

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

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FREE

TWO DIMENSIONS OF HEALING

How EMFACE[®]
Addresses TMJ
Relief and Facial
Enhancement

TINA CHANDRA, DDS



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TWO DIMENSIONS OF HEALING:

How EMFACE® Addresses TMJ Relief and Facial Enhancement

By Dr. Tina Chandra

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

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

Understanding EMFACE® Technology

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

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

Dimension One: TMJ Relief

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

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



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

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

Dimension Two: Facial Enhancement

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

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

The Chandra Wellness Center Difference

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

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

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

DR. TINA CHANDRA

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



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WHAT YOU SHOULD KNOW ABOUT PANCREATIC CANCER

Pancreatic cancer can be difficult to detect because symptoms are often vague and may not appear until the disease has progressed. Understanding the signs, symptoms and risk factors can help individuals recognize when it may be time to speak with a healthcare provider.

Understanding the Pancreas

The pancreas is a gland located deep within the abdomen that helps regulate blood sugar and aids digestion. Pancreatic cancer develops when abnormal cells in the pancreas grow out of control and form a tumor. Because the pancreas is not easily examined during routine medical visits, diagnosis often requires imaging tests such as CT scans, MRI scans or ultrasounds.

Signs and Symptoms

Symptoms of pancreatic cancer can vary and may resemble those of other conditions. Potential signs include:

- Jaundice (yellowing of the skin or eyes)
- Changes in stool color or dark urine
- Loss of appetite
- Unexplained weight loss
- Nausea or digestive changes
- Fatigue
- Pain in the upper abdomen or back

While most back pain is caused by muscle strain or injury, persistent pain in the mid-back can occasionally be associated with pancreatic cancer. Because the pancreas sits near major nerves, a tumor may cause discomfort that radiates to the back. Back pain that persists or occurs alongside other symptoms should be evaluated by a healthcare provider.

Know Your Risk Factors

Several factors may increase the risk of pancreatic cancer, including:

- Age over 60
- Family history of pancreatic cancer
- Inherited genetic mutations
- Smoking
- Long-standing diabetes
- Chronic pancreatitis
- Obesity



About 10% of pancreatic cancers are believed to be hereditary. Individuals with a close family member who has been diagnosed with pancreatic cancer should talk with their physician about whether genetic counseling or testing may be appropriate.

Advances in Treatment

Treatment options may include surgery, chemotherapy, radiation therapy, targeted therapies and clinical trials. Ongoing research continues to improve understanding of pancreatic cancer and expand treatment options, offering patients access to more personalized approaches to care. According to the American Cancer Society, patients diagnosed when the cancer is still localized to the pancreas have a 44% five-year relative survival rate, highlighting the importance of timely evaluation and treatment.

When to Talk to Your Doctor

While these symptoms can be caused by many conditions, it is important to speak with your doctor if you experience persistent or unexplained changes in your health, including ongoing abdominal or back pain, jaundice, unexplained weight loss or digestive changes.

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THE ART OF AGING GRACEFULLY: WHY SKIN CHECKS MATTER AT ART OF DERMATOLOGY

Our skin tells the story of our lives—every laugh line, sun-kissed moment, and year of experience. As we age, maintaining skin health becomes increasingly important, not just for aesthetics but for overall wellbeing. At Art of Dermatology, we believe that healthy aging skin begins with proactive care and regular professional assessment.

Understanding Skin's Aging Process

Skin ages through two distinct processes: intrinsic aging (determined by genetics) and extrinsic aging (influenced by environmental factors). While we cannot control our genetic timeline, we can significantly impact how external factors affect our skin.

With age, our skin naturally produces less collagen and elastin, leading to thinner, less resilient skin. Cell turnover slows, and moisture retention diminishes. Meanwhile, years of sun exposure, pollution, and lifestyle choices accelerate these changes, potentially leading to premature aging and increased risk of skin conditions, including cancer.

The Crucial Role of Regular Skin Checks

Regular dermatological examinations serve as the cornerstone of proactive skin health management. These checks provide much more than peace of mind—they can be lifesaving. Consider these compelling reasons to schedule regular visits to Art of Dermatology:

- **Early Detection of Skin Cancer:** With over one million Americans diagnosed with skin cancer annually, early detection dramatically improves treatment outcomes. Professional dermatologists can identify suspicious changes that might go unnoticed during self-examinations.
- **Personalized Aging Management:** Everyone's skin ages differently. Regular assessments allow dermatologists to craft personalized treatment plans that address your skin's unique needs, from addressing sun damage to managing age-related conditions like rosacea or seborrheic keratosis.
- **Tracking Changing Moles and Spots:** What appears as a harmless freckle today could develop concerning characteristics over time. Consistent monitoring creates a valuable baseline for detecting meaningful changes.



• **Expert Guidance on Products and Treatments:** The skincare industry overwhelms consumers with countless anti-aging products. Your dermatologist can recommend evidence-based solutions truly appropriate for your skin type and concerns.

Healthy Habits for Aging Skin

Between professional visits to Art of Dermatology, maintaining these daily habits supports optimal skin health:

- **Sun Protection:** Apply broad-spectrum SPF 30+ sunscreen daily, regardless of weather conditions. Wear protective clothing and seek shade when possible.
- **Hydration:** Both internal hydration (drinking water) and external moisturizing help maintain skin's barrier function and elasticity.
- **Gentle Cleansing:** As skin becomes more delicate with age, harsh products can cause irritation. Opt for gentle, pH-balanced cleansers.
- **Antioxidant-Rich Diet:** Consuming foods high in vitamins C, E, and omega-3 fatty acids supports skin's natural repair processes.
- **Quality Sleep:** During deep sleep, skin undergoes essential regeneration and repair processes critical for healthy aging.

The Art of Dermatology Difference

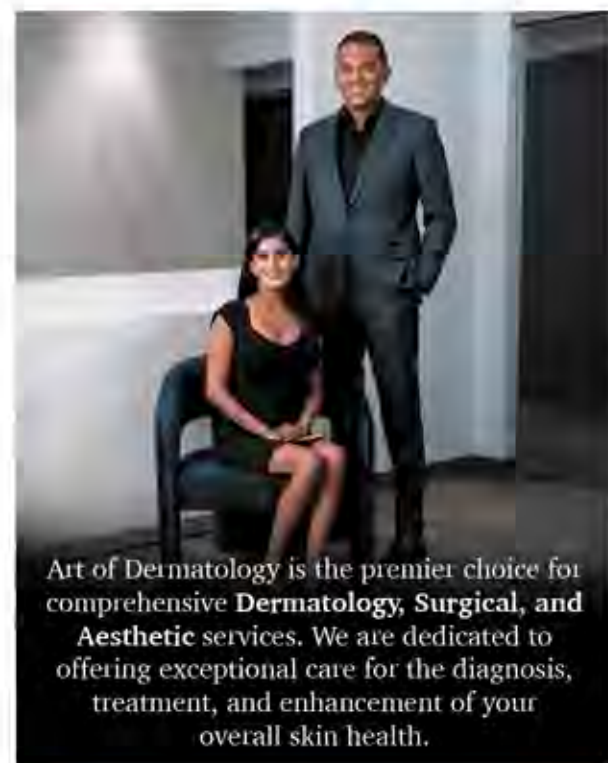
At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

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.



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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HEARING & WHOLE-BODY HEALTH

THE SURPRISING CONNECTION BETWEEN HEARING, HEART HEALTH, DIABETES, AND OVERALL WELLNESS

When most people think about hearing, they think about their ears. But what many people do not realize is that hearing health is closely connected to overall health. In fact, conditions affecting the heart, circulation, blood sugar, and general wellness can all play an important role in how well we hear.

As an audiologist here in Ocala, one of the things I enjoy helping patients understand is that hearing loss is often not just an "ear problem." Sometimes it can be one piece of a larger health picture. Paying attention to hearing changes may even encourage conversations about wellness that help people feel better in many areas of life.

One of the strongest connections we see is between hearing and heart health. Your inner ear depends on healthy blood flow to function properly. Tiny sensory cells inside the ear help turn sound into signals your brain can understand, and those cells rely on oxygen and nutrients carried through the bloodstream. Because these structures are so delicate, changes in circulation may affect hearing over time.

This is one reason researchers have found links between cardiovascular health and hearing loss. Conditions such as heart disease, high cholesterol, and poor circulation may increase the risk of hearing changes. While hearing loss does not automatically mean someone has heart concerns, it does remind us that the body often works as one connected system.

Blood pressure can also play a role. High blood pressure may place strain on blood vessels throughout the body, including those that support the inner ear. Some people with uncontrolled blood pressure may notice changes in hearing, ringing in the ears, or sensations that seem unusual. In some cases, fluctuations in blood pressure can even contribute to dizziness or balance concerns.

Diabetes is another important area where hearing health and overall wellness intersect. Research has shown that adults with diabetes may be more likely to experience hearing loss compared to those without diabetes. Over time, high blood sugar can affect nerves and blood vessels throughout the body, including those involved in hearing.



For patients managing diabetes, hearing evaluations can become an important part of overall preventive care. Just as routine eye exams help monitor vision changes, checking hearing may help identify subtle shifts before they begin affecting communication and daily life.

Inflammation, sleep, stress, and lifestyle habits may also influence hearing health more than many people realize. Poor sleep, unmanaged stress, smoking, and lack of physical activity can affect circulation and wellness throughout the body. While there is no perfect formula for preventing hearing loss, taking care of your overall health may also help support healthier hearing.

One thing I often tell patients is that hearing loss does not only affect how loudly we hear. It can also influence energy, focus, relationships, and emotional well-being. Many people with untreated hearing loss describe feeling tired at the end of the day because listening becomes harder work. Others withdraw from restaurants, social gatherings, or family conversations because hearing feels frustrating or overwhelming.

When hearing becomes difficult, the effects can quietly ripple into other areas of life. Staying socially connected, active, and engaged is an important part of healthy aging, and hearing plays a meaningful role in helping us stay connected to the people and moments we care about most.

The encouraging news is that small, healthy habits can support wellness throughout the body, including hearing health. Managing blood pressure, controlling diabetes, staying physically active, prioritizing sleep, protecting hearing from loud noise, and keeping up with routine medical care all contribute to a healthier future.

One of the simplest but most important things you can do is pay attention to changes. If conversations seem harder to follow, family members sound muffled, ringing in the ears becomes more noticeable, or listening simply feels more exhausting than it used to, it may be time for a hearing evaluation.

At our office, we believe hearing health is an important part of whole-body wellness. Whether you have concerns about hearing changes, manage conditions like diabetes or high blood pressure, or simply want a baseline evaluation, our team are here to help.

To schedule an appointment, visit us online at www.AudioNova.com, or call us today. Healthy ears play an important role in living well, and taking care of them today can make a meaningful difference tomorrow.

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WHEN KNEE PAIN LIMITS YOUR LIFE:

Understanding Genicular Artery Embolization (GAE)

By The Vein Center of North Florida

September is Pain Awareness Month, a time set aside to shine a light on the millions of people living with chronic pain, and on the treatment options that can help them reclaim their lives. For many, that pain shows up in the knee: a dull, persistent ache that turns stairs into a challenge, makes gardening impossible, and steals the joy out of a walk with the dog. If this sounds familiar, you're not alone, and you may not have exhausted your options yet. At The Vein Center of North Florida, we want you to know about a minimally invasive treatment called Genicular Artery Embolization, or GAE.

What Is Genicular Artery Embolization?

Chronic knee pain, especially from osteoarthritis, is often driven by more than just worn-down cartilage. Inflammation plays a major role, and inflamed knee tissue develops an increased blood supply through small vessels called genicular arteries. This extra blood flow feeds the inflammation, which in turn feeds the pain.

GAE is an image-guided procedure that targets these abnormal blood vessels directly. Using a catheter inserted through a tiny incision, typically in the groin or wrist, an interventional specialist navigates to the genicular arteries surrounding the knee. Tiny particles are then released to reduce blood flow to the inflamed lining of the joint. Less blood flow means less inflammation, and less inflammation often means significantly less pain.

Who Is a Candidate?

GAE is generally considered for patients who:

- Have knee pain from mild to moderate osteoarthritis
- Have tried conservative treatments (physical therapy, medications, injections) without lasting relief
- Want to delay or avoid knee replacement surgery
- Are not yet ready for, or are not good candidates for, surgical intervention

It's important to note that GAE is not a replacement for total knee replacement in every case, but for the right patient, it offers a powerful alternative or a bridge that can postpone surgery for years.

Why Patients Are Interested

Traditional options for knee osteoarthritis often fall into two categories: temporary relief (like corticosteroid injections that wear off in weeks or months) or major surgery (with a lengthy recovery). GAE offers a middle path with several appealing features:

Minimally invasive — no large incisions, no general anesthesia

Outpatient procedure — most patients go home the same day

Short recovery — many return to normal activities within a few days

Durable results — clinical studies have shown meaningful pain reduction lasting well beyond a year for many patients

Preserves the joint — unlike surgery, no bone or cartilage is removed

Pain Awareness Month: Why This Matters Now

Chronic pain isn't just physical, it affects mood, sleep, relationships, and independence. Too often, people quietly accept knee pain as an inevitable part of aging, without realizing that innovative, evidence-based treatments exist. Pain Awareness Month is a reminder that you don't have to simply live with it, and that new options like GAE are expanding what's possible for pain management.

Take the Next Step

If knee pain is limiting the life you want to live, if you've been putting off activities you love because of it, it may be time to have a conversation about whether Genicular Artery Embolization is right for you. The team at The Vein Center of North Florida specializes in minimally invasive vascular treatments and can help you understand whether GAE fits your specific situation.

This Pain Awareness Month, consider taking the first step toward a life with less pain and more freedom. Schedule a consultation with The Vein Center of North Florida to learn more about GAE and explore a path forward that doesn't have to include major surgery.



The Leaders in Comprehensive Vein Care

Ravi Chandra, MD, FRCS

Ocala's leading vascular surgeon, **Dr. Ravi Chandra**, is the only local surgeon certified by the American Board of Surgery, the American Board of Phlebology, and the American Board of Vascular Medicine as a diplomat in Endo-Vascular medicine. Dr. Ravi Chandra leads a team of medical professionals who take a personalized approach with each patient. The Vein Center of North Florida's staff takes their time to listen to patient concerns and develop a customized treatment plan to address each patient's medical concerns. Our goal is to perform the safest and least invasive procedure possible and get you back to living life at its fullest!



Patricia D. Hurst, ARNP-BC

In addition to our physician, physician assistants and nurse practitioners, we also have two full-time RVTs (certified vascular techs) to serve you.

The Vein Center of North Florida is International Accreditation Commission (IAC) accredited for vascular testing. The IAC develops standards for evaluating quality of care and provides peer review processes. Maintaining IAC accreditation is our way of pursuing the highest level of excellence in patient care.

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HORMONE OPTIMIZATION

WHY HORMONE REPLACEMENT IS ONLY THE BEGINNING

F feeling exhausted, foggy, moody, restless, or simply “not like yourself” can be incredibly frustrating—especially when you have already sought help and been told that hormone replacement therapy should fix the problem.

But hormones are not a one-size-fits-all solution.

Simply receiving a prescription for hormones does not necessarily mean your hormones are optimized. Your body, symptoms, medical history, age, lifestyle, and individual needs all matter. The goal should not be to simply “replace” hormones. The goal is to understand what your body needs and develop an individualized approach to help you feel your best.

Hormones are powerful chemical messengers. They help coordinate communication between organs and tissues and influence countless functions throughout the body, including metabolism, mood, sleep, sexual health, bone health, and reproductive function. When hormone levels change, the effects can be felt throughout the body.

Why You May Still Feel Bad After Starting HRT

It is understandable to expect dramatic improvement after starting hormone therapy. But if your symptoms continue—or you feel no different—it may be time to take a closer look. Most medical professionals are barely tipping the iceberg with replenishing hormones to an optimal level and it’s giving a bad impression that hormones don’t work or don’t help how you are feeling.

Please consider:

- The hormone may not be the right fit for you.
- The dosage may need adjustment.
- The delivery method may matter.
- More than one hormone may need to be considered.
- Your symptoms may have multiple contributing factors.
- Your treatment may need ongoing monitoring and adjustment.

Hormone therapy should be a conversation, not a prescription handed to you and forgotten about. Treatment decisions should take into account your symptoms, health history, personal and family history, and individual risks and benefits.

Hormone Optimization Requires a Bigger Picture

Many people assume that a single blood test can tell the whole story. In reality, hormone evaluation is more serious than what a blood test can reveal. Hormone levels can fluctuate, particularly during perimenopause and menopause, and symptoms and medical history are important parts of the clinical picture. More comprehensive testing is a MUST to safely take the Hormone journey to feeling and looking younger. To feeling like yourself again! The objective is individualized care—not simply chasing a number on a laboratory report.

What Are the Potential Benefits of BHRT?

- Relief from hot flashes, night sweats, brain fog and low energy
- Improvement of vaginal dryness and other genitourinary symptoms
- Protection against bone loss associated with menopause and unwanted weight gain
- Improvement in quality of life for many women experiencing significant menopausal symptoms

And hormone therapy is not something to fear or something to take casually. There is a balance required to have the optimal level of hormones in the body to prevent diseases. Too high puts you at risk but also too low puts you at risks for cancers and many other aging diseases.

Your Body Deserves Individualized Care

Schedule your FREE health consultation today and learn more about what your body may be trying to tell you. Discover whether a more individualized approach to hormone care may be right for you—and get the information you need to make an informed decision about your health.

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 inter-views with health professionals worldwide and served as a plant-based health educator, helping others achieve optimal well-being through natural, sustainable methods.

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

Beyond her professional achievements, Sabrina and her husband, Joe, are deeply committed to family and 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

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AWARENESS IS THE KEY TO PREVENT RABIES AND STAY SAFE

Not only are we easing out of the dog days of summer, but we are also just around the peak time of year for rabies. On average August sees the most animal rabies cases in Florida. With World Rabies Awareness Day on September 28, now is also a good time to review the basics.

So far in 2026, five animals have tested positive for rabies in Marion County. That is the typical number of cases for a full year in Marion County. Animals that have tested positive in Marion County include raccoons, bats, cats, a coyote, and a fox. Skunks, otters, and bobcats can also carry the virus. In fact, any mammal can carry and transmit rabies.

Rabies is a Deadly Disease

The rabies virus is deadly, with nearly 100% fatal illness in humans and other mammals. But human rabies deaths are exceedingly rare in the U.S., typically resulting in fewer than 10 fatalities per year, with an average of one to two deaths annually. This is due to widespread rabies immunization programs and highly effective post-exposure treatments.

The main wildlife sources of rabies in Florida are raccoons and bats. In the U.S., contact with infected bats is the leading cause of human rabies death, accounting for about 70% of cases.

Outside cats are by far the most common domestic animal found to have rabies in Florida, largely because they are often not kept up to date on rabies vaccinations. Pet dogs, cats, and ferrets are required by law to be vaccinated against rabies in Florida.

Prevention Goes a Long Way to Avoid Rabies

Here are some prevention tips:

- Immunize your pets and livestock based on your veterinarian's recommended schedule.
- Keep pets under direct supervision and on a leash, and keep livestock secured on your property. If an animal bites your pet or livestock, seek veterinary assistance for the animal immediately and call Marion County Animal Services at 352-671-8727.
- Avoid contact with wild or stray animals. Do not handle, feed, or unintentionally attract them with outdoor pet food, open garbage cans, or other sources of food

- Never adopt wild animals or bring them into your home; instead contact a licensed wildlife rehabilitator.

- Call your local animal control agency to remove any stray animals from your neighborhood.

- Prevent wildlife, including bats, from entering living quarters or occupied spaces in homes, schools, and other similar areas where they might come in contact with people and pets.

- Have your veterinarian vaccinate pets and at-risk livestock. Make sure you follow your veterinarian's instructions for revaccination.

Be Alert to Spot Signs of Rabies

Animals with rabies may show strange behavior. They can be aggressive, attacking for no apparent reason, or act very tame (especially wild animals). They may not be able to eat, drink or swallow. They may drool because they are unable to swallow their saliva. They may stagger or become paralyzed. Eventually they will die.

When an animal is sick with rabies, the virus is shed in the saliva and can be passed to another animal or a person, usually through a bite.

Transmission may also occur if the saliva enters open wounds, the mouth, nose, or eyes of another animal or person.

Act Quickly if Exposed to Rabies

If you believe you may have been exposed to rabies, contact your health care provider and DOH-Marion at 352-629-0137 right away, or go to the nearest emergency room. There is effective treatment that can prevent infections in people if administered quickly.

If an animal bites, immediately scrub the wound with lots of soap and running water for 5 to 10 minutes. Try to get a complete description of the



animal and determine where it is so that it can be contained by animal control for quarantine or rabies testing. The animal will either be quarantined for 10 days (if it is a dog, cat, or ferret) or be tested for rabies. If the animal is dead, be careful not to damage the head, and avoid further contact.

If your animal is attacked by a wild, stray, or unvaccinated animal, do not examine your pet for injuries without wearing gloves. Wash your pet with soap and water to remove saliva from the attacking animal. Do not let your animal come into contact with other animals or people until the situation can be handled by animal control or county health department staff.

By staying alert and taking precautions, Marion County residents can avoid adding rabies exposure to the summer heat. Find out more at floridahealth.gov/rabies.

Florida
HEALTH



For more information, visit FloridaHealth.gov/Rabies.

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.

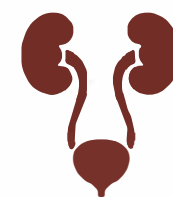
Emsella is an FDA-cleared, non-invasive chair device that uses High-Intensity Focused Electromagnetic (HIFEM) technology to stimulate deep pelvic floor muscles. During a single 28-minute session, Emsella induces thousands of supramaximal muscle contractions — the equivalent of performing over 11,000 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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Lyndie Bentley, FNP-BC



Samuel Bundz, MD, FACS



Adrian Finol, MD



Bela Kudish, MD, MS,
FACOG, URPS



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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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Breaking Through the Pain:

INNOVATIVE SHOCKWAVE THERAPY TRANSFORMS ARTHRITIS TREATMENT

By Gene Turner, MD, FAARFM

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

Understanding the Arthritis Epidemic

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

Shockwave Therapy: A Non-Invasive Revolution

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

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

Targeted Treatment for Multiple Joint Conditions

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

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

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

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

Patient-Centered Benefits

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

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

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

A Timely Focus During Arthritis Awareness Month

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

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

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

About the Author

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

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

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

Schedule your personal treatment plan today!



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Most Common Animals with Rabies

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- **Avoid contact** wild or stray animals
- **Never feed** wild or stray animals



For more information, visit
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CAREGIVING IMPACTS YOUR HEALTH

Submitted by Hospice of Marion County

According to the 2023 Alzheimer's Disease Facts and Figures, the Alzheimer's Association reported that more than 11 million Americans provided unpaid care for people with Alzheimer's or other dementias. These caregivers provided an estimated 18 billion hours valued at \$340 billion. Additionally, 59% of these caregivers report that their own health has suffered due to care responsibilities with high or very high levels of emotional stress.

Health of Caregivers Impacted

Most caregivers receive little or no support from their own families or other organizations and are basically on their own. There's been a growing trend over the last few decades of closing mental health facilities, early discharge of hospital patients, and implementation of managed care practices which causes a shift and burden to families and caregivers. This often results in financial loss, strain among families, and caregiver health issues that manifest due to increased stress.

Studies consistently show the following impacts on a caregiver's health:

- Higher levels of depression and depressive symptoms than in non-caregivers
- Depressed caregivers are more likely to have coexisting anxiety disorders, substance abuse or dependence
- Chronic stress in caregivers sometimes is associated with an increase in hypertension, inflammation and decreased immune function
- Caregivers who experience chronic stress may be at a greater risk for cognitive decline
- Caregivers report having a higher incidence of stress, weight gain, headaches, and back strain among other physical ailments and pain associated with caregiving

Women tend to be, more often than not, the primary caregivers. However, being a caregiver whether male or female affects your quality of life and increases the challenge of balancing your personal schedule with that of the intense, demanding focus needed to be a caregiver.



Resources and Tips Available

Caregivers tend to put others first and themselves last. It's not uncommon to see the impact of ongoing stress from caregiving sometimes results in anger and resentment. It's vitally important for caregivers to make sure they are taking care of themselves mentally, physically and socially. How can a caregiver take care of a loved one, if they are not being mindful of their own needs and health? Below are some resources and tips:

- Don't be afraid to ask for help from family members or close friends who could run errands
- Practice meditation and exercise to help relieve stress—set aside early morning or evening for yourself
- Do something socially just for you—see a movie, have lunch with friends
- Check into your office policies to see if you have family leave benefits

Call Hospice of Marion County for support from these programs:

Transitions Program at (352) 854-5200 – This is a community supported volunteer-based resource with caregiver support groups, respite for the caregiver, providing assistance whether in homes or assisted living facilities.

Nancy Renyhart Dementia Education Program at (352) 291-5138 – This program provides education for those caring for someone with dementia. It is provided at no charge and provides a three-hour workshop with tips and helpful caregiving resources, along with a Virtual Dementia Tour® that lets the caregiver experience dementia through the eyes of their loved one.

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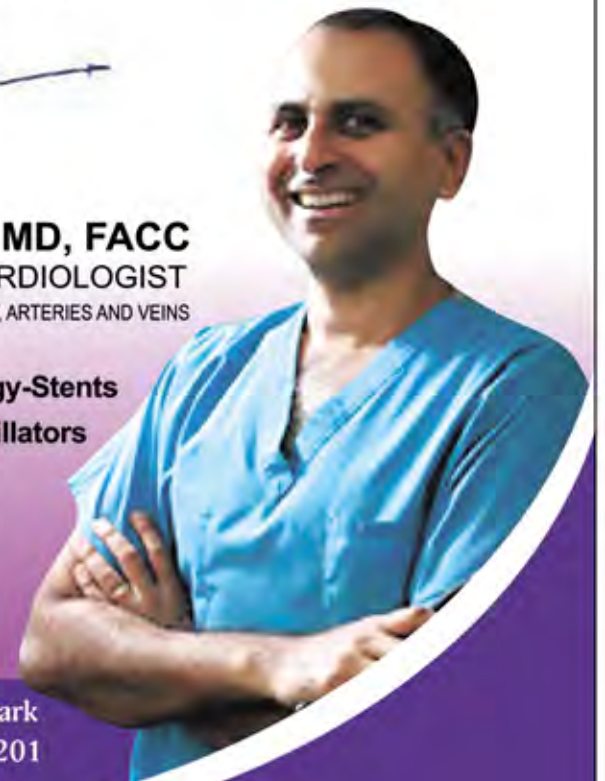
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One Place, Complete Care:

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.

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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JOINTS DESERVE TO BE HAPPY

A Life with Joint Pain

As the pain pandemic continues more joints everywhere are losing their mojo. Over 500 million people are impacted by osteoarthritis (OA) worldwide. Joint pain changes the way people feel and act. Luckily there is plenty of support outside of medication.

Sometimes the thought of exercising while in pain seems counterproductive. However, "exercise plays the most important role as the first line of treatment for OA, (Professor Helen French, *Inflammation Nation*, S3 E2)" The widespread saying, "motion is lotion" is a mantra to be shared amongst everyone, especially those with joint pain. Exercise has proven to be just as effective as over-the-counter pain relievers and has a more positive long-term impact.

Consider the relationship between posture and OA. Both significantly impact the other. "Joint misalignment due to arthritis frequently coincides with muscle imbalance creating additional stress on involved joints," explains occupational therapist Carole Dodge. Luckily with proper movement training programs muscular imbalances are quickly improved.

From the other end, physical therapist Dr. Kelly Ruther states, "Your arthritis isn't what is causing your pain. Your body's misalignment, and muscular imbalance resulting in joint compression is. Just because you have arthritis doesn't mean you have to live with discomfort. If we can reduce compression in your joint by improving your body's alignment and muscular balance we can reduce inflammation, and ultimately reduce pain!"

Pilates for OA

Enter the power of Pilates. Pilates is more than a method for joint pain, it is a lifestyle capable of reducing chronic pain and inflammation starting with alignment, breathing and core stability. This trio weaves a supportive path for the joints.

Easy as A, B, C

• **Alignment:** In the Pilates method there is a primary focus to harmonize muscles through postural stretches and resistance training. Every exercise begins, ends, and is performed with corrective alignment to balance the muscles groups. As the muscles begin to balance, joint compression naturally decreases and joints can begin to move more freely.



• **Breathing:** Breathwork not only facilitates better posture and stability but it can also decrease inflammation. Studies have shown that breathwork combined with a deepening of mind-body training will significantly lower inflammation (Dr. Will Cole, *How Breathwork can Help Heal Trauma & Reduce Physical Inflammation*, 2017). The guided breathwork performed in Pilates aims to connect awareness within the body to every movement.

• **Core:** The Pilates method demonstrates how stability begins with a resilient core. Meaning Pilates goes beyond improving core strength to train the core in dynamic and functional movements. Directly this reduces load on the spine and hips. A great Pilates session includes functional core challenges like rotation and lateral training.

Support that Brings Joy to Joints

Pilates goes a step further than being nurturing joints. Pilates uses equipment to support the body's optimal movement pattern. This allows play back into movement and a chance to move like care-free kids.

Reformer - Club Pilates warmup is masterfully crafted to engage the lower body and core, including footwork, bridging, and abdominals. Footwork on the reformer focuses on ankle, knee, and hip alignment while using resistance in a reclined position. This gently facilitates movement into the most weathered knees.

Chair - The Pilates chair is an ideal apparatus to remove load and play with rotation and side bending.

The resistance springs designed within the chair provide feedback to integrate the shoulder girdle to the ribcage and spine. All of this is performed with care to even non-loading joints like the hands.

BOSU - This unstable small piece of equipment provides the additional challenge of training balance. Moves like 'cat' and 'bird dog' are amazing on the BOSU because it provides reactive control which subconsciously contracts the core while stretching the spine and gently challenging balance.

Joints Deserve Happiness, Too

Pilates is thoughtfully crafted to keep joints from aches and inflammation. While exercise is the first line of defense for osteoarthritis, Pilates is the game changer that joints deserve. Joints need the Pilates method to stay happy and healthy while Pilates can shine through thoughtful and fun movement. This harmonious relationship even makes the most successful dating algorithms jealous.



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Beat the Heat:

Recognizing and Responding to Heat Exhaustion

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

What Is Heat Exhaustion?

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

Common Symptoms to Watch For

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

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

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

What You Can Do

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

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

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

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

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

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

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

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

When to Seek Medical Attention

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

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

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

Prevention Is Your Best Defense

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

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

We're Here to Help

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

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

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2205 N Young Blvd, Chiefland, FL 32626

The Power of Physical Therapy: Maximizing Recovery Through Proactive Care

Undergoing orthopedic surgery involves more than just the procedure itself. A crucial aspect that often goes unrecognized is the role of physical therapy both before and after surgery. Did you know that engaging in physical therapy sessions prior to your surgery can significantly impact your recovery?

It's a common misconception that physical therapy starts after surgery. However, the reality is quite the opposite. Pre-operative physical therapy plays a pivotal role in enhancing your overall fitness and readiness for the impending procedure. The key lies in proactive preparation, aiming to strengthen your body and address any existing weaknesses or limitations.

One of the primary benefits of pre-operative physical therapy is its ability to address issues that might exacerbate during the lead-up to surgery. Loss of joint motion, weakened muscles, and poor movement patterns tend to worsen before a surgical intervention. Engaging in a pre-operative strengthening regimen helps counter these issues by reinforcing soft tissue mobility, reducing inflammation, and enhancing muscle balance and coordination.

For instance, individuals preparing for a total knee replacement require specific strengthening of the muscles supporting and stabilizing the knee joint. A tailored pre-operative strengthening protocol, curated by a skilled therapist, can make a significant difference in the outcome of the surgery.

Beyond physical preparation, pre-operative therapy also involves education and guidance. Therapists provide invaluable insights into the impending procedure, pain management strategies, and establish a supportive environment that diminishes fears or concerns related to the surgery.

Wondering how to kickstart this proactive approach? Simply ask your primary care physician, orthopedic surgeon, or any healthcare professional involved in your care for a physical therapy script aimed at pre-operative strengthening. This step opens the door to an evaluation of your condition and allows the therapist to determine the most beneficial treatment options tailored to your specific needs, ensuring the swiftest recovery possible.

But it doesn't stop there. Post-operative physical therapy is equally crucial. It's the bridge between the surgery and returning to your optimal functionality. Through targeted exercises, pain management techniques, and personalized care, post-operative therapy aims to expedite recovery, rebuild strength, and restore mobility.

The impact of physical therapy both before and after orthopedic surgery cannot be overstated. It's a proactive investment in your well-being, enabling a smoother recovery trajectory, minimizing complications, and ultimately allowing you to regain your active lifestyle sooner.

In conclusion, don't overlook the power of physical therapy in the pre- and post-operative phases of orthopedic surgery. By taking proactive steps to strengthen your body before surgery and engaging in a dedicated rehabilitation program afterward, you pave the way for a swifter, more successful recovery, ensuring you get back on your feet in no time.

Physical & Occupational Therapy Benefits

- Manual stretching
- Hip & Ankle Alignment Strategies
- Decompression
- Electrical nerve stimulation
- Help with daily tasks & Living
- Cold laser treatment

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

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

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

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Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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