

Local pastor leads Holy Land trip, C3

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### CONSUMER NEWS & INVESTING

From how the markets fared to insights into the local economy, your daily business report, C10-11



### LOCAL NEWS ALERTS

Get caught up with a livestream of WVLG Radio news online at [thevillagesdailysun.com](http://thevillagesdailysun.com)



### HOW TO REACH US

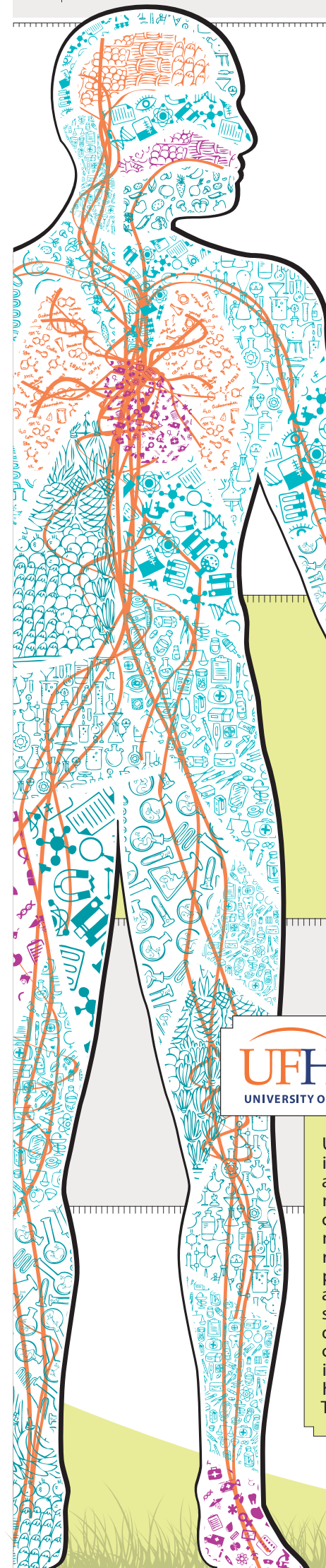
Have a news tip or an idea for a story? Contact Holly Lawler at 352-753-1119, ext. 5303

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 pre-eminent 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 renown hospital system and research university.

### From UF Health Doctors

Parkinson's patient Carolyn Douglas reports her shuffle and tremors have subsided and she can even walk backwards now. The changes occurred after she shifted her neurology care to the Norman Fixel Institute for Neurological Diseases at UF Health, she said. Doctors there put her on the drug, levodopa and started her in physical therapy. Along with her husband, she also participates in a weekly dance class for those with Parkinson's and their loved ones. The couple was given many resources, tools and help that they desperately needed to understand how to enjoy life.

### From UF Health Researchers

Studying mice is the first step for researchers hoping to hone in on what causes people with autism to be challenged by overstimulating sensory experiences, such as loud noises. Researchers at UF Scripps Biomedical Research found that mice with disproportionately overgrown hindbrains — the lower back part of the brain critical for sound and other sensory processing in both mice and humans — were more likely to be startled by loud noises. Beyond just confirming symptoms of autism, the intent is to predict novel symptoms even before they appear as part of a formal diagnosis.

### At UF Health Hospitals

Located on the fifth floor of UF Health The Villages Hospital, a 30-bed acute inpatient rehabilitation facility is accredited by the Commission on Accreditation of Rehabilitation Facilities. It features a therapy gym, a communal dining hall and an activities of daily living suite. Patients receive around-the-clock care, advanced physical therapy, occupational therapy, speech language pathology, social services, case management and more. In 2021, UF Health The Villages Hospital Rehabilitation Hospital served nearly 400 patients, mostly for general rehabilitation and stroke.



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

### LOCAL EVENTS

## BOOST YOUR HEALTH I.Q.

The Villages Health

1

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.

2

Your illness or injury may not require a trip to the emergency room, urgent care or minute clinic, you can call your primary care physician to see if they can help. At The Villages Health, dial call 844-TVH-WELL (884-9355) for non-emergency care from your primary team.

3

Did you know The Villages Health offers a Saturday EZ-Care Clinic, with appointments for urgent needs? The Saturday clinic is offered at the Creekside Care Center from 9 a.m. to 5 p.m. Scheduling starts at 8 a.m., call 844-TVH-WELL (884-9355) for an appointment.

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

## THIS & THAT

### CURT HILLS

### Melanoma Monday Is A Reminder to Protect And Inspect Your Skin



How to Contact Curt Hills

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The American Academy of Dermatology and local dermatologists remind us that melanoma and other forms of skin cancer are the most common form of cancer, but highly treatable if caught early. Prevention works too. When outdoors, seek shade when possible, wear protective clothing and use a sunscreen of SPF of 30 or higher. Consider seeing a dermatologist for an annual skin exam or if you notice new or suspicious spots on your skin or anything changing, itching or bleeding.

### SLIGHT UPTICK IN COVID FOR FLORIDA

COVID-19 positivity rates remain below 8% for Lake, Marion and Sumter counties, per state health data. Statewide, Florida cases have seen a slight uptick since March's low numbers, but Feb. 11 remains the 10-week high at 42,378 cases. Last week, 20,860 cases were reported statewide.

### FAUCET TIME HELPS PROMOTE SICK-FREE DAYS

Regular handwashing, especially after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs, according to the Florida Department of Health. Washing with soap for at least 20 seconds is recommended.



### SCENE IN THE VILLAGES

For Charlie Alderson and others, rowing and paddling builds stamina; strengthens upper body muscles, including the heart; and burns calories.

Bill Mitchell, Daily Sun