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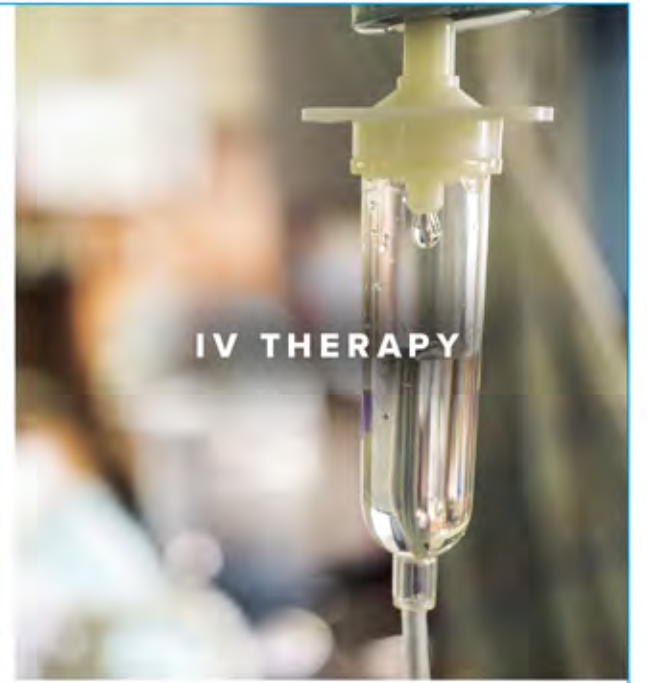
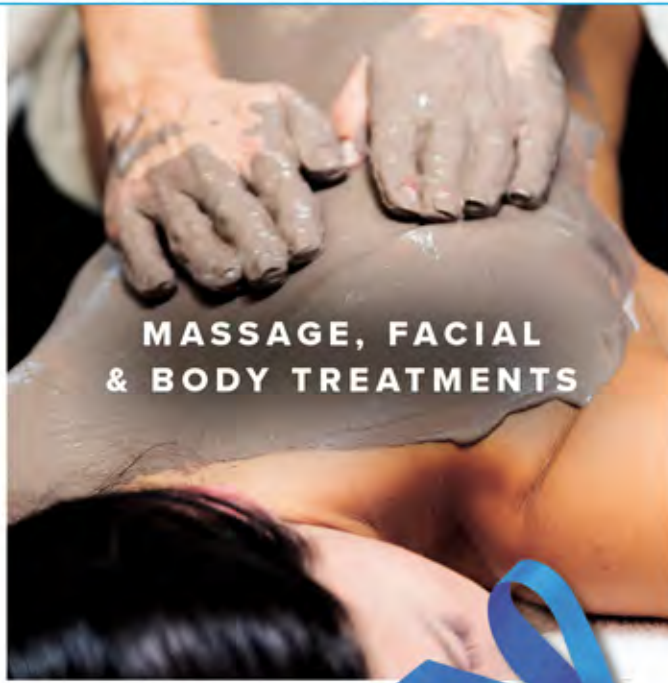
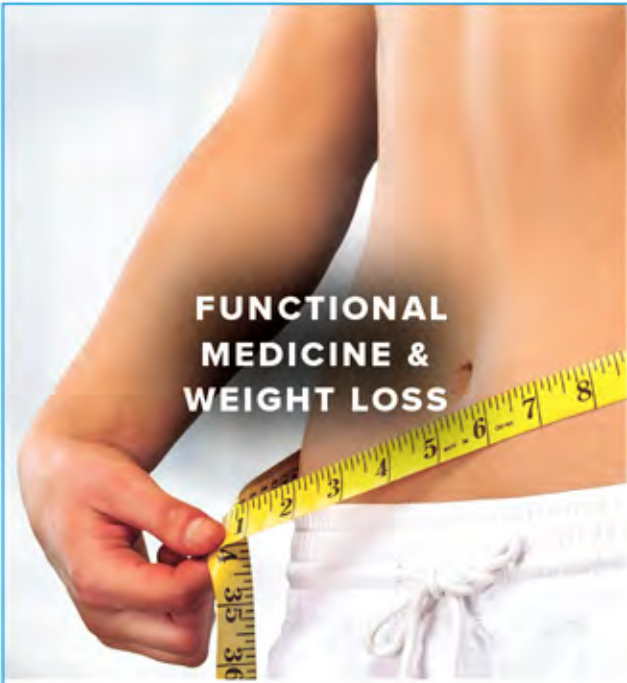
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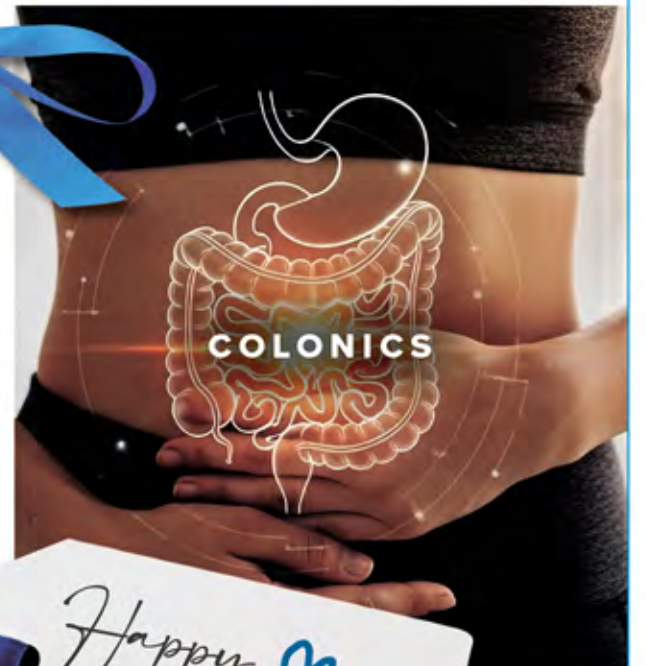




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RECLAIM YOUR ENERGY, CONFIDENCE & SEX LIFE

For years, many men have quietly accepted a gradual decline in muscle mass, energy, mental focus, and sexual performance as if it were simply an unavoidable part of getting older.

They joke about fatigue, dismiss weight gain as "middle age," and often avoid talking about changes in intimacy or confidence. The truth is, many men have been conditioned to believe that slowing down is normal and that nothing can be done about it. But that mindset is finally beginning to change.

Women have openly discussed hormone health and aging for decades. From skincare to hormone therapy to treatments that support vaginal health and wellness, women have been encouraged to take charge of their bodies and improve their quality of life. Thankfully, more conversations are now happening around men's health and sexual wellness too. Men are starting to realize they deserve to feel strong, energetic, mentally sharp, and sexually confident throughout their lives.

Aging may be inevitable, but suffering through unnecessary decline should not be accepted as normal.

Healthy intimacy and active sex lives are important parts of emotional connection, confidence, and overall wellness. There is no reason loving couples cannot continue enjoying physical intimacy throughout every stage of life. Our bodies are designed to function, repair, and adapt. When problems arise, they are often signals that something in the body needs attention—not signs that life is simply "over."

One of the first places many men notice changes is in sexual performance. What many don't realize is that erectile dysfunction and reduced sexual performance are often connected to circulation and overall vascular health. The smallest blood vessels in the body are located around the penile region, and when circulation begins to slow due to poor diet, lack of exercise, stress, inflammation, or hormonal imbalance, sexual performance can suffer. In many cases, this is not just a bedroom issue—it can be an early indicator that the body needs support.

Hormone decline also plays a significant role. Testosterone naturally changes with age, but dramatic drops can contribute to fatigue, reduced muscle tone, brain fog, low motivation, stubborn belly fat, mood changes, and decreased libido. Some men may also convert testosterone into estrogen at higher levels, which can lead to symptoms such as increased abdominal fat and softening of breast tissue. These are issues that can often be identified through simple lab work and addressed with personalized treatment plans.

The good news is that safe, effective solutions are available.

One treatment gaining attention is shockwave therapy, a non-invasive option designed to support healthy blood flow and improve circulation in the penile area. Many men appreciate that it is simple, drug-free, and requires little to no downtime. By stimulating blood vessel health and encouraging the body's natural healing response, shockwave therapy has helped many men regain confidence and improve sexual wellness.

Beyond sexual health, taking care of hormones, circulation, nutrition, and physical fitness can dramatically improve overall vitality. Men who address these issues often report better energy, improved workouts, sharper focus, enhanced mood, and a renewed sense of confidence in everyday life. They stop merely "getting through the day" and begin feeling like themselves again. With the advancements in simple testing, we can see what the body needs and where it's lacking and build a plan to get things back on track.

This conversation is about much more than vanity or performance. It is about quality of life. It is about waking up with energy, feeling connected in your relationships, maintaining confidence, and enjoying life physically and emotionally for years to come. Men should not feel embarrassed to talk about these concerns, and they certainly should not feel alone.

More men are finally realizing that taking care of themselves is not weakness—it is wisdom. Prioritizing health, hormone balance, and sexual wellness is one of the best investments a man can make in himself, his confidence, and his relationships.

It's not about simply surviving or just getting through life. It's about living fully. It's about happiness, confidence, vitality, and maintaining meaningful intimacy throughout your life. Sexual wellness is part of total wellness, and feeling good about yourself matters at every age.

If you have questions or concerns, let's talk about it. Come in for a free, confidential health consultation and learn about options that may help you feel stronger, healthier, and more like yourself again. Your best years do not have to be behind you.

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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

Men's Health Month:

Expert Guidance from UF Health Medical Group Orthopaedics Team

June marks Men's Health Month, a national observance focused on encouraging men to prioritize their physical well-being through prevention, early detection and treatment of health issues. The orthopaedic specialists at UF Health offer valuable insights for men looking to maintain optimal physical health while avoiding common sports-related injuries.

Building a Foundation for Lifelong Mobility

The UF Health Medical Group Orthopaedics team recommends building a balanced fitness routine that incorporates strength training, cardiovascular exercise and flexibility work. Research shows that men who maintain muscle mass through regular resistance training experience better metabolic health and reduced risk of injury as they age.

Five Essential Tips for Men's Orthopaedic Health

1. Prioritize Recovery: Muscles need time to repair and strengthen after workouts. Incorporate rest days into your routine and consider active recovery options like swimming or walking on days between intense training sessions.

2. Focus on Form Over Weight: UF Health Medical Group Orthopaedics team frequently treats injuries resulting from improper lifting technique. When strength training, perfect your form with lighter weights before progressing to heavier loads. This significantly reduces injury risk while maximizing results.

3. Maintain Healthy Body Weight: Excess weight places additional stress on joints, particularly knees and hips. Even modest weight loss can dramatically reduce pressure on these critical joints and decrease arthritis risk.

4. Stay Hydrated: Proper hydration supports joint lubrication and muscle function. Aim for at least 3-4 liters of water daily, especially when exercising in Florida's heat and humidity.

5. Don't Ignore Pain: Men often delay seeking treatment, trying to push through pain. This frequently transforms manageable conditions into serious injuries requiring extensive treatment.



Common Sports Injuries in Men and Prevention Strategies

Men are particularly susceptible to certain orthopaedic injuries. Achilles tendon ruptures, rotator cuff tears and ACL injuries frequently sideline active men. The UF Health team emphasizes prevention through proper warm-up routines, cross-training and gradual progression in training intensity.

Comprehensive warm-ups targeting the specific muscle groups you'll be using are essential. Five to ten minutes of dynamic stretching and mobility work dramatically reduces injury risk.

For weekend warriors—men who primarily exercise on weekends due to busy weekday schedules—the risk of injury increases significantly. UF Health specialists recommend maintaining some level of activity throughout the week rather than condensing all exercise into weekend sessions.

When to Seek Professional Help

The UF Health orthopaedic team advises seeking medical attention for:

- Pain that persists more than two weeks
- Sudden, severe pain during activity
- Joint instability or giving way
- Visible swelling or deformity
- Inability to bear weight or perform normal movements

Early intervention often means faster recovery and better outcomes. The multidisciplinary team at UF Health provides comprehensive care for everything from minor sprains to complex surgical cases.

This Men's Health Month, the UF Health Medical Group Orthopaedics team encourages all men to prioritize their physical well-being through preventative care, smart training practices and prompt attention to potential issues—setting the foundation for active, healthy living for years to come.

Get Expert Orthopaedic Care

For more information about orthopaedic services, sports medicine or to schedule a consultation with the UF Health Medical Group Orthopaedics team, call 352-323-5665. Our specialists are ready to help you achieve your health and fitness goals while preventing and treating injuries effectively.



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SEEING CLEARLY: WHAT CATARACT AWARENESS MONTH MEANS FOR YOUR VISION HEALTH

Every June, eye care professionals across the country recognize Cataract Awareness Month, a dedicated time to educate communities about one of the leading causes of vision loss worldwide. At Lake Eye Associates, we believe an informed patient is an empowered one. Whether you've recently noticed changes in your eyesight or simply want to stay ahead of your health, understanding cataracts could make all the difference.

What Exactly Is a Cataract?

The lens of your eye is normally clear, allowing light to pass through and focus precisely on the retina. Over time, proteins within the lens can break down and clump together, causing it to become cloudy. This clouding is what we call a cataract.

Think of it like a foggy window. At first, the haze is subtle, you might chalk up blurry vision to fatigue or needing a new glasses prescription. But as the cataract progresses, that fog thickens, making everyday tasks like reading, driving at night, or recognizing faces increasingly difficult.

Who Is at Risk?

Age is the most significant risk factor. Most cataracts develop in people over 60, though the process can begin as early as your 40s without producing noticeable symptoms right away. By age 80, more than half of all Americans either have a cataract or have already had surgery to address one.

But age isn't the only factor. Several conditions and lifestyle choices can accelerate cataract development:

- **Diabetes:** Elevated blood sugar levels can cause chemical changes inside the lens.
- **Prolonged UV exposure:** Unprotected time in the sun adds up over a lifetime.
- **Smoking:** Tobacco use increases oxidative stress in the eye's tissues.
- **Steroid use:** Long-term use of corticosteroid medications is a known contributor.
- **Previous eye injury or surgery:** Trauma can disrupt the lens structure.
- **Family history:** Genetics play a meaningful role in how early cataracts may form.



Understanding your personal risk profile is the first step toward proactive care.

Recognizing the Warning Signs

Cataracts tend to develop slowly, which means symptoms often sneak up on people. Common signs include:

- Blurry, cloudy, or dim vision that doesn't improve with a new prescription
- Increased sensitivity to light and glare, especially while driving at night
- Seeing halos around lights
- Colors appearing faded or yellowed
- Frequent changes in your eyeglass or contact lens prescription
- Double vision in one eye

If any of these sound familiar, scheduling a comprehensive eye exam is the right next move. Early detection allows for careful monitoring and timely treatment planning.

Diagnosis and What to Expect

Diagnosing a cataract is straightforward and painless. During a dilated eye exam, your ophthalmologist will examine the lens and evaluate how the cataract may be affecting your overall visual function. We assess not just the presence of cloudiness, but how it's impacting your quality of life, because that's ultimately what guides the conversation about treatment.

When Is Surgery the Answer?

Many people live comfortably with early-stage cataracts for years, managing with updated prescriptions, better lighting, and anti-glare lenses. Surgery becomes the recommended path when the cataract begins interfering with daily activities you value, whether that's reading, driving, working, or staying active.

Cataract surgery is one of the safest and most frequently performed surgical procedures in the United States. The surgery involves removing the cloudy natural lens and replacing it with an artificial intraocular lens (IOL). The procedure is typically done on an outpatient basis and takes less than an hour. Most patients notice a significant improvement in vision within days.

Modern advances in IOL technology mean patients now have options, including lenses that can correct astigmatism or reduce dependence on reading glasses. Your surgeon will help you determine which option aligns best with your vision goals and lifestyle.

Prevention: Protecting the Eyes You Have

While aging is unavoidable, you can take meaningful steps to slow cataract progression. Wearing UV-protective sunglasses year-round, eating a diet rich in antioxidants like vitamins C and E, avoiding smoking, and managing chronic conditions like diabetes all contribute to long-term eye health.

Most importantly, don't skip your annual eye exams. Many patients are surprised to learn a cataract has been quietly developing for years. Routine checkups catch changes early, when your options are widest.

Your Vision, Our Priority

Cataract Awareness Month is a reminder that vision loss is largely preventable and treatable, but only when we take action. The team at Lake Eye Associates is here to guide you through every stage, from your first symptom to crystal-clear sight after surgery.

If you or a loved one has questions about cataracts or wants to schedule a comprehensive eye evaluation, contact us today. Clear vision is worth protecting.



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THIS ALZHEIMER'S & BRAIN AWARENESS MONTH, DON'T OVERLOOK YOUR HEARING

June is Alzheimer's and Brain Awareness Month—a time dedicated to better understanding how we can protect and preserve brain health as we age. At AudioNova, we talk a lot about the connection between hearing loss and the brain, because one of the most common questions I hear from patients is: *"Is it true that hearing loss can lead to Alzheimer's?"*

The short answer is: **There is a strong connection between untreated hearing loss and cognitive decline, but the relationship isn't as simple as cause and effect.** And the good news? There's a lot we can do about it.

Let's unpack the research and clear up a few common myths.

Myth #1: Hearing Loss Causes Alzheimer's Disease

This is one of the biggest misunderstandings I hear. While untreated hearing loss has been linked to an increased risk of dementia, including Alzheimer's, it's not accurate to say that hearing loss *causes* the disease. Alzheimer's is a complex neurological condition influenced by many factors—age, genetics, cardiovascular health, and more.

But what we do know is that hearing loss can be a **significant risk factor**. In fact, a major 2020 report from The Lancet Commission identified hearing loss as the **single most modifiable risk factor** for dementia. That means addressing your hearing loss is one of the most powerful steps you can take to protect your brain.

Myth #2: Hearing Aids Are Just About Hearing

We often think of hearing aids as tools to help us hear conversations or watch TV more clearly. And while they do that, their benefits go far beyond sound.

When your hearing starts to decline, your brain works harder to fill in the gaps. This extra effort—called "cognitive load"—can reduce mental sharpness, memory, and energy over time. You may not even realize it's happening, but your brain is reallocating resources just to help you follow everyday speech.

Wearing hearing aids helps **relieve that mental strain**, freeing up your brain to focus on other tasks. Studies have shown that individuals who treat their hearing loss with properly fitted hearing aids experience **slower rates of cognitive decline**, maintain better social connections, and report higher overall quality of life.

Myth #3: My Hearing Isn't Bad Enough to Worry About

This is something I hear all the time, especially from younger retirees or adults in their 50s and 60s. But here's the truth: **even mild hearing loss can increase your risk of cognitive decline** if it's left untreated.

The brain is highly adaptable, but it's also use-it-or-lose-it. If the auditory pathways in your brain aren't being stimulated regularly, they can begin to weaken. That's why early detection and treatment are so important.

I always recommend a **baseline hearing screening by age 55**—and sooner if you've noticed signs like turning up the TV, asking others to repeat themselves, or struggling in noisy environments. You don't have to wait until hearing loss is severe to take action.

The Social Connection

One of the most overlooked consequences of hearing loss is how it impacts **social engagement**. When conversations become frustrating or exhausting, many people begin to withdraw—skipping out on dinners, avoiding phone calls, or feeling left out of family events. Over time, this isolation can lead to loneliness, depression, and increased risk of cognitive decline.

Maintaining strong social relationships is critical for brain health. That's why treating hearing loss is about more than just hearing—it's about **staying connected to the people and experiences that keep us mentally and emotionally well**.

What the Latest Research Says

Recent studies continue to reinforce the link between hearing loss and brain function:

- A 2023 Johns Hopkins study found that older adults with untreated hearing loss were more likely to experience faster cognitive decline compared to those who wore hearing aids.

- Another large-scale study showed that **treating hearing loss reduced the risk of developing dementia by nearly 50%** in older adults with other risk factors.

These findings are not meant to alarm—they are meant to **empower**. Hearing care is one of the few areas of health where you can take simple, proactive steps to improve your long-term cognitive health.

A Whole-Health Approach to Hearing

At AudioNova, we take a holistic view of hearing care. Our goal isn't just to help you hear—we want to help you live better, longer, and more connected. We work with all major hearing aid manufacturers to find the best solution for your **unique hearing profile, lifestyle, and budget**.

If you're already wearing hearing aids, make sure to schedule regular follow-ups to keep your devices performing at their best. If you've never had a hearing test, now is the perfect time to establish a baseline and take that first step toward protecting your brain health.

Let's Hear It for Your Brain

This Alzheimer's and Brain Awareness Month, I invite you to think of your hearing not just as a sense—but as a **vital part of your brain's overall wellness**.

Whether you've noticed hearing changes or simply want to be proactive, we're here to help. A simple hearing screening could be the first step toward clearer sound, stronger connections, and a healthier future.

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DO VARICOSE VEINS GET WORSE IN SUMMER?

Heat wreaks havoc on varicose veins, and stepping outside on a summer day can cause flare-ups of already painful symptoms. Unfortunately, high temperatures are nearly impossible to avoid parts of the year in many areas around the country. Two minutes outside in July and August can leave you drenched in sweat and aching to go back into the cool indoors. Varicose veins hate sweltering temperatures as much as you do, and they're also begging for cool air.

Does Heat Make Varicose Veins Worse?

Heat causes the veins to dilate, making it even harder for them to work properly—and easier for blood to stay in the vein. Varicose veins are already visibly dark and bumpy and can also cause legs to ache, itch, and feel heavy. The extra heat, then, adds extra discomfort to an already-frustrating health condition.

To understand why heat affects varicose veins better, it helps to know why varicose veins form in the first place. Your veins have valves that work hard to push blood through your body. Over time, these valves can grow weary or become damaged, making it more difficult to do their job properly. This is even harder to accomplish in the lower leg where veins must be strong enough to circulate blood against the flow of gravity. When these vein valves aren't strong enough to be efficient, blood ends up pooling in the veins. The veins swell, creating a varicose vein.

So, what can you do to prevent your varicose veins from getting worse while temperatures rise? Staying cool may be the obvious choice; if the heat outdoors is irritating the veins, then stay in air conditioned areas for maximum comfort. But who wants to stay indoors all summer when you could be spending time with friends or on a vacation? To take care of your veins while you enjoy this summer, you can try keeping these few tips in mind.

Tips for Managing Varicose Veins in the Summer Heat

1. EXERCISE

Since weakened vein valves cause varicose veins, strengthening those valves can help relieve some of the discomfort. When you take some time out of your day for **light exercise**, you relieve some of the swelling and venous congestion associated with varicose veins. Planning exercise for the evening gives added benefits, as it helps address any venous congestion that built up during the day.

Exercise may sound contradictory to avoiding heat and staying cool, but you don't have to suffer out in the sun to reap the benefits. Swimming, for example, is a fantastic low-impact exercise that strengthens the legs, and the cool water is refreshing on a hot day! Also, a short walk during the evening can also strengthen your veins while avoiding the overwhelming afternoon sun.

2. DIET

Eating healthy foods always offers benefits. There are some foods specifically that reduce inflammation, which, of course, offers relief from swollen veins. Try mixing fresh herbs and salad greens into your diet. These foods help with the swelling and increase your circulation. A salad a day keeps the swollen veins away!

Magnesium deficiency can also be a key factor in blood pooling, so eating foods that are high in magnesium can also give your vein valves an added boost. You can minimize any magnesium deficiency by including avocados, bananas, sweet potatoes, and leafy greens in your diet.

While including these foods will help your veins, keep in mind that there are foods that can do more harm than good. Watch your salt intake; excess salt leads to water retention, which causes the legs to swell. This summer, try swapping out those chips for fruits. The change will help your circulation while still tasting great.

3. COMPRESSION THERAPY

Compression can be an easy way to help minimize swelling. By applying gradual amounts of pressure to the leg, **compression socks** help vein valves guide blood upward. As a result, this can be a great option for relieving tired, swollen legs that are under stress due to the heat. You can check with a specialist to see whether compression therapy would work for you; the level of compression you may need could be different from that friend who has spare compression socks lying around.

Wearing extra legwear might seem like it would be too warm to help. This is far from the truth. Compression legwear doesn't have to be thick and warm. There are many new fabric options that breathe, thus giving you relief from swelling without being uncomfortably hot. Again, you can check with a specialist to see which options are available.

With these few easy options, you can help your veins stay comfortable and healthy this summer. On top of these, do your best to stay cool this summer. Stay in the shade and choose water over an alcoholic beverage during those summer barbecues. Opt for loose, light-colored clothing that breathes, rather than tight, heavy clothing in dark colors. And, if temperatures get unbearable, relax for a bit inside and enjoy the cool air. Varicose veins can be annoying but, with these small habits, you don't have to ruin your plans to bring some comfort to your veins.

4. STAY AS COOL AS POSSIBLE

Lightweight, loose-fitting clothing is the first step to staying cool in the heat. However, those with varicose veins may feel self-conscious about wearing shorts to keep their legs cool. Minimally invasive procedures such as **endovenous laser treatment (EVLT)** can reduce the appearance of varicose veins and make your legs beautiful again but, until then, try trading the shorts for a pair of loose culottes. Also, keep light colors in your summer wardrobe instead of dark colors which absorb heat. On top of wearing cool clothing, try to avoid direct sunlight

and opt to have that summer barbecue in a shady park. No trees to provide shade? Canopies are a great choice in avoiding the rays of the sun. If you're near the pool, make sure to hit the water regularly to cool down.

5. Spend More Time at The Pool

Swimming in cool water is a refreshing way to enjoy the outdoors while avoiding overwhelmingly high temperatures. The health benefits are an added bonus and a top reason for taking a dip in the pool this summer. This relaxing, low-impact exercise helps improve your venous health without putting too much pressure on your joints.

In the heat, the venous system vasodilates and loses some vascular tone. So, there is a greater venous space for blood to pool in the legs. Swimming pool therapy helps because the cool water causes some vasoconstriction, increasing venous tone and decreasing blood pooling in the venous system. Also, we weigh less in the water, so the buoyancy helps counterbalance venous hypertension. The best thing to do in the pool is to walk in the shallow end or do calf raises; anything to squeeze the calf muscle that will drive increased venous return.

6. Pack A Water Bottle

No matter how good your venous health is, drinking water is a must, especially if you're going to be outside for extended periods of time. A cool drink is a necessity to avoid dehydration and heat sickness in high temperatures. Make sure to take sips throughout the day, not just when you're thirsty; your body needs water long before you start craving it. While water is imperative for staying cool and avoiding heat sickness, it's also highly beneficial for your venous health. Proper hydration helps your circulation, and it's great for your skin, too! Keep those water bottles near you when you're at an outdoor event. Also, make sure to choose water over caffeinated or alcoholic beverages. Those drinks will add to the dehydration that you're trying to avoid.

Set Up A Treatment Plan Today

If you're dealing with varicose veins this summer, come visit the vascular physicians in Orlando at Central Florida Vein & Vascular Center. There's no need to deal with heavy, aching legs when you should be enjoying a summer vacation. Varicose veins also makes many people feel self-conscious about their veins, which often leads to wearing hot jeans that further irritate veins instead of cool, comfortable shorts. If it's time to address your varicose veins, give us a call today at **352-562-0078**. We'll set up a treatment plan so you can feel confident and pain-free this summer.

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Understanding Basal Cell Carcinoma: WHAT YOU NEED TO KNOW

By David Kosiorek, PA-C

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

What is Basal Cell Carcinoma?

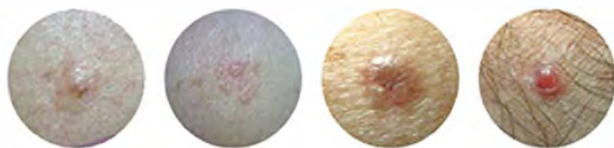
Basal cell carcinoma develops in the basal cells, which are found in the deepest layer of the epidermis. These cancers typically grow slowly and rarely spread to other parts of the body, making them highly treatable when caught early. However, if left untreated, BCCs can become locally invasive, causing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

Recognizing the Signs

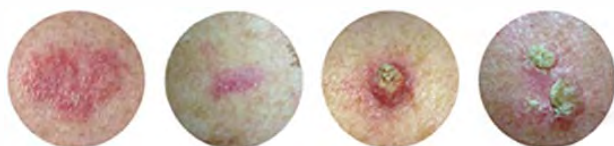
The Lumen Dermatology team emphasizes the importance of knowing what to look for when examining your skin. Basal cell carcinomas can appear in various forms:

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

BASAL CELL CARCINOMA (BCC)



SQUAMOUS CELL CARCINOMA (SCC)



Risk Factors and Prevention

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

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

Treatment Options

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

The Importance of Professional Care

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

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

Expert Dermatology Care for Your Skin

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

Book Your Appointment

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

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



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LOW TESTOSTERONE LEVELS IN MEN IS LINKED TO PREMATURE DEATH! ALL PROS NO CONS WITH TESTOSTERONE THERAPY

Low testosterone levels have been linked to premature death in men. Studies have shown men with low testosterone are more likely to die from all causes, including cardiovascular disease.

It is unfortunate that middle aged men are unaware of the safeness and life improving benefits of testosterone. It may stem from a visit with their doctor who told them their levels are good for their age, or you don't need that you're over 50, or that perhaps it wasn't safe for them. This inaccurate and misguided advise couldn't be further from the truth!

Testosterone is the granddaddy of all hormones it is the driving force for a male's drive and virility. At Infinity Medical Institute we have been delivering testosterone therapy for over 20 years giving our male patients that extra edge to navigate through life with better mental acuity, increased energy levels, improved sexual performance and better overall strength and recovery.

Testosterone assists in regulating blood pressure, stabilizing blood sugar and lowering cholesterol. The heart has more testosterone receptors than any muscle in the body reducing death by heart attack by 50%. In addition to the cardiac benefits the brain also is protected by testosterone which assists in preventing plaque build-up in the brain deferring the onset of early dementia and Alzheimer's disease.

When we are young active males, we produce high levels of testosterone but after age 30 these levels begin to slowly decline, losing approximately 90% of our original levels by age 75 It isn't until we reach our late 40's and 50's that men begin to notice some things aren't quite what they used be with our physical and mental capacities. With life expectancies extending longer we need to consider ways to improve and retain quality of life.

Just because men age doesn't mean they need to surrender sexual activity. Testosterone corrects erectile dysfunction and restores sex drive and performance.

Many of our patients express how they have their strength back and hit the golf ball further or how they don't seem to be as tired near the end of the round. Indoor activities also improve like performance in the bedroom!



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National Cancer Survivors Month: VIGILANCE AND REGULAR CHECK-UPS SAVE LIVES

By Chand Rohatgi, MD

In the United States, approximately 2 million new cancer cases will be diagnosed in 2025 alone. Even more sobering is the fact that about 1 in 3 people will develop cancer during their lifetime, with current statistics showing approximately 39% of men and women will face a cancer diagnosis at some point.

"Early detection remains our most powerful weapon against cancer," said Dr. Rohatgi, MD, a UF Health breast surgeon specializing in oncology. "When caught in its earliest stages, most cancers respond better to treatment, leading to significantly improved survival rates."

As we commemorate National Cancer Survivors Month, Dr. Rohatgi emphasizes the critical importance of knowing what to look for and maintaining regular screening schedules.

"For breast cancer, women should be familiar with the normal look and feel of their breasts," explains Dr. Rohatgi. "Watch for any new lumps, skin changes, including dimpling or puckering, nipple discharge or persistent pain in one area. These warrant immediate medical attention."

While breast self-exams are valuable, they don't replace clinical screenings. Dr. Rohatgi stresses that mammograms can detect cancers up to two years before they become palpable.

But vigilance extends beyond breast cancer. For all individuals, Dr. Rohatgi recommends being alert to these universal warning signs.

"Pay attention to unexplained weight loss, persistent fatigue, prolonged coughing, difficulty swallowing, changes in bowel or bladder habits, unusual bleeding or sores that don't heal," he advises. "These symptoms don't automatically mean cancer, but they deserve prompt investigation."

Regular medical check-ups form the foundation of effective cancer prevention. These screenings should include age-appropriate cancer tests like mammograms, colonoscopies, Pap tests, prostate exams, and skin checks.

"Many people skip routine check-ups because they feel fine," notes Dr. Rohatgi. "But cancer often develops silently, with symptoms appearing only in advanced stages. By then, treatment options may be more limited and less effective."



Dr. Rohatgi emphasizes that cancer survival rates have improved dramatically over recent decades, with death rates falling steadily since the early 1990s. This progress stems largely from better screening protocols leading to earlier detection.

"Today's cancer survivors – numbering over 17 million in the United States alone – a testament to the power of vigilance and medical advancement," Dr. Rohatgi explains. "National Cancer Survivors Month celebrates these victories while reminding us all that proactive health monitoring saves lives."

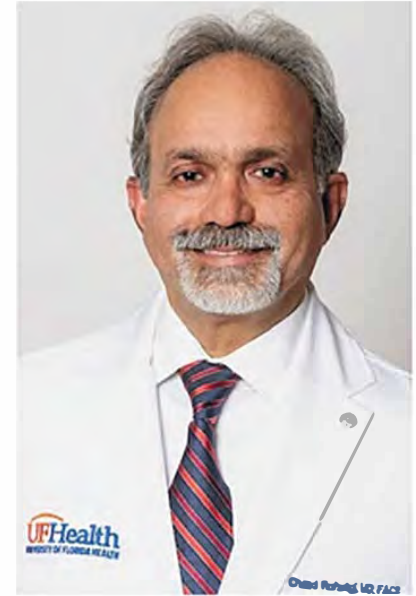
For those with a family history of cancer, Dr. Rohatgi recommends discussing personalized screening schedules with healthcare providers, as genetic factors may necessitate earlier or more frequent testing.

"Cancer screening guidelines continue to evolve as we learn more about different cancer types and risk factors," notes Dr. Rohatgi. "What remains constant is that early intervention dramatically improves outcomes. The difference between catching cancer at stage one versus stage three or four can literally be lifesaving."

Dr. Rohatgi also emphasizes the importance of lifestyle factors in cancer prevention. Maintaining a healthy weight, avoiding tobacco, limiting alcohol consumption, protecting skin from excessive sun exposure, and consuming a diet rich in fruits and vegetables can all reduce cancer risk.

"While we cannot control all cancer risk factors, many are within our power to modify," he adds. "These healthy habits complement regular medical screenings to create your strongest defense against cancer."

Remember: when it comes to cancer, knowledge and action are your strongest allies.



Chand Rohatgi, MD
Breast Surgeon

As a board-certified breast surgeon at UF Health, I serve patients across central Florida with specialized care for cancerous and noncancerous breast conditions. "My patients drive my energy," and I remain committed to the latest medical guidelines and technologies to provide optimal care.

Previously, I established a comprehensive breast care center in Easton, Pennsylvania, offering in-house mammography, biopsies, lymphedema therapy, and genetic testing. During my nearly two-decade professorship at Drexel University College of Medicine, I received the Dean's Special Award for Teaching Excellence four times.

I completed my medical education in Varanasi, India, with surgical training in India and New Jersey, before finishing my residency as chief resident at Easton Hospital in Pennsylvania.

Outside medicine, I volunteer with the American Cancer Society—receiving their St. George National Award in 2014—and at my community's historic State Theater. While I enjoy cultural travel, my greatest joy comes from time spent with my wife, three children, and extended family.



For questions or to learn more, visit our website [UFHealth.org/conditions-and-treatments/breast-cancer/central-florida](https://www.UFHealth.org/conditions-and-treatments/breast-cancer/central-florida) or call 352.323.5665.



THE NEW LUXURY ESSENTIAL: Sleeping Better Than Ever

By Richard W. Rozensky, DDS, D.ABDSM

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

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

Sleep as the Highest Form of Self-Care

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

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

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

A Bespoke Experience for the Modern Sleeper

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

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



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

The Aesthetic of Effortless Health

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

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

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

Beyond Sleep: The Ripple Effect

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

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

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

Redefining What It Means to Treat Yourself

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

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

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

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

Meet Dr. Rozensky

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

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

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

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IGNORING COMMON CARDIAC SYMPTOMS LEADS TO CRITICAL ISSUES

T.E. Vallabhan, MD, FACC

John F. Kennedy once said, “The time to repair the roof is when the sun is shining.” This statement holds true when we focus on many of the issues in life, especially our health. Some of the most common cardiac risk symptoms are often overlooked. Ideally, individuals should start to be mindful of their heart health from a younger age, but it’s never too late to improve your cardiac function or to get the treatment you need to enhance your lifestyle and overall health.

People are living longer, and staying healthy is at the forefront of most our minds. The aging population is primarily concerned about keeping up with their grandchildren and having the capability to freely live an active lifestyle well into their eighties and nineties, but without being proactive about our cardiac health, we set ourselves up for critical heart disorders and issues.

Some of the things we can do are to follow a heart-healthy nutrition plan like the Mediterranean diet. We should also incorporate regular exercise and keep our stress levels down. If you smoke, you **MUST** quit now to help your body heal from the damage to the blood vessels and arteries that have already taken place. It’s never too late to stop smoking.

Cardiac Risk Factors & Indicators

- High Blood Pressure
- High Cholesterol
- Tightness in Chest
- Shortness of Breath
- Jaw pain
- Arm Pain
- Back Pain
- Fatigue

These symptoms are significant indicators of heart disease, but the most common warning sign that people have is —Ignoring their symptoms!

It’s the familiar adage of denial—If we ignore or avoid the symptoms, then we don’t have to deal with any of the accountability. However, just like most things, if you ignore them, they’ll go away, but not in a right way.



If left untreated, they will go away through deterioration and damage, and eventually death. Being proactive about your heart’s health is imperative.

Unfortunately, many people are more sedentary than they’d like to believe. A limited or lack of physical activity is not going to do your body or your heart much good. In our modernized world, we have grown complacent. We don’t walk as much to get from A to B; instead, we drive a car to work, sit at a desk all day, drive home, sit down to eat dinner and then sit in front of the television until we go to bed. If this sounds even remotely familiar, you need to have a consultation with a cardiologist to test your cardiac condition.

Coupled with a sedentary lifestyle, the prevalence of individuals being diagnosed with diabetes is astronomical. Diabetes is a significant risk factor for cardiovascular disease. Very often obesity and diabetes work in conjunction to damage your heart and arteries, deplete your nutrient, oxygen-rich blood, and can cause venous insufficiency and blood clotting issues. If you have diabetes or suspect that you may, it’s critical to seek medical attention to get your blood sugar levels to a manageable state and to assist you with an overall healthy lifestyle plan.

Risk Factors For Heart Disease

- Age
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Overweight
- Chronic stress

What You Can Do

- See a cardiologist for important diagnostic testing
- Don’t ignore symptoms
- Eat a heart-healthy diet
- Avoid sugar and salt in excess
- Stop smoking
- Exercise daily (at least a 30-minute walk)

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

Dr. V

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

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John Cottam, MD
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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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TOP
DOCTOR
MAGAZINE

William J. Cole, Jr., DO, FAACP

Double Board-Certified in Regenerative Medicine & Interventional PM&R | Founder | TheStemCellDoctors.com® | RegenaMed® | kNOwPAIN® Institute

What if each day no longer began with stiffness, frustration, or limitation... but instead with energy, clarity, and freedom of movement?

What if your body supported your life... instead of restricting it?

What have you always dreamed of doing... but pain has quietly held you back from?

For millions of people, pain has become part of their identity. It dictates decisions. It limits possibilities. It slowly reshapes the way life is lived—physically, mentally, and emotionally.

But what if that story could change?

What if you could move toward a life filled with greater function, renewed purpose, and the ability to truly live again?

Would you like to know how to make that a reality with the most advanced, ethical, safe, effective, and proven regenerative treatments available today?

Then keep reading to discover how Dr. William J. Cole Jr., D.O. can help you change your life—physically and mentally—without drugs or surgery, working toward true Pain-Free Function, as a physician who is known as the doctor “Who Loves Helping Others Live Better Lives.”

A New Way of Thinking About Health

Health is not unrealistic—it is biologically possible.

The human body was designed to repair itself.

Your body is constantly communicating with you. Pain is not the problem—it is a signal.

As Dr. Cole often says,
“The Body Tells You What is Wrong... We Just Need to Listen.”

Why So Many People Stay Stuck

Pain → medication → surgery → temporary relief
→ worsening condition → medication → surgery...

Traditional medicine often treats symptoms and images, not causes and patients.

Where Transformation Begins

Find-It → Identify the actual root cause
Fix-It → Targeted regenerative repair

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Why Precision Determines Results

- No physical exam
- Incorrect diagnosis
- Poor placement

Who Can This Help?

Rebuild Your Back™
Disc injuries, pinched nerves, failed surgery

Rebuild Your Body™

Joint pain, arthritis, sports injuries, failed surgery

Rebuild Your Brain™

Neurological conditions, cognitive decline, brain trauma, Long-COVID

What Patients Are Experiencing

Sheila – resolution of dementia
Kim – walking, sleeping, working again
Norman – pain-free and active again

It’s About More Than Pain Relief

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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.

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



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NO DAD BOD HERE!

The modern “dad bod” has become a running joke online, but for many men, stubborn belly fat, brain fog, low energy, poor sleep, and declining libido are not just signs of getting older. They may be symptoms of hormone imbalance, chronic stress, or metabolic dysfunction. Men often push through these symptoms for years, assuming exhaustion and burnout are simply part of life. But according to providers at Recharge Clinic, feeling constantly drained is not something men should ignore.

June is Men’s Health Month, and it is a timely reminder that men are statistically less likely than women to seek preventive healthcare. According to the Centers for Disease Control and Prevention, men are more likely to skip annual wellness visits and delay medical care, even when symptoms begin interfering with work, relationships, fitness, and mental focus.

At Recharge Clinic, providers focus on identifying the underlying causes of symptoms many men dismiss as “just aging.” Low testosterone, hormone imbalance, chronic inflammation, and declining growth hormone levels can contribute to fatigue, weight gain, decreased muscle mass, irritability, reduced sex drive, and cognitive changes such as poor concentration and memory lapses.

The clinic’s providers explain that testosterone levels naturally decline with age, typically beginning around age 30. Research published in the *Journal of Clinical Endocrinology & Metabolism* suggests testosterone levels may decrease by approximately 1% per year in adult men. While gradual decline is common, significant drops can affect quality of life and overall health.

One of the biggest complaints men report is brain fog. Patients describe difficulty focusing, low motivation, forgetfulness, and mental exhaustion that caffeine cannot fix. Add poor sleep and chronic stress into the equation, and many men feel like they are operating at half capacity. Recharge Clinic emphasizes that hormone health is closely connected to cognitive performance, mood regulation, and energy production.

Then there is the belly fat issue. Men who exercise regularly may still notice increasing abdominal weight despite maintaining similar eating habits. Excess visceral fat, particularly around the abdomen, has been linked to insulin resistance, cardiovascular



disease, inflammation, and lower testosterone levels. It becomes a frustrating cycle: low testosterone can contribute to fat accumulation, while excess body fat can further suppress testosterone production.

Providers at Recharge Clinic’s Hormone Screening Program use laboratory testing and symptom evaluation to assess hormone levels and overall metabolic health. Rather than treating symptoms blindly, the clinic aims to identify measurable imbalances that may be affecting a patient’s physical and mental performance.

For some men, treatment may include Bioidentical Hormone Replacement Therapy or testosterone optimization. Recharge Clinic also offers Testosterone Pellet Therapy, which delivers a steady release of testosterone over time. Unlike the dramatic spikes and crashes some men report with other delivery methods, pellet therapy is designed to provide more consistent hormone levels.

And no, this is not about turning into a superhero overnight. It is about helping men feel mentally sharp, physically capable, and motivated again. Patients commonly report improvements in energy, focus, exercise recovery, sleep quality, mood, and libido after hormone optimization under medical supervision.

Recharge Clinic also incorporates newer regenerative therapies into individualized treatment plans. Peptide Therapy has gained attention for its potential role in supporting recovery, metabolism, muscle maintenance, sleep, and healthy aging. Certain peptides may help signal the body to optimize natural biological processes, although treatment plans vary based on individual needs and medical evaluation.

Another area of focus is Human Growth Hormone (HGH) Therapy. Growth hormone production declines with age and may contribute to decreased muscle mass, reduced stamina, slower recovery, and increased body fat. Carefully monitored HGH therapy may help support body composition, energy levels, and recovery in appropriately selected patients.

The clinic’s message to men is straightforward: exhaustion should not be your personality trait. Neither should burnout.

Too many men normalize symptoms that deserve medical attention. If your workouts are no longer working, your focus is disappearing by 2 PM, your motivation has tanked, or your energy feels permanently stuck in low battery mode, it may be time for a comprehensive health evaluation.

Recharge Clinic will host a Men’s Health event on June 10th from 6–7 PM, offering men an opportunity to learn more about hormone health, metabolic wellness, and therapies designed to support healthy aging and performance. The event will focus on helping men better understand the connection between hormones, energy, cognition, weight management, and overall wellness. Join us at SW 17th Street at the Ocala location.

Because “getting older” and “feeling terrible” are not supposed to mean the same thing.



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Understanding Your MRI Report: Decoding Spinal Stenosis and Spondylosis

When patients receive their MRI or CT scan reports, they often encounter complex medical terminology that can cause confusion and anxiety. Terms like "spinal stenosis" and "spinal spondylosis" appear frequently, but what do they actually mean for your health and well-being?

BREAKING DOWN THE MEDICAL JARGON

Spinal Stenosis: refers to the narrowing of spaces within your spine, which can put pressure on the nerves that travel through it. This narrowing typically occurs in the lower back (lumbar stenosis) or neck (cervical stenosis). Think of your spinal canal as a tunnel - stenosis is when that tunnel becomes constricted, potentially causing pain, numbness, weakness, or tingling in your extremities.

Spinal Spondylosis: is essentially the medical term for age-related wear and tear affecting the spinal disks. As we age, these disks gradually deteriorate, losing hydration and elasticity. This natural process can lead to bone spurs (osteophytes), stiffened ligaments, and decreased disk height. It's similar to how a car's shock absorbers might wear down over time, affecting the overall function and comfort of the vehicle.

Both conditions are extremely common as we age, and their presence on an imaging report doesn't always correlate with symptoms. Many people with significant stenosis or spondylosis on imaging remain pain-free, while others with minor changes may experience considerable discomfort.



WHEN PAIN PERSISTS:

THE ROLE OF INTERVENTIONAL PAIN PHYSICIANS

When conservative approaches like physical therapy, chiropractic care, or over-the-counter medications fail to provide adequate relief, interventional pain physicians offer specialized expertise.

Interventional pain medicine is a medical subspecialty focused on diagnosing and treating pain through minimally invasive techniques. These physicians complete a three to five years of residency training, and then additional fellowship training specifically in pain management.

What sets interventional pain physicians apart is their comprehensive approach to addressing all types of pain:

- **Nerve pain** (neuropathic) caused by damaged or irritated nerves
- **Bone and joint pain** (osteoarthritis, fractures)
- **Muscular pain** (spasms, strains)
- **Acute pain** (recent injury or surgery)
- **Chronic pain** (persistent beyond normal healing time)

These specialists employ a wide range of techniques beyond medication management, including:

- Precise diagnostic injections to identify pain sources
- Therapeutic nerve blocks to provide targeted relief
- Radiofrequency ablation to disrupt pain signals
- Spinal cord stimulation for persistent nerve pain
- Regenerative medicine approaches like platelet-rich plasma therapy

The goal of interventional pain medicine is not just symptom management but improving function and quality of life. By precisely targeting the source of pain, these specialists can often provide relief while minimizing medication side effects and avoiding more invasive surgical procedures.

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.

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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BRENT COMPTON, MD

VESTIBULAR BALANCE ISSUES SHOULD NOT BE IGNORED:

A Physical Therapy Method has Helped Countless Individuals Find Restoration

At least 50 percent of the U.S. population will develop a balance issue, at some point in their lives. Balance disorders typically happen to the aging population, between the ages of 50 to 75, and most of these are related to vestibular disruptions.

Patients suffering from vestibular related disorders frequently experience vertigo, dizziness, nausea, migraines, gait issues (walking), and imbalance. In addition, many patients complain of mood changes and cognitive impairment. Usually, these symptoms stem from issues in the inner ear. More than 69 million Americans have experienced some form of vestibular problems in their lifetime, and that number is on the rise.

BPPV: The most common form of vestibular complications is Benign Paroxysmal Positional Vertigo or BPPV.

- **Benign** - Not life-threatening
- **Paroxysmal** - Brief spells that come and go
- **Positional** - Triggered by certain head positions or movements
- **Vertigo** - A false sense of rotational movement

Tiny calcium crystals (otoconia) in the inner ear that slough off and get lodged in the fluid of the ear canals (labyrinth) usually are the cause of BPPV. Benign Paroxysmal Positional Vertigo can be effectively treated with one of two simple manual therapies that move the crystals through the ear, improving and in many cases alleviating vertigo and the sensations of dizziness. These therapies can be performed in the convenience of Innovative Therapies Group's office.

It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible compli-



cations like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

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

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

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

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Attorney Patrick Smith Radio Show Now on 14 Stations

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



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Learn How to Align Your Financial Health Long Term with Roth Conversions

By Rick Walker, Financial Planner & CPA, and Kimberlee Clark, Financial Planner - NaplesWealthStrategies.com

Throughout our careers as financial planners & all of Rick's years as a CPA, we have regarded the payment of taxes as an awful byproduct of success in life. Whether it is earning a sizeable income, or having a large gain on investment, writing that check to the IRS can make you cringe, bringing stress and anxiety.

Today, we are addressing a tax problem that has been brewing for several years. More & more people are seeing their traditional IRA & 401(k) balances grow to larger amounts. Years down the road, whether withdrawing during your lifetime, or passing on to heirs, the taxes imposed can be shockingly enormous.

WHY CONVERSIONS MATTER MORE THAN EVER!

A Roth conversion is one of the most powerful tools available for creating long-term tax efficiency. It allows investors to move money from pre-tax accounts—like a Traditional IRA or 401(k)—into a Roth IRA. Taxes are paid upfront on the converted amount, unlocking substantial long-term benefits.

First, we will address the impact during your lifetime, and secondly, we will address the impact to your heirs under the 10 Year Rule for beneficiaries.

During your lifetime:

Tax-Free Growth and No RMDs

Once assets enter a Roth IRA, investments compound without future income taxation, and qualified withdrawals are entirely tax-free. Paying taxes today on a smaller balance is often far more advantageous than paying taxes later on a much larger account value. Additionally, Roth IRAs eliminate lifetime Required Minimum Distributions (RMDs), which force Traditional account holders to take taxable withdrawals starting at age 73 or 75. These mandatory distributions can create a "tax snowball," pushing retirees into higher tax brackets, increasing Medicare premiums (IRMAA surcharges), and causing more Social Security income to become taxable.

Strategic Execution

A Roth conversion acts as a hedge against future tax increases. Investors can proactively recognize income during "sweet spot" years when their tax bracket is temporarily lower, such as:

- * Early retirement before Social Security begins
- * Temporary drops in income
- * Stock market downturns

Below are two examples of an average couple retiring in Florida at age 65 with 1 million dollars in their 401Ks, small pensions of \$1500/mo each, average social security income and expenses.

Year	Age	Social Security	Pension	Without ROTH Conversions			With ROTH Conversions			Total Portfolio
				Total Income Inflows	RMDs	Ending 401K Balance	RMDs	401(k) / 403(b)	Roth IRA	
2026	65/65	\$42,000	\$36,000	\$78,000	\$0	\$1,107,282	\$0	\$1,062,991	\$44,294	\$1,107,285
2030	69/69	\$79,475	\$39,600	\$119,075	\$0	\$1,664,532	\$0	\$1,331,626	\$332,910	\$1,664,536
2035	74/74	\$89,918	\$44,100	\$134,018	\$0	\$2,770,667	\$0	\$1,662,400	\$1,108,272	\$2,770,672
2040	79/79	\$101,734	\$48,600	\$150,334	\$168,476	\$3,767,764	\$73,164	\$1,480,833	\$2,694,479	\$4,175,312
2045	84/84	\$115,103	\$53,100	\$168,203	\$277,180	\$4,879,007	\$63,578	\$922,005	\$5,594,468	\$6,516,473
2050	89/89	\$130,228	\$57,600	\$187,828	\$441,768	\$5,868,448	\$0	\$0	\$10,611,654	\$10,611,654
2051	90/90	\$133,484	\$58,500	\$191,984	\$481,020	\$6,017,010	\$0	\$0	\$11,750,099	\$11,750,099

Projections are based on a portfolio allocated toward growth. Projections are never a guarantee of future performance.

Generational Wealth Transfer

Effective beginning January 1, 2020, when a person passes away and leaves their retirement account balances to a non-spousal heir, the entire sum must be withdrawn by the 10th year after death.

This area of estate planning is where Roth conversions provide tremendous value with regard to taxes. Since non-spousal beneficiaries inheriting traditional accounts must fully distribute those funds within 10 years, it can result in paying very large amounts of ordinary income tax during their peak earning years. Conversely, inherited Roth IRAs are distributed tax-free, allowing families to transfer wealth across generations far more efficiently.

Just a quick example: A surviving spouse passes at age 89, leaving a \$3 million IRA equally to two children, ages 58 & 60. Each of these children would have to withdraw their half within the 10 years after death. If the balances didn't grow and equal amounts were taken each of the ten years, which would be additional ordinary income of \$150,000 to recognize each year, generally at an effective tax rate above 22%. But that isn't realistic, because the balances tend to grow and heirs tend not to withdraw in the early part of the 10 year window. A more likely situation is that the money is not withdrawn in the first 5 years. Rather it grows from the original \$1.5 million, and each child is withdrawing \$3 million over the last 5 years of the window. That becomes \$600,000 and will bridge the 35% tax bracket. (Approximately and additional \$185,000 in federal tax just on the IRA withdrawal amount of \$600,000). If your heirs live in a location that imposes

State Income Tax, we would suggest looking at Florida residency. It may be worthy the consider as it just may pay for itself!

Why Guidance Matters

Timing and execution are critical. At Naples Wealth Strategies, we build personalized, multi-year strategies tailored to your unique retirement timeline, income needs, and long-term goals. We help you convert the right amount at the right time, maximizing lifetime tax savings and keeping you in control of your financial future

The most important thing to understand is that your situation is unique, and will be different from your brother, sister, neighbor, or best friend. That is why you must look at a customized analysis & financial projection that incorporates your income, assets, & family structure.



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When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.

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