



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 Summer Jarro.

From The Villages Health Doctors

The Villages Health offers videos about cancer prevention and other resources available for the community. About 5 to 10% of cancers are caused by genetic mutations. How a person eats, how much they sleep, how active they are and environmental influences also are factors. The Villages Health has tips to help keep people healthy. "I believe it's exciting that there is so much that we can do to boost our body's immunity," said Kari Walker, population health specialist at The Villages Health. Go to: thevillageshealth.com/learning-center/cancer-prevention/.

From Local Health Researchers

Charter Research, along with other research locations, are conducting a study to evaluate safety, tolerability, and efficacy of the AL002 drug in patients with early Alzheimer's disease. It is a long-term study that started in January of this year, and it is set to be completed at the end of 2025, according to National Library of Medicine. The randomized, dose-blind study is currently in phase 2. Participants enrolled in the study are those who completed the planned treatment period in AL002-2, which was a parent study, according to National Library of Medicine.

At The Villages Health Learning Center

The Villages Health Learning Center offers a variety of classes, wellness programs and resources to help residents stay healthy. One of the programs available helps patients with brain health. The Villages Health is offering the Virtual Dementia Tour from 8 to 8:30 a.m. Nov. 22 at the The Villages Health Santa Barbara Care Center. It is an interactive experience that allows participants to simulate 10 minutes in the life of someone with dementia to help them better understand what dementia is. For more information and to sign up, visit thevillageshealth.com/learning-center/.

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

There will be a Prostate Cancer Conference from 8 a.m. to 4 p.m. Saturday at The Brownwood Hotel & Spa. There will be refreshments and local and national experts discussing prostate cancer and more. The event is free. For more information, visit Nov4ConferenceFL.eventbrite.com.

2

The Pharm Stand in Brownwood is giving customers the chance to learn more about the business, how medical marijuana and CBD works, and more. From 4 to 6 p.m. Monday to Friday, guests can come into the location and enjoy free wine and cheese while getting their questions answered.

3

The Alzheimer's Foundation of America invites landmarks from around the world to help Light the World in Teal on Thursday to raise awareness for those with Alzheimer's. Teal is the AFA's Alzheimer's awareness color. Go to lighttheworldinteval.com for more information on the event.

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).

Medicare Highway Road Trip Checklist



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