



Health story tips  
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# Healthextra

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## 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

Heart disease kills more women than all forms of cancer combined, according to the American Heart Association. Leading risk factors include unhealthy diet, lack of physical activity and lack of sufficient coping strategies. "The good news is that most cardiac stroke events can be prevented through education and lifestyle exchanges such as moving more, eating smart and managing blood pressure," said Kari Walker, a population health specialist with The Villages Health. Walker suggests following a balanced diet and exercise routine, and asking for support when stressed.

### 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 FDA 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](https://tinyurl.com/4j4mbavv).

### At The Villages Health Learning Center

"Hearing loss isn't just about hearing," said Dr. Al Turri, audiology director at The Villages Health. "Tons of studies show hearing loss has an impact on cognitive decline. It's the number one modifiable risk factor for dementia." Turri will host a seminar about the connection between hearing and brain health from 9:30-11 a.m. Thursday at Lake Deaton Care Center. His next seminar will feature the latest research from The Lancet and the Alzheimer's Association, which shows hearing aids can reduce risk of cognitive decline by half. To register, go to [tinyurl.com/v22rp3nu](https://tinyurl.com/v22rp3nu).

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

HCA Florida Health-care recently opened a new freestanding emergency room, called HCA Florida Silver Springs, as part of the HCA Florida Ocala Hospital. The new ER works just like any other emergency room, with on-call medical staff available 24-hours a day, every day of the year.

2

Alzheimer's Foundation of America invites landmarks from around the world to help Light the World in Teal on Nov. 2 to raise awareness for those living with Alzheimer's disease. Teal is AFA's Alzheimer's awareness color. Go to [lighttheworldin.teal.com](https://lighttheworldin.teal.com) to participate or learn more.

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](https://charterresearch.com/open-studies)) and the UF Health Precision Research Center ([tinyurl.com/UFVillagesResearch](https://tinyurl.com/UFVillagesResearch)).

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