

Spicy Foods	C2
Research	C3
Diabetes Drug	C4
Genetic Aging	C6
Chronic Fatigue	C7
Health Benefits	C8



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

# HealthExtra

## Why Getting A Dog Is Good For Your Health, C8

**Diabetes Drug:** How Ozempic will affect older adults in the long run isn't well understood. **C4**

**Aging:** Research found social factors, such as poverty, may accelerate gene aging. **C6**

# 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

UF Health is hosting a special event for the community this week with its "Ask the Experts Health and Wellness Series." From 8:30 to 9:30 a.m. on Friday at the Sharon L. Morse Medical Building, the community can head to Suite 526 to meet Dr. Chand Rohatgi, the newest physician part of UF Health. While at the event, attendees can also learn more about different ways to reduce the risk of cancer. There also will be cookies and hot chocolate for people to enjoy. The Sharon L. Morse Medical Building is located at 1400 N. U.S. Highway 27/441.

### From Local Health Researchers

Krista Vandendorne, chair of the Department of Physical Therapy in the College of Public Health and Health Professions, is leading a project that aims to improve the effectiveness of clinical trials focused on treating childhood neuromuscular diseases, according to a UF Health News article. The diseases affect more than 1 million children and their families in the U.S., according to the article. They can cause issues with balance and walking, muscle weakness and more. The project uses muscle imaging data and UF's artificial intelligence computing.

### At The Villages Health Learning Center

The Villages Health Learning Center has several videos available online that offer health tips for the community, including a video on how exercise improves brain health. The video, led by Kari Walker, population health specialist at The Villages Health, discusses the positive impacts exercise has on the brain, including increasing brain volume, creating new blood vessels in the brain, strengthening neural pathways, increasing serotonin and dopamine levels, and more. For more information on the presentation, go to [thevillageshealth.com/learning-center/](http://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

Transition Life Consultants is hosting the Zoom presentation "Ask TLC: Program Your Mind for Enjoyable Holidays" from 10 to 11 a.m. Thursday. The presentation will give attendees tips on how to handle stressful situations. Go to [TLC-services.org](http://TLC-services.org) to register.

2

SHINE volunteers offer on-on-one counseling to assist clients with Medicare options. A few upcoming events are from 9 to 11:30 a.m. today at Lake Miona Recreation, 2 to 3:30 p.m. Wednesday at the Lady Lake Public Library and 3 to 5:30 p.m. Friday at Chula Vista Recreation

3

A Villages Health Virtual Dementia Tour is taking place from 8 to 10:30 a.m. Dec. 22. The 10-minute tour is virtual and allows participants to see what it is like to be someone living with dementia. For more information, visit [thevillageshealth.com/learning-center/brain-health/](http://thevillageshealth.com/learning-center/brain-health/).

**Join a Clinical Study:** Opportunities to participate in health care research in The Villages include Charter Research ([charterresearch.com/open-studies](http://charterresearch.com/open-studies)) and the UF Health Precision Research Center ([tinyurl.com/UFVillagesResearch](http://tinyurl.com/UFVillagesResearch)).



# CHAMPIONING HEALTH CARE FOR ALL



[UFHealth.org/Champions](http://UFHealth.org/Champions)

