

CENTRAL FLORIDA'S

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RACING AGAINST TIME

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

WOMEN'S HEALTH

Reclaiming Energy Balance and Vitality at Every Age

RECLAIM YOUR VITALITY

Testosterone Pellet Therapy, Shockwave, and Emsella

BETTER HEARING STARTS WITH YOU

Why May Is the Perfect Time to Prioritize Your Hearing Health

NEW HOPE FOR DIABETIC NERVE PAIN

How Spinal Cord Stimulation Is Changing Lives





“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.”



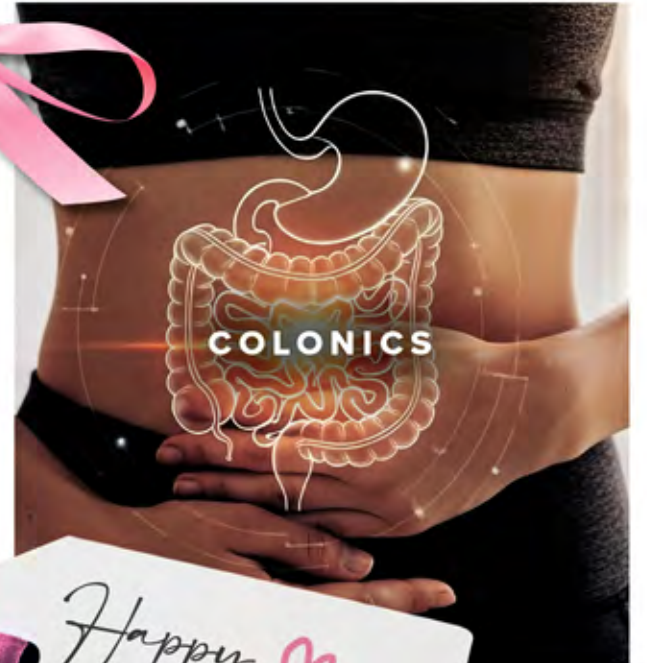
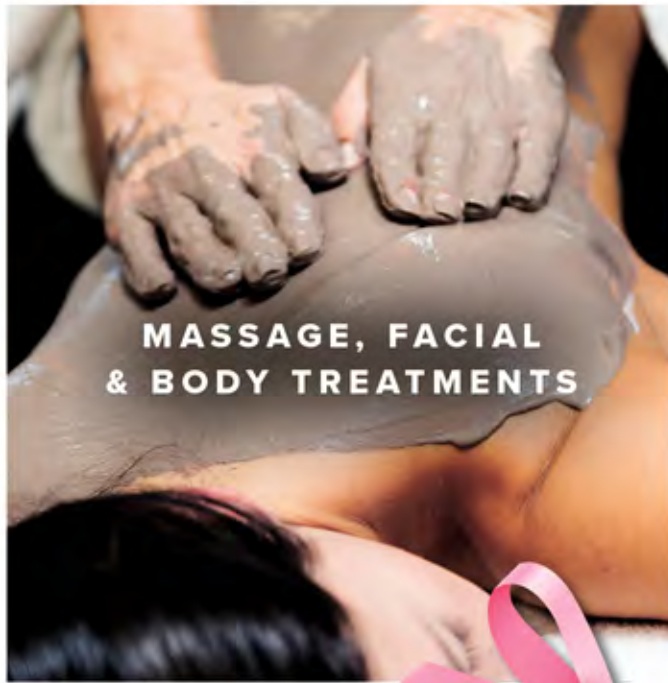
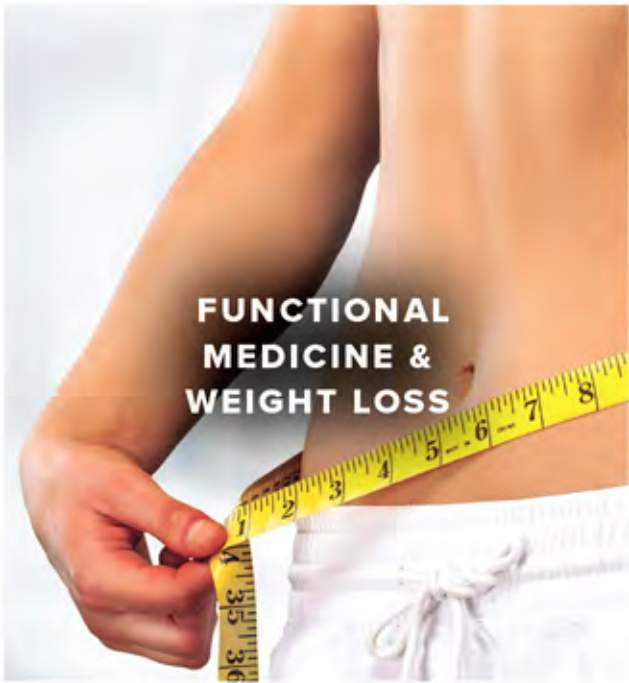
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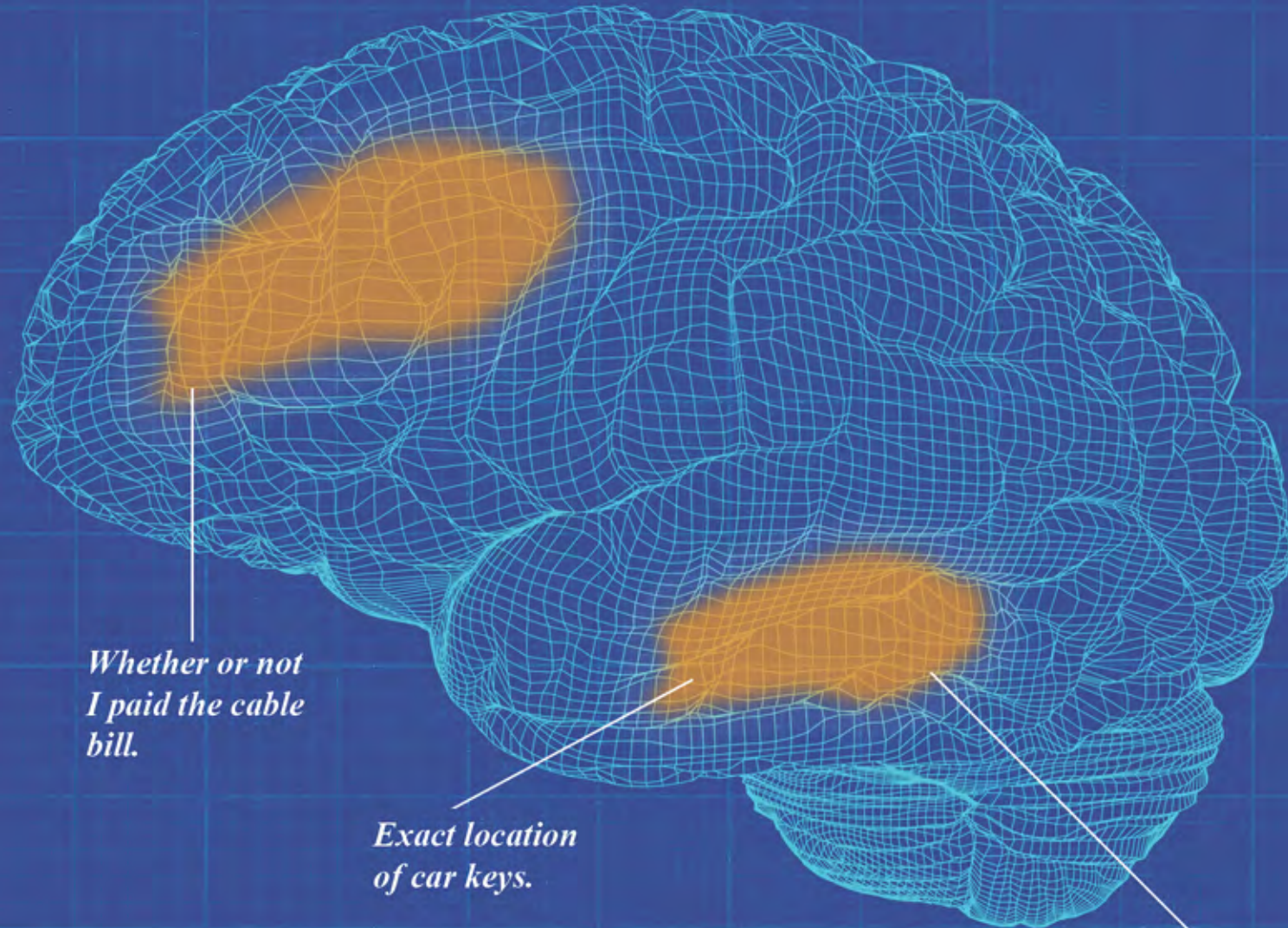
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Happy  Mother's Day

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

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It's your heart. It should be personal.

And that's how I treat it.

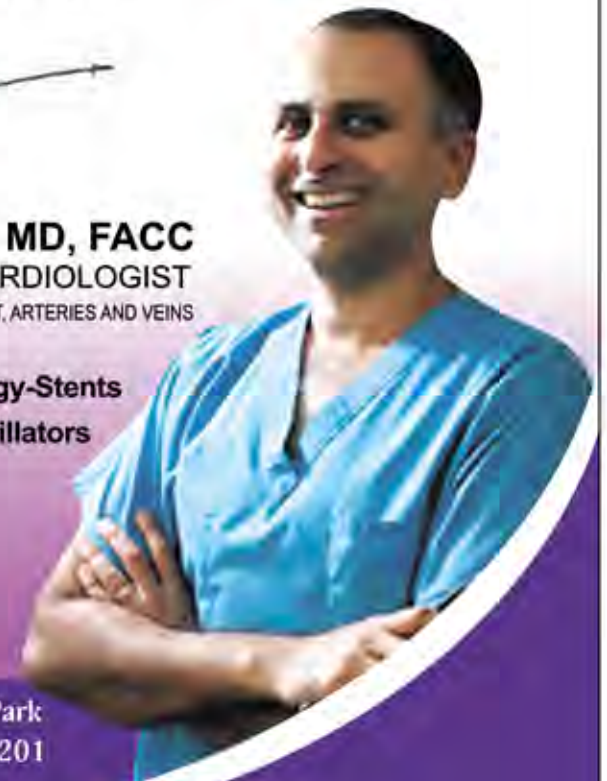
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless 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.



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Call Office for Consultation
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www.drvcardio.com

CONTACT US

Owner
Cristan Gensing
cristan@gwhizmarketing.com

CREATIVE DIRECTOR
Sonny Gensing
sonnygensing@yahoo.com



Publishing • Advertising • Web Design • Graphic Design

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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

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.



THE CAUSES AND TREATMENTS OF EYE ALLERGIES

Eye allergies develop when the eyes produce extra histamines to fight off an irritant, resulting in red, swollen, watery eyes that can burn, itch, and produce clear discharge. However, each individual's reaction level is different depending on how sensitive they are to each allergen. Here are some common causes of eye allergies and ways you can treat them.

CAUSES OF EYE ALLERGIES

Eye allergy symptoms can be triggered both indoors and out. Some of the most common causes of eye allergies, include:

- **Outdoor Allergens:** Pollen from grass, trees and weeds is the largest cause of outdoor eye allergies. Allergic symptoms are often worse in the spring, when many trees and flowers are in bloom.
- **Indoor Allergens:** The most common cause of eye allergies found indoors is pet dander, which is dead skin cells shed by cats, dogs or other domestic animals. Dust mites and mold are other common indoor allergens that can irritate the eyes.
- **Irritants:** Cigarette smoke, perfume, diesel exhaust, odorous foods and expired cosmetics can cause your eyes to have an allergic response. You can also experience eye irritation as a side effect from elements that don't come in direct contact with your eyes, such as insect bites.

HOW TO AVOID EYE ALLERGENS

The best way to treat eye allergies is by taking precautionary measures to avoid common eye irritants. Easy steps to take include:

- Keeping windows closed during pollen season
- Regularly changing your air conditioning filter to remove irritants in the air
- Wearing eye protection outside to help keep pollen out of your eyes
- Running a dehumidifier indoors to keep humidity low and reduce the risk of mold
- Regularly vacuuming and sweeping floors and surfaces for pet hair, dust, and pollen
- Using a damp mop or rag to trap dust when cleaning
- Investing in allergen-reducing sheets and pillowcases
- Regularly wash bedding in hot water
- Washing your hands after petting animals

DIAGNOSING EYE ALLERGIES

Getting a diagnosis for your eye allergies is a relatively simple process. During a routine eye exam, your ophthalmologist will closely examine your eyes to look for swollen blood vessels, swelling of the conjunctiva or eyelid, or bumps on your eye's inner lining. Some allergies can be hereditary, so your eye doctor will also ask about your family's medical history.

WAYS TO TREAT EYE ALLERGIES

If you're experiencing eye allergy symptoms, the following over-the-counter medications can provide temporary relief:

- **Artificial tears:** Artificial tears temporarily wash away eye allergens and relieve dry eyes by providing extra moisture.
- **Decongesting eyedrops:** Decongestants reduce redness and include histamines that can relieve itchiness. However, decongestants should not be used for more than a week, as they can increase symptoms if overused.
- **Oral antihistamines:** While this solution helps relieve itching, it can also dry out your eyes.

For severe eye allergy symptoms, it is best to consult with your ophthalmologist or optometrist directly, as they'll be able to prescribe you a stronger and longer-lasting eye allergy treatment. Prescriptive options include:

- **Eyedrops:** Advanced eyedrops contain both antihistamines (which reduce itching and redness) and mast cell stabilizers (which prevent the release of histamines if used before exposure). Corticosteroid eyedrops are the strongest solution to treat chronic and severe symptoms.
- **Immunotherapy shots or drops:** To improve your tolerance to eye allergens, immunotherapy exposes you to small amounts of an allergen in gradually increasing doses over time. This solution can take several months to see effective results.
- **Nonsedating oral antihistamines:** These prescription-level antihistamines lack the sedating side effects of many over-the-counter medicines. However, you may still experience dry eyes and a temporary increase in symptoms.



Ultimately, it may take a combination of lifestyle changes, over-the-counter and prescription treatments to start seeing serious, long-term eye allergy relief. To fully address and reduce eye allergies, visit the experts at Lake Eye to diagnose your problem and prescribe a treatment that's right for you.

KEEP YOUR EYES CLEAR AND HEALTHY AT LAKE EYE

Lake Eye, a US Eye company, is dedicated to preserving and restoring your vision. From comprehensive eye exams and a full-service optical department to advanced treatments for nearly every eye condition, including eye allergies, we provide a variety of services to help you keep your eyes clear and healthy. To learn more, contact us today and schedule an appointment with one of our experienced ophthalmologists or optometrists.



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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.

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Look for hyperbaric clinics that display the UHMS seal of accreditation



AT THE ONSET OF A STROKE:

Prompt Treatment Can Save Lives and Lessen Long-Term Side Effects

T.E. Vallabhan, MD, FACC

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures. Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain. TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B	Balance: Does the person have a sudden loss of balance or coordination?	
E	Eyes: Is your loved one experiencing double vision or are they unable to see out of one eye?	
F	Face: Is one side of the face drooping? Ask the person to smile.	
A	Arms: Does one arm drift downward? Have the person raise both arms in the air.	
S	Speech: Is he or she slurring their speech or having difficulty getting the words out right? Have the person repeat a simple phrase.	
T	Time: Time to act! Call 9-1-1 and get the person to a certified stroke center immediately, such as Adventist Medical Center.	

STROKE? DON'T WAIT! B.E. F.A.S.T.



What You Can Do

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

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

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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

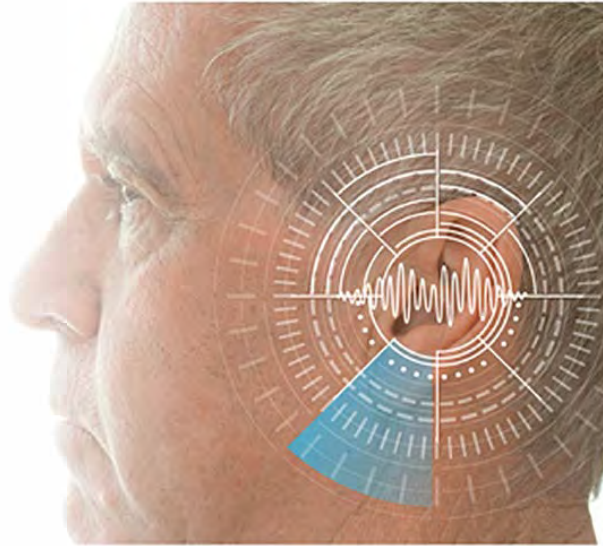
One of the biggest challenges with hearing loss is how gradually it tends to happen. You may find yourself turning up the TV volume more often, asking people to repeat themselves, or avoiding noisy restaurants because conversations feel too difficult to follow. You may even think others are mumbling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

What You Need to Know About Risk, Symptoms, and Treatment

Varicose veins are one of the most common vascular conditions in the United States — and while they can affect people of all ages, the risk increases significantly as we grow older. Whether you're in your 40s noticing the first signs or well into your senior years and wondering if it's too late to seek help, the answer is the same: treatment is available, effective, and worth pursuing at any stage of life.

You're Never Too Old — or Too Young — for Varicose Veins

One of the most persistent myths about varicose veins is that they're exclusively a senior concern. In reality, people can develop them as early as their 20s or 30s. That said, age is one of the most significant risk factors. Approximately 22 million women and 11 million men between the ages of 40 and 80 currently live with varicose veins in the United States alone.

So why does aging increase your risk? As the years pass, your veins — much like your skin — gradually lose their natural elasticity. This causes them to stretch. When stretching occurs, the tiny valves inside the veins can weaken and fail to function properly. Instead of directing blood upward toward the heart, these faulty valves allow blood to flow backward and pool inside the vein. The result is the enlarged, twisted, rope-like appearance most people recognize as varicose veins. While any vein can be affected, the legs and feet are the most common sites due to the added pressure of walking and standing throughout the day.

Understanding Venous Disease

Varicose veins are a visible symptom of a broader condition known as venous insufficiency, or venous disease. This occurs when the valves in the veins stop working correctly, causing blood to pool rather than circulate efficiently. Left untreated, venous disease can progress and lead to a range of complications that affect your daily quality of life and overall health.

Key Symptoms to Watch For

Knowing what to look for is the first step toward getting help. Common signs of varicose veins and venous insufficiency include:

- Blue or dark purple veins visible beneath the skin
- Twisted, bulging veins in the legs or feet
- Achiness, heaviness, or fatigue in the legs — particularly after prolonged sitting or standing



- Swelling, itchiness, burning, or throbbing sensations
- Cramping, especially at night
- In more severe cases, bleeding or leg ulcers

If you notice any of these symptoms, it's important to speak with a vascular specialist. In some cases, varicose veins can signal a more serious underlying medical condition that requires prompt evaluation.

Why Seniors Especially Should Seek Treatment

For older adults, managing varicose veins becomes increasingly critical with each passing year. Untreated venous insufficiency creates excess pressure in the legs, leading to fluid buildup in leg tissues and the accumulation of toxin-containing fluids. Over time, this can result in:

Skin infections: Varicose veins increase your risk of developing cellulitis. If you notice a painful, red, or swollen area on your leg, contact a doctor promptly.

Leg ulcers: Chronic venous insufficiency is one of the leading causes of non-healing leg wounds. Treating the underlying vein issue can help prevent ulceration from developing.

Reduced mobility: Leg pain, heaviness, and swelling make staying active increasingly difficult. For seniors, physical activity is essential to overall health — and untreated varicose veins can become a significant barrier.

Daily discomfort: Pain, throbbing, burning, and swelling shouldn't be accepted as inevitable parts of aging. Treatment can meaningfully improve comfort and quality of life.

Modern Treatment Options Are Minimally Invasive

Today's varicose vein treatments are far removed from the surgical procedures of past decades. Two of the most effective and widely used options include:

Endovenous Laser Treatment (EVLT): A small catheter is guided by ultrasound into the damaged vein. Thermal energy is then delivered to collapse and seal the vein permanently.

Ultrasound-Guided Foam Sclerotherapy (UGS): A chemical foam is injected into the damaged vein under ultrasound guidance, causing it to collapse and close.

Both procedures are performed on an outpatient basis under local anesthesia. There is virtually no downtime, no scarring, and patients can typically return to normal activities the same day. The body naturally absorbs the treated vein over time, producing excellent long-term results — both medically and cosmetically.

The Right Time to Act Is Now

Regardless of your age, varicose veins deserve attention. The longer they go untreated, the greater the risk of complications. Central Florida Vein & Vascular Center offers comprehensive vein care across four convenient locations — The Villages, Kissimmee, Oviedo, and Ocoee. Contact their team today at 352-736-6764 or visit www.cfvein.com to schedule a consultation and take the first step toward healthier, more comfortable legs.

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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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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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RECLAIM YOUR VITALITY: TESTOSTERONE PELLET THERAPY, SHOCKWAVE, AND Emsella

Aging is inevitable — but feeling like a diminished version of yourself doesn't have to be. At Lake Sumter Urology, we specialize in helping men and women restore their health, confidence, and quality of life through advanced, evidence-based treatments. Three of our most transformative offerings — testosterone pellet therapy, shockwave therapy, and Emsella — are changing the way patients approach hormonal balance, sexual wellness, and pelvic floor health. Here's what you need to know.

Testosterone Pellet Therapy: Consistent Hormones, Consistent You

Hormonal imbalance affects millions of Americans, yet it remains one of the most underdiagnosed and undertreated conditions in both men and women. Low testosterone — also known as "low T" — can trigger a cascade of symptoms including chronic fatigue, weight gain, brain fog, decreased libido, mood swings, and loss of muscle mass. For women, declining estrogen and testosterone levels during perimenopause and menopause bring their own challenges, from hot flashes and sleep disruption to diminished sexual drive and bone loss.

Testosterone pellet therapy offers a solution that stands apart from creams, patches, and injections. At Lake Sumter Urology, our providers implant tiny, bio-identical hormone pellets — roughly the size of a grain of rice — just beneath the skin, typically in the upper buttock area. This simple, in-office procedure takes only a few minutes and requires minimal downtime.

What makes pellets uniquely effective is their delivery method. Unlike other hormone replacement options that create peaks and valleys in hormone levels, pellets release a steady, physiologic dose of testosterone directly into the bloodstream over three to six months. Patients report more stable moods, improved energy, better sleep, enhanced libido, and sharper mental clarity — without the daily hassle of applying creams or scheduling frequent injections.

Both men and women are candidates for testosterone pellet therapy. Our team conducts thorough lab work and a comprehensive health evaluation



before recommending treatment, ensuring every patient receives a personalized dosing plan tailored to their unique needs.

Shockwave Therapy: A Drug-Free Path to Sexual Wellness

Erectile dysfunction (ED) affects an estimated 30 million men in the United States, yet many suffer in silence or rely solely on medications that mask the underlying problem. At Lake Sumter Urology, we offer low-intensity shockwave therapy — a non-invasive, drug-free treatment that addresses the root cause of most ED: poor blood flow.

Shockwave therapy uses gentle, acoustic sound waves delivered to the penile tissue through a handheld device. These waves stimulate the growth of new blood vessels — a process called angiogenesis — and break down micro-plaque that restricts circulation. The result is improved blood flow and enhanced erectile function that can be long-lasting.

Each treatment session lasts approximately 15 to 20 minutes and is performed comfortably in our office with no anesthesia required. Most patients complete a series of six sessions over several weeks. Clinical studies have shown that shockwave therapy produces meaningful improvements in erectile function, particularly for men with vasculogenic ED. Many patients who have relied on PDE5 inhibitors like sildenafil or tadalafil find that shockwave therapy allows them to reduce or even eliminate their dependence on medication.

Beyond ED, shockwave therapy is also being used to address Peyronie's disease — a condition in which scar tissue causes painful curvature of the penis — with promising results.

Emsella: The Chair That Strengthens Your Pelvic Floor

Urinary incontinence and pelvic floor weakness are far more common than people realize, affecting both women and men. Whether it's leaking when you laugh, cough, or sneeze — or experiencing sudden, urgent bathroom trips — these symptoms can be embarrassing and limiting. Emsella offers a breakthrough approach with zero surgery, zero downtime, and remarkable results.

Emsella is an FDA-cleared, non-invasive chair device that uses High-Intensity Focused Electromagnetic (HIFEM) technology to stimulate deep pelvic floor muscles. During a single 28-minute session, Emsella induces thousands of supramaximal muscle contractions — the equivalent of performing over 11,000 Kegel exercises — without any physical effort from the patient. You simply sit fully clothed in the Emsella chair while the device does the work.

Patients typically undergo six sessions scheduled twice per week. Many report noticeable improvement in bladder control, reduction in leakage episodes, and an enhanced sense of pelvic strength. Emsella is effective for stress incontinence, urge incontinence, and even sexual dysfunction related to pelvic floor weakness.

Take the First Step at Lake Sumter Urology

At Lake Sumter Urology, our mission is to provide compassionate, cutting-edge care that helps patients feel their best at every stage of life. Whether you're exploring hormone optimization, seeking solutions for sexual dysfunction, or looking to regain control of your bladder health, our experienced team is here to guide you.

Contact Lake Sumter Urology today to schedule your consultation and discover which treatments are right for you. Your vitality is worth it.



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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

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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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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 bench marking 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.

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RECHARGE YOUR HEALTH: WHY "LABS FIRST" IS A PRIORITY

Here's the truth most patients aren't told: by the time symptoms show up, your body has often been off track for months—or longer. Fatigue, weight gain, brain fog, poor sleep—these are late signals. The real story starts long before that, and it's written in your labs.

At Recharge Clinic, the approach is simple but clinically grounded: start with data, not guesswork. Because when you understand what's happening internally, you can intervene earlier, more precisely, and often more effectively.

Why labs matter—before you feel anything

Blood work is one of the most powerful tools in preventive medicine. It allows providers to evaluate how your organs, hormones, immune system, and metabolism are functioning—often before any outward symptoms develop.

Routine lab testing can identify early markers of chronic conditions like cardiovascular disease, diabetes, thyroid dysfunction, and metabolic disorders. These conditions often progress silently. By the time symptoms appear, more aggressive treatment may be required.

Research shows that only about **32% to 66% of Americans receive recommended preventive blood testing annually**, which is considered suboptimal given its role in early disease detection. This gap represents a missed opportunity for early intervention.

What labs actually reveal

A comprehensive lab panel is not just a routine check—it is a detailed physiological snapshot. Core markers typically include:

- **Lipid profile:** evaluates cardiovascular risk through cholesterol and triglyceride levels
- **Hemoglobin A1C:** reflects average blood sugar over 2–3 months, identifying prediabetes or diabetes
- **Comprehensive metabolic panel (CMP):** assesses liver and kidney function, electrolytes, and glucose
- **Complete blood count (CBC):** screens for anemia, infection, and immune function
- **Thyroid panel:** evaluates metabolic regulation and hormone balance

These markers are not theoretical—they directly guide clinical decision-making. Elevated cholesterol may prompt cardiovascular risk reduction. Abnormal glucose levels may lead to early intervention for insulin resistance. Thyroid imbalances can explain fatigue, weight changes, and mood disruption.

"Normal labs" don't always mean optimal health

One of the most common clinical scenarios: patients are told their labs are "normal," yet they still feel unwell.

Standard reference ranges are designed to identify disease—not necessarily optimal function. A value can fall within a broad "normal" range and still be suboptimal for that individual. For example, thyroid or vitamin levels may technically be normal but not ideal for metabolic performance or symptom resolution.

This is where a more detailed, individualized interpretation becomes critical. Looking at trends over time, subtle deviations, and functional ranges allows providers to detect early dysfunction before it becomes diagnosable disease.

Early detection changes outcomes

Preventive lab testing is not just about awareness—it directly impacts outcomes.

Blood tests can identify risk factors for disease **before irreversible damage occurs**, allowing for earlier and often less invasive interventions. For example:

- Detecting elevated A1C early may allow reversal of prediabetes through lifestyle intervention
- Identifying abnormal lipid levels can reduce long-term cardiovascular risk
- Monitoring kidney and liver markers can prevent progression to organ damage

In many cases, early intervention can delay or prevent the need for medication, reduce complications, and improve long-term health trajectories.

Why accessibility matters

Despite the clinical value, many patients avoid lab testing due to barriers—cost, time, or insurance limitations.

Traditional healthcare models often require multiple appointments, insurance approvals, and delayed results. In some cases, even "preventive" labs are not fully covered, depending on coding and plan structure.

Recharge Clinic addresses these barriers directly:

- **Transparent, affordable pricing:** Often lower than insurance-based billing models
- **No unnecessary gatekeeping:** Labs can be accessed without excessive referrals
- **Fast turnaround times:** Results are available quickly, allowing for timely intervention
- **Convenience:** Streamlined process designed for real-world schedules

This model aligns with a growing trend in healthcare toward direct-access diagnostics, where patients can take a more proactive role in monitoring their health.

Data-driven care is the future

Healthcare is shifting away from reactive treatment toward proactive, personalized care. Lab testing is central to this transition.

Rather than waiting for disease to develop, clinicians can use lab data to:

- Track physiological changes over time
- Identify patterns and risk factors
- Customize interventions based on individual biology

This approach is particularly relevant for patients experiencing nonspecific symptoms such as fatigue, weight fluctuations, or low energy—symptoms that often do not show up on a standard physical exam but may be reflected in lab abnormalities.

The bottom line

Your body rarely fails without warning—it signals change long before disease develops. Lab testing is how those signals are identified, measured, and addressed.

Ignoring those signals delays care. Understanding them creates opportunity.

Recharge Clinic's labs-first approach prioritizes early detection, individualized interpretation, and accessible care—removing barriers that often prevent patients from taking control of their health. Call to schedule your labs TODAY!



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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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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

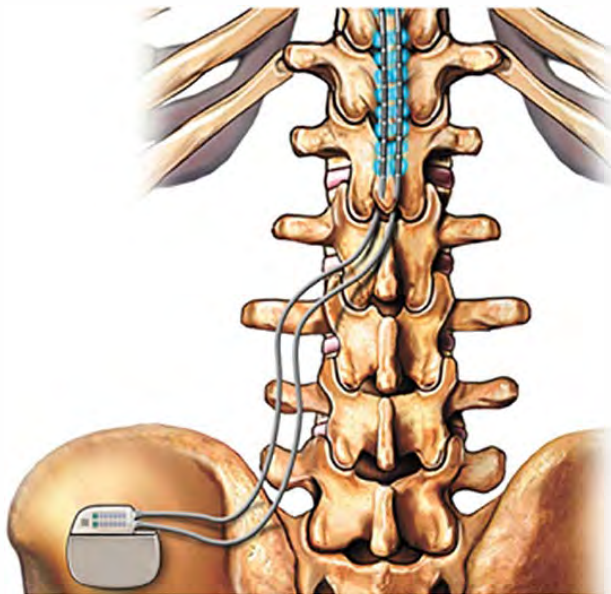
Diabetic peripheral neuropathy is a type of nerve damage caused by prolonged high blood sugar levels. It most commonly affects the feet and legs, though it can involve the hands and arms as well. Symptoms range from mild tingling to severe, disabling pain that disrupts sleep, mobility, and overall quality 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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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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- Fitness and Wellness Programs
- Functional Training
- Gait Training and Balance Programs
- Manual and Massage Therapy
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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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