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#### 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 and a nationally renowned hospital system and research university.

## From UF Health Doctors

Doctors at UF Health Women's Center provide comprehensive urogynecology and gynecologic oncology services at its Summerfield clinic, as well as telemedicine appointments. They handle congenital abnormalities, Incomplete bladder emptying, mesh complications, recurrent bladder infection, urinary symptoms, uterine cancer, vulvar cancer, complex pelvic surgery minimally invasive surgery, including robotic surgery and more. For more information or to make an appointment, call 352-355-1296. The clinic operates on Wednesdays at 10435 SE 170th Place, Summerfield.

## From UF Health Researchers

Researchers at Scripps Research's Florida campus discovered how normal ribosomes, a key piece of how cells communicate, remodel themselves into different subtypes to respond to cellular stress, such as extreme temperature change or exposure to toxins. It's believed those findings have implications for better understanding the cellular pathways and processes that lead to a genetic form of anemia and some cancers, which ultimately could help with finding a cure.

## At UF Health Hospitals

Prescribing to "It Takes a Village" thinking, the hospitals are asking residents to share the news of the many job opportunities and are offering a referral bonus gift following a hire. UF Health invites the public to connect extended family members, friends or former colleagues seeking medical careers. To learn more or view open positions, visit <https://jobs.centralfloridahealth.org/today>. UF Health offers a generous compensation and benefits package, including employer-matched 401K plans, tuition reimbursement, paid time off and sign-on bonuses for eligible positions.

**UFHealth**  
UNIVERSITY OF FLORIDA HEALTH

UF Health includes a hospital network, six colleges, nationally renowned 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

Did you know tinnitus (ringing of the ears) can have serious effects on a person's life long-term? Evidence-based strategies exist to help. The Villages Health offers "Coping with Tinnitus." For schedule, visit: <https://thevillageshealth.com/wellness-programs-available-for-you/>

2

Regular exercise of 150 to 300 minutes of moderate to vigorous activity per week can reduce your risk of developing Type 2 diabetes by 25% to 35%, as well as improve your overall health. That health benefit could take as little as 21 to 42 minutes each day.

3

Serious medical issues require calling 911. The Villages Health patients can call 844-TVH-WELL (884-9355) for head/back/joint pain, sinus/ear issues, sore throat/viruses, digestive discomfort, sprains, dizziness, cuts/burns, flare-up of pre-existing conditions and more.

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

## THIS & THAT

### CURT HILLS

## Study Shows Veterans With PTSD Improved After HBOT Treatment



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A peer-reviewed study of 35 veterans with post-traumatic stress disorder that received no benefit from all current available treatments, reported improvement of avoidance, cognition and mood changes and depression after receiving hyperbaric oxygen therapy. The study in Israel was conducted by founders of the Aviv Clinics in The Villages, which offers HBOT. Additional information at [aviv-clinics.com](https://aviv-clinics.com). Aviv is located in the Center for Advanced Healthcare at Brownwood.

## SHINE PROGRAM TARGETS THOSE TURNING 65

On the cusp of becoming Medicare-eligible at age 65? Serving Health Insurance Needs of Elders launches its free "Understanding Medicare" program, 1 p.m. on the second Wednesday of each month at Aviary Recreation Center. For more information, call 800-963-5337.

## ASK TLC SESSION TALKS TIPS FOR CAREGIVER STRESS

Transition Life Consultants covers dealing with caregiver stress in its 10-11 a.m. March 10 Zoom session. Dr. Jim Deutch, LCSW, will discuss symptoms of caregiver stress and ways to cope. Registration required to get a Zoom link at: [tlc-services.org/Events/Presentation](https://tlc-services.org/Events/Presentation).



## SCENE IN THE VILLAGES

Cycling 30 minutes a day builds up cardiovascular and muscular fitness, along with improving posture, joint mobility and more.

George Horsford,  
Daily Sun