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July 2026

Lake/Sumter Edition - Monthly

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*Comparison based on a study published by the Oxford Academic in June 2023 stating that the average primary care exam was approximately 21 minutes. Times vary based on services performed.

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It's your heart. It should be personal.

And that's how I treat it.

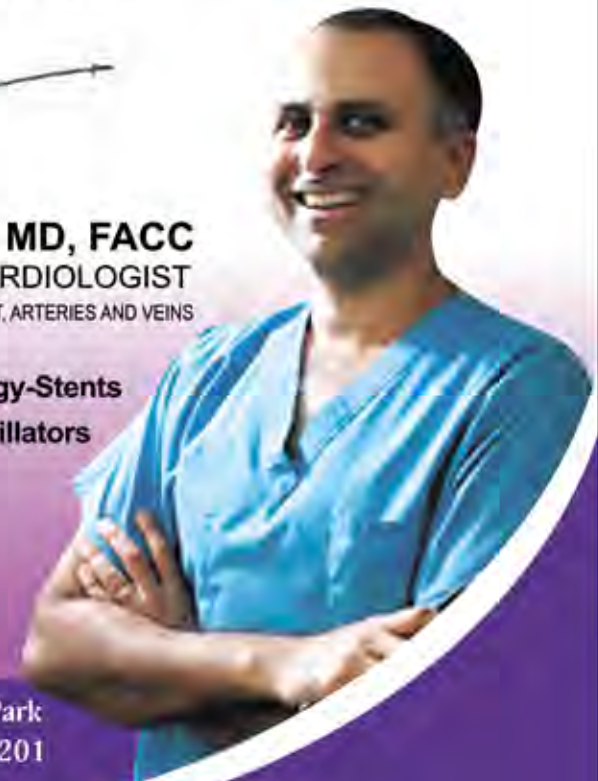
When you come to see me... that's exactly who you will see. I will take your health personally. That is why I am the only doctor you will see when you come to my office. I will take time with you and get to know you personally. No patient of mine will ever have to see an associate or undergo needless testing. I will know which tests are needed and which aren't. I will watch over you and treat you as I want to be treated when, one day, I am the patient and not the doctor. And that is my promise to you.



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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, recognized for her holistic approach to medicine and her dedication to empowering others through preventative health care. She is the founder of Immunity Health, a wellness company

offering advanced treatments including IV therapy, functional medicine, bio-identical hormone therapy, cryotherapy, hyperbaric and red light therapy, and microneedling with plant-based stem cells. Each service is designed to strengthen the immune system and help clients look and feel their best from the inside out.

Over the past 21 years, Sabrina has extensively studied and researched the preventative side of medicine, collaborating with leading experts at Hippocrates Wellness Center, a world-renowned holistic health institute in West Palm Beach. There, she conducted in-depth interviews with health professionals worldwide and served as a plant-based health educator, helping others achieve optimal well-being through natural, sustainable methods.

In addition to her work in healthcare, Sabrina has made significant contributions to health education and publishing. In 2008, she helped launch *Healthy Living Magazine*, which was named "Best Overall Magazine" for nine consecutive years by the Florida Magazine Association. She also served as publisher of *Hippocrates Wellness Center's Healing Our World* magazine and as a board member for several respected organizations, including the American Cancer Society, LifeStream Behavioral Center, and the Central Florida Boys and Girls Club.

Beyond her professional achievements, Sabrina and her husband, Joe, are deeply committed to family and community. Together, they have fostered and adopted multiple children, earning the honor of 2014 Foster Parents of the Year by Kids Central Inc. The couple also co-own a successful nationwide electrical contracting business, founded in 2008, which now operates in more than 23 states.

Her lifelong dedication to health, service, and leadership continues to inspire others, and she is honored to contribute her experience and passion as a member of the AdventHealth Waterman Board.

♡ Sabrina

“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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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

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.

THE IMPACT OF DIET ON EYE HEALTH

A well-balanced diet is key to maintaining your physical health across all body systems — including your vision. A nutrient-rich diet can have an impact on your health, protecting critical parts of your eyes and reducing your risk for serious eye conditions such as age-related macular degeneration and cataracts. Conversely, a diet of highly processed and fatty foods can increase your risk of vision loss through factors such as dehydration and diabetes. Here are some of the nutrients and foods you'll need to promote, maintain and protect long-term eye health.

NUTRIENTS BENEFICIAL FOR EYE HEALTH

According to the American Optometric Association, vitamins and nutrients that promote eye health include:

- **Lutein and Zeaxanthin:** Beneficial in preventing chronic eye diseases, these nutrients are naturally found in the retina, which is the light-sensitive tissue lining in the back of the eye.
- **Vitamin C:** Vitamin C is an antioxidant that helps reduce the risk of cataracts and age-related vision loss, particularly when combined with these other listed nutrients.
- **Zinc:** Zinc is heavily concentrated in the eye. It transports vitamin A from your liver to your retina, which produces eye-protecting melanin.
- **Vitamin E:** Vitamin E is another important antioxidant for eye health as it protects your eyes from harmful and unstable molecules called free radicals, which can damage healthy eye tissue.
- **Essential fatty acids:** While it's best to stay away from a diet high in saturated fats, there are some "good" fats. These Omega-3 fatty acids provide fuel for your cells and help your nervous system function. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are two Omega-3 fatty acids that are particularly helpful in developing and maintaining the proper function of your eyes and retinas.

BEST FOODS FOR EYE HEALTH

There are several foods you can incorporate into your diet to help maintain and improve your eye function. A proper eye-healthy diet includes:

- **Fish:** Fish such as tuna, sardines, trout, mackerel and herring are rich in EPA and DHA and are a good source of Omega-3 acids.
- **Beef:** While red meat sometimes has a bad reputation, beef has higher levels of zinc than chicken and pork.



- **Eggs:** Eggs contain several eye-healthy nutrients, including Omega-3 acids, lutein and vitamin E. Free-range and organic eggs may even have double the level of nutrients than standard eggs.
- **Nuts and legumes:** There are several types of nuts that have high levels of Omega-3 acids and vitamin E, including walnuts, cashews, Brazil nuts and lentils. They can also contain traces of zinc.
- **Seeds:** Hemp and chia seeds provide a good source of Omega-3 acids and vitamin E that are easy to implement into your diet.
- **Citrus:** Most citrus fruits, including oranges, lemons and grapefruit, are excellent sources of vitamin C.
- **Broccoli:** Broccoli includes vitamin C, lutein and zeaxanthin, and is an easy side dish to prep with any protein.
- **Leafy greens:** Many leafy greens provide vitamin C, lutein and zeaxanthin. Research has shown that cooking the greens before you eat them helps the body better absorb these nutrients.

EFFECTS OF A POOR DIET ON EYE HEALTH

In addition to lacking the necessary nutrients for eye health, a diet with highly processed foods and diet sodas can increase your risk of age-related macular degeneration and the progressive retinal disease proliferative diabetic retinopathy. Other dangers of an unhealthy diet include:

- **High sodium:** Research has shown a link between a diet high in sodium and a risk of cataracts.
- **Dehydration:** Hydration is key to health as a whole, including eye care. Dehydration can lead to dry, itchy eyes.
- **Diabetes:** Diabetes can cause both short- and long-term blurred vision. There are also several diabetes-related eye conditions that can progress and worsen over time.
- **Refined carbohydrates:** If you're at risk of developing age-related macular degeneration, you may benefit from eating fewer refined carbohydrates. These carbs are found in highly processed grain products, which remove vitamins, nutrients and fiber. Foods that contain lots of refined carbohydrates include white bread, muffins, cookies and pasta.

Before making any big changes to your diet, it's important to first talk to the licensed ophthalmologists and optometrists at Lake Eye. Our eye health professionals will be able to talk to you about what your best options are to improve your eyesight and help you create a diet that gives you the nutrients you need while lowering your chances of developing age-related eye diseases.

TRUST YOUR EYE HEALTH TO LAKE EYE

From comprehensive eye exams and a full-service optical department to advanced surgical treatments for nearly every eye condition, Lake Eye, a US Eye company, is dedicated to preserving and restoring your vision. To learn more about our services to help slow and reverse vision loss, contact us and schedule an appointment with one of our experienced eye technicians today.



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HEAT SAFETY PRECAUTIONS FOR THE SUMMER MONTHS

With weather approaching the upper 90's and, on some days, triple digits, the heat can be unbearable at times and downright dangerous, this is especially true when we factor in the high level of humidity. Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we also perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. If you suffer from any heart conditions, the loss of these minerals can be detrimental to your cardiac health.

Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated with cool water, not sugary drinks. If we become dehydrated, we increase our risk of raising blood pressure and having heart palpitations. When our bodies are hot, the skin radiates heat into the air to normalize our body temperature. When the air is sweltering, our bodies can no longer reduce its high temperature this way, as it has nowhere to radiate the heat into or to take in cooler air from, as the temperature is higher than your bodies.

Warm weather makes the heart pump faster, which requires more oxygen. When it's hot, and we can't cool down, or breathe efficiently, we complicate the heart's normal functioning, by putting undue stress on its muscle contractions.

Syncope is a fancy medical term for fainting. Syncope can occur due to many different complications but is commonly seen due to heat exhaustion. What happens is, the body's oxygen and blood are not able to adequately reach the brain, usually due to a drastic change in blood pressure, which creates a pooling of blood into the lower extremities, and this will cause collapsing and fainting. If the person is not put in a reclined position with the feet elevated, they could potentially suffer additional complications, including a seizure. Syncope can quickly escalate into a dangerous outcome for many individuals. If you have any heart irregularities, you may be more susceptible to these types of fainting spells.



Heat Disorder Symptoms can include muscle cramping, heart palpitations, dizziness, fainting, headache, nausea, and fatigue. If you experience any of these symptoms, it's imperative to get to a cool place, drink cool water and call 911 if symptoms persist.

Tips to stay cool and avoid heat-related heart issues

- Drink extra water
- Talk to your physician about reducing your diuretic pills
- DO NOT exercise in the heat
- Avoid the hottest times of the day (10:00 am to 4:00 pm)
- Eat plenty of cooling foods like vegetables and fruit
- Stay in an air-conditioned room
- Avoid caffeinated and sugary drinks

If you have congestive heart failure, you should talk to your cardiologist about specific ways to stay cool that will not interfere with your fluid and sodium intake issues.

Dr. Vallabhan

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Dr. V

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

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It should be
personal.**

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To find out more information on the Dr. Vallabhan, your local specialists in the diseases of the heart, veins, and arteries, please call (352) 750-2040 or visit them online at, Drvcardio.com

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.



Understanding Squamous Cell Carcinoma

EXPERT CARE AND TREATMENT

By David Kosiorek, PA-C

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

What is Squamous Cell Carcinoma?

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

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

Recognizing the Warning Signs

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

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

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



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

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

Prevention and Ongoing Care

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

Your Partner in Skin Health

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

Expert Dermatology Care for Your Skin

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

Book Your Appointment

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

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THE CONNECTION BETWEEN VARICOSE VEINS AND WATER RETENTION

Varicose veins and water retention are two conditions that often go together. Understanding their link is crucial, as addressing one can impact the other. The vein specialists at Central Florida Vein & Vascular Center in Orlando are here to explain how these conditions are intertwined and what you can do to manage them.

WHAT IS WATER RETENTION?

Water retention, or edema, occurs when excess fluid builds up in the body's tissues. The body, composed of about 70% water, maintains fluid balance through the circulatory, lymphatic, and renal systems. When these systems fail to function properly, fluid accumulates, leading to swelling, particularly in the lower legs, ankles, and feet. Persistent swelling may indicate a more serious underlying condition.

THE LINK BETWEEN WATER RETENTION AND VARICOSE VEINS

Varicose veins develop when vein valves in the lower legs weaken or become damaged, impeding blood flow back to the heart. This causes blood to pool in the veins, leading to varicose veins. This impaired circulation can also contribute to water retention. Conversely, existing water retention can increase pressure on the veins, potentially damaging vein valves and leading to varicose veins.

When these conditions coexist, they can cause significant discomfort, including swelling in the ankles and feet that worsens throughout the day, heavy or painful legs, and an increased risk of ulcers or skin discoloration due to high pressure in the lower legs.

MANAGING WATER RETENTION AND VARICOSE VEINS

Symptomatic Relief

To alleviate day-to-day swelling caused by water retention and varicose veins:

- **Elevate Your Legs:** Raising your legs, especially at the end of the day, helps reduce pressure and improve blood circulation.
- **Compression Stockings:** These garments gently guide blood upwards through the legs. It's advisable to consult a specialist to ensure you choose the right fit and type.



Long-Term Solutions

While elevation and compression stockings provide temporary relief, they don't address the underlying issues. A specialist can determine if your water retention is related to varicose veins and develop a treatment plan. This plan might include:

- **Lifestyle Changes:** Modifications such as increased physical activity, weight management, and dietary adjustments can improve overall vein health.
- **Minimally Invasive Treatments:** Endovenous Laser Treatment (EVL) can effectively treat varicose veins. EVLT uses laser energy to seal off affected veins, redirecting blood flow to healthier veins.
- **Lifestyle Changes:** Drink plenty of water to stimulate the kidneys, flush out the body, and decrease fluid retention.
- **Swimming Pool Therapy:** Helps with fluid retention in the legs. Walk in the shallow end of the swimming pool or perform heel raises on the side of the pool will mobilize fluid that is pooling in the legs.

Varicose veins and water retention are often interconnected conditions that can significantly impact your quality of life. Understanding their relationship and seeking appropriate treatment is essential. Central Florida Vein & Vascular Center specialists are dedicated to providing personalized care to help you manage these conditions

effectively. If you're experiencing persistent swelling or other symptoms, don't hesitate to schedule a consultation to explore your treatment options.

For more information or to book an appointment, contact Central Florida Vein & Vascular Center today. Your journey to healthier veins and improved well-being starts here.

GET SUPPORT FOR YOUR VEINS AND CIRCULATION PROBLEMS TODAY.

You may need medical treatment for your veins, and the Central Florida Vein and Vascular Center wants to help. Contact us today to learn more about our services and how we can help you live better. Our board-certified Vascular Surgeons and Phlebologists specialize in minimally invasive vein therapy.

For more information regarding the prevention of varicose veins, please see our blog at: <https://cfvein.com/blog/water-retention/>

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Introducing Lumen Dermatology

We're excited to share that David Kosiorek, PA-C and Dr. John Cottam, MD have started a NEW Dermatology practice! David has 27 years of Dermatology experience and is proudly serving The Villages and Ocala. He is passionate in providing meticulous, personalized care with a focus on early detection and treatment of skin cancer. His new practice, Lumen Dermatology, continues his commitment to excellence, offering comprehensive skin care solutions in a welcoming environment.

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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

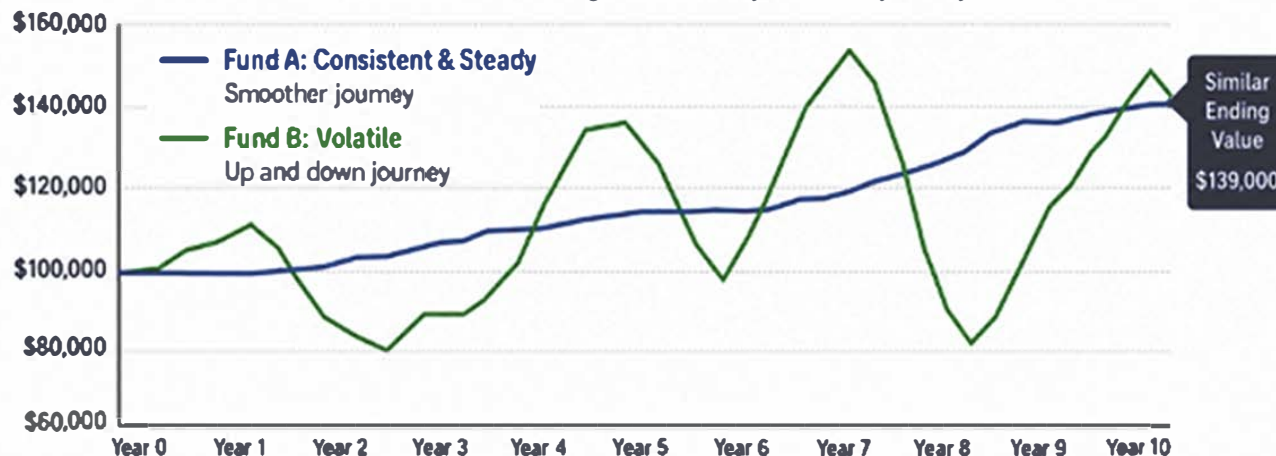
Consistent investment performance also provides greater flexibility when building a portfolio. When investors have confidence in the stability of part of their portfolio, they often feel more comfortable allocating an appropriate portion to long-term growth investments. That balance can help improve 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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RECLAIM YOUR VITALITY: TESTOSTERONE PELLET THERAPY, SHOCKWAVE, AND Emsella

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

Testosterone Pellet Therapy: Consistent Hormones, Consistent You

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

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

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

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



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

Shockwave Therapy: A Drug-Free Path to Sexual Wellness

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

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

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

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

Emsella: The Chair That Strengthens Your Pelvic Floor

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

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

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

Take the First Step at Lake Sumter Urology

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

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



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THE NEW LUXURY ESSENTIAL: Sleeping Better Than Ever

By Richard W. Rozensky, DDS, D.ABDSM

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

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

Sleep as the Highest Form of Self-Care

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

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

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

A Bespoke Experience for the Modern Sleeper

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

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



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

The Aesthetic of Effortless Health

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

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

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

Beyond Sleep: The Ripple Effect

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

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

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

Redefining What It Means to Treat Yourself

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

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

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

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

Meet Dr. Rozensky

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

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

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

A Comprehensive Suite of Innovative Treatments

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

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

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

Patient-Centered Care: Beyond Treatment

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

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

The Science of Regenerative Medicine

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

A Vision for Transformative Healthcare

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

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

About Infinity Medical Institute

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



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

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

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

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BREAKTHROUGH IN NEUROPATHY TREATMENT:

HOW SUMMUS LASER THERAPY OFFERS HOPE FOR NERVE PAIN SUFFERERS

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

Understanding Neuropathy: A Complex Challenge

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

The Summus Laser: A Technological Marvel in Pain Management

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

Key Mechanisms of Summus Laser Therapy

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

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

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

Clinical Evidence and Patient Outcomes

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



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

Treatment Process and Expectations

A typical Summus Laser treatment protocol involves:

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

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

Advantages Over Traditional Neuropathy Treatments

The Summus Laser offers several distinct advantages:

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

Who Can Benefit?

Summus Laser therapy is particularly beneficial for patients with:

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

Future of Neuropathy Treatment

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

Conclusion

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

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

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

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



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VACATION MODE: ON. DEHYDRATION MODE: OFF.

Summer is here, and that means beach trips, road trips, cruises, flights, pool parties, theme parks, and every excuse possible to stay outside until the sun goes down. Unfortunately, it also means heat, humidity, sweating, travel fatigue, and dehydration.

Let's be honest—most people don't realize they're dehydrated until they're already feeling lousy.

If you've ever stepped off a plane feeling exhausted, spent a day at the beach with a headache, or needed a vacation after your vacation, dehydration may be part of the problem.

The Summer Hydration Struggle Is Real

Your body is constantly losing fluids through sweat, especially during Florida's hottest months. Add in travel, alcohol, caffeine, long days outdoors, and irregular eating habits, and it becomes even harder to stay properly hydrated. Even mild dehydration can lead to fatigue, headaches, dizziness, muscle cramps, brain fog, and reduced physical performance. Proper hydration is also important for regulating body temperature and maintaining normal body function.

The challenge is that drinking water alone isn't always enough. When you're sweating heavily, you're also losing important electrolytes such as sodium, potassium, and magnesium that help your body maintain fluid balance and energy levels. **Why Travelers Are Especially Vulnerable**
Travel sounds relaxing in theory.

In reality? You're waking up at 4 a.m. for flights, dragging luggage through airports, eating salty restaurant food, walking miles through theme parks, and forgetting to drink enough water.

Air travel itself can contribute to dehydration due to the low humidity levels inside airplane cabins. Combine that with time zone changes, disrupted sleep schedules, and busy vacation itineraries, and it's no surprise so many travelers arrive at their destination feeling drained.

The result? Less energy to enjoy the trip you've been planning for months.

The Secret Weapon Frequent Travelers Are Discovering

Many travelers are turning to IV hydration therapy before or after a trip as a way to replenish fluids and nutrients quickly. Unlike oral hydration, intravenous fluids are delivered directly into the bloodstream.



Recharge Clinic offers IV and IM vitamin therapies designed to provide hydration along with vitamins, minerals, and other nutrients that support overall wellness.

Whether you're preparing for a vacation, recovering from a long travel day, spending a weekend on the boat, or simply trying to survive a Florida summer, hydration support can help you feel refreshed and ready to tackle your next adventure.

Glow Up Your Summer

Hydration isn't just about avoiding headaches and fatigue.

Your skin depends on hydration, too. When you're dehydrated, your skin can appear dull and tired. Proper hydration supports healthy skin function and can help you maintain that summer glow everyone is chasing.

Think of hydration as beauty maintenance from the inside out.

Because no amount of expensive moisturizer can fully compensate for a body that's running low on fluids.

Don't Wait Until You Feel Bad

One of the biggest mistakes people make is waiting until symptoms appear.

By the time you feel thirsty, fatigued, or foggy, your body may already be working hard to catch up. Staying proactive with hydration is often easier than trying to recover after you've become depleted.

This is especially true for travelers, athletes, outdoor workers, golfers, beachgoers, and anyone spending extended time in the Florida heat.

Make Hydration Part of Your Travel Plans

You wouldn't leave for vacation without packing your phone charger. Why leave your body's battery running on empty?

This summer, add hydration to your travel checklist. Whether you're heading out on a family vacation, planning a weekend getaway, or simply enjoying everything summer has to offer, keeping your body hydrated can help you feel your best from takeoff to touchdown.

Recharge Clinic offers a variety of IV hydration and vitamin therapy options designed to support hydration, energy, recovery, and overall wellness. Treatments are administered under medical supervision and can be customized based on your individual needs.

Before your next adventure, consider giving your body the same attention you give your travel itinerary.

After all, the goal is to make memories—not recover from them.



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INNOVATIVE THERAPIES GROUP: Get Back to Playing Golf & Break Free From Pain

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 your 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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Understanding Interventional Pain Management: A Comprehensive Approach to Pain Relief

By Brent Compton, MD

Chronic pain is a debilitating condition that affects millions of people worldwide, significantly impacting their quality of life. While traditional pain management strategies, such as medication and physical therapy, can provide relief, interventional pain management offers a more targeted and minimally invasive approach to addressing the root causes of pain. In this article, we'll delve into the world of interventional pain management and explore its role in the comprehensive treatment of chronic pain.

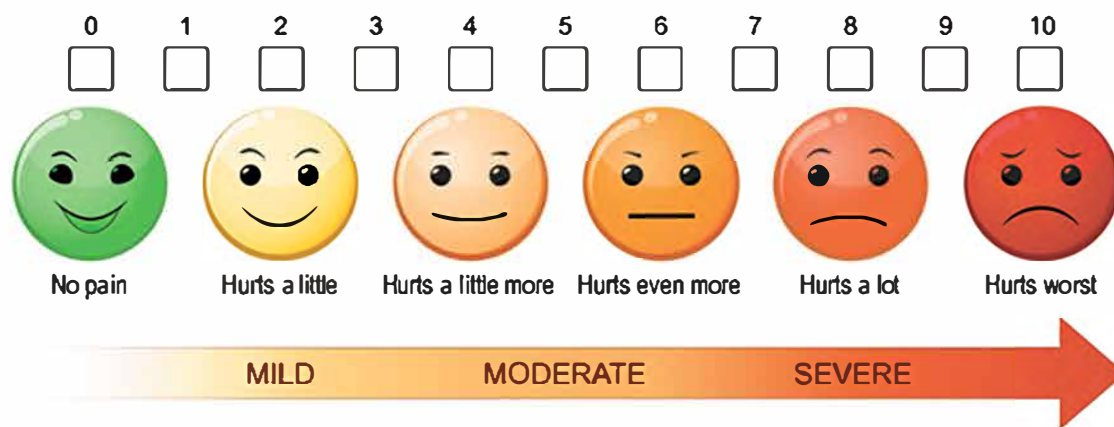
Interventional pain management is a specialized field of medicine that focuses on diagnosing and treating various types of chronic pain through minimally invasive techniques. These procedures are performed by highly trained physicians, often pain management specialists or anesthesiologists, who use advanced imaging techniques and specialized equipment to target specific areas of the body responsible for pain.

One of the primary goals of interventional pain management is to reduce or eliminate pain while minimizing the need for oral medications, particularly opioids, which can have significant side effects and carry the risk of addiction. By targeting the source of pain directly, interventional techniques can provide long-lasting relief and improve overall functionality.

The decision to pursue interventional pain management typically follows a structured pathway, beginning with conservative treatments and progressing to more advanced interventions as necessary. This pathway can be visualized as a decision tree, guiding patients through the various options available to them.

At the most basic level, patients may begin with non-invasive treatments such as chiropractic care, physical therapy, massage, and home exercises. These approaches aim to alleviate pain through manual manipulation, stretching, and strengthening exercises, often addressing musculoskeletal issues or improving overall mobility.

If these initial treatments prove insufficient, the next level may involve medications and imaging tests. Pain medications, including over-the-counter and prescription options, can provide temporary relief, while imaging techniques like X-rays, MRI, or CT scans can help identify the underlying cause of pain and guide further treatment decisions.



When conservative methods and medications fail to provide adequate relief, interventional pain management techniques become a viable option. These minimally invasive procedures include:

- 1. Epidural steroid injections:** These injections deliver corticosteroids directly into the epidural space of the spine, reducing inflammation and providing pain relief for conditions such as herniated discs, spinal stenosis, or radiculopathy.
- 2. Facet joint injections:** Targeted injections into the facet joints of the spine can alleviate pain caused by arthritis or injury in these joints.
- 3. Radiofrequency ablation:** This procedure uses heat generated by radio waves to disrupt the transmission of pain signals from specific nerves, providing long-term relief for conditions like chronic back or neck pain.
- 4. Spinal cord stimulation:** Implanted devices deliver electrical impulses to the spinal cord, modulating pain signals and providing relief for various chronic pain conditions.
- 5. Nerve blocks:** These injections involve the administration of medication, such as anesthetics or steroids, near specific nerves to block the transmission of pain signals.

If all other interventions fail to provide adequate relief, surgery may be considered as a last resort. However, interventional pain management techniques often allow patients to avoid or delay the need for surgical intervention, reducing the risks and recovery time associated with major procedures.

It's important to note that interventional pain management is not a one-size-fits-all solution. Each patient's condition is unique, and treatment plans are tailored to address their specific needs. Pain management specialists

work closely with patients to develop comprehensive treatment strategies, combining interventional techniques with other modalities, such as physical therapy, medication management, and lifestyle modifications.

In conclusion, interventional pain management offers a promising solution for individuals suffering from chronic pain. By targeting the source of pain directly through minimally invasive techniques, these procedures can provide significant relief and improve overall quality of life. As awareness of these techniques continues to grow, more patients can benefit from this comprehensive approach to pain management.

At The Interventional Pain Institute, each patient's pain is thoroughly evaluated and a customized treatment plan is developed. Dr. Compton and his team are dedicated to treating every patient with the utmost respect and care, with a mission to help patients regain functionality and improve their quality of life.

The Interventional Pain Institute also places a strong emphasis on patient education. An informed patient is an empowered patient, and the team strives to provide as much information as possible about each patient's condition and treatment options.

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

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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. Break-throughs 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.

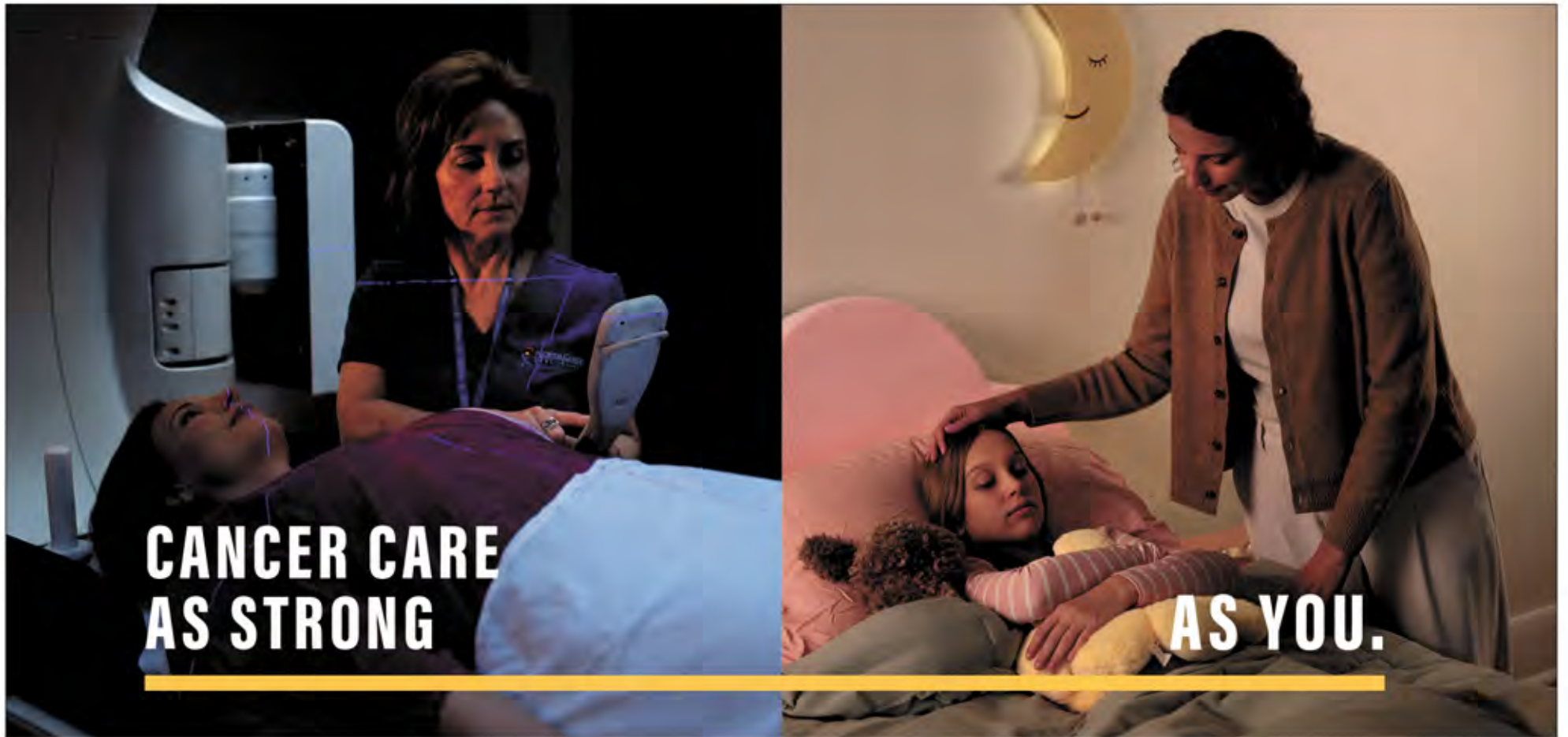
We face evil days, as Ephesians 5:15-16 warns, so wise living means making the most of every opportunity. Daily habits of prayer, movement, learning, and connection build resilience, reduce stress, and align us more closely with God's design for flourishing.

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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