

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

October 2026

Lake/Sumter Edition - Monthly

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FREE

Aging Well, Worry Less

*How SafeWell55 Brings
Peace of Mind to Life
After 55*

One Team, One Mission

*How UF Health Is Changing the
Fight Against Breast Cancer*

 *Together*
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On a GLP-1?

*Your Gut Needs
Attention, Too*

Seasonal Changes

*and Varicose
Vein Symptoms*

Discover EBO2

*An Innovative Approach
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CONTENTS OCTOBER 2026

- 6** Discover EBO2: An Innovative Approach to Whole-Body Wellness Experience a New Approach to Supporting Your Health
- 7** One Team, One Mission: How UF Health Is Changing the Fight Against Breast Cancer
- 8** The Role of Technology in Modern Eye Care
- 9** Helping Loved Ones Hear Better: Practical Ways Families Can Support Better Communication and Stronger Connections
- 10** Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!
- 11** Stronger Backs, Better Lives: How Physical Therapy at UF Health Supports Lifelong Spine Health
- 12** Seasonal Changes and Varicose Vein Symptoms
- 13** Understanding Basal Cell Carcinoma: What You Need to Know
- 16** Aging Well, Worry Less: How SafeWell55 Brings Peace of Mind to Life After 55
- 18** On a GLP-1? Your Gut Needs Attention, Too
- 20** The Power of Emsella: The Non-invasive Treatment for Urinary Incontinence
- 21** The New Luxury Essential: Sleeping Better Than Ever
- 22** Breakthrough in Neuropathy Treatment
- 23** Revolutionizing Wellness: Infinity Medical Institute's Comprehensive Approach to Anti-Aging and Longevity
- 24** Understanding Interventional Pain Management: A Comprehensive Approach to Pain Relief
- 25** Attorney Patrick Smith Celebrates 20 Years In Practice
- 26** Vestibular Balance Issues Should Not be Ignored: A Physical Therapy Method has Helped Countless Individuals Find Restoration
- 27** Spiritual Wellness: Better Spiritual Health

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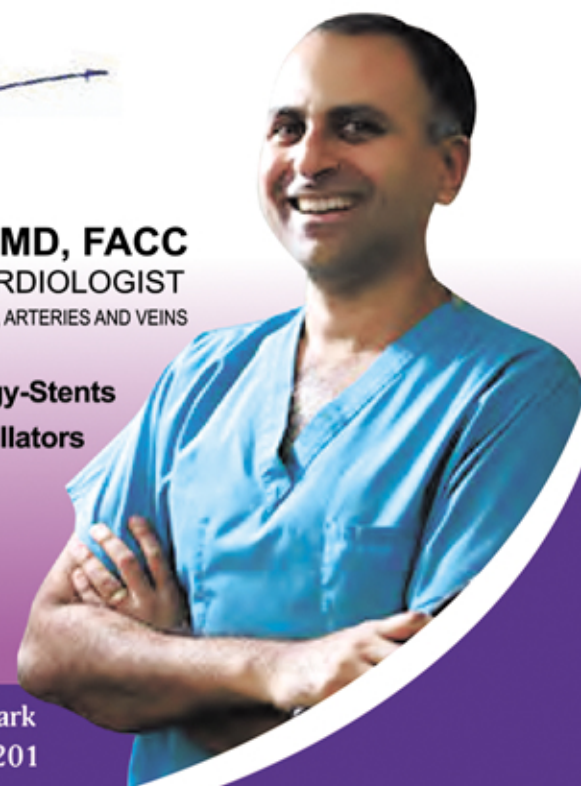
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DISCOVER EBO₂

An Innovative Approach to Whole-Body Wellness Experience a New Approach to Supporting Your Health

Your body works hard every day — circulating blood, delivering oxygen and nutrients, and continuously working to maintain balance. **EBO₂ — Extracorporeal Blood Oxygenation and Ozonation — offers an innovative approach to wellness by combining blood filtration, oxygenation, photobiomodulation, and controlled ozonation in one advanced procedure.**

For individuals interested in taking a proactive approach to their wellbeing, EBO₂ can be incorporated into a personalized wellness plan designed around your individual goals. Whether you're focused on supporting your energy, circulation, recovery, or simply exploring innovative wellness options to relieve symptoms associated with mold exposure, auto immune disease and other unwanted health issues, EBO₂ provides an opportunity to learn more about an emerging therapy and how it may fit into your health journey.

What Exactly Is EBO₂?

EBO₂ is an extracorporeal procedure, meaning that a portion of your blood temporarily circulates outside the body during the session.

During the procedure:

- Blood is circulated through specialized equipment.
- The blood passes through a filtration system.
- Oxygen and light therapy is incorporated into the treatment process.
- Controlled ozone exposure is part of the procedure.
- The treated blood is then returned to your circulation.

The process is performed in a controlled clinical setting and is designed to complement the body's natural physiological processes.

5 Reasons People Choose EBO₂

1. A Focus on Whole-Body Wellness

EBO₂ appeals to people who want to take a proactive approach to their health rather than focusing exclusively on individual symptoms.

It can be considered as part of a broader wellness strategy that includes:

- Healthy nutrition
- Regular exercise
- Quality sleep
- Stress management
- Proper hydration
- Preventative healthcare
- Personalized wellness therapies

2. Supporting Healthy Circulation

Healthy circulation is fundamental to overall wellbeing. Your bloodstream transports oxygen and nutrients throughout the body while helping move metabolic waste products. EBO₂'s extracorporeal approach allows blood to be circulated through specialized equipment as part of the treatment process.

3. Oxygenation, Light, and Ozone

Oxygen is essential for normal cellular function, while ozone has been studied for its biological effects and interactions with oxidative and antioxidant pathways.

EBO₂ combines these elements in a controlled treatment environment.

This makes EBO₂ an intriguing option for people interested in emerging approaches to wellness and the science of oxygen and ozone therapies.

4. An innovative, Technology-Driven Treatment

For many people, part of the appeal is the technology itself.

EBO₂ is different from conventional wellness treatments because it involves temporarily circulating blood outside the body and processing it through specialized equipment.

People exploring EBO₂ are often interested in:

- Advanced wellness technology
- Personalized health strategies
- Integrative approaches
- Supporting overall vitality
- Exploring emerging therapies

5. A Personalized Wellness Experience

No two people are exactly alike — and your wellness plan shouldn't be either.

EBO₂ can be discussed as part of an individualized approach based on your goals, health history, lifestyle, and overall wellness needs.

The goal is to create a plan that complements the healthy choices you're already making.

Your Wellness. Your Goals. Your Journey.

Taking care of yourself doesn't have to mean waiting until something is wrong. It can mean learning about your body, making informed choices, and exploring approaches that may complement the healthy habits you already have.

EBO₂ is one innovative option for people who want to explore a more personalized approach to wellness.

The Power of Light Therapy + EBO₂ Harnessing the Potential of Light

One of the exciting components associated with some EBO₂ protocols is light therapy, also known as photobiomodulation.

For centuries, light has been recognized as an important part of human health and wellbeing. Today, advanced technology allows specific wavelengths of red and near-infrared light to be used in controlled therapeutic settings.

When incorporated into an EBO₂ session, light therapy adds another innovative dimension to the treatment — bringing together advanced blood processing with the potential benefits being investigated in photobiomodulation.

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, col-laborating with leading experts at Hippocrates Wellness Center, a world-renowned holistic health institute in West Palm Beach. There, she conducted in-depth inter-views with health professionals worldwide and served as a plant-based health educator, helping others achieve optimal well-being through natural, sustainable methods.

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



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One Team, One Mission:

How UF Health Is Changing the Fight Against Breast Cancer

October is Breast Cancer Awareness Month, a time to honor survivors, remember those we have lost and encourage the early detection that saves lives. About one in eight women in the United States will be diagnosed with breast cancer in her lifetime, so almost everyone knows someone affected by it. For people in North Central Florida, this month is also a good time to learn that expert, complete breast cancer care is available close to home at the UF Health Breast Center.

A team focused only on breast cancer

At the UF Health Breast Center, a multidisciplinary team of UF breast cancer specialists works together to build the best personalized treatment plan for each patient. Surgeons, radiologists, medical oncologists, radiation oncologists, plastic surgeons, pathologists and genetic counselors all work side by side. Instead of going from office to office and hearing different opinions, patients get the combined expertise of a whole team from the start.

Early detection starts with advanced imaging

The best time to find breast cancer is early, when treatment works best. UF Health offers digital screening and diagnostic mammography, along with ultrasound when more detail is needed. For patients with dense breast tissue, a higher risk of cancer or unclear findings, comprehensive breast magnetic resonance imaging (MRI) gives an even more detailed view.

When an area needs a closer look, minimally invasive tools can give answers quickly and with little discomfort. These include fine needle aspiration and ultrasound-guided and computer-guided stereotactic core biopsy. These procedures help specialists make an accurate diagnosis without open surgery.

Understanding your genetic risk

Some breast cancers are linked to inherited genetic changes. Through UF Health's genetic counseling services, patients and families can learn about their hereditary risk and make informed choices. For women at high risk, options include prophylactic mastectomy with immediate reconstruction, a preventive approach that combines risk reduction with restoration in a single process.

Surgery that protects both health and appearance

Surgical care at the UF Health Breast Center is designed to remove the cancer while keeping as much of the patient's quality of life as possible.



Options include:

- Breast-conserving surgery, which removes the tumor while keeping most of the breast
- Skin-sparing mastectomy and nipple (areolar) skin-sparing mastectomy, which preserve the natural skin envelope for a more natural result after reconstruction
- Sentinel lymph node biopsy, which checks whether cancer has spread while removing fewer lymph nodes
- Surgery for locally advanced or recurrent breast cancer, for patients facing more complex situations

Reconstruction is an important part of healing for many women. UF Health plastic surgeons offer reconstruction using natural tissue, including TRAM, DIEP and SIEA flap microvascular surgery, as well as reconstruction using implants.

State-of-the-art radiation technology

UF Health brings advanced radiation therapy to the region. One standout is intraoperative radiation therapy using the IntraBeam system. With this approach, a concentrated dose of radiation goes directly to the tumor site during surgery, right after the tumor is removed. For eligible patients, this can greatly reduce, or even replace, the weeks of daily radiation treatments that often follow surgery. That means fewer trips to the hospital and a faster return to daily life.

Other advanced radiation options include:

- Partial breast irradiation, including 3-D conformal, interstitial and MammoSite techniques, which target only the area around the tumor
- Intensity-modulated radiation therapy (IMRT), which shapes the radiation dose precisely to protect the heart, lungs and healthy tissue
- Stereotactic body radiotherapy, which delivers highly focused, high-dose radiation with pinpoint accuracy

Innovative therapy and access to research

As part of an academic health center, UF Health links patient care with research. Preoperative chemotherapy can shrink tumors before surgery, which sometimes makes less extensive surgery possible. Patients may also qualify for clinical studies of the latest targeted therapies, medicines designed to attack specific features of cancer cells. These trials give patients access to promising new treatments before they are widely available.

Take the next step this October

Breast Cancer Awareness Month is a reminder to act. Schedule your screening mammogram, talk with your doctor about your personal and family history, and encourage the women you love to do the same. If you or someone close to you has been diagnosed, remember that the region's only nationally accredited breast center, and a team devoted entirely to breast cancer, is here to help.

At the UF Health Breast Center, advanced technology, innovative therapy and compassionate, personalized care come together with one goal: giving every patient the best possible outcome.



Reach out to Tammie Blizard, your Breast Navigator, to help with any questions or needs you may have. Call 352-516-3651 to get connected, comprehensive care today.

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THE ROLE OF TECHNOLOGY IN MODERN EYE CARE

Thanks to cutting-edge technology, modern eye care is evolving from traditional eye exams — leading to better results and an overall improved experience for patients. Here's how the role of technology can improve your visual health, both in and out of the optometrist's office.

HOW TECHNOLOGY HAS IMPACTED MODERN EYE CARE

For a long time, traditional eye exams relied on low-tech methods. Eye charts and handheld instruments were the main tests that helped determine your prescription and overall eye health. To see your retina, optometrists often have to dilate the eyes, leading to a delayed recovery time after appointments. Today, modern eye care is much more effective and efficient, leading to better and faster results. Some of the main improvements technology has made in modern eye care include:

- **Improved Accuracy:** Digital imaging and diagnostic tools allow for a more holistic eye exam that can notice more minute changes than traditional tools. This leads to earlier detection of serious eye conditions, including glaucoma, macular degeneration and diabetic retinopathy.
- **Personalized Care:** With advanced diagnostics, optometrists and ophthalmologists can help lay out a detailed plan that's suited exactly to their patient's needs. Instead of a one-size-fits-all approach, vision correction plans can be tailored to specific requirements.
- **More Treatment Options:** Some advanced treatment options, such as LASIK, wouldn't be possible without advanced technology. These procedures can greatly help improve vision and overall quality of life. LASIK consultations can take just a few minutes, providing a proactive step forward into these advanced treatments.
- **Streamlined Care Process:** Automated tools and other advanced technologies can streamline the eye exam process, reducing wait times and creating a more comfortable patient experience.

USING TECHNOLOGY TO MODERNIZE EYE CARE

Not all technology has to be advanced to improve patient care. Telemedicine, for example, has become increasingly popular for general practitioners and other forms of medicine over the past few years, and it's beginning to make its way into optometry. The *American Optometric Association* sees telemedicine as a benefit, allowing optometrists to expand their reach to patients who can't come to the office. Telemedicine helps practices



manage their resources while providing more access to harder-to-reach individuals. It's also a more convenient option for people who may not have time to come into a traditional optometry office.

Artificial intelligence (AI) is also making its way into optometry. AI systems can help improve appointment scheduling, and it can also conduct fast data entry, analysis and retrieval.

Some optometry offices are using AI for note-taking during appointments, providing a summary analysis of the appointment that's beneficial for both the patient and the doctor. AI is also being used to evaluate and analyze diagnostic images, which can lead to a quick and accurate diagnosis.

GET ADVANCED MODERN EYE CARE AT LAKE EYE

Modern eye care isn't just a thing of the future — it's an industry standard. Fortunately, the experts at Lake Eye are equipped with the latest technology to provide you with comprehensive eye health services.

From full-service eye exams in our 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 the variety of services we provide to help protect your sight as well as slow and reverse vision loss, contact us to schedule an appointment with one of our experts.



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Helping Loved Ones Hear Better

Practical Ways Families Can Support Better Communication and Stronger Connections

Watching someone you love struggle to hear can be frustrating, especially when communication begins changing the rhythm of everyday life. Maybe conversations are repeated more often. Maybe the television volume keeps getting louder. Perhaps family dinners feel different because someone begins withdrawing or avoiding conversation altogether.

If you have ever found yourself thinking, “Why won’t they just get their hearing checked?” you are certainly not alone.

As an audiologist here in The Villages, I often meet family members who are deeply concerned about a loved one’s hearing. What many people do not realize is that hearing loss affects more than the person experiencing it. It can impact relationships, communication, patience, and even emotional connection within families. The encouraging news is that there are ways to help that feel supportive rather than frustrating.

One of the most important things to understand is that hearing loss often happens gradually. Many people do not realize how much they are missing because changes occur slowly over time. Instead of hearing clearly, the brain begins filling in gaps. It may seem like someone is ignoring conversations or not paying attention, when in reality they simply did not hear everything that was said.

For many adults, acknowledging hearing changes can also feel emotional. Hearing loss may bring feelings of aging, embarrassment, frustration, or fear of losing independence. That is why how families approach the conversation matters so much.

One of the biggest mistakes loved ones make is turning hearing concerns into repeated criticism. Statements like, “You never listen,” “You need hearing aids,” or “We are tired of repeating ourselves,” often lead to defensiveness rather than action. Even when those comments come from a place of love, they can feel discouraging.

Instead, try approaching the conversation with empathy and curiosity. Focus on what you are noticing rather than assigning blame. For example, you might say, “I noticed restaurants seem more

frustrating lately,” or “I feel like conversations have become harder, and I want to help.” Gentle, caring conversations are often much more effective than pressure or frustration.

There are also simple communication strategies families can use right away to make conversations easier.

First, try getting your loved one’s attention before speaking. Saying their name first or making eye contact can help prepare the brain to focus on speech.

Second, avoid talking from another room. Hearing becomes much harder when people cannot see facial expressions or are trying to understand speech through walls, background noise, or distance.

Speaking clearly is helpful, but shouting usually is not. Many people assume talking louder solves the problem, but shouting can actually distort speech and increase frustration. Slowing down slightly, speaking naturally, and facing the person often improves understanding far more than volume alone.

Background noise also plays a major role. Restaurants, televisions, crowded family gatherings, and multiple conversations happening at once can make communication much harder for someone with hearing loss. Choosing quieter seating areas or reducing competing noise when possible can make conversations feel more enjoyable again.

Patience matters too. Hearing loss can be exhausting. Many people work incredibly hard to follow conversations, often using extra mental energy to piece together words and meaning. What may look like withdrawal or distraction is sometimes simple listening fatigue.

At the same time, families should not ignore signs that hearing changes may be affecting quality of life. If a loved one frequently asks people to repeat themselves, struggles in noisy environments, turns up the television volume, misunderstands conversations, or begins pulling back socially, those may be signs it is time for a hearing evaluation.

One thing I often remind families is that hearing care is not simply about hearing louder. It is about staying connected. Better hearing supports conversations with grandchildren, dinners with friends, church services, favorite hobbies, and everyday moments that bring meaning to life.

Sometimes the hardest step is simply getting started. Offering to attend an appointment together, helping ask questions, or framing the visit as gathering information rather than committing to treatment can help ease anxiety.

If someone you love may be struggling with hearing, you do not have to navigate it alone. At our office, we work closely with patients and families to better understand hearing changes and create solutions that feel comfortable and supportive.

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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Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

There are Several Different Types of Strokes:

- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B – Balance loss

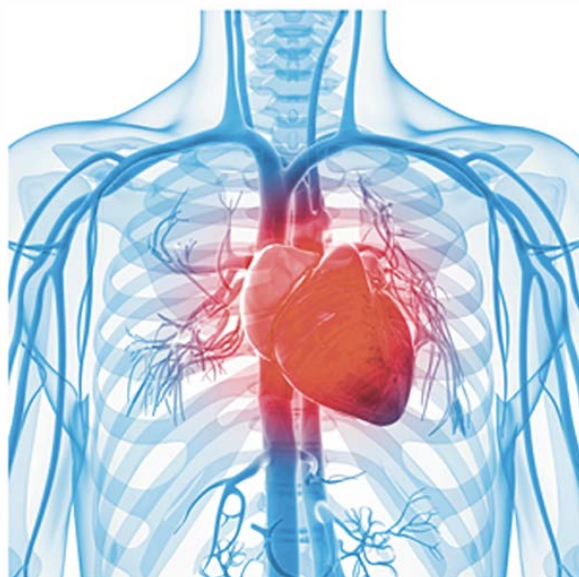
E – Eyesight changes

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call 911



Staying Healthy and Avoiding Stroke Complications

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

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Stronger Backs, Better Lives:

How Physical Therapy at UF Health Supports Lifelong Spine Health

Your spine does a lot of work. It holds you upright, protects your spinal cord, and lets you bend, twist, lift and walk. When something goes wrong with it, you notice right away. Back and neck pain are among the most common reasons people see a doctor, and they are a leading cause of missed work and lost activity. The good news is that most spine problems can be treated without surgery. For many patients, physical therapy is the most effective place to start.

At UF Health, physical therapists work with physicians, surgeons and rehabilitation specialists to help patients recover from spine conditions, prevent future injuries and get back to the activities they care about.

Understanding the Spine

The spine is made up of 33 vertebrae stacked in a column. Between them sit cushioning discs that absorb shock. Muscles, ligaments and nerves surround this structure, and they all have to work together. Because the system is so connected, a problem in one area can cause pain or weakness somewhere else. A disc irritating a nerve in the lower back, for example, can send pain down the leg.

Common spine conditions treated with physical therapy include:

- Acute and chronic low back pain
- Neck pain and stiffness
- Herniated or bulging discs
- Sciatica and other nerve-related pain
- Spinal stenosis
- Degenerative disc disease and arthritis
- Muscle strains and sprains
- Posture-related pain
- Recovery after spine surgery

Why Physical Therapy Comes First

For many types of back and neck pain, guidelines recommend conservative care, such as movement, exercise and hands-on treatment, before turning to imaging, injections or surgery. Physical therapy goes after the causes of pain, not just the symptoms. A therapist looks at how you move, where you are weak or tight, and what daily habits may be adding stress to your spine.

Starting physical therapy early can cut recovery time, lower the need for pain medication and help keep a short-term problem from becoming a long-term one. Patients also learn how to manage their own symptoms, which gives them more control over their health.



What to Expect at Your First Visit

Your first appointment usually starts with a full evaluation. Your physical therapist will ask about your symptoms, medical history, work and activity level. They will then check your posture, flexibility, strength, balance and how your spine moves. They may also test nerve function to see whether nerves are involved in your pain.

Using this information, your therapist builds a treatment plan around your goals. You might want to sleep through the night without pain, lift your grandchildren, return to a sport or get through a workday comfortably. Whatever the goal, your plan is designed to help you reach it.

Common Treatment Approaches

Physical therapy for spine health often combines several methods:

- **Therapeutic exercise.** Strengthening the core, hip and back muscles gives the spine better support. Stretching improves flexibility and eases tension on sensitive tissues.
- **Manual therapy.** Therapists use hands-on techniques, such as joint mobilization and soft tissue work, to improve movement and reduce pain.
- **Posture and body mechanics training.** Learning safe ways to sit, stand, lift and bend helps protect the spine during everyday tasks at home and at work.
- **Neuromuscular re-education.** Exercises that improve balance, coordination and muscle control help the body move more efficiently and lower the risk of reinjury.
- **Pain education.** Knowing how pain works can reduce fear of movement, which is often a barrier to recovery. Patients learn that the right kind of activity is usually safe and helpful.
- **Home exercise programs.** Progress continues between visits. Your therapist will give you exercises to do at home and adjust them as you improve.

Recovery After Spine Surgery

For patients who need surgery, physical therapy is a key part of recovery. After procedures such as a discectomy, laminectomy or spinal fusion, therapy helps rebuild strength, restore mobility and ease the return to normal activities. UF Health's care teams coordinate between surgeons and therapists so rehabilitation fits each patient's procedure and healing timeline.

Everyday Tips for a Healthy Spine

You don't have to wait for pain to start caring for your spine. These habits can help:

- **Stay active.** Walking, swimming and cycling keep the spine and its supporting muscles healthy.
- **Strengthen your core.** Strong abdominal and back muscles take pressure off the spine.
- **Watch your posture.** Keep your screen at eye level and your feet flat when sitting.
- **Lift with your legs.** Bend at the hips and knees, keep objects close to your body and avoid twisting.
- **Take movement breaks.** Stand up and stretch every 30 to 60 minutes if you sit for long periods.
- **Maintain a healthy weight.** Extra weight adds strain, especially on the lower back.
- **Don't smoke.** Smoking reduces blood flow to spinal discs and can speed up degeneration.

When to Seek Care

See a health care provider if your back or neck pain lasts more than a few weeks, keeps getting worse, or comes with numbness, tingling or weakness in your arms or legs. Get emergency care right away for sudden loss of bladder or bowel control, severe weakness, or pain after a serious fall or accident.

Taking the Next Step

Spine pain doesn't have to control your life. With expert guidance and a plan built for you, most people can reduce pain, move with more confidence and protect their spine for years to come. UF Health offers physical therapy at rehabilitation locations across the region. To learn more or request an appointment, visit ufhealth.org or call 352.323.5665.



UFHealth.org

SEASONAL CHANGES AND VARICOSE VEIN SYMPTOMS: WHY FALL IS A GOOD TIME TO EVALUATE YOUR VEIN HEALTH

If your legs felt heavier, more swollen, or more uncomfortable this summer, you're not alone. Many people with varicose veins notice their symptoms shift with the seasons. As temperatures ease and routines change in the fall, it's a natural moment to pause, pay attention to what your legs have been telling you, and decide whether a professional evaluation makes sense.

How the Seasons Affect Your Veins

Varicose veins develop when the small valves inside leg veins weaken and stop closing properly. Instead of flowing steadily back toward the heart, blood can pool in the lower legs. That pooling is behind many of the most common symptoms: swelling, a heavy or tired feeling, aching, throbbing, itching, and, over time, changes in the skin around the ankles and calves.

Several seasonal factors can make these symptoms more noticeable.

Heat. Warm temperatures cause veins to dilate as the body works to release heat. For veins that already struggle to move blood upward, that extra widening can make swelling and heaviness worse, especially by the end of the day. In Central Florida, where summer heat is intense and long-lasting, many patients feel this effect for months.

Activity levels. Walking and other movement activate the calf muscles, which act as a pump that pushes blood back toward the heart. When people stay indoors to escape the heat, or when schedules become less active, that natural pump works less often.

Prolonged sitting or standing. Long hours at a desk, behind the wheel, on a flight, or on your feet at work allow gravity to pull blood into the lower legs. Seasonal changes often shift how much time we spend in these positions, whether it's summer road trips, a return to office routines, or long days of holiday preparation.

Why Fall Is a Good Time to Take Stock

Fall offers a useful checkpoint. Symptoms that lingered or worsened over the summer are fresh in mind, and the months ahead often bring travel, gatherings, and busier schedules. Here is some practical guidance for the season.

Schedule an evaluation if summer symptoms persisted or worsened: If swelling, aching, itching, or heaviness didn't improve as the weather cooled, or



if symptoms grew more frequent over the summer, consider booking a vein evaluation. A specialist can use a diagnostic ultrasound to look at how blood is flowing through your veins and whether valve problems are present. An accurate diagnosis is the foundation for deciding whether treatment is needed and which approach fits.

Plan ahead for holiday travel and busy months:

Long car rides and flights mean extended periods of sitting, which can aggravate vein symptoms. Using the cooler months to get evaluated gives you time to understand your options, ask questions, and, if treatment is recommended, work out timing that fits around travel, family events, and work commitments rather than scrambling at the last minute.

Keep moving as routines change: Shorter days and busier calendars can quietly reduce how much you move. Aim to keep walking part of your routine. Even short walks help activate the calf muscle pump. Simple exercises such as ankle circles and calf raises can also help, particularly during long periods of sitting.

Avoid staying in one position too long: If you sit for work, try to stand and walk for a few minutes every hour or so. If you stand for long periods, shift your weight, flex your calves, and take breaks to sit with your legs elevated when you can. On long trips, plan regular stops or walk the aisle when it's safe to do so.

Ask whether compression garments are right for you: Graduated compression stockings apply gentle pressure that helps support blood flow in the legs. Cooler weather tends to make them more comfortable to wear. They aren't appropriate for everyone, though, and the correct fit and compression level matter. Talk with a vein specialist or your physician before starting, particularly if you have circulation problems in your arteries, diabetes, or skin conditions.

When Should You Talk to a Vein Specialist?

Consider scheduling an evaluation if you notice:

- **Persistent leg swelling**, especially around the ankles or by the end of the day
- **Heaviness or tiredness** in your legs that doesn't go away with rest
- **Aching, throbbing, or cramping** in your legs
- **Itching** over or around visible veins
- **Skin changes**, such as darkening, discoloration, thickening, or a leathery texture near the ankles
- **Sores or wounds that are slow to heal** on the lower legs

Seek prompt medical care for sudden swelling, pain, warmth, or redness in one leg, which can be signs of a blood clot.

Review your insurance benefits before year-end:

Many insurance plans reset on January 1. If you've already met some or all of your deductible this year, completing an evaluation or treatment before year-end may affect your out-of-pocket costs. Keep in mind that some plans require specific documentation or preauthorization before covering vein treatment, which can take time. Contact your insurer and the vein practice early so you understand your benefits and any requirements.

Fall Isn't the Right Time for Everyone

While fall can be a convenient season for many patients, it isn't automatically the best time to be treated. The right timing depends on your symptoms, your diagnosis, your overall health and medical history, your personal and work schedule, and your insurance coverage. Some people benefit from prompt treatment regardless of the season, while others may reasonably wait. A conversation with a vein specialist is the best way to decide what makes sense for you.

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By David Kosiorek, PA-C

Understanding Basal Cell Carcinoma: WHAT YOU NEED TO KNOW

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

What is Basal Cell Carcinoma?

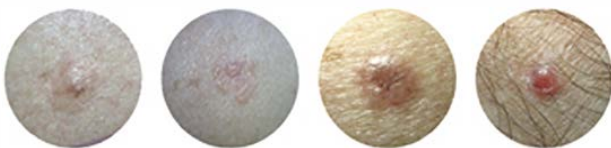
Basal cell carcinoma develops in the basal cells, which are found in the deepest layer of the epidermis. These cancers typically grow slowly and rarely spread to other parts of the body, making them highly treatable when caught early. However, if left untreated, BCCs can become locally invasive, causing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

Recognizing the Signs

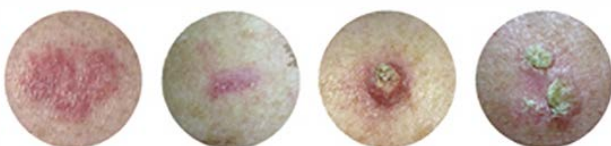
The Lumen Dermatology team emphasizes the importance of knowing what to look for when examining your skin. Basal cell carcinomas can appear in various forms:

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

BASAL CELL CARCINOMA (BCC)



SQUAMOUS CELL CARCINOMA (SCC)



Risk Factors and Prevention

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

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

Treatment Options

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

The Importance of Professional Care

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

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

Expert Dermatology Care for Your Skin

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

Book Your Appointment

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

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


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Aging Well, Worry Less

How SafeWell55 Brings Peace of Mind to Life After 55

Life after 55 can be some of the richest years of a person's life — more time for family, hobbies, travel, and doing things on your own terms. But it also comes with new realities: health can change unexpectedly, living situations shift, and the world can feel a little less predictable than it used to. For many adults in this stage of life, and for the adult children who worry about them, the question isn't whether something might happen — it's whether help will be there when it does.

That's the problem SafeWell55 was built to solve. It's a personal safety and wellness app designed specifically for adults 55 and older, bundling emergency response, everyday health care, prescription savings, cybersecurity protection, and more into a single, easy-to-use membership. Rather than juggling multiple different services — a medical alert device, a telehealth subscription, a prescription discount card, an identity theft monitor, a pet health subscription — SafeWell55 folds them into one program, accessible from a smartphone.

Help at Your Fingertips

At the core of SafeWell55 is personal safety. With a single tap, members can alert family and friends in an emergency, contact law enforcement if needed, or activate a virtual companion feature that keeps a caring eye on them during a walk, an errand, or any outing where they'd simply feel better knowing someone is watching out for them. It's the kind of quiet reassurance that lets someone head out the door with confidence instead of hesitation.

Privacy is built into the design, not an afterthought. Location is only shared with the people a member chooses, and only while safety features are actively in use — so the app supports independence rather than constant surveillance.

A companion feature, "I'm OK / I'm Not OK," gives members an easy way to check in with loved ones on their own schedule. Instead of relying on loved ones to call and check in — or worse, not hearing from someone for days and fearing the worst — members can send a quick daily update about how they're doing. They decide how often to check in and exactly who receives those updates, keeping the family circle informed without feeling like they're being monitored.

Health Care Without the Hassle

One of the more compelling parts of the SafeWell55 program is virtual care. Members get access to licensed doctors and mental health counselors 24 hours a day, 365 days a year, from the comfort of home — with \$0 copay for primary care visits, urgent care needs, and behavioral health sessions. That means a nagging cough, a medication refill, a stressful week that calls for someone to talk to — all of it is a video call away, without the cost, the waiting room, or the drive.

For many older adults, prescription costs are one of the biggest recurring expenses in a monthly budget. SafeWell55 addresses this directly through its Generic Prescription Program. Depending on the plan selected, members get \$0 copay access to over 200 common acute-care generic medications, or broader coverage that includes over 2,500 chronic condition medications with no copays and no deductible. A digital card can be used at pickup, and the benefits are honored at more than 65,000 pharmacies nationwide, including major chains like CVS, Costco, Rite-Aid, and Walgreens, as well as national grocery store pharmacies. For a household managing several prescriptions a month, that kind of savings can add up quickly.

Even the family pet is covered. Through the program's pet telehealth benefit, members can consult a licensed veterinarian through the app at no additional cost — a convenient way to get guidance on a pet's symptoms before deciding whether an expensive in-person vet visit is really necessary.

Protecting More Than Physical Safety

Physical safety is only part of the picture. Adults 55 and older are frequently and disproportionately targeted by online scammers and hackers, and the financial and emotional toll of a cyberattack or identity theft can be devastating. SafeWell55's cybersecurity features monitor for threats, alert members to risks, and provide support to recover if an attack does happen — adding a layer of digital protection alongside the app's physical safety tools.

There's also a rewards component that quietly pays members back for spending they're already doing. Through SafeWell Rewards, members can earn cash back — an average of 5% instantly — at more than 300 retailers, restaurants, and travel partners, including grocery stores and pharmacies. Linking rewards to a cash-back credit card can boost those savings even further, turning routine shopping into a small but steady financial benefit.

For those who want an extra layer of protection, SafeWell55 also offers an optional wearable device that can be connected to the app. If a member falls, feels unwell, or faces another emergency, the wearable can instantly alert their loved ones — giving families additional peace of mind, especially for members who live alone or spend significant time outdoors.

Plans Built for Real Life

SafeWell55 offers two membership tiers, and both can be extended to cover a spouse:

Plan 1 — \$27.95/month individual, or \$38.95/month for individual plus spouse — includes \$0 copay acute generic prescription coverage alongside all core safety, telehealth, and wellness features.

Plan 2 — \$37.95/month individual, or \$52.95/month for individual plus spouse — expands prescription coverage to include acute and chronic condition generic medications with no copays and no deductible.

Both plans include the full suite of personal safety tools, virtual care, pet telehealth, cybersecurity protection, and rewards, with the wearable device available as an add-on for those who want it.

Why It Matters

What makes SafeWell55 stand out isn't any single feature — it's the way the pieces work together. A fall, a scam attempt, a skipped medication because of cost, a lonely stretch without a family check-in — these are often separate problems handled by separate services, if they're handled at all. SafeWell55 brings them under one roof, with one app, one monthly cost, and one goal: helping people over 55 move through their day with confidence, knowing that help — medical, financial, or personal — is never more than a tap away.

For adults navigating this stage of life, and for the families who care about them, that kind of consolidated peace of mind can be worth far more than the modest monthly cost. It's not just a safety app. It's a way to keep living fully, with a safety net quietly in place underneath. Start now and watch our informational video at www.SafeWell55.com today.



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On a GLP-1? YOUR GUT NEEDS ATTENTION, TOO

By Aiste Magitman

GLP-1 medications such as Ozempic, Wegovy, Mounjaro and Zepbound have changed the lives of many people. But as a pharmacist, I'm also seeing another side of the story.

People taking these medications are reaching for laxatives because they're constipated, antacids because they're experiencing reflux, and sometimes even hemorrhoid creams because they're straining.

It makes sense when you look at how GLP-1 medications work. They reduce appetite and can slow gastric emptying, helping you feel full sooner and eat less.

But there's something we don't talk about enough:

When you eat less, you may also be feeding your beneficial gut bacteria less.

A smaller appetite can mean less fiber, fewer plants and less variety. Some people may also drink less because they feel full more easily. Combine that with changes in gastrointestinal motility, and constipation, bloating and unpredictable bowel habits aren't so surprising.

And this is where the gut microbiome comes in.

Your gut is home to trillions of microorganisms that depend, in part, on what you eat. Certain gut bacteria ferment fiber and produce beneficial compounds called short-chain fatty acids, including butyrate. Butyrate provides energy to the cells lining your colon and helps support your gut barrier—the protective lining that helps absorb what your body needs while keeping potentially harmful substances and microbes from crossing where they don't belong.

Your gut microbes also interact with your immune system, metabolism and nervous system. Some bacteria can produce certain B vitamins and vitamin K, while microbial activity can influence how nutrients and other compounds are processed in the gut.

So supporting your gut is about much more than bowel regularity. You're supporting an entire ecosystem.

Different gut microbes thrive on different fibers and plant compounds, which is why dietary variety matters. Prebiotic fibers provide food for gut microbes, while polyphenols can influence which bacteria thrive. Research has linked polyphenol-rich foods and supplements with beneficial bacteria such as *Akkermansia*, *Bifidobacterium* and *Faecalibacterium*.

This is exactly what inspired me to create Best Gut Forever.

As a pharmacist, I didn't want to focus only on managing one digestive symptom after another. I wanted to create a simple daily formula designed to support the gut from several angles.

That became my 3-3-2 formula: three prebiotic fibers—psyllium, acacia and baobab; three polyphenol sources—pomegranate, grape seed and blueberry; and two digestive botanicals—ginger and turmeric.

Each group has a purpose. The fibers help support stool consistency and regularity while providing food for gut microbes. The polyphenol-rich ingredients provide plant compounds that can help beneficial bacteria thrive and support a diverse microbiome. Ginger and turmeric add another layer of digestive support, with ginger particularly studied for its role in gastrointestinal motility.

Instead of focusing on just one digestive symptom, the idea behind my 3-3-2 approach is simple: support regularity, nourish your gut bacteria and support digestion—all at the same time.

If you're taking a GLP-1, eating less may be part of the goal—but nourishing your gut still matters. Focus not only on how much you eat, but on what you're giving your gut each day: adequate hydration, fiber and a variety of plant foods.

Your GLP-1 can support your weight-management journey. **Don't forget to support your gut along the way.**



Aiste Magitman is a licensed pharmacist and founder of Best Gut Forever. This article is for educational purposes and is not intended to diagnose, treat, cure or prevent disease.

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The Power of Emsella:

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Living with urinary incontinence can significantly impact quality of life, affecting everything from daily activities to social interactions. For millions of people experiencing this condition, Lake Sumter Urology now offers an innovative, non-invasive solution: Emsella therapy. This revolutionary treatment is transforming how we approach pelvic floor dysfunction and urinary incontinence management.

What is Emsella?

Emsella is a breakthrough treatment that utilizes high-intensity focused electromagnetic (HIFEM) technology to strengthen pelvic floor muscles without surgery, medication, or downtime. The treatment involves sitting fully clothed on a specialized chair that delivers thousands of supramaximal pelvic floor muscle contractions during each 28-minute session. These contractions are equivalent to performing 11,000 Kegel exercises, making it far more effective than traditional pelvic floor training.

How Does Emsella Work?

The electromagnetic energy penetrates deep into pelvic floor tissues, stimulating motor neurons and triggering intensive muscle contractions. These contractions strengthen the entire pelvic floor musculature, including muscles that are difficult to target through voluntary exercises. The treatment rebuilds muscle tone and restores neuromuscular control, addressing the root cause of many incontinence issues rather than simply managing symptoms.

Who Can Benefit from Emsella?

Emsella is effective for both men and women experiencing various forms of urinary incontinence, including:

- Stress incontinence (leakage during coughing, sneezing, or physical activity)
- Urge incontinence (sudden, intense urges to urinate)
- Mixed incontinence (combination of stress and urge)
- Post-childbirth pelvic floor weakness
- Age-related muscle deterioration

The treatment is particularly beneficial for patients seeking non-surgical alternatives or those who cannot perform traditional Kegel exercises effectively.

Sit Back, Relax, and Reclaim Control



The Treatment Experience

Emsella treatment sessions are comfortable and convenient. Patients remain fully clothed while sitting on the Emsella chair, making it a discreet option for busy individuals. During the session, patients may feel intense muscle contractions in the pelvic area, similar to an intensive workout, but without pain or discomfort. Many patients use this time to read, work on their phone, or simply relax.

Expected Results and Treatment Protocol

Most patients require a series of six treatments scheduled twice weekly over three weeks. Clinical studies demonstrate that 95% of patients report improved quality of life, with many experiencing significant improvement in incontinence symptoms. Results typically begin appearing after the second or third session, with continued improvement over several months as muscle strength builds.

Why Choose Lake Sumter Urology?

At Lake Sumter Urology, our experienced team understands the sensitive nature of urinary incontinence and provides compassionate, professional care. We conduct thorough evaluations to determine if Emsella is the right treatment option for each patient's specific condition. Our commitment to utilizing cutting-edge technology ensures patients receive the most advanced treatments available.

Take the First Step

Don't let urinary incontinence control your life. Contact Lake Sumter Urology today to schedule a consultation and learn how Emsella therapy can help restore your confidence and quality of life. Our team is ready to guide you through this transformative treatment journey with the expertise and care you deserve.



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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!

Laurel Manor Dental/Laurel Manor SleepCare

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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 neuro-pathic 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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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 benchmarking health in concert with breakthroughs in education through



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

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

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



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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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Attorney Patrick Smith Celebrates 20 Years In Practice

For the last 20 years, Patrick Smith has served Clermont as a local estate planning attorney and radio show host. This past year, Attorney Smith signed a two year extension for his radio show. Attorney Smith hosts his own legal advice call-in show heard Saturday mornings from 8-9 live on 102.5 FM and various stations throughout Florida where you can call in with your legal questions. Broadcasts can also be streamed at theBoneOnline.com. The previous year's radio content can be found and streamed at **www.AttorneyPatrickSmith.com**. In addition to extending his radio contract, he has also renewed his commitment as a Professor at Stetson University's College of Law.



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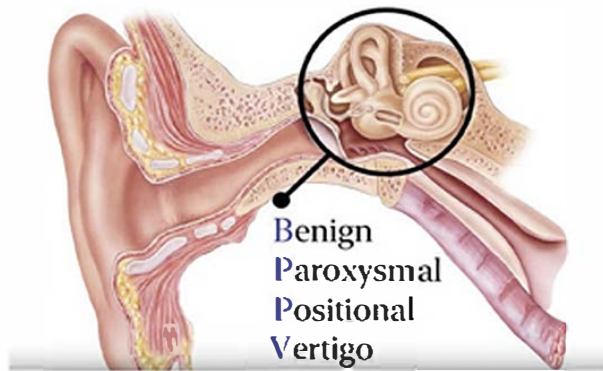
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Vestibular Balance Issues Should Not be Ignored:

A Physical Therapy Method has Helped Countless Individuals Find Restoration

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

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



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

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

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



It's dangerous to leave vestibular disorders untreated. If you have balance issues, your likelihood of suffering a fall with possible complications like broken bones, or impingements, which cause limited range-of-motion is much higher. Not to mention that the unpleasant side effects of nausea and painful headaches can be alleviated through the proper treatment, which will help you to get back to living a good quality of life.

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

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

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



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BETTER SPIRITUAL HEALTH

By Pastor Tim Neptune

As the years accumulate, many of us notice a quiet tendency to settle. What once demanded excellence now receives a polite “good enough.” That drift appears in our exercise routines, our closest relationships—and often in the condition of our souls.

Holistic wellness is incomplete without the spiritual life. Nothing in us stays fixed. Bodies change, circumstances shift, and so does our inner world. Jesus described His purpose in terms that reach far beyond mere survival: “I came that they may have life and have it abundantly” (John 10:10). The word translated “abundantly” points to a life that exceeds what we anticipated—more, beyond measure.

Author Jim Collins captured a truth that applies as readily to the soul as to a company: good is the enemy of great. Contentment with an adequate prayer life, a functional marriage, or average health can quietly close the door on something richer. Greatness in any domain is largely a matter of choice followed by consistent work.

A vibrant relationship with God does not happen by accident. It requires the same kind of intentionality we already apply to nutrition, sleep, and movement. Three practices make the difference.

Clear what competes.

Before adding more spiritual activity, identify what to stop. Hebrews 12:1 urges us to “throw off every-

thing that hinders and the sin that so easily entangles.” Screen time that crowds out quiet, over-commitment that leaves no margin, a hobby that has become an idol, or a habit that dulls the spirit all steal the capacity we need. Discipline is the bridge between good and great. People who grow spiritually do what they do not always feel like doing.

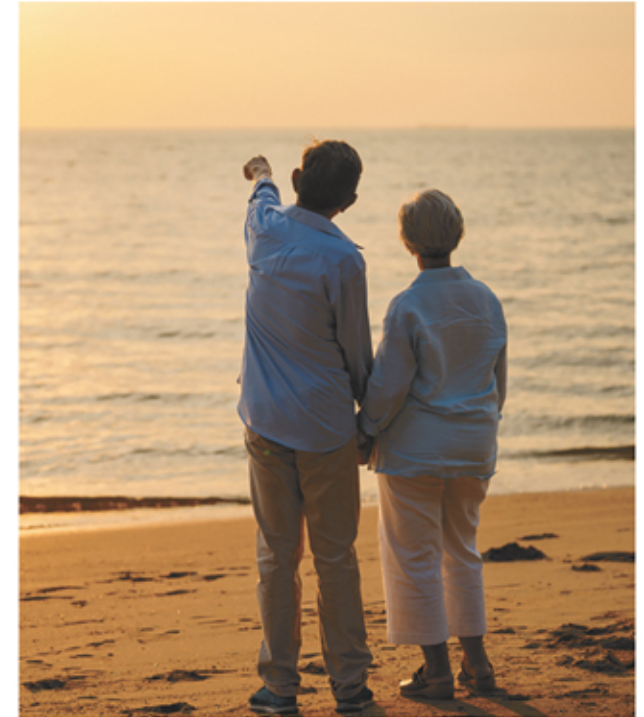
Protect a daily appointment.

Small choices repeated over time compound. Seeking first God’s kingdom (Matthew 6:33) often looks like a few unhurried minutes with Scripture and prayer even when motivation is low. Feelings come and go; habits remain. Consistency produces the inner strength that supports every other area of wellness—physical energy, emotional resilience, and relational patience.

Walk with people who want the same thing.

Isolated effort rarely lasts. Hebrews 10:24–25 calls us to spur one another on toward love and good deeds and not to neglect meeting together. Community is God’s design both for loneliness and for growth. A handful of people who know you well and will tell you the truth keep laziness from winning.

The aim is not religious performance. It is an abundant life that overflows into the rest of who we are. This week, name one distraction to release, one daily slot to protect, and one person or group with whom you will walk. Been thinking about visiting a church? Why not start this Sunday?



God is “able to do immeasurably more than all we ask or imagine” (Ephesians 3:20). Settling for good is optional. Better is available. But great is worth the extra effort.



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