



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

HealthExtra

**Traffic Exhaust May
Effect Blood Pressure, C8**

Social Isolation:
Several South Florida
organizations are working
to combat loneliness. **C5**

Sickness: 34 states
have been affected by
a salmonella outbreak
linked to cantaloupes. **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 Summer Jarro.

From The Villages Health Doctors

The Villages Health is accepting new Medicare eligible patients at all of its primary care centers. This comes after The Villages Health staff received feedback from residents about wanting more opportunities to receive care. Patients must be Medicare eligible with a select Florida Medicare Advantage plan, and licensed insurance agents at the Health Insurance Resource Centers are available to help patients with their choices. Medicare is currently in its annual enrollment period, which ends Thursday. For more information, contact The Villages Health at 352-205-4032.

From Local Health Researchers

Researchers at the University of Florida are using artificial intelligence to better understand a certain type of brain tumor and accelerate how it is evaluated. Researchers analyzed certain chemical characteristics of meningioma tumors and then used AI machine learning, according to a UF Health article. The findings help to identify tumor features, which doctors use to figure out what grade a meningioma tumor is, according to the article. Learning more about the meningioma tumor will help to understand which treatments a patient should receive.

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 memory screenings. The memory screenings detect changes in someone's memory and cognition to see if they are related to aging or the start of a more serious memory problem. The 30-minute screening will not diagnose a patient but will help them see how each part of the brain is working. For more information on future screenings, visit thevillageshealth.com/learning-center/. Residents can fill out an interest form to learn more.

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

SHINE (Serving Health Insurance Needs of Elders) volunteers are now offering on-one counseling to assist clients with Medicare. A few upcoming counseling events are from 9 to 11:30 a.m. today and Dec. 12 at Lake Miona Recreation, and Wednesday and Dec. 20 at Eisenhower Recreation.

2

OnSpot Dermatology is a mobile dermatology practice with full dermatology services. Instead of traveling for an appointment, doctors will go to a patient. The practice covers multiple counties in Florida including Lake County. For more information, visit onspotdermatology.com.

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.

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).

**LAST DAYS
for Medicare
Annual
Enrollment**



**Don't miss the deadline for
enrollment on December 7!**

- Make an informed decision for your Medicare coverage
- Local, independent and trusted

(352) 260-0151 (TTY: 711)

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