

Hearing Loss	C2
Healthy Aging	C3
Cannabis	C4
Adult ADHD	C5
Cervical Cancer	C6
Long COVID	C7



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

HealthExtra

Long COVID Changes Proteins in Blood, C8

Healthy Aging: Exercising regularly helps keep your body feeling limber. **C3**

Cervical Cancer: Screenings and vaccines are key to preventing the disease. **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 Specialty Editor Veronica Gallagher.

From The Local Health Community

TLC Services is holding "A Path to Healing Grief," a 7-week long grief support group for people who lost a loved one at least four months ago, every Tuesday from Feb. 6 to March 12 at 9:30 a.m. Connect with others who have experienced a similar loss and find a healing path towards a new normal. The group will be facilitated by Judy Maloney, a licensed mental health counselor, and Mary Linda Sara, Ph.D. Space is limited and registration is required. For more information and to register, visit tlc-services.org, go to the Events page and click "Join a Group."

From Local Health Researchers

Researchers, led by Matthew Disney, chair of the chemistry department at The Herbert Wertheim UF Scripps Institute for Biomedical Innovation & Technology, are working on a potential new drug, Syn-RiboTAC, to combat Parkinson's disease, a progressive disorder that affects the nervous system. The drug takes a unique approach to treating the disease by interfering with how disease-causing proteins are assembled by targeting RNA. In studies from induced neurons of Parkinson's patients, Syn-RiboTAC reduced production of disease-causing proteins by about 50%.

At The Villages Health Learning Center

The Villages Health is offering a Virtual Dementia Tour at 9 a.m. Feb. 22 at Santa Barbara Care Center. This free interactive experience allows participants to simulate 10 minutes in the life of an individual with dementia by temporarily altering participants' physical and sensory abilities using sensory tools. The program was created by P.K. Beville, an award-winning geriatric specialist. Participants are required to bring socks and wear close-toed shoes. To learn more, visit thevillageshealth.com/events.

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

Martin Rosenthal, an associate professor at the department of surgery at the University of Florida, has been named surgical director of the UF Health Shands ORs. Rosenthal, an acute care surgeon, is chair of the UF Nutrition Committee and former president of the UF College of Medicine Faculty Council.

2

The Villages Visually Impaired Persons Support Group and the VA North Florida/South Georgia Veterans Health System Visual Impairment Services Team are sponsoring the 28th annual Vision Awareness Day Expo from 9:45 a.m. to 2 p.m. Feb. 24 at Eisenhower Recreation. The event is free and open to the public.

3

The Villages Health Patient Support Center can assist patients with tasks such as appointment scheduling, communicating with the clinical team, medication refills, handling referral requests and assisting with the patient portal. It can be reached at 1-844-TVH-WELL (884-9355).

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).

Wanting Female Healthcare Providers?

Sinai Internal Medicine and Dr. Agbo M.D. Proudly Introduce Our Outstanding Female Medical Professionals!

Dr. Penny Dyals, Nurse Practitioner

- **Education:** Top graduate from South University, Atlanta.
- **Background:** Former Army personnel with a passion for health and wellness.
- **Expertise:** Specializes in nutrition and lifestyle changes. Known for her excellent bedside manner.
- **Personal:** A Wildwood native, mother, and grandmother. Enjoys roller derby, fishing, and training for a bikini weightlifting competition.
- **Fun Fact:** Loves country music and Mediterranean food.

Dr. Evelyn Bryon, MD

- **Education:** Received medical degree from UCIMED.
- **Background:** Completed her medical residency at Kendall Regional Medical Center in Miami, FL, where she was appointed chief resident.
- **Expertise:** Specialized in Internal Medicine and known for creating a comfortable and open environment for patients.
- **Personal:** Miami native with a rich blend of Italian and Cuban heritage. Advocates for the Golden Rule and emphasizes the importance of family, travel, and wellness.
- **Fun Fact:** Avid fan of jazz, heist movies, reading, and cooking. Talented in drawing.



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