

Transplants	C2
Youth Health	C3
Weight Loss	C5
Breast Cancer	C6
Disease X	C7
COVID	C8



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

# HealthExtra

## Why do Nearly 80% of New Year's Diets Fail? C4

**Breast Cancer:** Mammography AI can cost patients extra. Is it worth it? C6

**Disease X:** After COVID and Ebola, scientists are preparing for the next pandemic. 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 Specialty Editor Veronica Gallagher.

### From Local Health Community

One of The Villages longest serving oncologists, Maen Hussein, M.D., recently was named to the executive board at the Florida Cancer Specialists & Research Institute. Since 2011, Hussein has served patients in The Villages, currently at the medical practice's office at the Center for Advanced Healthcare at Brownwood. As an active cancer researcher, he has served as the principal investigator on numerous clinical trials with a focus on lung cancer. Hussein also is the current President of the Florida Society of Clinical Oncology board of directors and is a member of the board of directors of the FCS Foundation.

### From Local Health Researchers

A recent study by University of Florida scientists shows chronic ear infections in childhood can lead to deficits in auditory processing and language development in children years later. Researchers used three tests to assess auditory processing and language development of 117 children from ages 5 to 10 years both with and without a history of chronic ear infections in early childhood. Children with several ear infections before three years of age had, on average, smaller vocabularies and a harder time matching similar sounding words than children with few or no ear infections.

### At The Villages Health Learning Center

The Villages Health Learning Center is focused on keeping people healthy and has a variety of classes and resources to help the community get the best information, including a number of videos on the four basic categories of exercise and physical activity: balance, strength, endurance and flexibility. The CDC recommends at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week. For more information or to register for a free learning center class, 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 Health is offering a series of free classes on preventing the development of prediabetes and diabetes through lifestyle changes. The next class begins at 11 a.m. today at Santa Barbara Care Center. For information and to register, visit [thevillageshealth.com](http://thevillageshealth.com).

2

The Sumter County Library System is hosting "CORE: The Hands on Approach to Dementia" at the Pinellas Plaza Library in Wildwood at 2 p.m. today. Learn about the disease, caregiving and options for respite care. For information and to register, visit [sumtercounty.librarycalendar.com](http://sumtercounty.librarycalendar.com).

3

Fall risk assessment screenings are being held at Brownwood and Pinellas care centers in The Villages through Jan. 25. The 10-minute assessment will reveal a low, moderate or high likelihood for falling. For more information, and to register, visit [thevillageshealth.com](http://thevillageshealth.com).

**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)).

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