



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

# Healthextra

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## Chagas Disease: What It Is And How It Is Treated, C5

**CPR Safety:** Need to know about CPR? A new study says it's better not to ask Alexa or Siri. **C2**

**COVID Testing:** The CDC works to overhaul lab operations after COVID test flop. **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

Overconsumption of artificial sweeteners can be as harmful as sugar in the long run, according to Kristen Hubbard, registered dietitian and population health supervisor for The Villages Health. Hubbard said artificial sweetener consumers often eat more than regular sugar consumers, which does little to beat addiction. "No-sugar sweeteners can be a good way for people who consume a lot of sugar regularly to slowly wean themselves off of it, but the ultimate goal is to transition to little or no sugar consumption," Hubbard said. The recommendation does not include diabetic patients.

### From Local Health Researchers

Seniors who spent more time consuming the news as part of their daily routine were more likely to adhere to recommended COVID-19 safety precautions early in the pandemic, according to a new study from the University of Florida College of Medicine. "Media can be a powerful way to get health information out to people and get them to shift their behavior," said Todd Manini, the study's senior author and a professor in the college's department of health outcomes and biomedical informatics. Safety precautions seniors adhered to included hand washing and sanitizing, masks and social distancing.

### At The Villages Health Learning Center

The Villages Health Learning Center offers a Centers for Disease Control and Prevention-approved diabetes lifestyle change program, and the next meeting is Sept. 14 at Mulberry Grove Care Center. Meetings are led by a specially trained lifestyle coach to help members learn new skills, to meet their goals and to keep them motivated. Classes meet once a week for 16 weeks, followed by every other week for two and a half months, and then continue with monthly meetings for the remaining five months. The class is from 9-10 a.m. To sign up, visit [tinyurl.com/2nnuaf3d](https://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

A new study from the Journal of the American Medical Association found certain kinds of cancer are being diagnosed more often in young adults, with rates in young women going up an average of 0.67% each year since 2010. Breast, thyroid and colon cancers were among the most diagnosed cancers.

2

Guests of the Coping with Dementia Conference taking place Oct. 30 at Savannah Center are to receive a free book about Alzheimer's disease and dementia. Guests must register prior to the event to receive their free book. They can do so by calling 352-422-3663.

3

The location for one of Serving Health Insurance Needs of Elders (SHINE) group's Medicare counseling sessions have changed. Instead of Lake Miona Recreation, September counseling services for 9-11:30 a.m. on the second and fourth Tuesday of the month will be at Colony Cottage Recreation.

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

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- ⇒ **Annuities, Why so popular NOW,** is all the hype real, the good, the bad, and how to tell the difference? Get answers to your questions.
- ⇒ **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, September 6th, 10:00am to 12:00 Noon

Where: Prima Italian Steakhouse

Complimentary Lunch will be Served

**RSVP Required, Seating Is Limited,  
REGISTER NOW, This event fills up FAST  
Call Now To Register: 352-244-9138**



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Questions of an industry expert...

**Guest Speakers**

Steve Schneider, CEO  
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