



Health story tips
and questions: Call
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HealthExtra

The Best Foods To Eat With a Stomach Bug, C8

Unhealthy Snacking: Does it ruin your diet plan? The occasional snack wont have a major impact. **C4**

Self-driving vans: The vehicles may give people with disabilities a sense of independence. **C5**

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 Local Health Staff

Lake Center for Clinical Research in Lady Lake specializes in clinical research trials in digestive diseases such as non-alcoholic fatty liver disease and ulcerative colitis. The center is partnered with Gastroenterology Associates of Ocala and works to provide the best care for residents of The Villages and surrounding communities through its research. Dr. Robert Barish, lead physician at Lake Center for Clinical Research, was recently recognized by the New England Journal of Medicine for his success in enrolling patients in a nonalcoholic steatohepatitis trial.

From Local Health Researchers

About \$1 million is going to the William L. McKnight Brain Institute at the University of Florida. The funds are from UF President Ben Sasse's strategic funding initiative, and it will help launch a new project focused on improving stroke treatments with research and artificial intelligence, according to a UF article. Stroke is the fifth leading cause of death and top cause of disability in the United States, and it is a growing health concern among the aging population. The project will also allow for more collaborations across the UF and UF Health campuses.

At The Villages Health Learning Center

The Villages Health Learning Center offers a variety of events and resources to help residents stay on top of their health, including videos about important topics such as music therapy and dementia. The video, led by Melissa Denham, nurse and dementia care specialist at The Villages Health, discusses the benefits music therapy has on someone with dementia. More than 55 million people have dementia worldwide, and each year, there are about 10 million new cases, according to the World Health Organization. For more information on the presentation, go to 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

The trauma center at HCA Florida Ocala Hospital is now verified as a Level I trauma center by the American College of Surgeons Committee on Trauma. The hospital is also currently a Level II trauma center as designated by the State of Florida Department of Health.

2

SHINE volunteers are offering on-on-one counseling to assist clients with Medicare options. An upcoming event for one-on-one counseling is from 9 to 11:30 a.m. Wednesday at Eisenhower Recreation. For more information, visit floridashine.org or call 800-963-5337.

3

A Villages Health Virtual Dementia Tour is taking place from 8 to 10:30 a.m. Friday. 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/.

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).

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