

Grapes	C2
Sitting	C4
Cancer	C5
Gluten-free	C6
Cleft Lip	C7
Subscription	C8



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

# HealthExtra

## When Is a Gluten-Free Diet Necessary? C6

**Arthritis Treatment:**  
A new test may save  
arthritis patients time,  
money and pain. C3

**Subscription-based  
care:** Programs offer  
help for common  
difficulties in the U.S. C8

# 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

The Villages Health hosts classes and events regularly on different subjects to keep the community healthy. An upcoming class is "Meal Planning for a Healthier Life," which is from 2 to 3 p.m. Wednesday at The Villages Health Santa Barbara Care Center. Attendees can learn more about how to plan their meals to help them avoid unhealthy choices. Another class is "Building Healthy Habits That Stick" from 9 to 10 a.m. Friday, also at Santa Barbara Care Center. Attendees can learn daily routines so they can develop lasting healthy habits. To register for classes, visit [thevillageshealth.com/events-listings](http://thevillageshealth.com/events-listings).

### From Local Health Researchers

Researchers at the University of Florida along with seven major university medical centers have identified a way to find out if a septic patient is at risk of dying early from their symptoms. Researchers found that using ELISpot analysis, a technique that detects the quantity of specific secreted proteins by individual immune cells, can be useful in identifying whether sepsis patients are at risk of death, according to a UF Health article. Universities of Washington, Minnesota, Iowa, Cincinnati and Case Western Reserve University and Washington University medical center also are participating in the study.

### 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/](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

The Villages group Visually Impaired Persons is hosting its next meeting at 1 p.m. Thursday at Bridgeport Recreation. There will be a board meeting and discussion of future events, as well as a presenter from Seniors vs. Crime to discuss current scams and how residents can protect themselves.

2

Dr. Michael Greger is hosting a ticketed event during which he will discuss his book, "How Not to Age," at 11 a.m. Thursday at Old Mill Playhouse. At 1 p.m. there will be a book-signing at Barnes and Noble in Lake Sumter Landing. For more information, call 352-638-0955.

3

Transition Life Consultants is hosting a four-week in-person educational group that will take place in person from 10 to 11 a.m. Tuesdays starting today. The topic is on making friends. Registration is required at [tlc-services.org](http://tlc-services.org). Go to the events page and click "Join"

**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)).



U.S. Olympic & Paralympic  
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