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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 Florida 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 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 renowned hospital system and research university.



The UF Health Orthopaedics and Sports Medicine clinic continues to see patients at its new location in The Villages at 1501 U.S. Highway 441, Bldg. 1800, Suite 1832, which makes it golf cart accessible to Villages residents. Currently, 12 staff members use the clinic, with a spine surgical specialist joining the team this fall. "(The new office) allows us as UF Health to be able to provide to the patients a high quality of orthopedic care that's very comprehensive and personalized," said Dr. Cedric Tankson, a general orthopedic surgeon. To learn more, visit tinyurl.com/3t2564ud.



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.



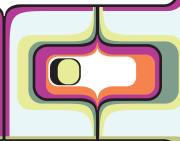
Cognitive Behavior Therapy for Insomnia is offered periodically by TVH, in four weekly, hour-long sessions for \$40. Visit https:// thevillageshealth.com/ wellness-programsavailable-for-you/ to check upcoming sessions and a questionnaire to see if the program is right for

From UF Health Researchers

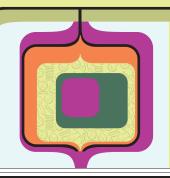
In the battle with COVID-19, researchers admit they're a step behind and chasing the coronavirus' ever-changing variants. In an attempt to keep up, University of Florida will use a \$3.7 million research grant to employ artificial intelligence, or AI, to build an algorithm to spot new variants of concern. In theory, the work could help produce a tool that would raise a red flag when a potential new variant of concern is uploaded to public databases. Scientists could then test the variant in a lab to see whether it attacks cells quickly or can resist antibodies.



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 healthcare research in The Villages include Charter Research (charterresearch.com/open-studies) and the UF Health Precision Research Center (tinyurl.com/UFVillagesResearch).



At UF Health Hospitals

Both hospitals in The Villages and Leesburg are designated primary care stroke centers, accredited and honored for their programs. The facilities can treat hemorrhagic stroke and the more common ischemic stroke, which occurs when blood vessels to the brain become blocked, cutting off the oxygen supply to the brain. The hospitals are noted for rapid intervention, including getting patients to a CT scan rapidly and have the ability to administer the clot-busting drug, TPA, in under 60 minutes in 85% of cases its prescribed. The drug only has a three-hour window for effectiveness.



CURT HILLS



UF Health includes

a hospital network, six

colleges,

nationally

renowned

physicians

and profes-

sors, deeply

hospitals in

The Villages

and Leesburg.

connected to

its community

Rapid COVID Tests Offer Quick, Usually Reliable Results

A recent study by Cochrane

finds store-bought rapid

antigen tests, the standard way to now test

for COVID-19, correctly identified infection

symptoms. Tests were most accurate when

in 73% of people with COVID symptoms,

compared to 55% of people without



used in the first week after symptoms **How to Contact** began, when virus levels are the highest, **Curt Hills** researchers said. The CDC recommends 352-753-1119, ext. 5287 isolating for five days after a positive curt.hills test result, followed by five days of mask @thevillagesmedia.com

SPECIALIST TO ADDRESS VISUALLY **IMPAIRED GROUP**

Hilda Tavarez, a rehabilitation specialist with the Division of Blind Services in Orlando, is the guest speaker for the Visually Impaired Persons meeting Thursday at 1 p.m. at Bridgeport Recreation Center. Tavarez has 23 years of working with the vision-impaired and blind.

SHINE PROGRAM TARGETS THOSE **TURNING 65**

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



UPDATE



Donations can be made at Citizens First Bank ocations or online at thevillagesdailysun.com The donation drive ends Sept. 1