

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2026

Marion Edition - Monthly

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TWO DIMENSIONS OF HEALING

How EMFACE[®] Addresses TMJ Relief and Facial Enhancement

STRONG BONES, STRONG LIFE

What You Need to Know During National Osteoporosis Awareness Month

WOMEN'S HEALTH

Reclaiming Energy Balance and Vitality at Every Age

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UNPLUG TO POWER UP: WHY DIGITAL BALANCE MATTERS FOR MENTAL HEALTH

By Elizabeth Dosoretz, LCSW

We live in a world that rarely slows down.

Between packed schedules, constant notifications and the pressure to stay informed and connected, it is easy to feel overwhelmed. Many of us move from one thing to the next without ever stopping to take a breath.

There is often an unspoken expectation to always be on, available, responsive and productive. That expectation is not realistic or sustainable. Feeling tired or overwhelmed does not mean you are failing. Not every day will feel productive, and that is okay. Taking care of your health, mentally and physically, should remain the top priority.

Sometimes what we really need is permission to pause. Setting thoughtful boundaries, especially around technology, can help reduce stress and support both our mental and physical well-being.

Digital overstimulation plays a major role in burnout and stress. Screen time adds up quickly through online shopping, group chats, social media, emails and documenting everyday life. At the same time, we are constantly exposed to curated content from companies, colleagues, friends and even family. Over time, this can quietly shape expectations and fuel comparison, making it feel as though everyone else is doing more or coping better.

At the same time, digital balance does not mean eliminating technology or disconnecting completely. It means being intentional about how, when and why we engage with digital tools. When technology use is unregulated, it can increase mental load, disrupt focus and keep the nervous system in a constant state of alert. When balanced, it can support connection and productivity.

Finding Your Balance

Part of what makes these patterns so difficult to change is how our brains are wired. Behavioral science research, including the work of Katy Milkman, shows that we naturally default to what is easy, familiar and immediately rewarding, such as scrolling or checking notifications.

Insight alone is rarely enough to create change. When our surroundings encourage constant engagement, even the best intentions can be overridden by habit. Real and lasting change



happens when we make small adjustments to our environment and routines, making healthier choices more natural. These changes reduce friction, lower decision fatigue and help new behaviors stick without requiring constant self-monitoring or discipline.

It's why creating intentional digital boundaries can be so powerful. It does not mean deleting apps or giving up devices altogether. It means pausing long enough to ask yourself why you are reaching for your phone. Is it habit, boredom, stress or a genuine desire to connect?

When possible, replace mindless scrolling with something restorative. This might include writing a few thoughts down, spending time with someone you love or engaging in a favorite activity. Many types of activities can help reset your nervous system. These moments do not need to be long to be effective.

Small and well-timed changes are often far more sustainable than sweeping resolutions. A recent study published in *Jama Network Open* found that even short reductions in social media use can significantly reduce mental health symptoms in young adults. Less screen time has been associated with lower anxiety, improved sleep, better focus and more space for emotional processing that often gets buried in a constantly moving, digital world.

A healthier relationship with technology is possible, even if it feels difficult right now. After all, building digital balance does not mean giving something up forever. It means learning how to use technology in a way that supports your mental health rather than draining it. With the right support, new habits can be formed and sustained over time.

Remember, the goal is not perfection. Simple steps like putting your phone away during meals, setting a tech free window before bed, turning off nonessential notifications or taking a short break from social media can create meaningful shifts. All of this is progress. Designing your environment to support these choices, rather than relying on willpower alone, makes change more realistic and lasting.

As you reflect on your habits, consider how technology truly makes you feel. What adds value, and what drains you? The digital world can be an incredible tool for connection and information, but it works best when used intentionally and balanced with other healthy habits. With consistency and self-compassion, it is possible to build a healthier relationship with technology.

Looking for support as you work on finding your digital balance? At Elite DNA Behavioral Health, we help individuals build healthier routines that support emotional well-being in a demanding, always-connected world. As one of the fastest-growing mental health providers in the Southeast, Elite DNA provides accessible, affordable mental healthcare through in-person and virtual services across Florida, Virginia, and Alabama. To learn more or request an appointment, visit EliteDNA.com.

About the Author

Elizabeth Dosoretz, LCSW, is the founder and CEO of Elite DNA Behavioral Health. As a mother of three, her personal journey through the challenges of postpartum depression inspired her to found Elite DNA Behavioral Health in 2013 with a goal to provide accessible, affordable mental health care to everyone. Now one of the fastest-growing mental health providers in the Southeast, Elite DNA provides in-person and virtual behavioral health services from more than 40 locations across Florida, Virginia, and Alabama. For more information, visit EliteDNA.com.



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TWO DIMENSIONS OF HEALING:

How EMFACE® Addresses TMJ Relief and Facial Enhancement

By Dr. Tina Chandra

For many people, the jaw is a silent source of suffering. Temporomandibular Joint Disorder — commonly known as TMJ — affects millions of adults, causing chronic pain, headaches, facial tension, and disrupted sleep. At the same time, concerns about facial aging, loss of muscle tone, and skin laxity continue to be among the most common wellness goals clients bring to our center. Until recently, these two concerns required entirely separate treatment paths. Today, EMFACE® is changing that conversation.

At Chandra Wellness Center, we are proud to offer EMFACE® as part of our integrative approach to health and beauty — a technology that works on two powerful dimensions simultaneously: TMJ relief and facial enhancement.

Understanding EMFACE® Technology

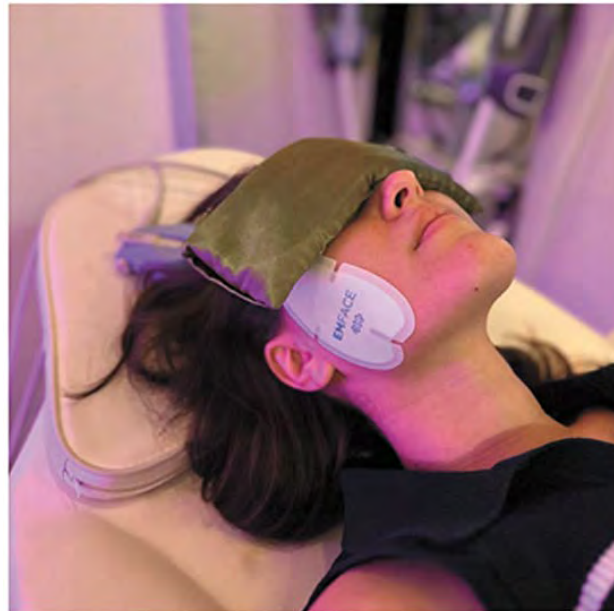
EMFACE® is a non-invasive, needle-free treatment that combines two synergistic energies: Synchronized Radio Frequency (RF) and High-Intensity Facial Electromagnetic Stimulation (HIFES™). RF energy heats the dermis and deeper tissue layers to stimulate collagen and elastin production, while HIFES™ directly contracts facial muscles at a level beyond what voluntary movement can achieve. The result is a dual-action treatment that tightens skin from within while simultaneously strengthening and lifting the underlying muscular structure.

What makes EMFACE® particularly compelling at Chandra Wellness Center is our recognition that these same mechanisms have meaningful therapeutic implications for clients dealing with TMJ dysfunction.

Dimension One: TMJ Relief

TMJ disorders often stem from chronic muscle tension, poor muscle coordination, inflammation in the jaw joint, and imbalanced muscular engagement around the face and neck. Traditional approaches have focused on bite guards, physical therapy, and in more serious cases, surgery. EMFACE® offers a non-surgical complement to these approaches.

The HIFES™ electromagnetic stimulation used in EMFACE® engages the muscles of the face in deep, rhythmic contractions. For TMJ sufferers, this targeted muscular stimulation can help re-educate and rebalance the facial musculature — particularly



the masseter, temporalis, and surrounding musculature that directly influence jaw function. By promoting more balanced muscle tone and improving circulation to tense, overworked tissue, clients frequently report reduced jaw tightness, diminished facial pain, and greater ease of movement following treatment.

The RF component adds another layer of benefit: thermal energy penetrates deeply into connective tissue, reducing inflammation and supporting tissue repair. For clients whose TMJ symptoms include chronic soreness, stiffness, or clicking in the joint, this warming, restorative energy can provide meaningful relief and support the body's natural healing response.

Dimension Two: Facial Enhancement

On the aesthetic side, EMFACE® delivers clinically validated results. Studies have shown measurable improvements in facial lifting, wrinkle reduction, and muscle density after a series of treatments. The forehead, cheeks, and lower face all respond to the combined RF and HIFES™ energy, producing a naturally refreshed, lifted appearance without injectables or downtime.

At Chandra Wellness Center, we appreciate that beauty and wellness are not separate goals. When your facial muscles are strong, balanced, and well-supported, you look better and feel better. EMFACE® honors that connection — addressing both function and form in a single, comfortable, 20-minute session.

The Chandra Wellness Center Difference

Our holistic philosophy means we never treat a symptom in isolation. When a client comes to us with TMJ concerns, we assess the whole picture — stress levels, posture, sleep quality, and overall facial health. EMFACE® fits naturally into this comprehensive framework, offering a treatment that respects the body's interconnectedness.

If you are living with jaw pain, facial tension, or simply want to restore a more youthful, lifted appearance, we invite you to discover how EMFACE® at Chandra Wellness Center can support your journey — across two powerful dimensions at once.

Contact Chandra Wellness Center today to schedule your EMFACE® consultation.

DR. TINA CHANDRA

Dr. Tina Chandra is committed to providing her patients with excellence and quality care using the latest technological advances. With her exceptional skill and unique training in cosmetic, neuromuscular (TMJ/TMD), physiologic, and sleep deprivation dentistry, Dr. Chandra is highly qualified. She attended the University of Tennessee College of Dentistry and earned her Graduate Fellowship from the prestigious Las Vegas Dental Institute for Advanced Dental Studies (LVI Global) and is considered an expert in her field, a distinction achieved by only 2% of dentists in America. She takes pride in staying up to date with cutting-edge procedures in the dental field. Dr. Chandra has always had a passion for Wellness and Aesthetics. In Addition to her successful Dental practice she manages her Medical Wellness Spa. She is a currently a national guest speaker for the medical device company, Body by BTL for health, wellness and aesthetics.



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Better Hearing Starts with You:

Why May Is the Perfect Time to Prioritize Your Hearing Health

Each May, we celebrate **Better Hearing Month**, a time dedicated to raising awareness about hearing loss and encouraging people to take a proactive approach to their hearing health. As an audiologist, I couldn't be more excited about this annual reminder—because hearing is one of our most powerful connections to the world around us, and yet it's often overlooked until it starts to slip away.

Hearing is Health

When I talk to patients at AudioNova, many are surprised to learn that hearing loss doesn't just affect how we perceive sound—it also plays a major role in our **cognitive function, mental well-being, balance, and even heart health.**

The ears may be small, but they are part of a much bigger system. When hearing begins to decline, the brain has to work harder to process sound. This increased mental strain has been linked to **memory issues, faster cognitive decline, and even early signs of dementia.** Additionally, untreated hearing loss has been associated with higher risks of **depression, social isolation, and falls** in older adults.

That's why hearing health is not just about communication—it's a key part of your overall wellness.

The Signs Are Easy to Miss

One of the biggest challenges with hearing loss is how **gradually** it tends to happen. You may find yourself turning up the TV volume more often, asking people to repeat themselves, or avoiding noisy restaurants because conversations feel too difficult to follow. You may even think others are mumbling more than they used to.

These are all signs that your hearing may be changing—but many people chalk it up to "getting older" or don't realize how much they're missing until they're tested.

Better Hearing Month is the perfect reminder to **schedule a baseline hearing screening**, especially if you're over 55. Just like an annual eye exam or a check-up with your primary care provider, hearing evaluations should be a regular part of your preventive health care.

Hearing Loss Is Treatable

The good news? **Hearing loss is manageable, and the solutions today are better than ever.** At AudioNova, we prescribe medical-grade hearing devices from all major manufacturers. That means



we don't take a one-size-fits-all approach—we take time to understand your hearing needs, your lifestyle, and your budget.

Whether you spend your time golfing, traveling, volunteering, or simply enjoying family time, we can help you find a solution that keeps you hearing your best in the moments that matter most.

One of my favorite parts of this job is watching someone light up when they realize what they've been missing. A patient recently told me, "I didn't realize how quiet my world had become until I could hear the birds again." That's what hearing care is all about—**restoring your connection to life.**

Don't Wait—Your Brain Won't

Some people hesitate to take the first step because they think their hearing loss "isn't that bad yet." But studies show that the longer hearing loss goes untreated, the harder it can be for your brain to adapt to sound again. Early intervention not only helps you hear better now—it protects your cognitive health and keeps those vital neural pathways strong.

The sooner you start, the better your outcomes. And no—hearing aids are not bulky or embarrassing anymore! Today's technology is **discreet, smart, and designed to fit seamlessly into your life.**

Start with a Conversation

If you're not sure where to begin, start by talking with your loved ones or your primary care provider. Or better yet, call us directly! A simple hearing screening takes less than an hour and gives us a clear picture of your hearing health. From there, we'll guide you through your options—**real answers and real care.**

At AudioNova, we're here to build a lifelong partnership with you. That means helping you every step of the way—from your first test to follow-up adjustments and annual check-ins.

Let This May Be Your Moment

If you've been putting off your hearing test, now is the time. Make Better Hearing Month the moment you finally prioritize your hearing just like you would your heart, eyes, or joints. Because hearing isn't just about sound—it's about **connection, confidence, and living life fully.**

We invite you to schedule a free hearing screening at one of our convenient locations listed below. Let's work together to protect one of your most precious senses and keep you hearing—and thriving—for years to come.

Call today and schedule your complimentary hearing test and consultation.

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WOMEN'S HEALTH: RECLAIMING ENERGY, BALANCE AND VITALITY AT EVERY AGE

For many women, as we age our hormones that once flowed steadily begin to fluctuate and gradually decline.

This imbalance doesn't usually happen overnight. It builds slowly. Skipped meals, poor sleep, chronic stress, and lack of proper nutrition all compound the natural hormonal changes already taking place. Women push through fatigue, dismiss early symptoms, and normalize feeling "off." It becomes easy to believe that low energy, irritability, or a fading sense of vitality is simply part of getting older. But it doesn't have to be.

By the time women reach their late 40s and 50s, the effects of long-term hormonal depletion and self-neglect often become much more pronounced. Chronic fatigue can make even simple tasks feel overwhelming. A decreased sex drive can strain relationships and impact self-confidence. Bladder leakage, something many women feel embarrassed to discuss, can interfere with daily life. Hair may begin thinning, weight may increase despite efforts to stay active, and brain fog can make it difficult to focus or feel sharp. These symptoms are common, but they are not inevitable. Nor should they be accepted as the "new normal."

The truth is, these years can be some of the most vibrant, confident, and fulfilling of a woman's life when the body is supported properly. The key lies in prioritizing self-care not as a luxury, but as a necessity. Giving your body what it truly needs like balanced hormones, proper nutrients, restorative treatments, and time to recharge can transform how you feel physically, mentally, and emotionally. Investing in yourself is not selfish. It's essential.

At Immunity Health Spa, the focus is on helping women uncover the root causes of what's making them feel less than their best. Instead of masking symptoms, the approach is to take a deep, personalized look at the body. Understanding hormonal imbalances, nutrient deficiencies, and other underlying factors that contribute to fatigue, low libido, and overall decline in well-being.

From there, solutions are tailored to restore balance and vitality. Treatments such as red light therapy, Bio-identical Hormone Therapy, and Shockwave therapy offers a non-invasive option for improving sexual health and addressing bladder incontinence—two areas that are often overlooked but deeply impactful to quality of life. Many women are surprised by how quickly they notice changes. Increased energy, improved mood, better sleep, and renewed confidence are often reported within a short period of time. Even concerns like bladder urgency, which many assume they must simply live with, can dramatically improve. Some women report that

after just one shockwave treatment, they no longer experience urgency or the frustrating "sneeze and leak" moments that once affected their daily lives.

These transformations are not just physical—they are deeply empowering. I've experienced this journey firsthand. There was a time when I felt like age was catching up with me, slowing me down in ways I couldn't ignore. The energy I once had was fading, and I didn't feel like myself anymore. But after taking the step to optimize my nutrients and replace depleted hormones, everything changed. Today, at 54, I feel younger, stronger, and more energized than I did at 40. That renewed vitality has been nothing short of life-changing.

And that's what so many women don't realize: you don't have to settle. Also, it's never too late to start. It's one of our greatest joys to work with people well into their 70's and older who start taking care of themselves and we watch "The fountain of youth" right before our eyes. It is so exciting!

You don't have to wake up every day pushing through exhaustion, discomfort, or a sense that something just isn't right. You don't have to accept brain fog, low energy, or loss of confidence as part of aging. With the right support and care, your body can feel better than it has in decades.

Often, women don't even realize how poorly they've been feeling until they finally experience what it's like to feel good again. That's why taking the first step is so important. A simple consultation can open the door to understanding your body in a whole new way. It's an opportunity to identify what's been holding you back and discover solutions that can help you reclaim your energy, confidence, and quality of life.

The best years of your life don't have to be behind you. In fact, they may still be ahead. Invest in yourself. Prioritize your health. Give your body what it needs—and rediscover what it feels like to truly thrive.

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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.

Sabrina

PIONEERING THE FUTURE:

THE TRAILRUNNER-ALZ 3 STUDY AIMS TO PREVENT ALZHEIMER'S BEFORE SYMPTOMS BEGIN

In a groundbreaking approach to combating one of medicine's most challenging diseases, Renstar Medical Research is spearheading clinical trials that could fundamentally change how we address Alzheimer's disease. Rather than focusing solely on treating symptoms after they appear, the TRAILRUNNER-ALZ 3 Study takes a revolutionary preventative approach by targeting the disease before cognitive decline becomes apparent.

The Science of Prevention

The TRAILRUNNER-ALZ 3 Study represents a paradigm shift in Alzheimer's research. Scientists have discovered that the pathological changes associated with Alzheimer's—particularly the accumulation of amyloid protein in the brain—can begin silently 15-20 years before memory loss or confusion becomes noticeable. This critical window presents an unprecedented opportunity for intervention.

"We now understand that by the time symptoms appear, significant brain damage has already occurred," explains Renstar Medical Research. "The TRAILRUNNER-ALZ 3 Study aims to determine if early intervention during this pre-symptomatic phase can actually prevent cognitive decline from developing."

The clinical trials focus on an investigational treatment designed to help treat people who may be at risk for developing symptoms of Alzheimer's Disease. This approach could potentially halt the disease process before it manifests as the devastating memory loss and cognitive impairment that affects millions of families worldwide.

Participation: An Opportunity to Make History

Renstar Medical Research is currently seeking healthy adults between 64 and 80 years of age who have no to mild issues with their memory. What makes this study unique is its focus on individuals who show the P-Tau biomarker in their brains—detected through specialized blood tests during the screening process—but who remain cognitively healthy.

Participants in the TRAILRUNNER-ALZ 3 Study receive multiple benefits beyond contributing to groundbreaking research. These include:

- Access to potential new treatments years before they might become publicly available
- Comprehensive diagnostic tests, laboratory work, and medical examinations at no cost



- Compensation for time and travel expenses associated with participation
- Regular monitoring by specialists in neurodegenerative disease

Importantly, no health insurance is required to participate, making this cutting-edge research accessible to a broader population.

The Bigger Picture: Transforming Alzheimer's Care

The implications of the TRAILRUNNER-ALZ 3 Study extend far beyond individual participants. If successful, this research could fundamentally transform how we approach Alzheimer's disease—shifting from a primarily symptomatic treatment model to a preventative paradigm that identifies and treats at-risk individuals before cognitive decline begins.

This approach mirrors successful prevention strategies now common for conditions like heart disease, where early intervention based on risk factors has dramatically improved outcomes. Alzheimer's prevention could follow a similar trajectory, with routine screening for biomarkers like amyloid becoming standard practice for aging adults.

"The goal isn't just to find another treatment," notes Renstar Medical Research. "It's to prevent millions of people from ever experiencing Alzheimer's symptoms in the first place."

For those with family histories of Alzheimer's or concerns about cognitive health, participation in studies like TRAILRUNNER-ALZ 3 represents both personal benefit and contribution to a potentially historic medical advancement.

Interested individuals are encouraged to contact Renstar Medical Research to learn more about eligibility requirements and participation details. With every participant, we move one step closer to a future where Alzheimer's disease may no longer be an inevitable outcome for those at risk—but rather a condition that can be identified early and prevented through timely intervention.

For more information about the TRAILRUNNER-ALZ 3 Study and to determine if you qualify, contact Renstar Medical Research today.

About Renstar Medical Research

Founded in 1997, Renstar Medical Research has been at the forefront of clinical research, dedicated to advancing medical breakthroughs through high-quality, multispecialty clinical trials. With over two decades of experience, we have conducted studies across a wide range of therapeutic areas, including obesity, chronic obstructive pulmonary disease (COPD), Alzheimer's disease, Parkinson's disease, psoriasis, and other conditions.

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

**Are you ready to find out more about a clinical research trial?
Call Today!**

Those who qualify:

- Are between 64 and 80 years of age
- Have no to mild issues with your memory
- Other criteria may apply



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"Seeking tomorrow's answers to the health questions of today."

A NEW OPTION FOR KNEE PAIN:

Genicular Artery Embolization Now Available at Surgical Specialists of Ocala

By Ravi Chandra, MD, FRCS [Edin], FACS

For many patients living with knee osteoarthritis, the prospect of knee replacement surgery can feel overwhelming — or simply may not be an option. At Surgical Specialists of Ocala, we are proud to offer these patients a new path forward through a clinical trial of Genicular Artery Embolization (GAE), a cutting-edge minimally invasive procedure that is changing the way we approach knee pain management.

What Is Genicular Artery Embolization?

Genicular Artery Embolization is an interventional radiology procedure that targets the small blood vessels surrounding the knee joint. In patients with osteoarthritis (OA), these genicular arteries can become abnormally enlarged, feeding the inflammatory tissue that lines the joint and driving the cycle of pain and degeneration. GAE works by introducing tiny microspheres through a thin catheter to selectively block these hypervascular vessels, disrupting the inflammatory process at its source.

Unlike intra-articular injections or nerve ablations, which primarily address pain signals, GAE intervenes at the vascular level — addressing a root contributor to the disease process itself. The procedure is performed under imaging guidance, requires no general anesthesia, and typically allows patients to return home the same day.

Who Is a Candidate for GAE?

GAE is specifically designed for patients who are not ideal candidates for total knee arthroplasty (TKA) — whether due to age, overall health status, medical comorbidities, or personal preference. It is also a valuable option for those seeking to delay surgical intervention while maintaining or improving their quality of life. As the prevalence of knee OA and obesity continues to rise across the United States, the demand for effective, non-surgical alternatives has never been greater.

Good candidates for GAE typically include patients with moderate to severe knee osteoarthritis who have not found adequate relief from conservative therapies such as physical therapy, oral medications, or joint injections, but who are not yet ready — or eligible — for joint replacement.

What Does the Research Show?

The clinical evidence supporting GAE is growing rapidly. Early research has demonstrated meaningful reductions in pain and improvements in



mobility following the procedure, with benefits that have been sustained for up to two years post-embolization. Multiple randomized controlled trials are currently underway to further evaluate GAE's safety and long-term efficacy, and the medical community anticipates more robust outcome data in the near future.

What sets GAE apart from many other OA treatments is its mechanism: by selectively targeting the abnormal vascularity that fuels joint inflammation, it addresses a fundamental driver of pain rather than masking symptoms alone. This positions GAE as a distinct and complementary tool within the broader continuum of osteoarthritis care.

Participating in the Clinical Trial at Surgical Specialists of Ocala

Surgical Specialists of Ocala is actively enrolling patients in a clinical trial evaluating GAE for the treatment of knee osteoarthritis. Participation in this trial offers eligible patients access to a promising emerging therapy under the close supervision of our experienced team. All trial participants receive careful monitoring and comprehensive follow-up care to track outcomes and ensure safety throughout the process.

We recognize that every patient's situation is unique. Our team will conduct a thorough evaluation — including imaging and clinical assessment — to determine whether GAE is appropriate for you. Patient selection criteria continue to be refined as research matures, and our goal is to match the right candidates with the procedure most likely to benefit them.

Looking Ahead

The future of GAE is bright. Advances in embolic materials, imaging technology, and molecular profiling are expected to further refine patient selection and broaden the procedure's indications — potentially expanding its use to sports-related injuries and other musculoskeletal conditions beyond OA. With ongoing research and multidisciplinary collaboration, GAE has the potential to become a standard therapeutic option for a growing population of patients who need effective, lasting relief without surgery.

At Surgical Specialists of Ocala, we are committed to bringing innovative, evidence-based solutions to our patients. If you or a loved one is living with knee osteoarthritis and looking for options beyond traditional treatments, we encourage you to contact our office to learn more about the GAE clinical trial and whether you may be a candidate.



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For more than 20 years it has been my privilege to care for patients in Ocala and Marion County. My family and I love this community and consider it our home. When I see former patients out in the community, it brings great satisfaction knowing I played a role in improving their quality of life.

Dr. Ravi Chandra is certified by the American Board of Endovascular Medicine, as well as the American Board of Surgery, in Ocala, FL.



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STRONG BONES, STRONG LIFE:

What You Need to Know During National Osteoporosis Awareness Month

By Gene Turner, MD, FAARFM

Every May, National Osteoporosis Awareness and Prevention Month shines a spotlight on one of the most common yet underdiagnosed conditions affecting older adults. At Mid-Florida Age Management, we believe that protecting your bones is one of the most important investments you can make in your long-term health, independence, and quality of life.

What Is Osteoporosis?

Osteoporosis is a condition in which bones become weak, brittle, and porous — increasing the risk of fractures from everyday activities like bending, lifting, or even a minor fall. Often called the "silent disease," it typically progresses without noticeable symptoms until a fracture occurs.

According to the National Osteoporosis Foundation, approximately 10 million Americans have osteoporosis, and another 44 million have low bone density — putting them at elevated risk. Postmenopausal women are disproportionately affected, but men are not immune. In fact, roughly one in four men over age 50 will experience an osteoporosis-related fracture in their lifetime.

Why Bone Health Matters More as We Age

Our bones reach their peak density in our late 20s. After that, bone loss begins to outpace bone formation — a process that accelerates significantly in women after menopause due to falling estrogen levels, and in men as testosterone gradually declines with age. Left unaddressed, this imbalance leads to the gradual weakening we know as osteoporosis.

A hip fracture, one of the most serious consequences of osteoporosis, can result in hospitalization, long-term disability, and a significant loss of independence. This is why early awareness and prevention are so critical.

Know Your Risk Factors

Some risk factors are beyond your control — age, gender, family history, and body frame size all play a role. However, many contributing factors are modifiable:

- Low dietary calcium and vitamin D intake
- Physical inactivity or a sedentary lifestyle
- Smoking and excessive alcohol consumption
- Hormonal imbalances, including low estrogen or testosterone

- Long-term use of certain medications, such as corticosteroids
- Eating disorders or conditions that impair nutrient absorption

"Osteoporosis is largely preventable — and even manageable once diagnosed. The key is not waiting for a fracture to take action."

Prevention: Building and Preserving Bone Density

The good news is that steps taken at any age can help protect and even strengthen your bones. Our team at Mid-Florida Age Management recommends a comprehensive approach:

Nutrition: Calcium and vitamin D are the building blocks of bone health. Adults over 50 should aim for 1,200 mg of calcium daily through dairy products, leafy greens, and fortified foods, alongside adequate vitamin D to support absorption.

Exercise: Weight-bearing activities — walking, hiking, dancing, and resistance training — stimulate bone formation and improve balance, reducing fall risk. Aim for at least 30 minutes of weight-bearing exercise most days of the week.

Hormone Balance: Hormonal shifts are a primary driver of bone loss. At Mid-Florida Age Management, we assess each patient's hormonal health and, where appropriate, discuss evidence-based options including hormone optimization therapy to help preserve bone density and overall vitality.

Bone Density Screening: A DEXA scan is a quick, painless test that measures bone mineral density. Women should begin screening at age 65, and earlier if risk factors are present. Men should discuss screening with their provider by age 70.

Take Action This May

National Osteoporosis Awareness Month is the perfect time to schedule a bone health assessment. If you haven't had your bone density checked — or if you're concerned about fracture risk, hormonal changes, or joint health — our team at Mid-Florida Age Management is here to guide you with personalized, integrative care.

Strong bones support everything you love to do. Don't wait for a fracture to start the conversation. Contact us today to take the first step toward lifelong skeletal health.

About the Author

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

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

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

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Understanding Squamous Cell Carcinoma

EXPERT CARE AND TREATMENT

By David Kosiorek, PA-C

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

What is Squamous Cell Carcinoma?

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

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

Recognizing the Warning Signs

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

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

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



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

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

Prevention and Ongoing Care

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

Your Partner in Skin Health

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

Expert Dermatology Care for Your Skin

At Lumen Dermatology, we bring over 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!


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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.

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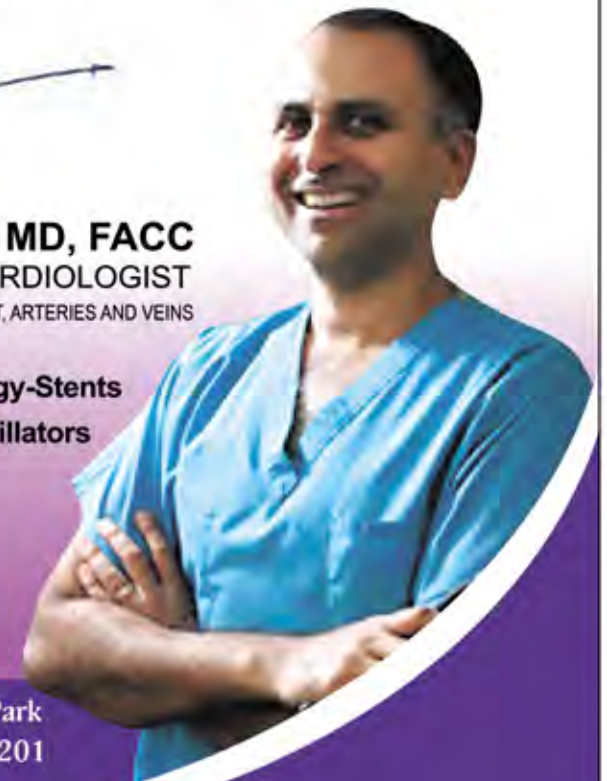
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YOUR MENTAL HEALTH MATTERS TO YOUR WELL BEING

Submitted by Hospice of Marion County

May is Mental Health Awareness Month which is dedicated to destigmatizing mental health issues, promoting understanding and support. It serves as a platform to raise awareness about the importance of mental well-being, encouraging open conversations and advocating for accessible resources and treatment. It's also a reminder that mental health is an integral part of overall wellness and that everyone deserves compassion and support on their journey towards healing.

You don't have to be diagnosed with a mental disorder to appreciate the importance of keeping mentally healthy. Just the stress of everyday life can cause us to feel like we need a mental health day. It could be from a recent loss of a job. It could be from the loss of someone you loved, whether it was a dear friend, a family member or even a beloved pet (who is just like a member of the family). Loss of any kind can and does affect us emotionally, physically, and mentally.

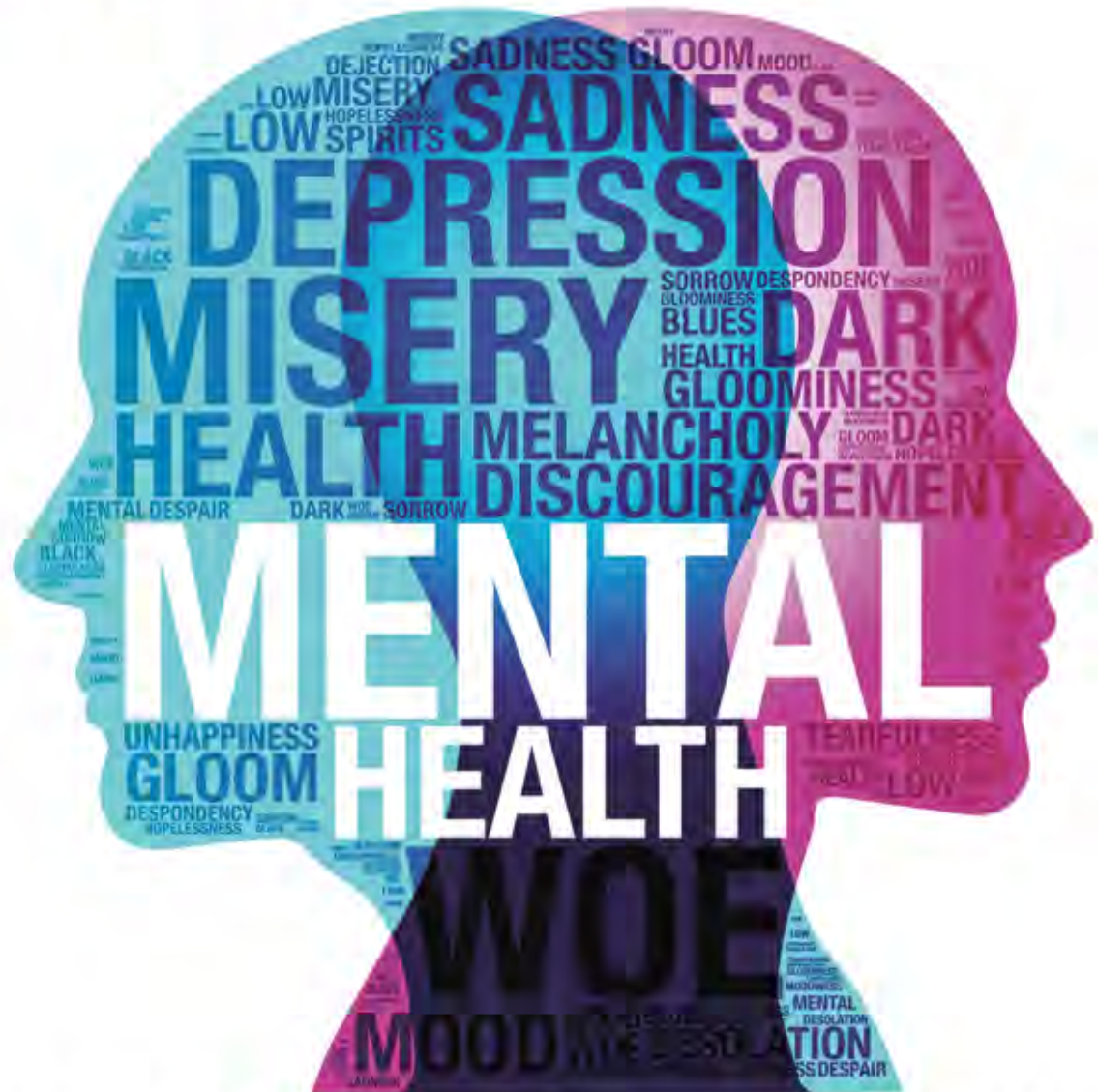
During Mental Health Awareness month, remember that mental health is as important as physical health. While we may not always have control over our physical health, we do have options when it comes to experiencing grief and loss. Learning how to cope and hold loss and joy side by side is the beginning of hope and healing. The feelings for that lost loved one never goes away, but remembering the joy they brought and the lives they touched can help one experience the loss, remember and celebrate them at the same time.

Here are some poignant quotes to consider:

"Grief is the price we pay for love."
- Queen Elizabeth II

"There are far, far better things ahead than any we leave behind."
- C.S. Lewis

"When someone you love becomes a memory, that memory becomes a treasure."
- Anonymous



If you are experiencing the grief of losing a loved one and the helplessness you feel, you're not alone. Join others who are navigating and adjusting to grief – Finding peace and hope in your grief journey is possible. The Monarch Center for Hope & Healing can help through their expert guidance and trained professionals. Available at no charge to the Marion County community, the center has been offering adult, teen and children's programs, counseling for individuals and in group settings. Programs include providing tips and coping mechanisms to help you express grief through simple art or journaling projects, sharing thoughts with others in a group or in a one-on-one session with a trained counselor. In these sessions you'll learn: 1) What is a normal grief reaction, 2) How can I cope with stress, and 3) What can I use from the past to focus on the future?

The Monarch staff guides people in understanding that grief is natural and necessary to healing. It's essential to feel the pain, not suppress it. Being able to talk about your feelings is the first step to finding peace in your grief journey. Staff are available to work with bereaved families and individuals in person, via phone, email or teleconferencing. The Monarch Center's phone lines are open Monday-Friday, 8:00 am -5:00 pm. Call (352) 873-7456 to speak with a counselor.



Visit HospiceofMarion.org for more info.

RACING AGAINST TIME:

How UF Health's Mobile Stroke Treatment Unit Is Saving Lives

Every 40 seconds, someone in the United States has a stroke. Every 3.5 minutes, someone dies from one. Stroke is the fifth-leading cause of death in the country and a leading cause of long-term disability — and yet, up to 80 percent of strokes are preventable. More importantly, when a stroke does occur, the speed of treatment can mean the difference between full recovery and permanent impairment. That is the driving force behind one of the most groundbreaking tools in emergency medicine today: the UF Health Mobile Stroke Treatment Unit.

What Is a Mobile Stroke Treatment Unit?

A Mobile Stroke Treatment Unit is essentially a hospital emergency room on wheels. Deployed by UF Health — part of the University of Florida Health system — the Mobile Stroke Treatment Unit is a specially designed ambulance equipped with a CT scanner, telemedicine capabilities and the stroke medications and staff needed to begin treatment before a patient ever reaches the hospital. The unit is staffed by a specialized team that includes a critical care paramedic, a CT technologist and a registered nurse, with a vascular neurologist available via telemedicine in real time.

This mobile approach allows clinicians to diagnose a stroke at the scene, administer clot-busting drugs known as tPA (tissue plasminogen activator) and in some cases, coordinate emergency interventional procedures, all while the patient is en route to the hospital. The result: dramatically reduced treatment times and significantly better patient outcomes.

Time Is Brain

For every minute a stroke goes untreated, there's a phrase that defines everything: "Time is brain." An estimated 1.9 million neurons are lost. In traditional emergency care, a patient must be transported to a hospital, evaluated, sent for imaging and then diagnosed before treatment can begin — a process that can take an hour or more. The UF Health Mobile Stroke Treatment Unit collapses that timeline dramatically.

**MSTU saves
50 MINUTES =
100 MILLION**
brain cells saved



WHEN A STROKE HAPPENS
BE FAST CALL 911
Any one of these sudden SIGNS could mean a STROKE.

B	BALANCE <i>Watch for sudden loss of balance.</i>	
E	EYES <i>Check for vision loss.</i>	
F	FACE <i>Look for an uneven smile.</i>	
A	ARMS <i>Check if one arm is weak.</i>	
S	SPEECH <i>Listen for slurred speech.</i>	
T	TIME <i>Call 911 right away.</i>	

May is American Stroke Month — a time to raise awareness, recognize warning signs and celebrate the innovations that are changing outcomes for stroke patients.

By bringing advanced diagnostics directly to the patient, the Mobile Stroke Treatment Unit can reduce treatment times by as much as 60 percent compared to standard emergency care. Studies on mobile stroke units have shown that patients treated via Mobile Stroke Treatment Unit are more likely to achieve functional independence and experience reduced disability three months after their stroke. For a condition where seconds truly count, this is nothing short of life-changing.

UF Health's Commitment to Stroke Innovation

UF Health has long been recognized as a leader in stroke care. The health system's comprehensive stroke centers meet the highest standards for stroke diagnosis, treatment and rehabilitation. The Mobile Stroke Treatment Unit represents the next frontier of that commitment — extending expert neurological care beyond hospital walls and into the community at the moment it is needed most.

The Mobile Stroke Treatment Unit operates in coordination with local emergency medical services, responding to 911 calls involving suspected stroke

symptoms. Once on scene, the team uses the onboard CT scanner to distinguish between ischemic strokes — caused by a blood clot — and hemorrhagic strokes, which are caused by bleeding in the brain, as the two require entirely different treatments. This critical differentiation, which once required a hospital visit, is now happening in a driveway or on a neighborhood street.

Know the Signs — BE FAST

Even with the most advanced mobile unit in the field, early recognition of stroke symptoms by bystanders and patients remains critical. The American Stroke Association urges everyone to remember the acronym **BE FAST**:

- B — Balance:** Watch for a sudden loss of balance.
- E — Eyes:** Check for vision loss.
- F — Face drooping:** Is one side of the face numb or drooping?
- A — Arm weakness:** Is one arm weak or numb?
- S — Speech difficulty:** Is speech slurred or hard to understand?
- T — Time to call 911:** Call immediately if any of these signs are present.

When you call 911 in areas served by the UF Health Mobile Stroke Treatment Unit, dispatchers can route the specialized unit directly to the scene — putting expert stroke care in motion before a patient ever arrives at the emergency room.

A Future Where Fewer Strokes Mean Lasting Disability

This American Stroke Month, UF Health's Mobile Stroke Treatment Unit stands as a powerful symbol of what is possible when medical innovation meets community commitment. By putting a CT scanner on wheels, connecting paramedics with neurologists via telemedicine and responding to emergencies with the same urgency and expertise as the hospital itself, UF Health is rewriting what it means to survive a stroke.

The mission is clear: fewer strokes, faster treatment and more lives fully lived. Because when every second counts, the best emergency room is the one that comes to you.

TIME SAVED IS BRAIN SAVED.



A LIFE WITHOUT JOINT PAIN

The pain pandemic continues to affect joints worldwide, with over 500 million people impacted by osteoarthritis (OA). Joint pain fundamentally alters how people feel and function in daily life, but fortunately, numerous non-medication support options exist.

When experiencing pain, exercise might seem counterintuitive. However, as Professor Helen French emphasizes, "exercise plays the most important role as the first line of treatment for OA." The widely-shared mantra "motion is lotion" deserves universal adoption, especially among those with joint pain. Research demonstrates that exercise matches the effectiveness of over-the-counter pain relievers while providing superior long-term benefits.

The relationship between posture and OA creates a significant feedback loop. According to occupational therapist Carole Dodge, "Joint misalignment due to arthritis frequently coincides with muscle imbalance creating additional stress on involved joints." Fortunately, proper movement training programs can quickly improve these muscular imbalances.

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

Pilates for OA

Pilates transcends being merely a method for joint pain management—it represents a lifestyle capable of reducing chronic pain and inflammation. Beginning with alignment, breathing, and core stability, these three foundational elements weave a supportive framework for joints.

Easy as A, B, C

Alignment: The Pilates method primarily focuses on harmonizing muscles through postural stretches and resistance training. Every exercise begins, continues, and concludes with corrective alignment to balance muscle groups. As muscles achieve balance, joint compression naturally decreases, allowing joints to move more freely.

Breathing: Beyond facilitating better posture and stability, breathwork can decrease inflammation. Research indicates that breathwork combined with



deeper mind-body training significantly lowers inflammation levels. The guided breathing in Pilates connects body awareness to every movement.

Core: Pilates demonstrates how stability originates from a resilient core. The method extends beyond improving core strength to train dynamic and functional movements. This directly reduces load on the spine and hips. Effective Pilates sessions incorporate functional core challenges including rotation and lateral training.

Support that Brings Joy to Joints

Pilates goes beyond nurturing joints by using equipment that supports optimal movement patterns. This reintroduces playfulness into movement, allowing people to move like carefree children again.

Reformer: A masterfully crafted lower body warm-up called footwork focuses on ankle, knee, and hip alignment while using resistance in a reclined position. This gently facilitates movement even in severely affected knees.

Chair: The Pilates chair ideally removes load while exploring rotation and side bending. The resistance springs provide feedback that integrates the shoulder girdle with the ribcage and spine. These movements accommodate even non-loading joints like hands.

BOSU: This unstable equipment provides balance training challenges. Movements like 'cat' and 'bird dog' are particularly effective on the BOSU because it provides reactive control, subconsciously engaging the core while stretching the spine and gently challenging balance.

Joints Deserve Happiness Too

Pilates is thoughtfully designed to protect joints from aches and inflammation. While exercise represents the first line of defense against osteoarthritis, Pilates serves as the game-changer that joints deserve. The method provides what joints need to remain happy and healthy through thoughtful, enjoyable movement.

This harmonious relationship even outperforms the most successful dating algorithms, creating a perfect match between body mechanics and therapeutic movement. For those with joint pain, the Pilates method offers not just relief but restoration—rebuilding strength, flexibility and confidence in movement.

By focusing on alignment, breathing techniques, and core stability, Pilates creates the ideal environment for joints to thrive despite degenerative conditions. The supportive equipment and carefully structured progressions allow even those with significant pain to find comfortable ways to move again.

The beauty of Pilates lies in its comprehensive approach that addresses not just symptoms but underlying causes of joint pain. By retraining movement patterns, balancing muscle groups, and improving postural awareness, it tackles the root issues that contribute to joint compression and inflammation.

For the millions suffering from osteoarthritis worldwide, Pilates offers a sustainable, enjoyable path toward better mobility and decreased pain. As more healthcare professionals recognize its benefits, Pilates continues to establish itself as an essential component in joint health management. Begin your transformation today at Club Pilates Ocala, where expert instructors guide you through personalized sessions in a supportive community environment. Your journey to holistic wellness awaits—join us and discover the power of mindful movement.



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BREAKTHROUGH IN NEUROPATHY TREATMENT:

HOW SUMMUS LASER THERAPY OFFERS HOPE FOR NERVE PAIN SUFFERERS

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

Understanding Neuropathy: A Complex Challenge

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

The Summus Laser: A Technological Marvel in Pain Management

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

Key Mechanisms of Summus Laser Therapy

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

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

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

Clinical Evidence and Patient Outcomes

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



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

Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

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

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

Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

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

Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

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

Future of Neuropathy Treatment

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

Conclusion

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

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

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

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New Hope for Diabetic Nerve Pain: How Spinal Cord Stimulation Is Changing Lives

By Brent Compton, MD

If you or a loved one lives with diabetes, you may be all too familiar with the relentless burning, tingling, and numbness that can accompany diabetic peripheral neuropathy (DPN). For millions of Americans, this chronic nerve condition is not just uncomfortable — it is life-altering. It can steal sleep, limit mobility, and make even the simplest daily activities feel overwhelming. At Interventional Pain Institute, Dr. Brent Compton and his team are proud to offer one of the most promising advances in DPN treatment: spinal cord stimulation (SCS). We want to share how this innovative therapy is offering real, lasting relief to patients who have tried everything else and still struggle to find comfort.

Understanding Diabetic Peripheral Neuropathy

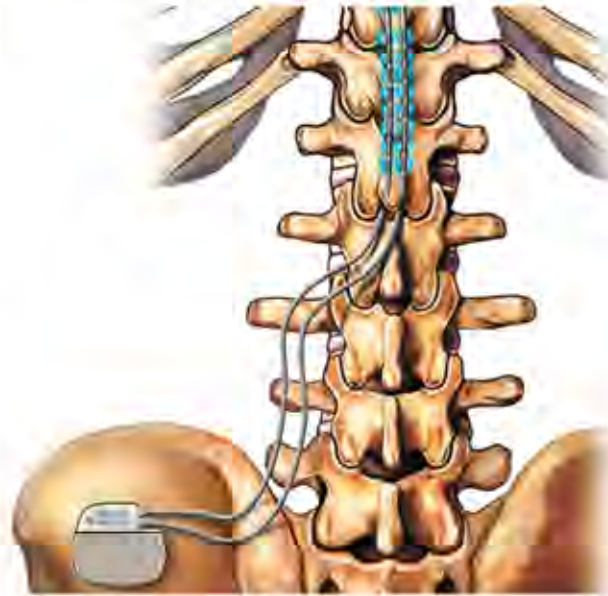
Diabetic peripheral neuropathy is a type of nerve damage caused by prolonged high blood sugar levels. It most commonly affects the feet and legs, though it can involve the hands and arms as well. Symptoms range from mild tingling to severe, disabling pain that disrupts sleep, mobility, and overall quality of life. Over time, the condition can worsen, and the pain can become constant rather than intermittent. Standard treatments — including medications such as gabapentin and duloxetine, physical therapy, and lifestyle modifications — provide inadequate relief for a significant portion of patients. When conservative options fall short, many people are left feeling as though they have run out of choices. That is precisely where spinal cord stimulation steps in.

What Is Spinal Cord Stimulation?

Spinal cord stimulation is a minimally invasive, reversible procedure that delivers low-level electrical impulses to the spinal cord, interrupting or modifying the pain signals traveling to the brain. A small device — similar to a cardiac pacemaker — is implanted under the skin, connected to thin leads placed in the epidural space near the spinal cord. Patients typically undergo a trial period first, during which a temporary system is used to determine whether the therapy provides meaningful pain relief. If the trial is successful, a permanent device is implanted. The entire process is outpatient-friendly and does not require major surgery.

The Evidence Behind SCS for Diabetic Neuropathy

The clinical evidence supporting spinal cord stimulation for diabetic peripheral neuropathy has grown



substantially in recent years. Studies have demonstrated that high-frequency SCS — particularly at 10 kHz — can reduce pain scores by 50% or more in a majority of DPN patients who have not responded to conventional treatments. Importantly, many patients also report improvements in sleep quality, the ability to walk and exercise, and overall daily function. Unlike opioid medications, spinal cord stimulation carries no risk of addiction and avoids the systemic side effects associated with long-term pharmaceutical use. For appropriately selected candidates, the therapy represents a meaningful and durable option.

Is Spinal Cord Stimulation Right for You?

Not every patient with diabetic peripheral neuropathy is an ideal candidate for SCS, but many are. Dr. Compton conducts thorough evaluations to determine whether this therapy aligns with a patient's medical history, pain patterns, and treatment goals. Ideal candidates are generally those who have experienced inadequate relief from medications, have no contraindications to implantable devices, and are committed to a comprehensive pain management plan. The trial phase ensures patients experience a meaningful benefit before committing to a permanent implant, making the decision process both informed and personalized.

At Interventional Pain Institute, Dr. Brent Compton combines the latest technology with compassionate, individualized care. He takes the time to understand each patient's unique history and pain experience, ensuring that every treatment recommendation is truly tailored to that individual. If you are struggling

with the pain and limitations of diabetic peripheral neuropathy, we encourage you to explore whether spinal cord stimulation could be the solution you have been searching for. Contact our office today to schedule a consultation and take the first step toward a life with less pain.

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 spinal cord stimulation is recommended only when clinically appropriate and likely to deliver meaningful, lasting results.

If you are living with chronic 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, including whether spinal cord stimulation is the right path forward.

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

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DON'T IGNORE THESE GI WARNING SIGNS: What Your Gut Is Trying to Tell You

By Dr. Cesar Reategui-Sanchez, Colorectal Surgery | UF Health

Your digestive system is one of the most complex and communicative systems in your body. From occasional bloating after a big meal to the discomfort of acid reflux, many gastrointestinal (GI) symptoms are easy to brush off as minor nuisances. But as a general and colorectal surgeon at UF Health, I see patients every day who waited too long to address symptoms that turned out to be serious. Knowing which signs to take seriously could save your life.

Rectal Bleeding or Blood in Your Stool

One of the most alarming symptoms patients often dismiss is blood in the stool or rectal bleeding. Some assume it is simply hemorrhoids and move on. While hemorrhoids are indeed common and can cause bleeding, blood in the stool can also indicate colorectal cancer, inflammatory bowel disease (IBD) or peptic ulcers. Bright red blood may suggest a lower GI source, while dark, tarry stools often signal bleeding higher up in the digestive tract. Either way, this symptom should never be ignored. If you notice blood, contact your physician promptly.

Unexplained Weight Loss

Losing weight without trying might sound appealing, but it is a significant red flag. Unintentional weight loss of 10 pounds or more over a few months warrants a thorough evaluation. This can be an early indicator of GI cancers, including esophageal, stomach, pancreatic or colorectal cancer. It may also signal Crohn's disease, celiac disease or malabsorption syndromes. If the scale is dropping and you have not changed your diet or activity level, please do not wait to see your doctor.

Persistent Heartburn or Difficulty Swallowing

Occasional heartburn after a spicy meal is one thing, but frequent or severe acid reflux lasting more than two weeks needs attention. Chronic gastroesophageal reflux disease (GERD) can progress to a condition called Barrett's esophagus, a precursor to esophageal cancer. Difficulty swallowing, known as dysphagia, is another symptom that patients often rationalize away. It can point to esophageal strictures, motility disorders or in more serious cases, cancer of the esophagus or stomach. Early diagnosis and treatment dramatically improve outcomes.

Persistent Abdominal Pain or Bloating

Everyone experiences some degree of abdominal discomfort now and then. However, pain that is persistent, worsening or accompanied by bloating that



does not resolve may indicate something more serious. Conditions such as irritable bowel syndrome (IBS), IBD, gallbladder disease, pancreatitis, or ovarian and colon cancer can all present with abdominal pain and bloating. Pay attention to patterns. If your pain is becoming more frequent or severe, especially if it wakes you from sleep, that is a signal your body needs professional evaluation.

Changes in Bowel Habits

A sudden and lasting change in your bowel habits, whether new-onset constipation, diarrhea or alternating between the two, should be evaluated by a gastroenterologist. Occasional irregularity tied to travel or diet is normal. However, changes that persist for more than a few weeks, particularly in adults over 45, may point to colorectal cancer, IBD or celiac disease. Narrowing of the stool, a feeling of incomplete emptying, or urgency are also signs worth discussing with your provider.

Jaundice or Yellowing of the Skin

Yellowing of the skin or the whites of the eyes, known as jaundice, is a warning sign that should never be overlooked. It typically indicates a problem with the liver, pancreas, gallbladder or bile ducts and can be associated with hepatitis, gallstones, pancreatitis or pancreatic cancer. When caught early, many of these conditions are highly treatable.

When in Doubt, Get Checked

Your GI health is too important to leave to chance. At UF Health, our gastroenterology team is here to help you understand your symptoms and develop a personalized care plan. Dr. Cesar Reategui-Sanchez and the team see patients across a wide range of digestive conditions, from routine screenings to complex diagnoses. Do not wait for symptoms to become emergencies. Trust your gut, and let us help you take care of it.



UF Health Welcomes

Dr. César Reategui-Sanchez, MD, FACS, FSSO

UF Health is proud to announce the addition of César Reategui-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. Reategui-Sanchez 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. Reategui-Sanchez or our services, please scan the QR code or call 352.323.5665.



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Stress Management Tips from Quick Care Urgent Care

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

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

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

Take Time for Yourself

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

Get Moving

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

Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood



pressure. Meditation also reduces stress, reduces anxiety, promotes emotional wellbeing, can help fight addictions, can generate health and improve immune function, it can stave off memory disorders and increase neuronal plasticity.

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

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

Quick Care Med Urgent Care

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

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

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

At Quick Care Med, they understand that illness and injuries can happen outside of the normal 9 to 5. That's why they provide Fast, Easy, and Affordable® urgent care with the convenience of extended hours, including weekends and holidays!

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(Across from John Deer)

2205 N Young Blvd, Chiefland, FL 32626

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www.quickcared.com

Mirror Therapy - Hope for Pain and Stroke Sufferers

Mirror Therapy (MT) is an occupational therapy technique used to help increase motor function and decrease pain in a limb, such as in your hand or wrist. The principle of MT is the use of a mirror to create a reflective illusion of the affected limb in order to trick the brain into thinking movement has occurred and without pain.

Although initially developed for amputees to control phantom limb pain, it is now commonly used for many different conditions, including stroke rehabilitation, complex regional pain syndrome (CRPS), arthritis, and other chronic pain conditions in the limbs.

The Brain and Pain: Research tells us there's a complete map of the body's surface in the brain. After a limb injury or in the case of chronic pain in the hand or wrist, the area in the brain mapped to that limb holds on to the memory of the pain. The brain learns to associate movement of the limb to pain, sometimes well after the injury has resolved. This is called, "learned pain". MT uses a reflective illusion of an affected limb in order to trick the brain into thinking movement has occurred without pain and to create positive visual feedback of limb movement.

Mirror Therapy: The device is simply a mirrored box positioned so that your unaffected hand is outside of the box and can be visibly seen as a reflection in the mirror. The affected hand is covered and positioned out of site. The Occupational Therapist will guide you through slow and



repetitive hand and wrist exercises of the unaffected hand, while encouraging you to focus on the reflection in the mirror. The goal is to envision that the hand in the reflection is your affected hand. Exercises may include making and releasing a fist, turning your palm up and down, moving fingers individually, or grasping items like a coin or a water bottle.

Mirror Therapy and the Brain: From the reflective illusion, the brain is tricked into "seeing" the affected limb moving without pain. With continued practice, the brain will "learn" that your limb is healthy and, therefore, will start to move it more easily.

If practiced regularly, MT has helped many people control their pain independently. Occupational Therapists suggest practicing 3-5 sessions a day for up to 30 minutes each. Once learned, the therapy can continue in your home environment.

Innovative Therapies Group

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

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

Innovative Therapies Group offers Hand Therapy Specialists, Occupational Therapy, Physical Therapy, Speech Therapy and Massage Therapy. They embrace alternative methods and will help you explore new inventive ways to combat your pain or disorders.

Types of Treatments Available with Physical Therapy

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- Gait Training and Balance Programs
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FINDING RHYTHM IN A RUSHED WORLD

By Pastor Timothy Neptune

In our fast-paced culture, calendars overflow, to-do lists never end, and we race from one commitment to the next. We long for weekends only to collapse before Monday's demands return. Many of us live as prisoners of the clock, pushing ourselves to burnout. But what if this isn't how we were designed to live?

God built rest into our very DNA. Science confirms we need roughly eight hours of sleep per 24-hour cycle—about one-third of our lives in “recharge mode.” The ancient practice of Sabbath, rooted in the Ten Commandments (Exodus 20:8-11), reminds us that even the Creator rested after six days of work—not because He needed to, but to model a healthy rhythm for us.

Jesus affirmed this truth: *“The Sabbath was made for man, not man for the Sabbath”* (Mark 2:27). Rest isn't a luxury or sign of laziness; it's a gift that sustains us physically, mentally, and spiritually.

We need to rest our body. Downtime boosts health, focus, productivity, and creativity. Yet, too often we stay “always on,” tethered to devices that steal our recovery time. Turn them off. Protect one full day each week as a true Sabbath—clear of obligations. Embrace simplicity by eliminating clutter and unnecessary commitments. Prioritize family over endless striving for more money or success. Practice contentment, remembering that life doesn't consist in an abundance of possessions (Luke 12:15).

As the Harvard Business Review notes, silence and breaks restore the nervous system and help us navigate complex demands. Don't feel guilty for a “do nothing” day—sleep in, stay in pajamas, and recharge. Your body was designed for it.

We need to rest our minds. Racing thoughts, anxiety, and mental overload plague many of us. The Apostle Paul offers a powerful antidote in Philipians 4:4-9: rejoice, pray instead of worrying, and focus on what is true, noble, pure, and lovely. Shift from negativity and over-responsibility to trust in God.

Jesus modeled healthy boundaries by withdrawing from crowds to pray and recover (Matthew 14:23). Adopt Rick Warren's rhythm: divert daily (a short walk, music, reading, or hobby), withdraw weekly



(a full recharge day), and abandon annually (a real vacation). Even simple acts like playing piano—switching songs freely—create mental space. As Mozart observed, the beauty of music lies in the rests between notes. The same holds for life.

We need rest for our souls. True, deep rest comes from surrender. Jesus invites the weary: *“Come to me... and I will give you rest. Take my yoke upon you and learn from me... and you will find rest for your souls”* (Matthew 11:28-30). When we relinquish control and trust God with our worries—finances, health, relationships, future—we experience supernatural peace.

King David, no stranger to stress, declared, *“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety”* (Psalm 4:8). We cannot control everything, but we can entrust everything to a sovereign, loving God.

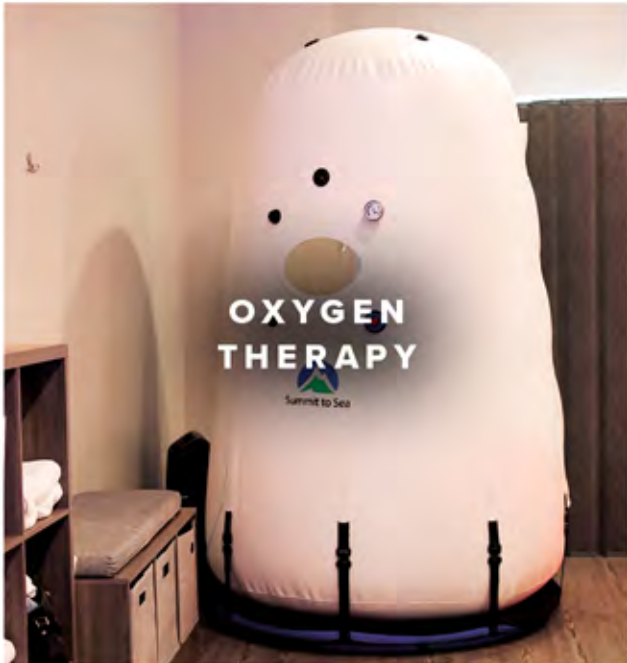
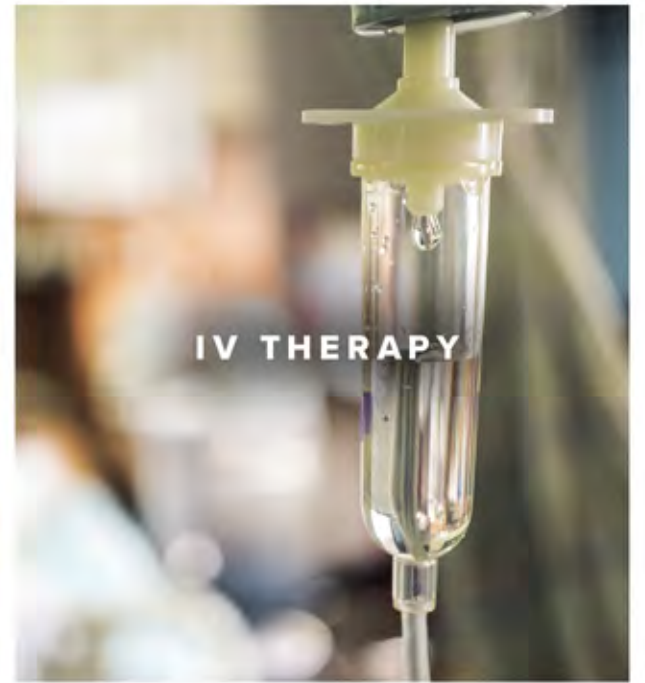
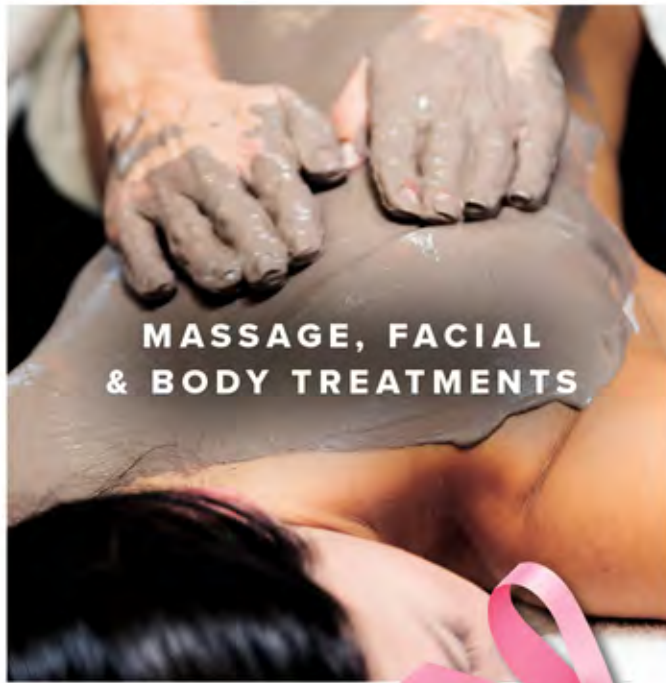
You are important—but not that important. The world will keep spinning if you step off the treadmill. Schedule rest intentionally. Protect your Sabbath. Divert, withdraw, and abandon. Most importantly, come to the One who offers soul-deep rest.

Your body, mind, and spirit will thank you. In the silence between the notes, you just might rediscover the abundant life for which you were created.



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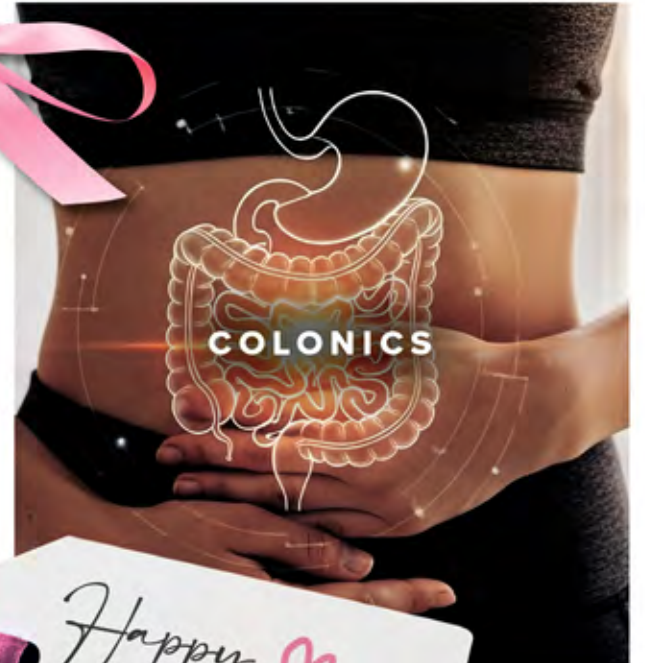
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