

Vaccines	C2
Fraud Scheme	C4
Heart Disease	C5
Social Security	C6
Gene Therapy	C9
Support	C10



Health story tips and questions: Call 352-753-1119 ext. 5374

# Healthextra

## Tri-County Area Offering School Immunizations, C2

**Fraud:** Groups are providing support to Medicare beneficiaries billed for scam tests. **C4**

**Wildfires:** Studies show that air quality has dipped as fires become more common. **C8**

# 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 renowned hospital system and research university. Here is a roundup of health and medical happenings this week, compiled by Daily Sun Senior Writer Taylor Strickland.

### From The Villages Health Doctors

Jim Wrobel is a podiatrist with The Villages Health with over 30 years of experience in the field, with his work funded by grants from the National Institute for Health, the VA and the American Diabetes Association. In a video presentation on diabetic foot health, Wrobel discussed insights he gained in the field, including the importance of well-fitted shoes. Feet health depends on shoe choice, which means there's no such thing as breaking in shoes — only altering foot shape. Furthermore, he said it's important to keep on top of shoe size, because it changes more often than one might think.

### From Local Health Researchers

UF W. Martin Smith Interdisciplinary Patient Safety Awards Program recently granted the University of Florida's College of Medicine \$24,000 to begin a project in which patients are screened for hemoglobin levels before surgery. The project's aim is to improve outcomes and limit unnecessary blood transfusions. It's better to use a patient's own blood supply in surgery because of the potential side effects that can result from a blood transfusion, said Dr. Thorsten Haas, the director of patient blood management at the College of Medicine and professor in multi-specialty anesthesiology.

### At The Villages Health Learning Center

The Villages Health Learning Center is offering a new orientation for the Centers for Disease Control and Prevention-approved diabetes lifestyle change program on Sept. 14 at Mulberry Grove Care Center. Meetings are led by a specially trained lifestyle coach to help members learn new skills, meet their goals and keep them motivated. Classes meet once a week for 16 weeks, followed by every other week for two and a half months, and continue with monthly meetings for the remaining five months. The first class is from 9-10 a.m. Sign up at [tinyurl.com/2nnuaf3d](http://tinyurl.com/2nnuaf3d). Total program cost is \$100.

The Villages Health

The Villages Health opened its doors in 2012 with the goal of putting the focus back on patients. It includes seven primary, and two specialty, care centers in the community.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

Marion Senior Services recently released an action plan that pledges Marion County to become more age-friendly. The plan increases supportive care for seniors by promoting Ocala's Parks and Recreation facilities, creating new employment opportunities and health services.

2

Car temperatures can reach 135 degrees in less than 10 minutes, which can cause death to children, vulnerable adults and pets, according to the Florida Division of Emergency Management. Authorities say Floridians can dial 911 and use necessary force to remove a person or pet from a hot vehicle.

3

Call 1-844-TVH-WELL (884-9355), 7 a.m. to 5 p.m. weekdays, to reach TVH's Patient Support Center. Trained staff can help with appointments, communicate to the medical team, submit medication refill requests, submit referral requests, assist with the patient portal and more.

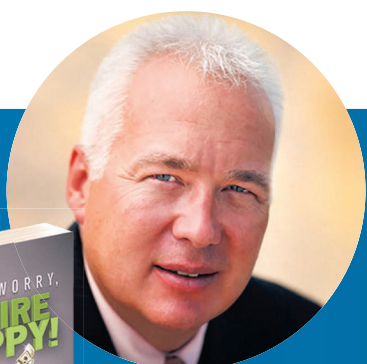
**Join a Clinical Study:** Opportunities to participate in health care research in The Villages include Charter Research ([charterresearch.com/open-studies](http://charterresearch.com/open-studies)) and the UF Health Precision Research Center ([tinyurl.com/UFVillagesResearch](http://tinyurl.com/UFVillagesResearch)).

## Protect Your WEALTH SUMMIT

Join Us Live



AUGUST 9TH @ 4:00 PM BROWNWOOD HOTEL



**TOM HEGNA**, Bestselling Author of "Don' Worry, Retire Happy!" & "Paychecks & Playchecks"

Tom is an iconic industry speaker and expert in retirement income. as a former Fortune 100 senior executive and Retired Lieutenant Colonel, Tom has now dedicated his career to helping retirees obtain a happily-ever-after retirement. He has been featured on Fox Business, American College Wealth Channel Magazine, Million Dollar Round Table, Advisor Today and GAMA Magazine.



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