



Health story tips
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HealthExtra

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New Imaging Detects Poor Heart Pumping, C2

Chronic Wasting Disease: Scientists are worried about the rapid spread in deer. **C4**

Edible fungi: Mushrooms are low in calories, and they're packed with nutrients. **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 The Local Health Community

The Visually Impaired Persons club will make its Ezell Recreation debut Monday, with an open house meeting. Doors open at 1 p.m. and the meeting concludes at 2:30 p.m. This adds a second location for the VIP club, which will continue to meet at Bridgeport Recreation on the first Thursday of each month at 1 p.m. as well. Donna Evans will serve as chairperson for the new Ezell gathering. Share the news with your visually impaired family or friends and let them know that surprise guests are possible.

From Local Health Researchers

Merck Sharp & Dohme pharmaceutical has developed MK-2214, an anti-tau monoclonal antibody drug that is currently in clinical trials. Tau is a protein in the brain that is found to build up in those diagnosed with Alzheimer's disease, so researchers are wanting to potentially reduce or minimize this buildup with this drug. Charter Research, 1025 Lake Sumter Landing, The Villages continues to look for participants, ages 50 to 80, with mild cognitive impairment or mild-to-moderate Alzheimer's to investigate the safety, tolerability and body's interactions with the drug. The clinical study ID is NCT05466422.

At The Villages Health Learning Center

Put yourself in the shoes of someone living with dementia to gain a better understanding of their world and the challenges they face. The Villages Health offers multiple Virtual Dementia Tours throughout the morning of Feb. 22. The program lasts approximately an hour, including a 10-minute simulation that is scientifically proven to simulate a better understanding of the world of dementia. Respite services are not provided for caregivers. Participants should wear socks and closed toe shoes. For more information or to register, visit thevillageshealth.com/learning-center/ to check out the brain health 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

TLC Services offers "Weigh to Go," an in-person, 7-week program from 1 to 3 p.m. Mondays from March 4 to April 15 for those serious and committed to losing weight. Visit tlc-services.org and go to the events page for more information and to register. Free, with donations accepted.

2

Trinity Springs will host "Go Red for Women," a stroke and heart attack awareness program led by Cynthia Thiede, with VITAS Healthcare. The importance of hydration also will be discussed. Seating is limited, so RSVP to Trinity Springs, 12120 County Road 103 in Oxford, at 352-571-5546.

3

SHINE, or Serving Health Insurance Needs of Elders, offers "Understanding Medicare" at 1 p.m. Wednesday at Aviary Recreation. The presentation is geared for those turning 65. Go to floridashine.org for more information, including one-on-one Medicare counseling opportunities throughout The Villages and surrounding area.

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

BOARD CERTIFIED ADULT AND GERONTOLOGY

- **Education:** Top graduate from South University, Atlanta.
- **Background:** Former Army personnel with a passion for health & 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

BOARD CERTIFIED INTERNAL MEDICINE

- **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 & Cuban heritage. Advocates for the Golden Rule and emphasizes the importance of family, travel & wellness.
- **Fun Fact:** Avid fan of jazz, heist movies, reading & cooking. Talented in drawing.



Sinai

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PRIMARY CARE PHYSICIANS

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Lake Sumter Landing Professional Plaza, 910 Old Camp Rd, Suite 144, The Villages, FL 32162

Bethany Medical Plaza, 2986 CR 503, Wildwood, FL 34785

www.sinaihealthcarefl.com

