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# HealthExtra

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## 'Cozy Cardio' Workouts Make Exercise Easier, C5

**No lead aprons:** New recommendations say they are no longer needed for dental x-rays. **C7**

**X-chromosome:** New research on autoimmune diseases shows link to x-chromosomes. **C9**

# 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

Freedom Pointe at The Villages received a five-star rating from the Centers of Medicare & Medicaid Services, the highest possible rating given to nursing home health centers. Ratings are determined by publicly available Medicare data including mortality, safety of care, readmission and patient experience. "This recognition serves as a testament to the hard work and dedication of our entire team, and we look forward to continuing to serve our residents, ensuring they enjoy a maintenance-free lifestyle with the freedom to live the lives they want," said Freedom Pointe at the Villages Executive Director Ralph Fera-McIlwain.

### From Local Health Researchers

Chronic inflammation and poverty are known to increase mortality risk. A study led by University of Florida College of Public Health and Health Professions researchers found that, when combined, the two factors increase the risk exponentially. Individuals living with both chronic inflammation and poverty had a 127% increased risk for dying from heart disease and a 196% increased risk for dying from cancer. People living with chronic inflammation or poverty, but not both factors, had about a 50% increase in mortality risk over the same period.

### 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](http://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

Dr. Al Turri, Director of Audiology at The Villages Health, is hosting a seminar, "Hearing Aids 101" from 9:30 to 11 a.m. on Feb. 8 at The Villages Health Lake Deaton Care Center. The event is free, but registration is required. To register, visit [thevillageshealth.com/events](http://thevillageshealth.com/events).

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 2 to 3:30 p.m. Wednesday at the Lady Lake Library. For more information, visit [floridashine.org](http://floridashine.org) or call 800-963-5337.

3

Four studies on the treatment of gastrointestinal and genitourinary cancers co-authored by group of oncologists and hematologists with Florida Cancer Specialists & Research Institute were featured at the 2024 Gastrointestinal Cancers Symposium, a global event sponsored by the American Society of Clinical Oncology.

**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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