



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

Healthextra

Cities Tackle 'Shade Deserts' to Beat Heat, C2

Vaccination: The timing and cost of new vaccines vary by virus and health insurance status. **C4**

Stroke: Radio announcer Karen Moyer couldn't speak for over a year after suffering a stroke. **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

Approximately 1 in 3 cases of dementia could be prevented by addressing some lifestyle factors, according to Dr. Al Turri, director of audiology at The Villages Health. Increases in education, physical activity and social contact lower the risk of dementia. Likewise, so do decreases in risk factors such as hearing loss, hypertension, obesity, smoking and diabetes. Hearing loss is a big risk factor, with a 500% increase risk of dementia with untreated severe hearing loss. But hearing aids were found to reduce the rate of cognitive decline by almost 50% over three years.

From Local Health Researchers

K2 Summit Research and Charter Research in The Villages are investigating the effects of Eli Lilly's donanemab in adults with early symptomatic Alzheimer's disease. The randomized study will evaluate the percentage of participants with amyloid plaque buildup, the leading cause of Alzheimer's disease, and fluid buildup in the brain following treatment. The Food and Drug Administration did not grant donanemab accelerated approval earlier this year, but studies continue to determine how effective it is in treating those with Alzheimer's disease. To sign up, go to tinyurl.com/4j4mbavv.

At The Villages Health Learning Center

Unexpected falls occur more often as people age and can pose a serious health risk. More than 1 in 4 people age 65 years or older fall each year, according to the National Institute on Aging. However, many falls can be prevented, and getting assessed is one way to start. To prevent future falls, The Villages Health Learning Center is offering 15-minute fall risk assessments starting at 12:30 p.m. today at the Brownwood Care Center. Each assessment is free and appointments are restricted to one person at a time. Go to tinyurl.com/43nudcak to learn more.

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

Parkinson's disease is often associated with tremors, but not all patients regularly experience them. Tremors at rest are present in about 60% of Parkinson's patients, said Dr. Mitesh Lotia, medical director for Movement Disorders at AdventHealth Neuroscience Institute in Orlando.

2

Visually Impaired Persons Bowling is now at Fiesta Bowl in Spanish Springs on the fourth Wednesday of the month from 3-5 p.m. VIP Games Day is at Laurel Manor Recreation the second Thursday of the month from 1-3 p.m., where there will be a chance drawing to support the club.

3

For retired mental health professionals looking for support or new opportunities to continue their work, TLC holds a Mental Health Professionals club at 2-4 p.m. the third Thursday at SeaBreeze Recreation. To register, go to the events page at tlc-services.org and click "Join a Group."

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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