



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

# Healthextra

SECTION

C

FEATURING  
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## Biden Proposes Plan to Eliminate Hepatitis C, C3

**Paint Pink:** When her cancer returned, a woman sold her cafe and began a nonprofit to aid others. **C5**

**ALS Treatment:** FDA advisers voted against an experimental treatment pushed by patients. **C8**

## 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 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

Florida Cancer Specialists in The Villages is recruiting for a study on a new medication called ARV-471 in women with advanced metastatic breast cancer. The purpose of the randomized study is to learn about the safety and efficacy of ARV-471 compared to fulvestrant, which is one of the leading treatments for post menopausal women with advanced breast cancer. Half of the study participants will be given ARV-471 and the other half of the participants will be given fulvestrant. To join the study or to learn more about the criteria, go to [tinyurl.com/3hs5evuk](https://tinyurl.com/3hs5evuk).

### At The Villages Health Learning Center

To encourage healthy eating, The Villages Health has partnered with The Villages Grown to host "Shop with a Registered Dietitian," an event that gives people the opportunity to explore the variety of nutritious produce The Villages Grown has to offer. Shoppers will be able to ask the registered dietitian for tips on healthy eating, delicious recipes and how to stay on track with nutrition goals regardless of lifestyle. Shop with a Registered Dietitian is scheduled for 10 to 10:30 a.m. on Wednesday at The Market at Sawgrass Grove. To register, go to [tinyurl.com/3shyzj2](https://tinyurl.com/3shyzj2).

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

Regular blood donation can lower blood pressure and reduce the risk for heart attacks, according to Columbia University Irving Medical Center. If a donor's hemoglobin is too high, donating helps lower the blood's viscosity, which is associated with the formation of blood clots, heart attacks and stroke.

2

Robert Boissoneault Oncology Institute's monthly Villages Cancer Support Group meets 9:30 to 11 a.m. the first Wednesday of every month at St. Timothy Catholic Church. Survivors of all types of cancer welcome. Call group facilitator Amy Roberts at 352-259-2200 for more information.

3

Walk to End Alzheimer's, the Alzheimer's Association signature fundraising event, takes place 8 a.m. on Saturday at The Villages Polo Club. With more than a dozen teams and 96% of the fundraising goal already met, it's expected to be the biggest walk yet. Sign up at [tinyurl.com/y4np4x8](https://tinyurl.com/y4np4x8).

**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)).

## OPEN HOUSE

The Medicare Annual Enrollment Period is here from  
**OCT 15 - DEC 7**

Let us be your co-pilot as you determine what plan fits your lifestyle best.



**WHEN:** Oct. 5 & 10  
10 am - 3 pm

**WHERE:** 3990 E SR 44, Suite 205  
Wildwood, FL 34785

Make a pit stop and visit with our brokers at the Guided Solutions open house.

(855) 345-8283  
(TTY:711)

**GUIDED SOLUTIONS**  
[guidedolutions.com/medicare](https://guidedolutions.com/medicare)

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