

Gene Therapy	C2
Mammograms	C4
Norovirus	C5
Heart Failure	C6
Lung Cancer	C8
Orange Juice	C9



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

HealthExtra

Mammograms May Help Predict Heart Disease, C4

Stack Exercise Safely: Condensing exercise into a few days is effective if you can avoid injury. **C7**

Healthy Aging: Personal fitness is an important method to ward off the effects of age. **C10**

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 Managing Editor Mackenzie Raetz.

From The Villages Health Doctors

Sharon Peterson, a registered dietitian with The Villages Health, talks about muffin tops, sugar bellies and chronic inflammation in an educational video on The Villages Health's website. The top five causes of chronic inflammation are the standard American diet, stressful lifestyles and poor sleep, lack of physical activity, environmental toxins and infections, and food intolerance. The standard American diet often includes empty calorie foods that are high in salt, sugar and saturated fat. That increased inflammation can lead to weight gain. More information is at thevillageshealth.com.

From Local Health Researchers

UF researchers are using a \$2.8 million grant 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

The Villages Health Learning Center recently added a new category of classes called Connections, which encourages social interaction through activities in small group settings. It offers sessions on cooking, team Jeopardy and more. Connections: Team Jeopardy will take place from 11 a.m. to noon Nov. 28 at Mulberry Grove Care Center. There also will be a Connections: Brain Gym class from 11 a.m. to noon Dec. 8 at Mulberry Grove Care Center. The event will feature activities geared toward better brain health. Sign up for both classes at thevillageshealth.com.

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 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).

2

The Villages Health is hosting a body composition analysis screening class from 11:30 a.m. to 12:30 p.m. Dec. 4 at the Pinellas Care Center. The screening assesses a person's weight, body mass index, body fat percentage, basal metabolic rate, fat mass, fat free mass and more.

3

November is National Family Caregivers month. The Centers for Disease Control and Prevention reminds caregivers that taking care of themselves is equally as important as caring for their loved ones. It says even a few hours of respite per week can improve well-being.

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).



Helping Secure Your Financial Future

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Educational Discussion Topics:

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- ⇒ **Annuities, Why so popular NOW,** is all the hype real, the good, the bad, and how to tell the difference? Get answers to your questions.
- ⇒ **How should you react to the Volatile Stock Market?** Get a Fresh, modern, perspective and learn strategies to manage your investments for what's to come.
- ⇒ **Find out how not to run out of money in retirement.**
- ⇒ **How do you achieve "Piece of Mind" about your retirement finances?**

Retirement Financial Workshop

When: Wednesday, November 29th, 10:00am to 12:00 Noon

Where: Prima Italian Steakhouse

Complimentary Lunch will be Served

RSVP Required, Seating Is Limited, REGISTER NOW, This event fills up FAST Call Now To Register: 352-244-9138



Live Q&A

Don't miss the opportunity to ASK Questions of an industry expert...

Guest Speakers



Aimee Occhetti
Law Center of
Central FL



Steve Schneider, CEO
Securenet Financial, LLC

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