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July 2026

Tampa Bay Edition - Monthly

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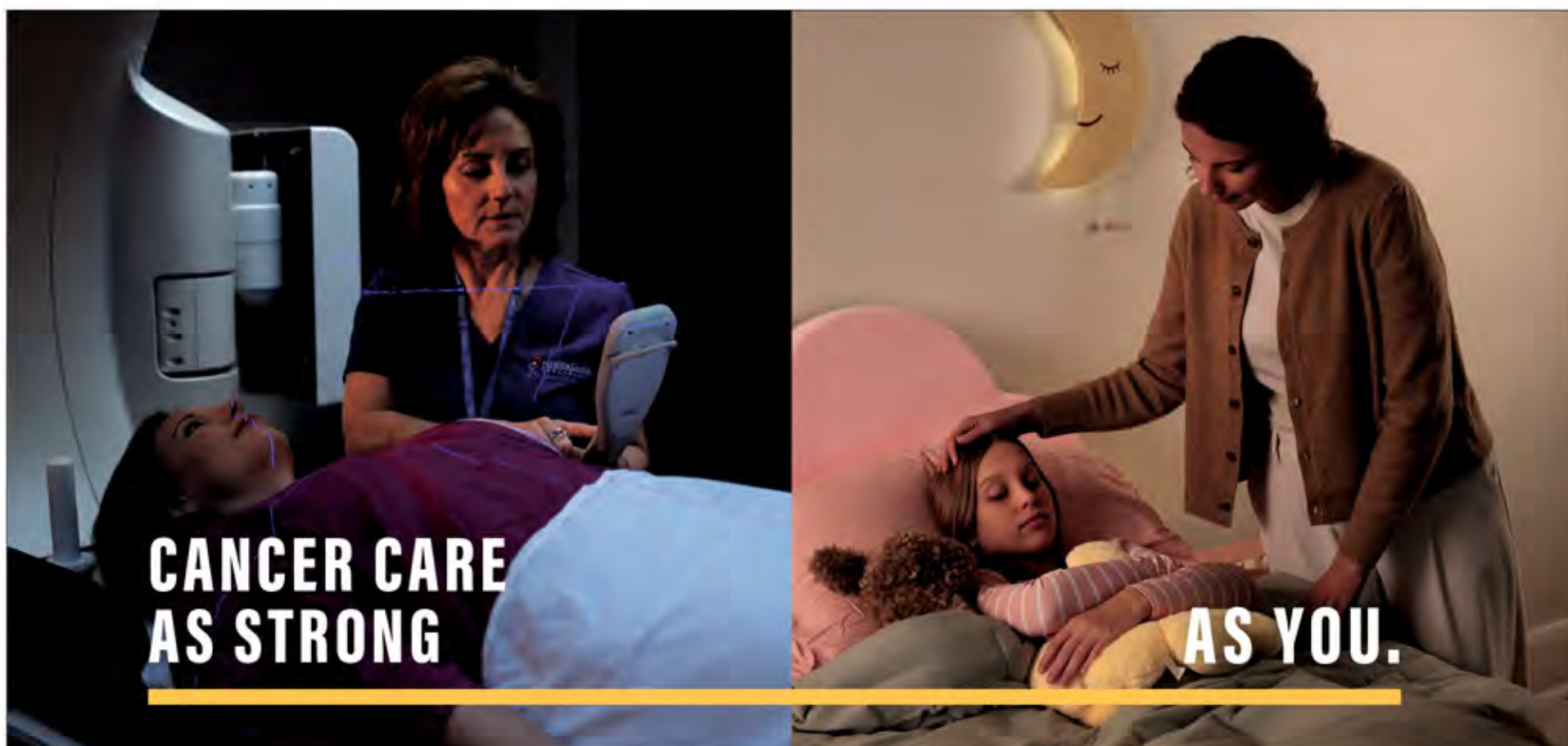
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CONTENTS JULY 2026

- 6 "Hearing Health Should Feel Like a Scoop of Your Favorite Ice Cream"
- 7 Radiation Therapy for Plantar Fasciitis - A Non-Surgical Option for Ongoing Heel Pain
- 8 You Could Have Cancer Right Now and Have No Idea - This Scan Changes That
- 9 Protect Your Skin This Summer: Art of Dermatology Wants You to Take Caution
- 10 What If We Could Change Your Mind? Transforming Brains... And Lives Through Advanced Regenerative Medicine
- 12 The Silent Thief: How Uterine Fibroids Drain More Than Just Your Energy
- 14 Oxygen Therapy for Stroke: Can it Help to Regenerate the Damaged Brain?
- 15 Revolutionizing Wellness: Infinity Medical Institute's Comprehensive Approach to Anti-Aging and Longevity
- 16 Blindness and Burns in Backyard: Fireworks Displays Can Go Haywire in a Hurry
- 17 Why Does Consistency Matter to Long-Term Investment Returns?
- 18 Seniors Aging in Place
- 19 Spiritual Wellness: The Power of Helpful Habits

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"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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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.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

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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7315 Green Slope Dr
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For more information,
visit **FLCancer.com**.

You Could Have Cancer Right Now and Have No Idea – This Scan Changes That

Most people don't find out something is seriously wrong with their body until they feel it. By then, the window for the easiest, most effective treatment has often already closed.

That's the uncomfortable truth about how most of us approach our health: we wait. We wait for symptoms. We wait for a doctor to order a test. We wait until we have no choice. And statistically, that waiting costs lives.

But what if you didn't have to wait?

The Scan That Sees What You Can't Feel

BodyView Full Body MRI, offered by Encore Imaging, is rewriting the rules of preventive medicine. In under 60 minutes, this single, non-invasive scan can screen for cancer and over 500 health conditions across 13 major organs, including the brain, thyroid, spine, lungs, liver, gallbladder, pancreas, spleen, kidneys, adrenal glands, bladder, ovaries, uterus, and prostate.

And here's the part that stops people in their tracks: it uses **zero radiation**.

No X-rays. No contrast dye. No exposure to anything harmful. Just powerful 3T MRI technology creating detailed, high-resolution images of your body's most vital systems, while you simply lie still.

Why Early Detection Is Everything

We've all heard "catch it early", but most people don't realize just how dramatic the difference really is. Early-stage detection of many cancers can dramatically improve survival outcomes compared to late-stage diagnoses. BodyView's advanced imaging can detect tumors and cysts as small as 0.5 cm, findings that would be completely invisible to any other routine test or physical exam.

Think about that for a moment. Something that small, something that could be growing silently inside you right now, can be identified and monitored before it ever becomes a crisis.

That's not just peace of mind. That's a potential lifesaver.



Who Should Be Getting This Scan?

The honest answer is: almost everyone. But BodyView is especially powerful for:

People with a family history of cancer or chronic disease. If your parents, siblings, or grandparents have faced serious health conditions, your risk profile is different and your approach to health monitoring should be too.

Anyone who is proactive about their health. You work out, watch what you eat, stay on top of wellness trends. This is the logical next step, a data-driven baseline that tells you what's actually happening inside.

Anyone over 40. The statistical reality is that risk for a wide range of conditions rises significantly with age, often without any outward signs.

People who just want to know. There is something genuinely powerful about getting a comprehensive look inside your own body and walking away with real information, not guesses.

How It Works — Simpler Than You'd Expect

The process begins with a preliminary consultation with a Preventive Medicine Concierge who walks you through every detail, scheduling, timing, and choosing the right program package. Then comes the scan itself, conducted using Encore Imaging's state-of-the-art 3T MRI equipment. Within one to two weeks, board-certified radiologists deliver a thorough evaluation of your results, and you receive everything through a personalized app with detailed findings and recommendations. A follow-up consultation with a healthcare practitioner walks you through what it all means.

Program Options Built Around You

BodyView offers three flexible program tiers. The **Premier** package covers head, neck, abdomen, and pelvis. The **Elite** adds either spine or chest imaging to that foundation. The **Elite+** goes further, allowing you to add a specific area of concern, a knee, a shoulder, for a truly customized scan. Every tier includes the full consultation, radiologist review, and app access.

The technology to look inside your own body, safely, thoroughly, without radiation, exists right now. Board-certified specialists are ready to evaluate what they find. The only thing standing between you and that knowledge is the decision to schedule it.

What would you do differently if you knew?

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PROTECT YOUR SKIN THIS SUMMER:

ART OF DERMATOLOGY WANTS YOU TO TAKE CAUTION

July marks UV Safety Month, a crucial time when Art of Dermatology reminds patients and the community about the importance of taking caution and protecting their skin from harmful ultraviolet radiation. As summer temperatures soar and outdoor activities beckon, exercising caution with your skin should be your top priority.

July marks UV Safety Month, a crucial time when Art of Dermatology reminds patients and the community about the importance of protecting their skin from harmful ultraviolet radiation. As summer temperatures soar and outdoor activities beckon, taking care of your skin should be your top priority.

Understanding UV Radiation Risks

Ultraviolet radiation from the sun poses significant risks to your skin health year-round, but summer's intense rays make protection even more critical. UV exposure is the leading cause of skin cancer, including melanoma, basal cell carcinoma, and squamous cell carcinoma. Additionally, prolonged sun exposure accelerates skin aging, causing wrinkles, age spots, and loss of skin elasticity.

Art of Dermatology's Summer Protection Strategy

At Art of Dermatology, we believe prevention is the best medicine. Our comprehensive approach to UV safety includes education, early detection, and personalized protection plans for each patient's unique skin type and lifestyle.

ESSENTIAL SUN PROTECTION TIPS:

- **Sunscreen Selection and Application** - Choose broad-spectrum sunscreen with SPF 30 or higher. Apply generously 15-30 minutes before sun exposure, and reapply every two hours or immediately after swimming or sweating. Don't forget often-missed areas like ears, feet, and lips.
- **Seek Shade Strategically** - UV rays are strongest between 10 AM and 4 PM. Plan outdoor activities during early morning or late afternoon hours when possible. When shade isn't available, create your own with umbrellas, wide-brimmed hats, or UV-protective clothing.
- **Protective Clothing Matters** - Invest in UPF-rated clothing, sunglasses with 100% UV protection, and



wide-brimmed hats that shade your face, neck, and ears. Dark, tightly woven fabrics offer better protection than light, loose weaves.

YEAR-ROUND VIGILANCE

UV Safety Month serves as an important reminder, but skin protection shouldn't end when summer does. UV rays reflect off snow, sand, and water, making protection necessary during all seasons and weather conditions.

Professional Skin Examinations

Regular dermatological check-ups are essential for early detection of skin changes or potential cancers. Art of Dermatology recommends annual skin examinations for most adults, with more frequent visits for those with risk factors such as fair skin, family history of skin cancer, or numerous moles.

Take Action Today

This UV Safety Month, commit to making sun protection a daily habit. Schedule your annual skin examination with Art of Dermatology, update your sunscreen supply, and invest in quality protective clothing and accessories.

Your skin is your body's largest organ and deserves the best care possible. By following these guidelines and partnering with Art of Dermatology, you can enjoy summer activities while keeping your skin healthy for years to come. Remember: today's sun protection is tomorrow's healthy skin.

The Art of Dermatology Difference

At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

for detecting subtle changes invisible to the naked eye. Our dermatologists take time to understand your concerns, family history, and lifestyle factors affecting your skin health.

Rather than simply treating visible problems, we partner with you in preventative care—identifying risk factors and potential issues before they manifest. This approach not only supports graceful aging but potentially prevents serious health complications.

Don't wait for visible problems to appear. Schedule your comprehensive skin check at Art of Dermatology today and take the first step toward lifetime skin health. Remember, healthy aging isn't about fighting time—it's about supporting your skin's natural processes with expert care and attention.

Your skin's journey deserves the art of professional dermatology. Call Art of Dermatology today for more information.



Art of Dermatology is the premier choice for comprehensive **Dermatology, Surgical, and Aesthetic** services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.

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What If We Could Change Your Mind?

Transforming Brains... And Lives Through Advanced Regenerative Medicine

Leading Alzheimer's Dementia Out of the Shadows and Into the Light... Naturally!

**TOP
DOCTOR
MAGAZINE**

By William J. Cole Jr., D.O.

Double Board Certified in PM&R Interventional Medicine and Regenerative Medicine

Here is the moment that "Changed My Mind"...
And became very personal.

It was a typical morning,
But, as I walked into the kitchen, the stove was on.
The water was running.

The back door was standing wide open.

And mom was nowhere to be found...

My mother is 88 years old.

She is diabetic.

She has dementia and memory loss.

And in that moment, my greatest fears were
realized...

This was not happening to one of my patients.

This was "my" mother.

As a physician, I understood what was happening.

As a son, it broke my heart.

Because this is our mom.

I now see the world through a different perspective,
as Dementia had hit home.

So, I Got To Work on Advanced Regenerative
Treatments for Alzheimer's Dementia....

What if we could change your mind?

Not your opinion.

New thought process.

Not the way you think about the world.

What if we could change your mind by improving
brain function?

What if the future of Alzheimer's Dementia is not
simply about slowing decline?

What if it is about restoring hope?

What if it is about improving function?

What if it is about helping patients achieve a
better brain... and a better "Quality of Life"?
Isn't that what is most important?

For decades, families facing Alzheimer's
Dementia have been told to prepare for the
inevitable.

Manage the symptoms.

Get your affairs in order.

Hope for more time.



What if there is another question worth asking?

What if the brain possesses a greater Neuroplastic
capacity for adaptation, repair, and restoration
than we once believed?

I began asking those questions long before they
became personal.

And if someone you love is suffering from Alzheimer's
Dementia, memory loss, cognitive decline, brain
disorder or another neurological disorder, then
you understand exactly what I am talking about.

You understand the fear.

The uncertainty.

The sleepless nights.

The constant worry.

You understand what it feels like to wonder
whether your loved one is still safe when nobody
is watching.

Alzheimer's Dementia doesn't simply steal
memories.

It steals confidence.

It steals independence.

It steals relationships.

And eventually, it can steal the very identity of the
person you love.

Nobody wants to lose their mind.

Nobody wants to forget the people who matter
most.

Nobody wants to lose the memories that define
who they are.

Yet that reality is affecting millions of families
every single day.

Today, approximately 580,000 Floridians are living
with Alzheimer's disease. More than 7.2 million
Americans are affected, and worldwide, tens of
millions of families are facing the challenges of
dementia.

But every statistic represents a person.

A mother.

A father.

A spouse.

A grandparent.

A family desperately searching for answers.

For decades, conventional medicine has focused
primarily on managing symptoms and slowing pro-
gression.

But perhaps we have been asking the wrong
question.

Instead of asking:

"How do we manage Alzheimer's Dementia?"

What if we asked:

"Why is the brain struggling in the first place?"

At The Stem Cell Institute, those questions form
the foundation of our Rebuild Your Brain™
Program.

As I often tell my patients:

*"The Body Tells You What Is Wrong... We Just Need
to Listen."*

The brain is no exception.

Many individuals suffering from memory loss, cognitive decline, Long-COVID Brain dysfunction, and neurological disorders demonstrate underlying problems involving chronic inflammation, impaired circulation, metabolic dysfunction, insulin resistance, hormonal imbalance, nutritional deficiencies, toxic exposures, sleep disorders, and loss of neuronal connectivity.

In other words, the brain may not always be broken.

Many times, it is simply a short in the wiring. For years, medicine taught that damaged brains could not improve.

Today, the science of neuroplasticity tells a different story.

The human brain contains approximately 86 billion neurons connected through trillions of pathways. Research continues to demonstrate that the brain remains remarkably adaptable throughout life.

The brain can create new pathways.

Strengthen existing connections.

Develop alternative routes around damaged circuits.

And under the right circumstances, Rebuild Brain Tissue, Improve Memory, and Improve Function.

That understanding forms the foundation of our philosophy:

Have the Body Heal the Body®

Because there is "Nothing" on God's green earth that heals the body better than the body itself.

The body possesses extraordinary regenerative potential.

Our goal is to identify obstacles, optimize function, and create an environment where healing and restoration can occur.

Through advanced diagnostics, metabolic optimization, neuro-restorative strategies, precision treatment planning, and Natural Exponential Advanced Nano Biologics, we seek to support the body's own ability to repair, restore, and rebuild.

The objective is simple:

Better Brain. Better Function. Better Life.

Over the years, I have had the privilege of helping patients from across the nation who were searching for answers after being told little more could be done.

Many describe their outcomes using two words:



Transformational Results.

For one family, it was hearing:

"Her memory returned and she can now function normal."

For Debbie, who struggled with Long-COVID Brain dysfunction:

"The fog lifted and now I have clarity."

For Melissa:

"Mom is responding and talking again."

For Lily:

"Mom is safe and secure and can now be left alone again."

These are more than testimonials.

They are stories of hope.

Stories of possibility.

Stories that remind us why we continue searching for better answers.

As our population ages, Alzheimer's Dementia is rapidly becoming one of the defining healthcare challenges of our generation.

The question is no longer whether brain disease will affect our families.

The question is what we are willing to do about it.

Will we simply accept decline as inevitable?

Or will we continue searching for better answers?

Better diagnostics.

Better understanding.

Better strategies.

Better Quality of Life.

In my opinion, Quality of Life should be the goal of all medical treatments.

And if it isn't... you're seeing the wrong doctors.

There is one thing every family facing Alzheimer's Dementia eventually discovers:

TIME is our Most Precious Commodity.

Once the memory is gone and the functions decline, we wish we would have started earlier.

Once opportunities are lost, we wish we had more time.

TIME WAITS ON NO ONE!

Make time to ask questions.

Make time to explore your options.

Make time to discover what may still be possible.

If I can make time for my own mother, I can make time for your family too.

At **TheStemCellInstitute.com**, we would love to have a conversation with you and your loved one.

Whether in person or through a Zoom consultation, our goal is simple: help you understand your options and determine whether a customized Advanced Regenerative Treatment Plan may be appropriate.

You deserve to know the truth about Alzheimer's Dementia treatments and what may be possible through today's evolving regenerative technologies.

Life itself is an experiment. Medicine is an experiment. These therapies continue to evolve, and patient outcomes vary. But the science behind helping the body support its own healing and restorative processes continues to advance.

And that is why we are committed to leading Alzheimer's Dementia out of the shadows and into the light... naturally.

Because hope matters.

TIME matters.

Quality of Life matters.

And for some families, the most important call they ever make may be the one they make today.

To learn more, visit **TheStemCellInstitute.com**, **RegenaMed.US**, or call **941-371-7171**.
(Then fill in the contact info please)

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THE SILENT THIEF:

HOW UTERINE FIBROIDS DRAIN MORE THAN JUST YOUR ENERGY

By Parveen Vahora, M.D.

Every day, women walk into my office convinced they're simply "tired." They've blamed their exhaustion on work stress, motherhood, or just getting older. But when we run the bloodwork, the real culprit often reveals itself: anemia, caused by a condition hiding in plain sight for years, uterine fibroids.

It's one of the most under-discussed health issues affecting women today, and yet it's staggeringly common. By age 50, up to 80% of women will develop fibroids, noncancerous growths in or around the uterus. Many never notice a symptom. Others find their entire lives quietly rearranged around pain, bleeding, and bone-deep fatigue they can't explain.

When "Heavy Periods" Become a Medical Emergency

We've normalized so much when it comes to women's pain. "Heavy periods" get treated like an inconvenience rather than a warning sign. But when a period requires changing a pad or tampon every hour, lasts longer than seven days, or includes blood clots the size of a golf ball, that's not just heavy, that's a fibroid symptom that deserves attention.

This bleeding isn't only disruptive; it's dangerous. Chronic blood loss month after month depletes the body's iron stores faster than diet alone can replenish them. The result is iron-deficiency anemia, a condition that leaves women feeling perpetually exhausted, short of breath, dizzy, and mentally foggy. I've had patients describe climbing a single flight of stairs as feeling like running a marathon. Their hearts are working overtime simply because their blood can't carry enough oxygen.

The Pain No One Talks About

Beyond bleeding, fibroids can cause a deep, aching pelvic pressure, like carrying a constant weight low in the abdomen. Depending on their size and location, fibroids can press against the bladder, causing frequent urination, or against the bowel, leading to constipation and bloating. Some women experience sharp, stabbing pain during intercourse or unpredictable cramping that has nothing to do with their cycle at all.

What makes fibroids especially insidious is how gradually these symptoms creep in. A little more bleeding each month. A little more fatigue. A little more pain



that becomes "just how my body is now." By the time many women seek help, they've been quietly suffering for years.

Reclaiming Your Body — and Your Energy

Here's what I want every woman to know: you do not have to live this way, and you are not imagining your symptoms. Fibroids are treatable, and treatment doesn't always mean major surgery. Depending on the size, number, and location of your fibroids, options range from hormonal therapies and minimally invasive procedures to advanced surgical techniques that preserve fertility.

Just as important is addressing the anemia itself. Iron supplementation, dietary changes, and in more severe cases, iron infusions can restore your energy while we work on the underlying cause. Treating only the symptom without addressing the fibroid is like mopping the floor while the faucet keeps running.

If you find yourself canceling plans because of period pain, feeling breathless doing everyday tasks, or quietly dreading your cycle each month, please don't dismiss it as "normal." Your exhaustion has a cause, and it has a solution.

You deserve more than survival mode. You deserve answers, real treatment, and your energy back. That conversation starts with one simple step: talking to your doctor.

Expert Care for Your Pelvic Health

If you're experiencing persistent pelvic pain and suspect endometriosis or fibroids may be the cause, don't wait to seek expert medical evaluation. Dr. Parveen Vahora specializes in diagnosing and treating gynecologic conditions that cause pelvic pain, offering both conservative and surgical treatment options tailored to your individual needs.

Take the first step toward improving your pelvic health and quality of life by calling Dr. Vahora's office at 727-376-1536 or visiting ParveenVahoraMD.com.

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Oxygen Therapy for Stroke:

Can it Help to Regenerate the Damaged Brain?

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications. When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly.

Oxygen is the critical element of every cell in our body. Our bodies take in oxygen, and our bloodstream begins to flood our tissues and organs with oxygen-rich blood.

Countless researchers conceive that increasing the supply of oxygen to a stroke patient's damaged brain areas will alleviate brain damage by reducing swelling and regenerating brain matter.

Hyperbaric oxygen therapy (HBOT) is a medical treatment that delivers 100% oxygen to a patient's pulmonary system while they are within a pressurized chamber. This saturation of oxygen allows high-levels of life-sustaining oxygen to be delivered to the tissues and organs. This increase of the partial pressure of oxygen at the cellular level accelerates the healing processes and assists in the recovery from numerous indications.

In 2014 an extensive study called *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke*, researchers studied Acute Ischemic Stroke patients and how HBOT effects oxidative stress, inflammation, apoptosis, neuroprotection and cerebral blood flow. They concluded that HBOT seems promising in reducing secondary hemorrhage of ischemic stroke patients which is worthy of further studies.¹

Many patients have tried HBOT for various disorders and disease states, and the majority of them will give glowing reviews for disease reversal and regression. There are no guarantees and off-label use is at the person's personal discretion. Individuals wanting to explore HBOT have the right to do so, although results are always based on a patient's overall health, physical condition, and other medical factors.

References:
1. Z Ding, *Hyperbaric Oxygen Therapy in Acute Ischemic Stroke: A Review*, *Interv Neurol*. 2014 Aug; 2(4): 201–211.



Hyperbaric Centers of Florida is a premier hyperbaric treatment facility located in the Tampa Bay area. Their state-of-the-art hyperbaric clinic provides therapy to outpatients on a 7-day per week basis, closing only on major holidays.

Currently, There Are 15 FDA Approved HBOT Conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning
- Compromised Skin Grafts or Flaps
- Crush Injury, Compartment Syndrome
- Decompression Sickness (Bends)
- Diabetic & Other Non-healing Wounds
- Enhancement of Healing in Selected Problem Wounds
- Exceptional Anemia: Resulting of Bleeding
- Gas Gangrene
- Intracranial Abscess
- Osteomyelitis
- Radiation Injury
- Refractory Osteomyelitis
- Thermal Burns
- Idiopathic Sudden Sensorineural Hearing Loss

HBOT is used "off-label" for various disease states and disorders and HBOT may be ordered by a physician for off-label indications. Hyperbaric Centers of Florida makes no claims as to the efficacy for any indications other than the fifteen approved by FDA.

Common Off-Label Indications:

- Autism
- Brain Injury
- Bells Palsy
- Cerebral Palsy
- Cosmetic Surgery
- Infections
- Inflammations
- Lyme Disease
- Multiple Sclerosis
- Nerve Injuries
- Oral Disease
- Peripheral Neuropathy
- Rheumatoid Arthritis
- Scleroderma
- Shingles
- Severe Migraines
- Sports Injury
- Stroke
- Tendon Injuries
- Ulcerative Colitis
- Venomous snake and spider bites

To find out more, or to schedule your appointment today, please call Hyperbaric Centers of Florida at 813-788-3969.



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REVOLUTIONIZING WELLNESS:

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

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

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

A Comprehensive Suite of Innovative Treatments

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

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

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

Patient-Centered Care: Beyond Treatment

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

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

The Science of Regenerative Medicine

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

A Vision for Transformative Healthcare

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

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

About Infinity Medical Institute

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



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

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

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

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BLINDNESS AND BURNS IN BACKYARD: Fireworks Displays Can Go Haywire in a Hurry

By Rick Weber

Kelly Goebel can't unsee the horrific images. They are permanently embedded in her memory, forever altering how she views the events that caused them.

In her 36 years of nursing experience, she has witnessed the devastating consequences of fireworks-related injuries. Having worked in a Level I trauma center and served as Chief Flight Nurse for an aeromedical transport program, she has cared for and transported patients suffering from severe burns, traumatic eye injuries and even amputations caused by fireworks.

"I am certain that none of those individuals anticipated that a day meant for celebration would end with a trip to the emergency department—or an emergency flight to a trauma center," says Goebel, program director and assistant professor in the School of Nursing in the Marieb College of Health & Human Services at Florida Gulf Coast University.

"Many believed they were taking appropriate precautions, yet accidents still occurred. These experiences have reinforced my belief that no celebration is worth a life-altering injury and that safer alternatives can create lasting memories without the devastating consequences that can accompany fireworks. Years of providing care in these arenas have taught me one thing: People rarely expect to become the patient."

She says backyard fireworks displays are clouded by the misconception that legal means safe. In reality, even legal fireworks are considered small explosives and are capable of causing severe injury.

"Consumers also may believe that certain fireworks such as sparklers are safe," she says. "While media and advertising portray fireworks as fun and exciting, the devastating injuries they can cause receive less attention. Fireworks are deeply associated with celebrations such as the Fourth of July and New Year's Eve, and many people have used fireworks for years without incident. But it's important to remember that while people may have had years of backyard fireworks display, it only takes one incident to change a life."

Class 1.4G consumer fireworks are legal to purchase in Florida for those 18 years of age or older, but their recreational use is restricted to three designated

holidays: New Year's Eve, New Year's Day and the Fourth of July. Year-round use is only legal for agricultural purposes or if the devices are non-aerial "sparklers."

Lee County's strict burn ban—which was extended through the spring months due to drought—has officially been rescinded following recent seasonal rainfall. But local fire departments still urge extreme caution and recommend keeping a connected hose or fire extinguisher immediately on hand. And if you live in a neighborhood governed by a Homeowners Association, your HOA rules can legally override state law. Many Lee County HOAs fine residents heavily for setting off loud or aerial fireworks.

As a Critical Care Nurse Practitioner currently practicing at Naples Comprehensive Health (NCH), Goebel would rather see fewer people celebrate the holiday with backyard fireworks displays.

"I think attending a community fireworks display is safer," she says.

But if consumers are determined to stage their own backyard fireworks displays, Goebel stresses that they should follow established safety guidelines by the Consumer Product Safety Commission (CPSC), the National Safety Council, HealthChildren.org, Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF), the American Burn Association (ABA) and the National Fire Protection Agency.

"Consumers should never point or throw fireworks at another person, never hold lighted fireworks in their hands, never use fireworks while impaired by drugs or alcohol, never ignite devices in a container," she says. "Additional safety measures include wearing protective eyewear when using or standing near someone using fireworks."

In 2024, there were 11 reported fireworks-related deaths in the United States—a 38% increase over 2023, with most involving misuse and device misfire/malfunctions, according to the CPSC. An estimated 14,700 people were injured by fireworks, up 52%. An estimated 1,700 emergency room-treated injuries in 2024 involving sparklers.

In multi-year tracking of fireworks-related deaths by the CPSC, 44% of the victims had consumed alcohol or drugs prior to the fatal incident. Multi-year injury estimates analyzed by Monge & Associates reveal that 11.7% of all adult fireworks injury cases treated in emergency departments directly involve alcohol or drug impairment.

"Burn injuries account for most firework injuries and may involve the hands, face, arms and legs," Goebel says. "Burn injuries may result in redness, blistering, swelling, severe pain, and in full-thickness injuries, the burn may destroy all layers of the skin and underlying tissues. Do not apply ice, butter, ointments or home remedies. Burns should be covered with a clean, dry dressing. 911 should be called for severe burn injuries."

Goebel's recommendation: Keep kids out of the equation.

"Children should never be allowed to play with or ignite fireworks, including sparklers," she says. "While sparklers may be considered 'safe', they burn at temperatures of about 2,000 degrees Fahrenheit and, according to the National Fire Protection Association, accounted for 29% of fireworks injuries for children under the age of 5 in 2022.

"Safer alternatives to sparklers or traditional fireworks include glow sticks, LED light toys, bubble machines, confetti poppers and colored streamers. Families can create a festive atmosphere and reduce the risk of fireworks-related injuries by planning safer alternatives such as outdoor movie nights, glow-in-the-dark games and patriotic craft activities. Decorating flag, painting rocks and other hands-on projects provide children with engaging experiences while eliminating the risk of injury."

Have fun. But be safe.

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Why Does Consistency Matter to Long-Term Investment Returns?

By Rick Walker, Financial Planner & CPA, and Kimberlee Clark, Financial Planner

When we talk about consistency in investing, we're referring to the ability to generate solid, dependable returns over many years rather than chasing spectacular gains one year followed by significant losses the next.

Why does this matter? The concept has parallels in many areas of life. In baseball, players who consistently get on base help their teams score more runs and win more games over the course of a season. Investing works much the same way. While some investments may post exceptional returns in a single year, those gains can be erased if they are followed by sharp declines. That type of volatility often creates unnecessary stress, sleepless nights and leads investors to make emotional decisions at the worst possible times.

Consider two hypothetical investment funds. One experiences dramatic highs and lows, while the other delivers steadier, more consistent returns. Although the more volatile fund may outperform in certain years, investors often react emotionally—buying after periods of strong performance and selling after significant declines. Unfortunately, this pattern of chasing returns and locking in losses can be one of the greatest obstacles to long-term success.

The real key isn't how you react during a difficult market. More important is the discipline exercised during periods of strong performance. Investors who remain focused on long-term goals rather than short-term market movements are often better positioned to achieve lasting results.

Flexibility in Decision-Making

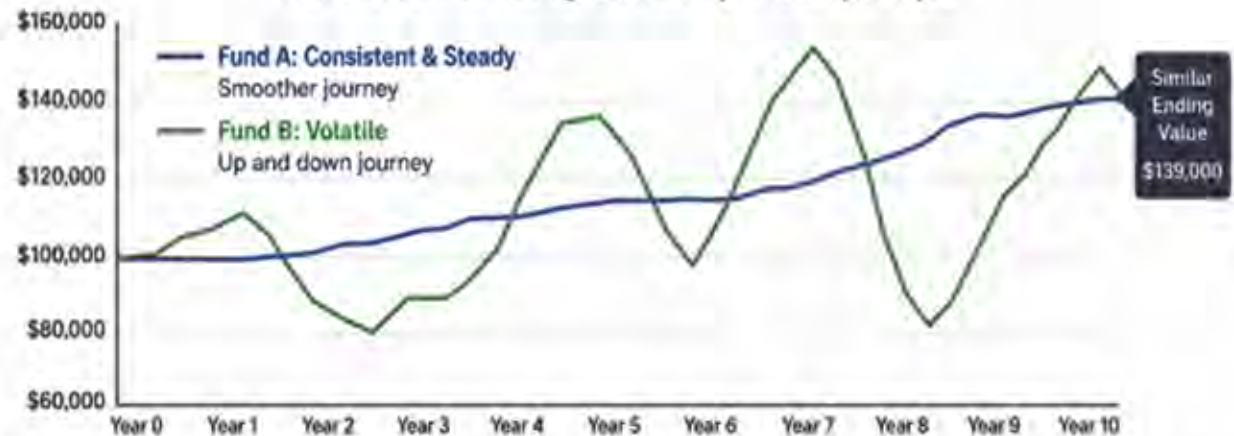
Consistent investment performance also provides greater flexibility when building a portfolio. When investors have confidence in the stability of part of their portfolio, they often feel more comfortable allocating an appropriate portion to long-term growth investments. That balance can help improve long-term returns while reducing the temptation to make emotional investment decisions.

Using Income to Fuel Growth

Many investors establish a "core" portion of their portfolio consisting of high-quality income-producing investments. These holdings often generate interest and dividends while providing greater stability during periods of market volatility.

THE POWER OF CONSISTENCY

Two funds. Similar ending returns. Very different journeys.



Rather than spending that income, some investors choose to reinvest it into growth-oriented investments. For example, a \$500,000 income portfolio generating approximately \$27,000 annually could provide about \$2,250 each month to invest in growth assets. Over time, consistently reinvesting that income may significantly increase long-term portfolio value while preserving the stability of the core holdings.

Consistency During Retirement

Consistency becomes even more important during retirement. Owners of traditional IRAs and 401(k) plans are generally required to begin taking Required Minimum Distributions (RMDs) beginning at age 73. The amount required increases over time and is based partly on the value of the account.

A portfolio with more consistent returns can provide retirees greater flexibility in deciding when to take those withdrawals, reducing the likelihood of having to sell investments during unfavorable market conditions.

Knowing When to Harvest Gains

Successful investing isn't just about buying quality investments—it's also about knowing when to take profits. Occasionally, certain holdings appreciate far beyond expectations. Rather than allowing a single investment to become an outsized portion of a portfolio, investors may choose to trim the position, rebalance into more diversified holdings, or simply recover their original investment while allowing the remaining shares to continue growing.

needs, and income sources all influence the appropriate strategy. As those circumstances change, investment plans should evolve as well.

Financial planning software and professional guidance can help investors evaluate different scenarios objectively and develop strategies designed to support their long-term goals. While no investment can guarantee future results, maintaining a disciplined, consistent approach often provides investors with greater confidence and a better opportunity for long-term success.

If you have questions about your own investment strategy or retirement plan, we'd be happy to discuss your individual circumstances. Please contact us at (239) 434-6613 or *RSVP to our next Luncheon at Seasons 52 August on 28th!*



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SENIORS AGING IN PLACE

For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at
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how we can support
you or your loved one
727-771-5053

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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