



Health story tips
and questions: Call
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Healthextra

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FEATURING
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System Protects Heart During Radiation, C2

Eye Health: A new study shows stem cells from one eye may help to repair the other. **C3**

A Full Night's Rest: Tips that may help you get a full 8 hours of sleep. **C5**

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

There is good news for brain health, said Kari Walker, population health specialist for The Villages Health. "Exercise increases neuroplasticity in the brain," Walker said. "If the overall health of our brain is largely dependent on the health of the blood vessels, that means we have a lot of control through diet and exercise." Research is starting to show that certain brain exercises stimulate different parts of the brain. For instance, the temporal lobe plays a major role in memory and can be stimulated by learning new skills, aerobic exercise or word games.

From Local Health Researchers

UF researchers have created a chemical compound, known as YX968, to help cells dispose of proteins that cause cancer cells to grow. "We found that YX968 was quite potent, meaning only a small amount was needed to achieve the desired effect of degrading proteins, and highly selective, meaning it was very specific in targeting two enzymes," said Daiqing Liao, associate professor in the department of anatomy and cell biology at the UF College of Medicine. Researchers will test the compound on animals next, followed by human trials in hopes of developing new treatment.

At The Villages Health Learning Center

"Hearing loss isn't just about hearing," said Dr. Al Turri, audiology director at The Villages Health. "Tons of studies show hearing loss has an impact on cognitive decline. It's the number one modifiable risk factor for dementia." Turri will host a seminar about the connection between hearing and brain health from 9:30 to 11 a.m. Thursday at Lake Deaton Care Center. His next seminar will feature the latest research from The Lancet and the Alzheimer's Association, which shows hearing aids can reduce risk of cognitive decline by half. To register, go to tinyurl.com/yc7y2ybe.

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

UF The Villages Hospital has earned the U.S. Environmental Protection Agency's ENERGY STAR certification for superior energy performance. Only 10 other Florida hospitals have earned the award; UF Health The Villages did so by reducing gas consumption and electricity use.

2

The Villages Health Patient Support Center can assist patients with tasks such as appointment scheduling, communicating with the clinical team, medication refills, handling referral requests and assisting with the patient portal. It can be reached at 1-844-TVH-WELL (884-9355).

3

Dr. Shay Nimjareansuk, a UF Health orthopedic surgeon, is hosting a free "Ask the Experts" talk called Osteoarthritis and the Body – Maintaining Mobility as You Age from 3 to 4 p.m. Aug. 28 at UF Health Orthopaedics on 1501 U.S. Highway 441, in building 1800. Call 352-323-5568 to register.

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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- ⇒ **How should you react to the Volatile Stock Market?** Get a Fresh, modern, perspective and learn strategies to manage your investments for what's to come.
- ⇒ **Find out how not to run out of money in retirement.**
- ⇒ **How do you achieve "Piece of Mind" about your retirement finances?**

Retirement Financial Workshop

When: Wednesday August 30th, 10:00am to 12:00 Noon

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Questions of an industry expert...

Guest Speakers

Steve Schneider, CEO
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