFICES OF
PATRICK L. SMITH, PLLC
Estate Planning | Elder Law | Probate | Trust Administration

Unchanged these his last 18 years of practice is Attorney Smith's flat fee model of Estate Planning, including \$75 Wills. He continues to be available free of charge to speak to your church or social club on a wide range of topics, including charitable giving, estate planning for Florida residents, and homestead and tax planning. The previous year's radio content can be found and streamed at www.AttorneyPatrickSmith.com.

FELLOWSHIP TRAINED INTERVENTIONAL PAIN

PAIN TREATMENTS FOR

- SPINE/JOINT PAIN
- HERNIATED DISC
- CANCER PAIN
- SPINAL STENOSIS
- NERVE PAIN
- COMPRESSION
- SACROILIAC PAIN
- INJURY PAIN
- FRACTURE



BRENT COMPTON, MD



www.IPIMED.COM | **352-350-6500** | FAX: 352-391-9468
11974 CR 101 STE 102, THE VILLAGES, FL 32162
OCALA OFFICE: 1715 SE 28TH LOOP

PATRICK SMITH
ATTORNEY AT LAW

GET A FREE
ESTATE PLANNING CONSULTATION
CALL 352-204-0305

Wills • Trusts • Probate • Estate Planning

www.attorneypatricksmith.com

The hiring of a lawyer is an important decision that should not be based solely upon advertisement. Before you decide, ask me to send you free written information about our qualifications and experience.

Comprehensive Care: How OT/PT Professionals Integrate LSVT BIG and Vocal Techniques for Parkinson's Patients

Parkinson's disease presents unique challenges that extend beyond the characteristic tremors. Patients often experience reduced movement amplitude, slowed movements, and diminished vocal volume—symptoms that can significantly impact quality of life. While dedicated therapeutic approaches exist for each symptom, innovative healthcare teams are finding ways to provide comprehensive care even with limited resources.

The Power of LSVT BIG for Movement Rehabilitation

The Lee Silverman Voice Treatment (LSVT) BIG program has emerged as a gold standard intervention for addressing the movement difficulties associated with Parkinson's disease. This evidence-based approach focuses on amplitude—training patients to make bigger, more deliberate movements to counteract the shrinking motion patterns typical of the disease.

Occupational and physical therapists certified in LSVT BIG guide patients through intensive exercises designed to recalibrate their perception of movement. The program typically includes:

- Large, exaggerated limb and body movements
- High-effort, high-intensity exercises
- Functional movement training applicable to daily activities
- Consistent reinforcement of "Think BIG" as patients move

The effectiveness of LSVT BIG lies in its ability to leverage neuroplasticity—the brain's capacity to form new neural connections. Through consistent practice of amplified movements, patients can essentially rewire their motor systems to automatically produce larger, more controlled movements in everyday life.

Integrating Vocal Exercises Without a Speech Therapist

While LSVT LOUD is traditionally administered by speech-language pathologists, many facilities face staffing challenges that require adaptation. Forward-thinking OT and PT professionals have found effective ways to incorporate vocal exercises into their treatment sessions, ensuring patients receive comprehensive care.

During LSVT BIG exercises, therapists prompt patients to:

- Count repetitions loudly
- Verbalize movements with strong vocal projection
- Practice sustained "Ahhh" sounds during stretching components
- Use loud voices when describing or planning activities

This integrated approach maintains the crucial focus on vocal amplitude that would otherwise be addressed in formal speech therapy. While not a complete replacement for specialized speech services, these vocal components help prevent the common decline in speech volume and clarity that accompanies Parkinson's progression.

Creating Synergy Between Movement and Voice

The brilliance of combining vocal exercises with physical movements extends beyond convenience. Research suggests that simultaneous training of both systems creates a synergistic effect, with improvements in one domain supporting enhancements in the other.

When a patient practices large arm swings while counting loudly, they reinforce the core LSVT principle across multiple systems: bigger movements and louder voices. This dual-task approach also challenges cognitive function, providing additional benefits for patients who may experience cognitive changes as their disease progresses.

Practical Implementation in Daily Care

For therapy teams implementing this combined approach, consistency is key. Therapists establish clear cues like "BIG movement, LOUD voice" that patients can remember and apply independently. Take-home exercise programs include reminders about vocal projection, and family members are educated on the importance of encouraging both expanded movements and increased vocal volume.

Documentation of vocal performance, even in OT/PT notes, helps track this aspect of function over time. Simple metrics like the distance at which a patient's voice can be clearly heard provide valuable information about disease progression and treatment effectiveness.



Beyond the Clinic: Empowering Long-term Success

The ultimate goal of this integrated approach extends beyond clinical improvements. By embedding vocal exercises within physical therapy sessions, patients develop habits that continue in their daily lives. A patient who practices speaking loudly while performing exercises is more likely to maintain appropriate vocal volume when ordering at a restaurant or speaking with grandchildren.

This comprehensive care model represents the evolution of Parkinson's treatment—recognizing that the most effective interventions address multiple symptoms simultaneously and prepare patients for real-world success beyond the therapy room.

Innovative Therapies Group has certified hand therapists that specialize in specific treatments post ziloflex injections for duptyrens contractions and will help you to regain function post procedure.

Types of Treatment Available with Physical Therapy

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



Innovative Therapies Group, Inc.
352-433-0091 | innovativetherapiesgroup.com

FINDING A HEALTHY TEMPO FOR LIFE

By Pastor Timothy Neptune

In today's fast-paced world, everyone seems constantly busy and exhausted. Technology, meant to simplify life, has only accelerated our schedules, allowing us to pack even more into each day. We are not only busy—we are tired.

Many can relate to Job's ancient words: "I have no peace, no quietness; I have no rest, but only turmoil" (Job 3:26). What many of us need to do is discover a sustainable rhythm for life. It is time to step off the merry-go-round of overcommitment and find a pace we can maintain for the long haul.

Jesus' words to the Pharisees in Matthew 23:25-26 remind us that internal health matters as much as external appearance. We spend hours perfecting our looks—clothes, hair, makeup, workouts—yet often neglect the soul and spirit that define who we are. Just as musicians use a metronome to set the proper tempo, our lives need a balanced rhythm. Living life at full throttle leads to burnout; our bodies require rest.

The story of Martha and Mary in Luke 10:38-42 illustrates this truth perfectly. As Jesus visited their home, Martha hurried about with preparations while Mary sat at the Lord's feet, listening. Frustrated, Martha complained that her sister had left her to do all the work alone. Jesus replied gently, "Martha, Martha, you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."



Martha was doing good things—serving and hosting—but at the wrong time. In the presence of Jesus, the most important priority was sitting and listening to Him. This encounter was the last time Jesus would visit their home on earth. Sometimes we must choose between two good options, and the better choice is the one that draws us closer to God.

An unhealthy pace affects more than our bodies. It drains us mentally, emotionally, and spiritually, making it difficult to love God with all our heart,

soul, mind, and strength (Mark 12:30). Solomon warned, "Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23).

Who is setting the tempo of your life? Cultural expectations, family pressures, and personal ambitions can push us into unsustainable rhythms. If you find yourself feeling overwhelmed, stressed, or exhausted, ask yourself: What is truly important now? Eliminate non-essentials and focus on what matters most.

If we lose our "why," we eventually lose our way. Busyness can lead to barrenness, leaving us empty inside. The invitation is to slow down, guard our internal life, and choose the better part—like Mary did.

Take a moment to ponder whether your current pace is healthy and sustainable. Put away distractions, especially phones, and make the most of precious moments with family. Technology is useful, but it should never replace real connection. Finding a healthy tempo allows us to endure for the long haul and experience the full life Jesus offers.



VENTURECHURCH

www.venturenaples.com *Naples*



Innovative
Therapies Group Inc.

Changing lives...
One patient at a time!

352-433-0091
www.innovativetherapiesgroup.com



BACK TO 'QUALITY OF LIFE'

- Occupational Therapy (Hand Therapy)
- Certified Hand Therapists
- Physical Therapy

Ocala 2801 SW College Rd Ocala, FL 34474	Summerfield 14031 Del Webb Blvd Summerfield, FL 34491	Lady Lake 929 US-27 #301 Lady Lake, FL 32159	Wildwood 3990 E SR 44, Ste 202 Wildwood, FL 34785
---	--	---	--

WEIGHT LOSS MADE EASIER

Practical wellness tools that fit into real life.





RECHARGE CLINIC
EXPERTISE MATTERS

809 CR 466, C303, Lady Lake, FL 32159

TELEHEALTH | FREE CONSULTATION: 352-512-9996

EMSCULPT neo[®]

The most popular
body contouring
treatment that treats up
to 10 body part areas
in just **30 minutes**

LESS **-30%**
Fat

on average*

+25% MORE
Muscle

on average*



Why Patients Love Emsculpt Neo

BENEFITS OF EMSCULPT NEO IN LEESBURG, FL

- **Simultaneous Fat Reduction and Muscle Building:** Emsculpt NEO uniquely combines RF heating and HIFEM+ energies, allowing for the simultaneous reduction of fat and building of muscle in a single session.
- **Noninvasive Treatment:** The procedure is entirely non-surgical, involving no needles, incisions, or anesthesia, making it a safer and more comfortable alternative to surgical body contouring methods.
- **No Downtime Required:** One of the significant advantages of Emsculpt NEO in Leesburg, FL, is that there's no downtime after the treatment. Patients can immediately return to their daily activities post-treatment.

- **Efficient and Quick Sessions:** Each treatment session is relatively short, typically lasting about 30 minutes, making it convenient for people with busy schedules.
- **Suitable for a Wide Range of Patients:** Emsculpt NEO can be used for individuals with a BMI of up to 35, making it accessible to a broader range of body types compared to some other body contouring treatments.
- **Visible and Fast Results:** Patients often notice improvements after just a few sessions, with optimal results usually visible a few months after the final session. The results include both fat loss and muscle growth, contributing to a more toned and sculpted appearance.

352.728.8300



CALL TODAY TO FIND OUT IF
EMSCULPT NEO IS RIGHT FOR YOU!

Mention this ad to receive a complimentary consultation!

MyDentalTouch.com | MyWellnessStudio.com

918 E Dixie Ave, Leesburg