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# local & state



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Yesterday  
Florida 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 renown hospital system and research university.

### From UF Health Doctors

Working to overcome COVID-19 pandemic's impact on health care, the UF College of Nursing program received a boost from state lawmakers to develop more nurses. The college will receive \$3.6 million in state grants referred to as Prepping Institutions, Programs, Employers and Learners through Incentives for Nursing Education funding for fiscal year 2023. This recurring yearly funding, also known as PIPELINE, will help the state meet the demand for baccalaureate-prepared nurses, nurse practitioners and nurse scientists. Admissions will increase to its top-ranked program.

### From UF Health Researchers

Coffee isn't a stop-smoking cure, but University of Florida researchers say it may help reduce nicotine cravings. Researchers found chemical compounds in roasted coffee beans may help lighten the effects of morning cravings for a cigarette. In a cell-based study, the researchers identified two compounds in coffee that directly affect certain high-sensitivity nicotine receptors in the brain. In smokers, these brain receptors can be hypersensitive after a night of nicotine withdrawal. It could be a first step toward better understanding how coffee and cigarettes affect nicotine receptors.

### 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 deeply connected to its community hospitals in The Villages and Leesburg.

### LOCAL EVENTS

## BOOST YOUR HEALTH I.Q.

The Villages Health

1

New patient and annual wellness visits can offer up to an hour of dedicated time with your primary care physician at The Villages Health. And follow-up visits are scheduled for up to 30 minutes. Visit [thevillageshealth.com](http://thevillageshealth.com) for more information on services provided.

2

Your illness or injury may not require a trip to an 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

The Villages Health offers a series of wellness programs at <https://thevillageshealth.com/wellness-programs-available-for-you/>, including headache management, weight management, cognitive behavior therapy for insomnia, emotional eating and more.

**Join a Clinical Study:** Opportunities to participate in healthcare research in The Villages include Charter Research ([charterresearch.com/open-studies](http://charterresearch.com/open-studies)) and the UF Health Precision Research Center ([tinyurl.com/UFVillagesResearch](http://tinyurl.com/UFVillagesResearch)).

## THIS & THAT

### CURT HILLS

## Don't Skip Seeing a Professional Before Buying a Hearing Aid



**How to Contact Curt Hills**

352-753-1119, ext. 5287  
[curt.hills@thevillagesmedia.com](mailto:curt.hills@thevillagesmedia.com)

In October, hearing aids can be purchased over-the-counter, making them more affordable and accessible, thanks to FDA approval. The director of audiology at The Villages Health urges patients not to skip professional care. "The first step for anyone pursuing OTC hearing aids is to see a licensed audiologist to have a diagnostic hearing test to determine if they are a candidate for an over-the-counter device and to rule out any underlying medical conditions," said Dr. Al Turri.

## SHINE PROGRAM TARGETS THOSE TURNING 65

On the cusp of becoming Medicare-eligible at age 65? Serving Health Insurance Needs of Elders hosts its free 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.

## REST AND ICE GOOD APPROACH FOR ELBOW

Medial epicondylitis, or "golfer's elbow," can trigger pain or tenderness in the inner elbow. Rest is the best approach, with icing 15 to 20 minutes three or four times a day. An anti-inflammatory may help. If there's no improvement after a few weeks, seek medical care.



## SCENE IN THE VILLAGES

To help prevent golfer's elbow, golfers can strengthen forearm muscles and stretch before activities such as playing a round of golf.

George Horsford,  
Daily Sun