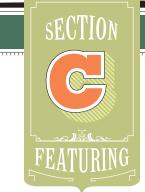
Inside Wildwood Church Gets New Steeple, C3

# localnews



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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



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.



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



The Villages Health

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.

# 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



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.

# From UF Health Researchers

10435 SE 170th Place, Summerfield.

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.



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

# 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.

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# **Study Shows Veterans** With PTSD Improved After HBOT Treatment

**UF** Health includes a hospital network, six

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The Villages



**How to Contact Curt Hills** 352-753-1119, ext. 5287 curt.hills

@thevillagesmedia.com

A peer-reviewed study of 35 veterans with posttraumatic 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. Aviv is located in the Center for Advanced Healthcare at Brownwood.

# SHINE PROGRAM TARGETS THOSE **TURNING 65**

On the cusp of becoming Medicareeligible 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.



# 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**