



Health story tips
and questions: Call
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Healthextra

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American Red Cross Sees Severe Blood Shortage, C3

Long-Haul COVID: A study identified risk factors for lingering symptoms in adults. **C2**

Blood Pressure: High blood pressure in those lying down may better indicate health risk. **C7**

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

Steve Sandler, a behavioral health therapist at The Villages Health, said cutting back on drinking can improve your health. Heavy drinking can lead to a number of consequences, including liver, digestive and sleep problems, as well as trouble with memory and concentration. By moderating drinking or practicing sobriety, many of these problems resolve themselves, Sandler said. The best place to start a conversation when it comes to potential drinking issues is with a primary care physician, Sandler said, as they often have a more holistic view of health.

From Local Health Researchers

Spending just 15 minutes a day to walk or run led to improvements in lung function among a group of elementary school children after only three months, a team of University of Florida College of Public Health and Health Professions faculty and student researchers found. Conducted by evaluating the pulmonary function of children who walked, jogged or ran outside from September to December 2022, the study found that exercise improved lung function more than 10% in the children, while children who did not participate in the exercise program saw no difference in overall lung function.

At The Villages Health Learning Center

After decades of steady decline, the number of deaths from cardiovascular disease has started to rise again, according to the American Heart Association. However, it's been estimated that 80% of cardiovascular diseases can be prevented. The Villages Health Learning Center invites people to join "What You Need to Know About Cholesterol," an educational seminar that takes a fresh look at specific lifestyle choices that can reduce the risk of cardiovascular disease. It will be 3:30-4:30 p.m. on Sept. 28 at Colony Care Center. Go to tinyurl.com/drpn7pwh to register.

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

Narcan, the first over-the-counter opioid overdose treatment, is now available at major pharmacies, convenience stores, grocery stores and gas stations in the United States. The effects of Narcan don't last long and it is critical emergency services are contacted as soon as possible after use.

2

On Sept. 12, the U.S. Centers for Disease Control and Prevention's vaccine advisory committee voted 13-1 that Americans 6 months and older should receive COVID-19 vaccines updated for the latest Omicron subvariant. Vaccines are available in major pharmacies.

3

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).

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).

ENL P G MILLHORN
ELDER LAW PLANNING GROUP

Complimentary Seminars Held In Or Near The Villages® Community

Things You Need to Know About Estate Planning 3rd Thursday of the month, 4pm

The Villages Public Library at Belvedere
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Learn About:

- VA Benefits
- Probate Avoidance
- Trusts
- Guardianships
- Nursing Home Benefits
- Changes to Florida Law
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- and much more!

Questions and Consultations are ALWAYS Complimentary

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