



Health story tips
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Healthextra

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UF Health Expands Key Cardiac Services, C4

**New Vision for
Independence:** Local
nonprofit breaks barriers
for visually impaired. **C2**

**Lifestream Behavioral
Center:** The organization
in Central Florida has
named a new president. **C3**

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

Caregiver Stress Syndrome, characterized by physical, mental and emotional exhaustion, is a condition Melissa Denham sees often as a dementia care specialist at The Villages Health. Caregivers who neglect their own health and solely focus on their loved one's health and needs are particularly at risk. "Being a caregiver requires so much of a person, and generally, as their loved one's disease progresses, it takes more and more," Denham said. Solutions include using local resources, like respite care or The Villages Health Dementia Care Coordination Program.

From Local Health Researchers

University of Florida College of Nursing researcher Diana Wilkie co-authored a recent commission report outlining the global burden of sickle cell disease, a group of red blood cell disorders commonly found in the Black population, and government interventions needed to ensure adequate care. Wilkie said it is critical sickle cell disease patients know the health care options available to them, and it is imperative that health care workers provide unbiased care, believe patients who say they are in pain and to give them appropriate therapies to control it.

At The Villages Health Learning Center

Staying connected and participating in social activities helps to maintain brain health, said Kari Walker, population health specialist for The Villages Health. To encourage more social connections, The Villages Health Learning Center is inviting local residents to a fun trivia session from 10 to 11 a.m. Aug. 15 at Mulberry Grove Care Center. To register for the "Friendly Feud" trivia, register at tinyurl.com/2ut44cfu. Another opportunity for connection includes bingo from 2 to 3 p.m. on Aug. 21 at Brownwood Care Center. Register at tinyurl.com/2whetuaf.

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

The Prostate Cancer Education and Support Group in The Villages will host Jan Manarite, executive vice president of a national cancer support group known as Cancer ABCs, from 7-8 p.m. Aug. 2 at Laurel Manor Recreation to discuss patient advocacy. All are welcome to attend.

2

The U.S. Food and Drug Administration approved nirsevimab for the prevention of respiratory syncytial virus, or RSV, in newborns, which is the leading cause of hospitalization in infants under a year old in the United States. Nirsevimab will be sold under the brand name Beyfortus.

3

Florida Division of Emergency Management urges the public to know signs of heat-related illness and contact 911 in case of emergency. Symptoms of heat exhaustion include dizziness, weakness. Signs of heat stroke include confusion, a rapid, strong pulse and loss of consciousness.

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

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