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localnews

CONSUMER NEWS & INVESTING

From how the markets fared to insights into the local economy, your daily business report, C8-9

LOCAL NEWS ALERTS

Get caught up with a livestream of WVLG Radio news online at thevillagesdailysun.com

HOW TO REACH US

Have a news tip or an idea for a story? Contact Holly Lawler at 352-753-1119, ext. 5303

Yesterday Economic Report

HEALTH CARE REPORT

A FRIDAY ROUNDUP OF THE MEDICAL LANDSCAPE

Tomorrow Religion Report

America's Healthiest Hometown

Our community medical partners are committed to making The Villages a preeminent home to quality health care, longevity and enhanced quality of life for seniors. It's a mission crafted through innovative primary care practices, cutting-edge technology, a nationally renowned hospital system and research university.

From UF Health Doctors

Dr. Cindy Prins, an associate professor of epidemiology at the University of Florida, made national media reports to say that the accuracy of at-home COVID test kits can be compromised if the temperature drops below 35, such as leaving the kits in mailboxes on cold days. Prins says the accuracy decreases if liquid inside the test cartridge freezes. On cold days, she recommends storing it indoors soon after delivery. But if it has been in cold, don't set it in direct sunlight: that too can affect the accuracy of the test. Experts also say to follow package directions.

From UF Health Researchers

Toss out the notion that eating less can help you lose weight. Forget the mentality that eating too much and too little of exercise is to blame for your weight gain. UF Health researchers point to updated studies that show it's what you eat, or don't, that makes a bigger difference in weight control. The key is to restrict processed foods and dodging those simple carbohydrate eats like french fries and pizza. The study says those who gravitate toward fruits, nuts, vegetables and whole grains get energy that can reinvigorate the body and help it slim down.

At UF Health Hospitals

Hospital officials remind you of heart attacks warning signs: chest pressure/squeezing/aching/burning, back pain, nausea, anxiety, excessive fatigue, jaw pain, feeling of fullness, and pain that travels down one or both arms. Seek medical attention immediately! Studies show women tend to ignore their symptoms more, causing greater risk. Men may feel pain and numbness in the left arm or side of chest, but for women, those symptoms may appear on the right side. Women may feel completely exhausted, drained, dizzy or nauseous, and may think their stomach pain is the flu, heartburn or an ulcer.



UF Health includes a hospital network, six colleges, nationally renown physicians and professors, all deeply connected to its community hospitals in The Villages and Leesburg.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

The Villages Health

1

The Villages Health patients can get a body composition analysis Tuesday from 1 to 2 p.m. at Pinellas Care Center. Registration required at thevillageshealth.com Learning Center tab to assess your weight, body mass index, body fat percentage, basal metabolic rate and more.

2

Medicare Advantage Open Enrollment Period ends March 31. It's a chance to review your selected plan to make sure you have access to your physicians and other care providers, or you can switch to a plan that does. Each TVH care center has a Health Insurance Resource Center.

3

If you're Medicare-eligible, did you know you can schedule a tour to check out a The Villages Health Care Center? Call or visit a New Patient Specialist 8:30 a.m. to 5 p.m., Monday through Friday. Walk-ins are welcome, but appointments encouraged by calling 352-205-4032.

Join a Clinical Study: Opportunities to participate in health care research in The Villages include Charter Research (charterresearch.com/open-studies) and the UF Health Precision Research Center (ufhealth.org/research-studies-clinical-trials).

THIS & THAT

CURT HILLS

Pharmacy Chain Offers Mental Health Counseling Services



How to Contact Curt Hills

352-753-1119, ext. 5287
curt.hills@thevillagesmedia.com

CVS Pharmacies offers statewide mental health counseling via telehealth appointments. CVS launched in-person counseling at five select Tampa Bay area CVS Health Hub locations, with plans for more. Licensed therapists provide day and evening appointments, based on availability. Visit <https://www.cvs.com/content/health-hub>. A CVS survey says adults believe it's beneficial to have open conversations about mental health with family and friends and get professional diagnosis.

RESIDENTS CAN LEARN ABOUT LATEST RESEARCH

Dr. Shai Efrati, founder of Aviv Clinics in The Villages, leads two seminars Tuesday on hyperbaric oxygen treatment: Healing Long COVID at 9:30 a.m. and Treating Early Alzheimer's at 1 p.m. at in-person and online. Register at <https://aviv-clinics.com/events/>.

VILLAGERS CAN GET PLANNING TOOLS, TIPS

Transition Life Consultants offers a free Zoom presentation, "Preparing for the Inevitable: Useful Tools," presented by David Hovel, TLC Technology Officer. Toolkit for documenting decisions and information provided. Register at tlc-services.org Events page to get a Zoom link.



SCENE IN THE VILLAGES

The butterfly stroke burns around 450 calories for 30 minutes, improves all-around tone and builds muscles, especially upper-body strength.

Bill Mitchell, Daily Sun