



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

# Healthextra

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FEATURING  
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## Dehydration Is More Than Just Feeling Thirsty, C2

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**Cardiovascular Risks:** A report redefines the overlapping risks of heart and kidney diseases. **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

Alzheimer's disease tends to put people into different layers of confusion, but a study from The Journal of Alzheimer's Disease indicates music therapy can be a beneficial tool for bringing people momentary relief. "If you're especially into a piece of music, your brain does something called the autonomous sensory meridian response or ASMR," said Melissa Denham, a dementia care specialist with The Villages Health. "This is where you feel a tingling in your brain or scalp." It has the power to bring Alzheimer's patients back to normality — if only for a moment.

### From Local Health Researchers

UF researchers were awarded \$2.8 million to investigate if artificial intelligence can better predict transplant results by rapidly analyzing kidney tissue samples and combining them with other patient data. "Our challenge is to develop a system that gives doctors the most consistent medical information so they can make the best, most informed decisions," said Pinaki Sarder, an associate professor of AI in the College of Medicine's department of medicine. The goal is to predict transplant issues, optimize treatment and improve outcomes for first-time transplants.

### At The Villages Health Learning Center

Surprised by recent A1C and fasting blood sugar numbers? It may be a good idea to attend The Villages Health's latest class on preventing prediabetes and diabetes. According to the Centers for Disease Control and Prevention, any A1C level between 5.7% and 6.4% indicates prediabetes, and a level of 6.5% or more indicates diabetes. The Villages Health "Preventing Prediabetes and Diabetes" class will discuss what lifestyle changes can help reverse high blood sugar levels. It will be 10-11 a.m. Friday at Mulberry Grove Recreation. To register, go to [tinyurl.com/8rmbfszk](https://tinyurl.com/8rmbfszk).

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 Visually Impaired Persons Support Group invites people to come to an early White Cane Safety Day celebration 10 a.m. Friday at Lake Sumter Landing. White Cane Safety Day helps raise awareness and celebrate the achievements of people who are blind and visually impaired.

2

OneBlood has upcoming blood drives that need more participants. Today, the blood mobile will be with the Quilting Guild of The Villages from 9 a.m.-3 p.m. at SeaBreeze Recreation and with the Retired Police and Fire Club Association 8 a.m.-2 p.m. Thursday at Lake Minoa Recreation.

3

**Interested in making informed legal decisions when estate planning? Join TLC Services for "Justice and Care: Ask a Lawyer-Social Worker,"** hosted by attorney Laura Sterling 10-11 a.m. Thursday on Zoom. Register at [tlc-services.org](https://tlc-services.org), events page, and click "attend a presentation."

**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)).

## TODAY! 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:** Tuesday, Oct. 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)**

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