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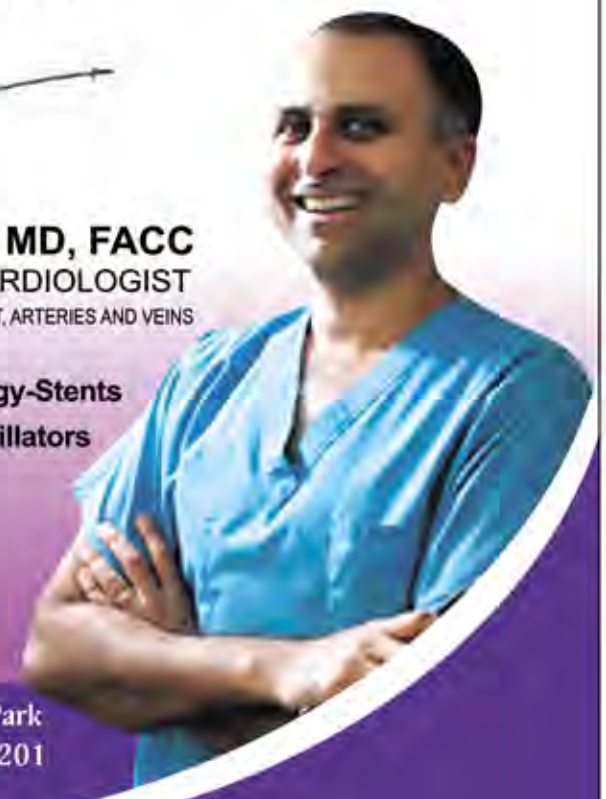

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Two Dimensions of Healing:

How EMFACE® Addresses TMJ Relief and Facial Enhancement

By Dr. Tina Chandra

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

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

Understanding EMFACE® Technology

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

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

Dimension One: TMJ Relief

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

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

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

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

Dimension Two: Facial Enhancement

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

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

The Chandra Wellness Center Difference

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

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

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

DR. TINA CHANDRA

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

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RADIATION THERAPY FOR PLANTAR FASCIITIS — A NON-SURGICAL OPTION FOR ONGOING HEEL PAIN

For most people, plantar fasciitis improves with time and conservative care. But when heel pain persists despite physical therapy, orthotics or injections, additional options may be appropriate. Low-dose radiation therapy is a non-surgical treatment that may be considered in select cases of chronic plantar fasciitis to help reduce inflammation and support symptom improvement over time.

Exploring Low-Dose Radiation Therapy for Plantar Fasciitis
Low-dose radiation therapy is an established treatment that has been used for decades to help manage certain non-cancerous inflammatory conditions. In more recent years, it has been explored as a potential option for patients with long-standing plantar fasciitis who have not experienced sufficient improvement with conservative care.

Rather than simply masking pain, radiation therapy for plantar fasciitis is thought to work by calming inflammation at a cellular level. Clinical studies suggest that carefully delivered, low-dose radiation may help reduce chronic inflammation in the plantar fascia, allowing the tissue an opportunity to heal over time.

The radiation doses used for plantar fasciitis are very low and highly localized, focused only on the area of heel pain.

What the Treatment Experience Is Like
Radiation therapy for plantar fasciitis is designed to be convenient and minimally disruptive. Treatment typically involves a short series of visits and appointments are usually short. There is no anesthesia needed and no recovery period, and patients do not feel the radiation during treatment. Most individuals are able to return to work or normal daily activities the same day.

Expected Results and Timeline
Many patients experience improvement over time rather than immediate relief. Some patients notice progress within several weeks, while others experience continued symptom reduction over a few months.

This timeline reflects how low-dose radiation affects inflammation gradually rather than providing instant pain relief. Because outcomes can vary, your care team will help you understand what to expect and how progress is typically measured.

An Option for Long-Standing Heel Pain
Low-dose radiation therapy may be considered for patients who have experienced plantar fasciitis symptoms for six months or longer without sufficient improvement from conservative care. This may include individuals seeking non-surgical plantar fasciitis treatment or those for whom surgery may not be ideal due to lifestyle, work demands or medical considerations.

If heel pain has been limiting your ability to stay active or get through the day comfortably, you don't have to keep pushing through it alone. A personalized consultation allows the care team to better understand your symptoms and explore whether this approach may be a reasonable option.

Safety, Effectiveness and Who May Be a Candidate
Low-dose radiation therapy for plantar fasciitis uses significantly lower doses than radiation treatments used for cancer and is delivered in a highly targeted way to the area of heel pain. When carefully planned and supervised by a radiation oncologist, side effects are uncommon, though individual risks should always be reviewed during consultation.

Clinical studies suggest that some patients with chronic plantar fasciitis experience meaningful pain reduction after treatment. Results can vary, and improvement often continues to develop over several weeks to months.

This option is typically considered for patients whose symptoms have lasted six months or longer and have not improved enough with conservative treatments such as physical therapy, orthotics, supportive footwear or injections. A consultation is required to determine whether radiation therapy may be appropriate for your specific situation.

Considering Your Next Steps
If plantar fasciitis has persisted despite conservative care, it may be time to explore additional options. If heel pain is affecting your ability to stay active, work comfortably or enjoy daily life, learning about all available treatment approaches may be helpful.

The radiation oncology team at Florida Cancer Specialists & Research Institute works collaboratively with referring physicians to provide coordinated, patient-centered care.

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About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Founded in 1984, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.

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For more information, visit **FLCancer.com**.

CELEBRATING 250 YEARS OF AMERICA

AND THE POWER OF PERSONAL HEALTH

As the United States celebrates its 250th birthday, it gives us a chance to reflect on the values that built this nation into the greatest country on earth: pride, success, growth, progress, intelligence, honor, and responsibility. These same values should also guide the way we care for our health and the health of the people we love.

America was not built overnight. It took courage, sacrifice, determination, and a commitment to constant progress. The same is true for our bodies. Good health does not happen by accident. It requires attention, accountability, and the willingness to make changes when something does not feel right.

Too often, people accept fatigue, pain, weight gain, brain fog, low energy, poor sleep, and inflammation as "just part of getting older." Society has normalized suffering, especially in middle age. We hear phrases like, "That's what happens after 40," or "You're not young anymore." But the truth is, aging does not have to mean giving up your quality of life.

Your body is always communicating with you. The question is whether you are listening.

When we ignore warning signs, we allow small problems to become bigger ones. Taking responsibility for your health means paying attention to what your body needs and being proactive instead of reactive. It means choosing progress over excuses. It means understanding that you deserve to feel strong, energized, and confident at every age.

The reality is that when the body receives proper support, it often responds in incredible ways.

Personally, I feel better now over the age of 54 than I did at 40 years old. That did not happen by luck. It came from making the decision to stop accepting feeling "just okay." It came from learning more about what my body needed and taking action to improve my health physically, mentally, and emotionally.

Replacing depleted hormones helped restore balance and energy. IV nutrients supported hydration and wellness. Supplements filled nutritional gaps. Peptides became part of a recovery and wellness strategy. Exercise and improved nutrition created strength and stamina. Even skin treatments helped restore confidence and encourage healthy aging from the inside out.

Health is not vanity. Health is responsibility.

When you feel better, you show up better for your family, your work, your community, and yourself. You think more clearly. You move with more confidence. You have more patience, more motivation, and more joy in everyday life.

Simple wellness practices can also make a meaningful difference. Something as easy as 20 minutes of red light therapy may help support recovery and reduce inflammation. A quick 5-minute cold therapy session can leave you feeling refreshed, energized, and mentally focused. Small consistent habits often create the biggest long-term results.

The key is constant progress.

Just like America continues to grow and evolve after 250 years, we should continue striving to become healthier, stronger, and wiser versions of ourselves. No matter your age, your health journey is not over. Every day is an opportunity to improve. Every positive decision matters. Every healthy choice is a vote for the future you want.

That is why we invite you to come in for a free health consultation. Together, we can discuss your goals, evaluate where you are currently, and create a personalized wellness plan to help get your body headed in the right direction. Whether your focus is energy, recovery, healthy aging, hormone balance, fitness, weight management, or overall wellness, taking the first step could change your future.

This year, as we celebrate 250 years of freedom, resilience, and American strength, let it also serve as a reminder to honor the body you have been given. Invest in your health. Take accountability. Never stop growing. Never stop progressing. And most importantly, never give up on yourself.

Here's a toast to the mighty USA — the greatest country on earth — and to living healthier, stronger, and more vibrant lives together.

God Bless America!

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By Sabrina Ciceri

Sabrina Ciceri is a dynamic leader in health and wellness, recog-nized 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, col-laborating with leading experts at Hippocrates Wellness Center, a world-renowned holistic health institute in West Palm Beach. There, she conducted in-depth inter-views 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 com• munity. 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 leader-ship continues to inspire others, and she is honored to contribute her experience and passion as a member of the AdventHealth Waterman Board.

Sabrina

"Hearing Health Should Feel Like a Scoop of Your Favorite Ice Cream"

July is National Ice Cream Month and honestly, who doesn't love that? Whether you're a chocolate fudge swirl loyalist or a pistachio purist, there's something about a good scoop of ice cream that just makes everything better.

And funny enough, I've been thinking lately about how hearing care has something in common with ice cream. Stick with me here.

We all know that the experience of eating ice cream isn't just about the scoop, it's the whole experience. The friendly smile behind the counter. The extra effort to get just the right flavor. The toppings, the cone, the service with a sprinkle of joy. It's a moment that feels personal, sweet, and satisfying.

And that's exactly how hearing healthcare should feel, too.

It's Not Just About the Devices

When people think of hearing care, they often picture hearing aids—and yes, those are an important part of the process. But great hearing healthcare is so much more than just fitting someone with a device. It's about listening, understanding, adjusting, following up, and being there through every twist and turn of the hearing journey.

As an audiologist, I'm not just here to help you hear better, I'm here to make sure you feel supported, informed, and cared for.

Service Is the Secret Ingredient

Just like a great scoop of ice cream, the **experience matters**. It's what keeps people coming back and what makes all the difference in long-term success.

We see it all the time: someone comes in for their first hearing test, maybe a little unsure or nervous. They're not sure what to expect, and maybe they've put it off longer than they'd like to admit. Our job isn't just to run the tests, it's to make them feel comfortable, explain things in a way that makes sense, and walk alongside them as they begin to reconnect with the world around them.

It's in the little things: a clean and cozy office. An audiologist who remembers your name—and your dog's name. A front desk team that greets you like a friend. And regular check-ins that make sure your hearing aids are performing just as they should be.

These aren't "extras"—they're the **foundation** of great hearing care. Because hearing loss doesn't just affect your ears, it affects your relationships, your confidence, and your daily joy. The service you receive along the way is what helps rebuild all of that.

Better Hearing, Better Health

Of course, hearing is also deeply tied to your overall health. Studies have shown that untreated hearing loss is linked to everything from increased fall risk to cognitive decline. On the flip side, treating hearing loss with properly fitted devices and follow-up care has been shown to support brain health, emotional well-being, and even social engagement.

So yes, better hearing can help you stay sharper, safer, and more connected. But it's the **ongoing care and service** that help you get the full benefit of that better hearing.

Hearing aids are powerful tools, but they don't work their magic alone. It's the regular cleanings, the minor adjustments, the conversations about what's working (and what's not) that keep everything running smoothly.

Don't Settle for Just a Scoop—Go for the Sundae

This July, while you're enjoying a well-deserved frozen treat, I invite you to think about your hearing health the same way. Don't settle for just the basics. You deserve the full experience, **great hearing technology, yes, but also great service, follow-up care, and a team that's truly in your corner.**

At AudioNova, we're committed to making your hearing care journey feel easy, personalized, and even a little joyful. We offer hearing solutions for every lifestyle and budget, but what really sets us apart is our focus on people first, always.

If it's been a while since your last hearing test, or if you've never had one, now's a perfect time to start. Come in, meet our team, and let's talk about what's possible when your hearing care comes with a cherry on top.

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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 supeficial 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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YOUR LEGS ARE TRYING TO TELL YOU SOMETHING THIS SUMMER

By The Vein Center of North Florida

Heat, humidity, and that achy, heavy feeling in your legs by 3 p.m.—if this sounds familiar, you're not imagining it. Summer doesn't just make you sweat more. It can make vein problems noticeably worse, especially once you hit your 40s, 50s, and beyond. If you've noticed more swelling, more visible veins, or legs that feel like they've run a marathon after a normal day, here's why and what actually helps.

Why Summer Hits Your Veins Harder

Your veins have one tough job: pushing blood back up to your heart against gravity, using a series of one-way valves. When those valves weaken, something that becomes more common with age, blood can pool in the lower legs. This is called venous insufficiency, and it's far more common than most people realize.

Heat makes everything worse. Warm temperatures cause blood vessels to dilate, which is great for cooling you down but terrible for veins that are already struggling to move blood efficiently. Dilated veins have an even harder time pushing blood upward, so pooling increases. That's why so many people notice:

- More visible spider veins or varicose veins
- Increased swelling in the ankles and feet
- A heavier, more fatigued feeling in the legs by evening
- Throbbing or aching after standing or sitting for long periods

Add in more time on your feet at summer cookouts, longer days in the sun, and dehydration from heat and alcohol, and you've got a perfect storm for vein flare-ups.

It's Not Just Cosmetic

Many people assume visible veins are simply an appearance issue. But persistent swelling, aching, and skin changes can signal a real medical condition, chronic venous insufficiency, that tends to progress if ignored. The good news: it's also one of the most treatable vascular conditions when caught and managed properly.

What You Can Actually Do About It

Move strategically. Standing or sitting still for hours lets blood pool. Short walks, ankle pumps, and calf raises throughout the day act like a second pump, helping push blood back toward your heart.

Elevate when you can. Propping your legs above heart level for 15–20 minutes in the evening gives gravity a chance to help instead of hurt.

Wear compression. Graduated compression stockings are one of the simplest, most effective tools for managing vein symptoms,especially valuable during hot months when veins are already working overtime.

Stay hydrated and watch the salt. Dehydration thickens blood and worsens swelling; excess sodium encourages fluid retention. Small adjustments here make a noticeable difference.

Avoid scalding hot showers and tubs. They feel relaxing but further dilate veins. Lukewarm water is your legs' friend in summer.

Don't ignore persistent symptoms. If swelling, aching, or visible veins are interfering with your daily life, or getting worse year after year, it's worth a proper evaluation rather than just "toughing it out" every summer.

The Real Fix Starts With a Diagnosis

Lifestyle tweaks help manage symptoms, but they don't correct the underlying valve dysfunction. Modern vein treatments are minimally invasive, require little to no downtime, and are often covered by insurance when medically necessary.

At The Vein Center of North Florida, we specialize in identifying exactly what's happening beneath the surface and creating a treatment plan that gets you back to enjoying summer,not dreading it. If your legs have been talking to you all season, it might be time to listen.

Schedule a vein evaluation today and find out what relief actually feels like.

The Leaders in Comprehensive Vein Care

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Patricia D. Hurst, ARNP-BC

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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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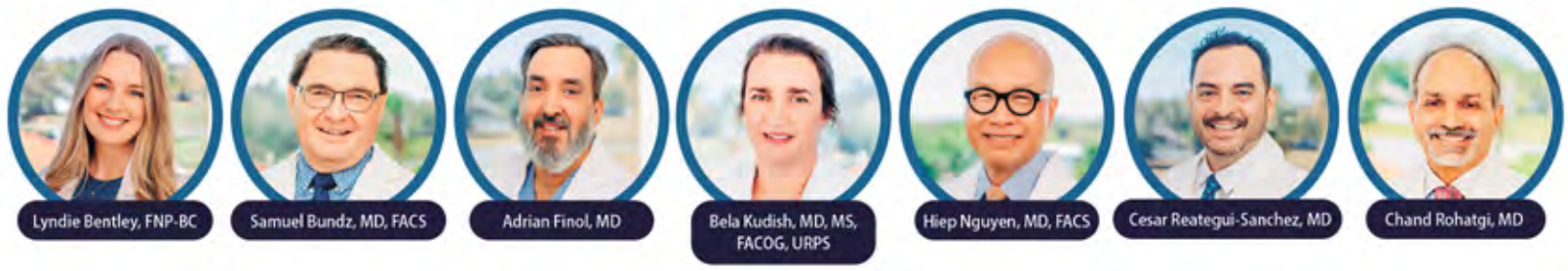
- **Urogynecology**

Designed to make care more coordinated, convenient and connected, this facility combines advanced expertise with a personalized approach — helping you access seamless care within the broader UF Health network, right in your own community.



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One Place, Complete Care:

UF Health's New Primary Care and Multispecialty Location Brings Expert Care Close to Home

When it comes to managing your health, convenient access to care matters. That's why UF Health continues to expand services in the Mount Dora community and beyond with a new primary care and multispecialty location, now open and ready to serve patients. The new site brings even more options closer to home while connecting patients to the comprehensive care they expect from UF Health.

As part of the trusted UF Health network — backed by more than 1,200 specialists — this location brings primary and specialty care together in one place, making it easier for adults and children to get the services they need. Providers across multiple specialties work together to coordinate treatment, reduce fragmentation and support a more seamless patient experience.

Designed to improve coordination and convenience, the location combines advanced expertise with a personalized approach, helping patients receive the right care at the right time within the broader UF Health system.

Located at 18650 US HWY 441, Mount Dora, FL, this new facility brings world-class care closer to home — all under one roof.

Lyndie Bentley, FNP-BC

Your Health Journey Starts with Primary Care

At the heart of this new clinic is primary care, the foundation of lifelong health. Family Nurse Practitioner Lyndie Bentley brings more than 20 years of clinical experience to patients of all ages, offering comprehensive family medicine focused on prevention, wellness and management of both acute and chronic conditions. Whether you're coming in for an annual physical, managing a long-term condition or need same-day care for an unexpected illness, primary care is where your health story begins.

Having a trusted primary care provider means more than treating what's wrong today. It means building a relationship with someone who knows your history, coordinates your care across specialties and helps you make informed decisions about your long-term health. At UF Health, we believe better health starts with a trusted relationship — and we're committed to providing the compassionate, personalized care our patients deserve.

Specialized Care, All Under One Roof

What makes this clinic truly unique is the breadth of specialized care available alongside primary care, all in one convenient location. Rather than receiving a referral and starting over at a new office across town, patients can access a seamlessly connected team of experts under one roof, making it easier to get the care they need.

Hiep Nguyen, MD, FACS

Adrian Finol, MD

Heart, Vascular and Thoracic Care: Under the leadership of Dr. Hiep Nguyen, Medical Director of Cardiovascular Services and one of the nation's foremost experts in minimally invasive and robotic heart and aortic surgery, and Dr. Adrian Finol, Medical Director of the Lung Cancer Program, UF Health is advancing a new model of thoracic care. With a focus on early diagnosis, precision techniques and multidisciplinary collaboration, they are changing how heart, vascular and lung conditions are treated.

Cesar Reategui-Sanchez, MD

Colorectal Surgery: A double board-certified, fellowship-trained colorectal surgeon, Dr. Cesar Reategui-Sanchez specializes in minimally invasive, robotic and trans-anal techniques for treating conditions of the colon, rectum and anus. His approach prioritizes reduced pain, smaller incisions and faster recovery times.

General Surgery: With decades of surgical experience, Dr. Samuel Bundz specializes in minimally invasive and robotic procedures designed to help patients recover faster and return to their daily lives sooner. His expertise includes gallbladder removal, hernia repair, appendectomies and bowel surgery, as well as surgical care for cancers of the breast, colon, skin and abdominal organs. He also provides comprehensive thyroid care.

Samuel Bundz, MD, FACS

Bela Kudish, MD, MS, FACOG, URPS

Chand Rohatgi, MD

Women's Health: Two dedicated specialists provide comprehensive care across the full spectrum of women's health needs. Dr. Bela Kudish specializes in urogynecology, diagnosing and treating pelvic floor conditions to help improve comfort, function and quality of life. Dr. Chand Rohatgi focuses on comprehensive breast care, offering prevention, screening, diagnosis and treatment with a strong emphasis on early detection and individualized care.

The Power of Connected Care

The real advantage of a multispecialty practice goes beyond convenience — it's the ability to deliver more coordinated, connected care. When your primary care provider and specialists work within the same health system, information is shared more efficiently, care plans are aligned and important details are less likely to fall through the cracks.

Patients benefit from a team-based approach that supports better continuity of care at every stage of their health journey.

At UF Health's new Primary Care and Multispecialty location in Mount Dora, that integration is built-in from day one. Every provider operates within the broader UF Health network, meaning your care team has access to the same records, the same resources and the same commitment to your health.

Not Just Great Care, Gator Care

Expanding access in Mount Dora reflects that commitment, bringing coordinated, expert care closer to home for patients throughout Lake County and the surrounding communities.

Whether you're establishing care for the first time, managing a complex condition or simply looking for a team that will be there for every stage of life, UF Health is ready to be your partner and expert in health.

UF Health Primary Care and Multispecialty — Mount Dora is now open and ready to serve you. Located at 18650 US HWY 441, Mount Dora, FL. Same-day and next-day appointments are available, please call **352.323.5665** to make an appointment or for more information.

Breaking Through the Pain:

INNOVATIVE SHOCKWAVE THERAPY TRANSFORMS ARTHRITIS TREATMENT

By Gene Turner, MD, FAARFM

Mid-Florida Age Management are highlighting breakthrough treatments that are changing lives for the millions of Americans living with this challenging condition. Among these innovations, Omniwave shockwave therapy is emerging as a game-changer for patients seeking relief from arthritis pain and improved mobility without invasive procedures.

Understanding the Arthritis Epidemic

Arthritis remains America's leading cause of disability, affecting approximately 58.5 million adults nationwide. This family of more than 100 related conditions causes joint inflammation, pain, stiffness, and decreased range of motion that can significantly impact quality of life. While medications and surgery have long been standard treatments, many patients are now turning to advanced non-invasive alternatives like shockwave therapy.

Shockwave Therapy: A Non-Invasive Revolution

The Omniwave shockwave therapy device represents the cutting edge of musculoskeletal treatment technology. This sophisticated system delivers precisely calibrated acoustic waves that penetrate deep into affected tissues, stimulating the body's natural healing processes without the risks associated with surgery or the side effects of long-term medication use.

"What makes Omniwave particularly effective is its versatility across different joint applications," I explain to my patients. "At Mid-Florida Age Management, we're seeing remarkable improvements, particularly in hand, shoulder, and knee treatments, where precision targeting is crucial. Our patients have responded exceptionally well to this innovative approach."

Targeted Treatment for Multiple Joint Conditions

The Omniwave system has demonstrated particular success in treating arthritis in small joints of the hands, where traditional therapies often fall short. The device's precision allows practitioners to direct healing energy to the exact location of inflammation, even in these smaller anatomical structures.

For shoulder arthritis—often one of the most mobility-limiting forms of the condition—patients report significant pain reduction and improved range of motion after a series of Omniwave treatments. The therapy's ability to reduce inflammation while simultaneously promoting tissue regeneration makes it uniquely suited for complex shoulder joint issues.

Knee arthritis patients, who often face limited options between pain management and eventual joint replacement, have found Omniwave treatments provide a middle path—reducing pain and improving function without surgical intervention.

Beyond these primary applications, clinical results show promising outcomes for hip arthritis and other joints affected by degenerative conditions or inflammation.

Patient-Centered Benefits

What sets Omniwave apart is not just its clinical effectiveness but its patient-friendly profile:

- Treatments typically take just 15-20 minutes
- No anesthesia required
- No incisions or scarring
- Minimal to no recovery time
- Cumulative benefits with successive treatments
- Compatible with other therapy modalities

Most patients report feeling only mild discomfort during treatment sessions, describing the sensation as a series of light tapping pulses as the acoustic waves work their healing magic.

A Timely Focus During Arthritis Awareness Month

As healthcare providers prepare educational initiatives for Arthritis Awareness Month, many are featuring shockwave therapy as an example of how technology is expanding options for arthritis sufferers. The Omniwave system exemplifies the trend toward treatments that work with the body's natural healing capabilities rather than simply masking symptoms.

For millions living with arthritis pain, awareness of these advanced treatment options offers new hope. As one of my Omniwave patients at our Ocala clinic expressed, "After years of limiting my activities because of knee pain, I've returned to gardening, walking with friends, and playing with my grandchildren. The relief I've experienced feels nothing short of miraculous."

The success stories from Omniwave therapy recipients at Mid-Florida Age Management remind us that while arthritis remains a serious health challenge, innovative approaches continue to improve outcomes and quality of life for those affected by this pervasive condition. If you're in the Ocala area and struggling with arthritis pain, I invite you to learn more about how our Omniwave shockwave therapy might help restore your comfort and mobility.

About the Author

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

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

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

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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.

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DISPELLING HOSPICE CARE MYTHS

Submitted by Hospice of Marion County

Unfortunately, there are misguided notions about what hospice is and many myths continue to surface. Here we seek to help you better understand hospice care and dispel some of the common myths so that you and your loved ones can make better informed decisions about end-of-life care.

WHAT IS HOSPICE CARE?

Hospice care is a philosophy of comprehensive compassionate care for those in the final stages of life. It includes an integrated team of physicians, nurses, nursing assistants, social workers, grief care and spiritual care professionals, along with volunteers helping to support patients and their families.

Once a person is admitted onto hospice care, the focus will be on comfort, dignity and emotional support, treating the family as the unit of care. Quality of life for the patient is the highest priority. No one walks this journey alone. Our Monarch Center for Hope and Healing is there for the patient and family before, during and after the loss of a loved one, providing grief counseling to children, teens and adults, to individuals and groups.

COMMON MYTHS ABOUT HOSPICE

Myth: Hospice is for people who only have a few days left to live.

FACT: Hospice care is available with a diagnosis of six months or less. All Medicare recipients are entitled to 180 days of hospice care, which is 100% covered. Most families wished their loved one had received hospice care much earlier in their illness giving patients time with family, friends, pets and support from the hospice interdisciplinary team.

Myth: Hospice care isn't the same level of care as the hospital.

FACT: Hospice of Marion County provides the same quality care as the patient would get in a hospital, sometimes better due to understanding the special needs of hospice patients. A comprehensive hospice model, Hospice of Marion County has earned Deemed Status accreditation from the Joint Commission, the national gold standard for quality healthcare, the same governing body that gives accreditation to hospitals.

Myth: Hospice care is only available in a hospice house.

FACT: Hospice care is available wherever the patient calls home. At Hospice of Marion County, approximately 86% of our patients receive care in their home. Patients may receive services in their own home, assisted living facility, nursing home or in one of our three hospice houses.

Myth: Only a doctor can refer someone to hospice care.

FACT: Anyone can make a referral for hospice care. It could be a friend, a neighbor, a caregiver or a concerned relative that calls Hospice of Marion County to make a referral. Hospice will make a call to the patient's physician to assist in obtaining a formal referral, which is required for admission onto our service. A social worker schedules a visit, medical equipment and prescriptions are delivered directly to wherever the patient calls home.

Myth: You can't keep your own doctor if you enter hospice care.

FACT: Hospice care encourages engagement with your family doctor or specialist. Together they develop a care plan for the patient's situation.

Myth: Hospice is only for cancer patients.

FACT: The majority of hospice patients, about 70%, are admitted to hospice with non-cancer diagnoses. Some of the most common non-cancer diagnoses are heart disease, dementia, lung disease, kidney disease, and liver disease.

Myth: Hospice care is more expensive.

FACT: Hospice care is frequently less expensive than conventional care during the last six months of life. Hospice care is covered by Medicare, Medicaid and most insurance companies. As a not-for-profit hospice, we never exclude service to anyone who is eligible, regardless of ability to pay. With the help of our hospice thrift stores and the generosity of donors, Hospice of Marion County has contributed more than $2.3 million to charitable care over the past five years.

Myth: Hospice requires a DNR (Do Not Resuscitate) Order.

FACT: The purpose and benefit of hospice care is to allow for a peaceful death in a comfortable and familiar setting like home with loved ones near. While many people who choose hospice care wish to have a DNR to avoid unnecessary medical intervention and hospitalization, a DNR is not required to receive hospice care.

Myth: Hospice is only for the elderly.

FACT: Hospice care is available to anyone who meets the eligibility requirements. Hospice care is for children, teens and adults with any terminal illness.

Although end-of-life care may be difficult to discuss, it is best for family members to share their wishes long before it becomes a crisis. This can greatly reduce the patient's and the family's stress when the time for hospice care is needed. Visit HospiceofMarion.org or call (352) 873-7415 to make a referral.

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HOSPICE OF MARION COUNTY

Visit HospiceofMarion.org for more info.

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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Mindfulness in Pilates and Alzheimer's

Applying Pilates fundamentals to strengthen the mind-body connection

The Weight of Alzheimer's Disease
The human brain is fascinating. So when the brain begins to decline in function it's a big deal on the body's ecosystem. Alzheimer disease is an incurable brain disorder causing the brain to shrink and brain cells to die. Furthermore, Alzheimer is the number one risk factor to develop dementia. The impact of Alzheimer's disease damages memory, takes a toll on independence and can weigh heavy on the whole family.

"It is a common misconception that we have minimal control over our risk of developing Alzheimer's disease. However, nearly half of the Alzheimer's cases could have been prevented or delayed by modifiable factors, including lifestyle changes," says Sarita Khemani, MD, Clinical Associate Professor of Medicine and Neurosurgery Hospitalist at Stanford University. "Therefore, we should do everything in our power to incorporate healthy lifestyle habits as early as possible."

Exercise Mind and Body
Exercise is showing great results in cognitive studies. The Alzheimer's Society analyzed 16 studies between exercise and dementia to conclude regular exercise lowers the risk of developing dementia by 28% and Alzheimer's disease by 45% (Standford Lifestyle Medicine, 2024). Regular exercise can also slow the progression of Alzheimer's disease.

"Brain changes associated with Alzheimer's begin approximately 20 years before symptoms appear," says Dr. Khemani. "Exercise stands out as one of the most effective strategies for prevention, offering a low-cost, non-pharmacological, and low-risk option accessible to everyone."

Of course not all exercise methods are equal. Various methods exist for various reasons. Exercise regimens that include mindfulness offer more than physical benefits. This is something Joseph Pilates figured out and started applying to patients during World War I.

Mindful Fundamentals of Contrology
Before it was known as the Pilates Method, Joseph Pilates called his method Contrology. Contrology is a dynamic balance of integrating body, mind and spirit in movement. Mindfulness is the awareness of the present moment. Pilates encourages this practice by relating movement, breath and thoughts to each other so that the mind and body work together.

Pilates has six core principles which include breathing, concentration, control, centering, flow, and precision.

Breathing
Drawing consciousness to the breath instantly trainsmental focus. The Pilates breathing techniques are designed to train the mind and body connection. This allows focus inside the body rather than outside surroundings.

Concentration
Concentration is necessary for every breath and movement in Pilates. Practicing concentration provides the opportunity to learn deeper self-feed back. Learning self-feedback is a brilliant tool for the mind and body to grow a stronger connection.

Control
In Pilates, keeping mindfulness throughout each movement allows for optimal control while maintaining alignment. Alignment is a key focus in every movement allowing the nervous system to prioritize posture and reduce the risk of injury.

Centering
Another Joseph Pilates principle, "Centering," involves connecting the mind and body to the core, or powerhouse, of the body. The sequences and breathing patterns center the mind on intentional and precise movement. We learn to pause, observe and respond accordingly. This increased centering and mindfulness helps to calm the nervous system.

Flow
The controlled grace from one movement to the next allows for the mind and body to flow as one. As the mind and body flow together through movement they can safely play with range of motion and strength that challenge the nervous system. This flow builds the relationship the mind and body have.

Precision
Precision is essential in Pilates to ensure that each movement is performed with intention and alignment. It facilitates your mind and body to think about each movement. Yes, you have to think while

performing Pilates. By paying attention to the details and mindfulling executing movements goals can be created and achieved.

Pilates for Cognitive Functioning
Contrology was about finding the dynamic balance of connecting the mind with the body. Eventually Contrology evolved to modern day Pilates.

"Pilates is the complete coordination of the body, mind and spirit" Joseph Pilates

The Pilates Method fuses physical activity with learning dynamic skills. These are two factors that train your brain and slow the rate of mental decline. According to Harvard Health, learning new skills like applying the fundamentals of Pilates improves cognitive functioning.

All of Joseph Pilates's principles involve mindfulness and co-exist to support the mind-body connection. Pilates not only exercises your body, but your brain too. Proper breathing, body alignment and precise movements are essentials of Pilates. By emphasizing concentration of breathing with movement, the exercise not only builds awareness of the body but also enhances mental clarity.

Pilates classes and training are more accessible than ever. For best cognitive results shoot for 3x a week. All that is left is remembering to start.

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When your golf swing is lacking, it may be because of underlying mobility issues that are actually affecting your entire body. Whether impinged muscles, injury, stiffness or pain are limiting your range-of-motion, physical therapy will not only get you out of pain but can improve your golf game by increasing you mobility and strength.

Instability, especially in the core and spine, along with hip and ankle limitations can also be impeding upon your ability to drive the ball like you used to. With the right method of physical therapy exercises and stretching, you can regain control of your active lifestyle within a short period of time.

Innovative Therapies Group works with you to customize your specific plan depending on your injuries, health, goals and needs. These plans include increasing mobility, stability, strength, and endurance. The area's most commonly needing physical therapy are hips, spine, posture, and lower extremities.

Return to Golf Program

If you are having pain, limited range of motion, stiffness or unable to swing your golf club like you once were, Innovative Therapies Group has a ***Return to Golf Program*** to get you back in the game you love.

The ***Return to Golf Program*** are customized, individual-specific programs, which are determined in order to promote improved swing mechanics, balance, flexibility, and muscular strength and balance. These techniques are used to enhance function and maximize your golf swing and dynamic stability.

Masking your pain with pain medications is not the answer. Getting to the root cause of your condition is the key to healing your body and living the life you deserve.

For numerous individuals Physical therapy is the leading way to relieve pain and discomfort at its core. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

Common Conditions That Improve Significantly With Physical Therapy

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

Patient & Occupational Education is critical to alleviate further injury and to promote the most efficacious healing. Coupled with at-home exercise guidelines and self-help management to promote and maintain independent function and increase mobility, Innovative Therapies Group has got you covered.

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 and occupational therapy.

To find out more about Innovative Therapies Group *Return To Golf Program* or to schedule your appointment, please contact them today.

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Beat the Heat:

Recognizing and Responding to Heat Exhaustion

As temperatures climb, so does the risk of heat-related illness. Every year, our team at Quick Care Med sees a noticeable rise in patients dealing with heat exhaustion — a condition that's preventable, treatable, and important not to ignore. Whether you're working outdoors, exercising, or simply spending a long day at an outdoor event, understanding the warning signs of heat exhaustion can help you protect yourself and the people you care about.

What Is Heat Exhaustion?

Heat exhaustion occurs when your body overheats and struggles to cool itself down, usually after prolonged exposure to high temperatures combined with dehydration. It's the body's way of signaling that it's working too hard to regulate its internal temperature. Left unaddressed, heat exhaustion can progress into heat stroke, a much more serious and potentially life-threatening condition. The good news is that heat exhaustion is usually manageable if it's caught early and treated promptly.

Common Symptoms to Watch For

Heat exhaustion symptoms can develop gradually or come on quickly, especially during intense physical activity or extended sun exposure. Keep an eye out for:

- **Heavy sweating** that doesn't seem to ease up
- **Cool, pale, or clammy skin**, despite the heat
- **Fatigue or weakness** that feels more intense than usual
- **Dizziness or lightheadedness**, especially when standing
- **Headache**
- **Nausea or vomiting**
- **Muscle cramps**, particularly in the legs or abdomen
- **Rapid heartbeat**
- **Fainting or near-fainting episodes**

If you or someone nearby is experiencing several of these symptoms after time in the heat, it's time to take action — and quickly. The earlier you respond, the easier it is to reverse the condition before it worsens.

What You Can Do

If you suspect heat exhaustion, the goal is to cool the body down and replace lost fluids as soon as possible. Here's what to do:

1. Move to a cooler location. Get out of direct sunlight and into shade or an air-conditioned space immediately.

2. Lie down and elevate the legs slightly. This helps improve blood flow and can ease dizziness.

3. Remove excess clothing. Loosen or remove tight or heavy garments to help the body release heat more efficiently.

4. Cool the skin. Apply cool, damp cloths to the neck, forehead, and underarms, or take a cool (not ice-cold) shower or bath if possible. A fan can also help speed up cooling.

5. Rehydrate slowly. Sip water or an electrolyte drink. Avoid alcohol and caffeine, which can worsen dehydration. Don't gulp large amounts at once — slow, steady sips are best.

6. Rest. Avoid returning to physical activity or heat exposure for the rest of the day, even if symptoms start to improve.

7. Monitor closely. Symptoms should start improving within 30 minutes of cooling down and rehydrating. If they don't, or if they worsen, seek medical care right away.

When to Seek Medical Attention

Heat exhaustion can usually be managed with the steps above, but certain warning signs mean it's time to get professional help without delay:

- Symptoms that don't improve within 30–60 minutes
- A body temperature above 103°F
- Confusion, slurred speech, or unusual behavior
- Loss of consciousness
- Vomiting that prevents fluid intake
- Hot, dry skin instead of sweating (a possible sign of heat stroke)

If any of these occur, don't wait it out — visit Quick Care Med Walk-In Clinic & Urgent Care or call emergency services immediately. Heat stroke is a medical emergency, and prompt treatment makes a real difference in outcomes.

Prevention Is Your Best Defense

The simplest way to avoid heat exhaustion is to plan ahead during hot weather:

- Stay hydrated throughout the day, not just when you feel thirsty
- Wear lightweight, breathable, light-colored clothing
- Schedule outdoor activities during cooler parts of the day
- Take frequent breaks in shaded or air-conditioned areas
- Pay attention to your body's early warning signs

We're Here to Help

At Quick Care Med Walk-In Clinic & Urgent Care, your health and safety are always our top priority. If you or a loved one experiences symptoms of heat exhaustion that don't improve with rest and rehydration, walk in today — no appointment needed. Our team is ready to provide fast, compassionate care to get you back on your feet and back to enjoying the season safely.

Stay cool, stay hydrated, and don't hesitate to reach out if you need us.

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THE POWER OF HELPFUL HABITS

By Pastor Tim Neptune

In our fast-paced world, it's easy to get caught up in busyness and miss what truly matters. We only get one chance to make our mark in the world, so it is important that we make wise choices and build good habits that will help us reach our goals.

Have you ever wondered what habits Jesus had during his life? In the Gospel of Luke, we discover that when Jesus was just 12-years-old, he stayed behind in Jerusalem during Passover. His parents discovered that he was not with him and went to search for him. When they found him, he was in the temple listening to teachers and asking questions.

Everyone was amazed at His understanding. Luke 2:52 reveals the balanced growth Jesus experienced: *"And Jesus grew in wisdom and stature, and in favor with God and man."* This covers intellectual development (wisdom), physical growth (stature), spiritual connection (favor with God), and social well-being (favor with man).

Jesus didn't skip the ordinary. He worked as a carpenter, spent time with family and friends, fished, laughed, and learned Scripture through regular synagogue attendance and prayer. These weren't flashy moments but consistent rhythms that shaped Him. Even during His ministry years, Jesus rose early for solitary prayer (Mark 1:35), withdrew to quiet places amid crowds (Luke 5:16), and returned to the Mount of Olives *"as was His custom"* (Luke 22:39). As the Son of God in human flesh, He modeled disciplined habits to stay grounded amid life's demands.

The same principle applies to us. Success in health and wellness rarely comes from one dramatic change but from small, repeated actions. As James Clear notes in *Atomic Habits*, tiny adjustments compound into remarkable results. Your weight reflects your eating habits, your energy your movement patterns, your peace your daily rhythms with God and others.

Think of an ice cube in a 25-degree cooler. Raising the temperature one degree at a time does nothing visible—until 32 degrees, when it melts. Breakthroughs build from incremental shifts. Reduce calories by 500 daily for steady weight loss. Commit to a short morning prayer or Scripture reading, even if just a few verses or sentences, like King David's habit: *"In the morning, Lord, you hear my voice"* (Psalm 5:3). Take a brief walk, sit quietly in your car, or pause in the shower to breathe and recenter.

If you're feeling stressed, rushed, or disconnected, examine your habits. Struggle with consistent Bible time or exercise? Start with 10 minutes. Want deeper relationships? Schedule regular, undistracted connections. Scripture reminds us: faithfulness in little things leads to greater things. Compound interest works in finances, fitness, and faith alike.

We face evil days, as Ephesians 5:15-16 warns, so wise living means making the most of every opportunity. Daily habits of prayer, movement, learning, and connection build resilience, reduce stress, and align us more closely with God's design for flourishing.

One year from today, you'll be the same person you are today unless you choose new rhythms now. Don't wait for motivation—build the habits that create it. Commit to small, consistent steps toward intellectual curiosity, physical stewardship, spiritual depth, and meaningful relationships. You're a work in progress, being conformed to the image of Christ (Romans 8:29). Make the changes today, and watch transformation unfold.

Pastor Timothy Neptune is the founding lead pastor of Venture Church Naples. For more on building life-giving rhythms, visit ***venturenaples.com****.*

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