



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

# Healthextra

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FEATURING  
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## Dark Chocolate Offers Heart, Mood Benefits, C11

**Nasal Polyps:** These are often caused by chronic inflammation of nasal passages and sinuses. **C5**

**Cheese:** Research hints traditional cheeses may be reasonable choices for a healthy diet. **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

Over consumption 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

Synexus Clinical Research in The Villages is recruiting for a study to evaluate the efficacy of a new drug for people with chronic obstructive pulmonary disease. This randomized, double-blind study will compare participants given astegolimab, a monoclonal antibody known for reducing asthmatic symptoms, to participants given a placebo. To qualify, COPD patients must have a documented diagnosis reaching back 12 months prior, older than 40, be former or current smokers and have a history of frequent episodes of worsening symptoms. To sign up or learning more, go to [tinyurl.com/wrzm73n4](https://tinyurl.com/wrzm73n4).

### At The Villages Health Learning Center

The Villages Learning Center invites the community to get outside and start their day with fun and fitness by joining the free community walk from 3:30 to 4:30 p.m. Friday at Lake Okahumpka Recreation. A walk leader from The Villages Health will be there to guide walkers and provide healthy exercise tips, but those interested in joining are encouraged to go at their own pace. The group will meet in front of Lake Okahumpka Recreation between Okahumpka Run and Meggison Road. All are welcome, but pets are not allowed. To register, go to [tinyurl.com/mpfrwtkx](https://tinyurl.com/mpfrwtkx).

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

The CDC recommends those 6 months and older get the updated 2023-24 COVID-19 vaccine. Protection from previous vaccination or infection weakens over time, so it's important to get the updated vaccine to stay protected. Medicare covers the COVID-19 vaccine at no cost.

2

Roughly 80% of breast cancers are estrogen-receptor positive, according to the National Institutes of Health. ER-positive tumors are more likely to respond to hormone therapy than ER-negative tumors. Doctors can test for hormone receptors to determine the best treatment methods.

3

SHINE (Serving Health Insurance Needs of Elders) volunteer group provides counseling sessions throughout The Villages to help seniors better understand Medicare plans. Counselor locations and schedules are listed under senior services in the Daily Sun and at [tinyurl.com/4dp8tv93](https://tinyurl.com/4dp8tv93).

**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)).

It's your health,  
plan ahead.



### OUR LOCATIONS

**Brownwood Care Center**  
2910 Brownwood Blvd  
The Villages, FL 32163  
8:30 am - 5:00 pm

**Colony Care Center**  
280 Farner Place  
The Villages, FL 32163  
8:30 am - 5:00 pm

**Lake Deaton Care Center**  
779 Kristine Way,  
The Villages, FL 32163  
8:30 am - 5:00 pm

**Center for Advanced Healthcare at Brownwood**  
2955 Brownwood Blvd, Suite 304,  
The Villages, FL 32163  
9:30 am - 3:30 pm

**Guided Solutions - Freedom Plaza**  
3990 E SR 44, Suite 205  
Wildwood, FL 34785  
9:00 am - 5:00 pm

Come to one of our locations for a free consultation!

**(855) 932-4878 (TTY: 711)**

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