

EpiPen Training	C2
Obesity Pills	C3
Transplants	C4
Meat Substitute	C8
Viruses	C9
Mindful Eating	C10



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

HealthExtra

What Is Long-Term Care Like Around the World, C6

Flu season: Children have been hit the hardest but those 65 and older are most vulnerable. **C4**

Immunologist explains: The immune system works best when it is perfectly balanced. **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 Managing Editor Mackenzie Raetz.

From The Villages Health Doctors

The Villages Health offers its Medicare Simplified courses to help people better understand their choices when it comes to Medicare. The classes explain the difference between Medicare Advantage and Original Medicare, how people could potentially save some money on their prescriptions and more. Those who participate do not have to be a patient at The Villages Health or a resident of The Villages. The next class will be at 10 a.m. Friday at Lake Deaton Care Center. For more information on the classes and to sign up, go to thevillageshealth.com.

From Local Health Researchers

The Alzheimer's Foundation celebrated earlier this year the U.S. Food and Drug Administration's approval of Leqembi (generic name Lecanemab), the first medication proven to slow the progression of Alzheimer's disease. Research facilities throughout the United States, including Charter Research in The Villages, studied the medication's efficacy and Villages residents contributed to the medication's approval through participation in ongoing trials. More than 6 million Americans are living with Alzheimer's disease, according to the National Institute on Aging.

At The Villages Health Learning Center

The Grief Support During the Holidays class through The Villages Health Learning Center will take place at 4 p.m. Dec. 11 at the Speciality Care Center at Spanish Springs. The class aims to let those who are feeling the pain of loss know they are not alone. It also will help participants learn how to manage intense emotions, changes in traditions caused by the loss, the expectations of social interactions and more in a supportive space. The class is facilitated by a psychologist. For more information and to sign up for the class, go to 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

UF Health Central Florida recently completed its 100th procedure using the Watchman FLX left atrial appendage closure device, which was done at UF Health Leesburg Hospital. The hospital was the first in Lake County to offer the device that helps patients with atrial fibrillation.

2

An educational campaign called Clinical Trials For All aims to raise awareness about clinical trials' impact on global health. Local experts says that without clinical trials, there can be no advancements in treatment. To find a nearby clinical trial, go to clinicaltrials.gov.

3

Unexpected falls occur more often as people age and can pose a serious health risk. More than 1 in 4 people age 65 or older fall each year, according to the National Institute on Aging. Talk with your health care provider about your risk of falls and how to prevent them.

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).

Have Peace of Mind with your Medicare Enrollment for 2024

Get your free consultation at our office

(855) 345-8283 (TTY: 711)

Monday - Friday, 9:00 am - 5:00 pm

Visit us online at guidedolutions.com/medicare

WILDWOOD

3990 E SR 44, Suite 205, Wildwood, FL 34785



Local, Trust & Independent Advisors

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options. Guided Solutions is not affiliated with or endorsed by Medicare or any government agency. Guided Solutions does not discriminate based on race, color, national origin, age, disability, or sex. Calling this number will direct you to a licensed agent. No obligation to enroll. Guided Solutions is a brand of BRP Insurance III, LLC. All insurance commerce is responsibility of BRP Insurance III, LLC. National Producer Number: 17880298. 41329 9/26/23