



Health story tips
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HealthExtra

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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 Leah Schwarting.

From Local Health Staff

The trained volunteers at Serving Health Insurance Needs of Elders (SHINE) help seniors navigate Medicare. Local volunteers meet from 9 a.m. to 11:30 a.m. on first and third Wednesdays at Eisenhower Recreation, 3 p.m. to 5:30 p.m. first and third Fridays at Chula Vista, and 9 a.m. to 11:30 a.m. second and fourth Tuesdays at Lake Miona Recreation. Outside of The Villages, SHINE meets in the local area from 2 p.m. to 3:30 p.m. second and fourth Wednesdays at the Lady Lake Public Library and from 9:30 a.m. to 11:30 a.m. on the first and third Tuesdays at the Leesburg Public Library.

From Local Health Researchers

Aviv Clinics, which has an office in The Villages, recently published a study evaluating the long-term effects of their hyperbaric oxygen therapy (HBOT) protocol on long COVID patients. The study, conducted by Aviv's Dr. Shai Efrati and Dr. Amir Hadanny, followed up with 31 patients who underwent HBOT treatments during an earlier randomized controlled trial. During that trial, patients saw improvement in symptoms such as fatigue and pain. The recent study spoke to patients more than one year after their last treatment. The study showed the short-term positive results continued.

At The Villages Health Learning Center

The Villages Health's next "Shop with a Registered Dietitian" small group classes are on March 20 at The Villages Grown's retail store at The Market at Sawgrass Grove. The 30-minute class is held in partnership with The Villages Grown, which began providing the community with fresh, local produce in 2019. The class lets participants talk to a registered dietitian for tips on eating healthy and keeping nutritional goals. There are three classes on March 20: One at 10 a.m., one at 10:45 a.m. and one at 11:30 a.m. Visit thevillageshealth.com/learning-center/ to sign up for a time.

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 Medicare Advantage Open Enrollment period ends March 31. During this time Medicare Advantage patients can take a second look at their plan. If they are not satisfied with their coverage, they can switch to another Medicare Advantage plan or traditional Medicare and choose a drug plan.

2

Dr. Kevin Cooke will present "Muscle and Menopause" at 9:30 a.m. on Monday at Aviv Clinics. Cooke will discuss menopause, the importance of building and maintaining muscle mass during that time, and how to better understand what your body is saying. See tinyurl.com/jnz9mw3k to register.

3

Charter Research will hold a Dementia with Lewy Bodies Support Group at 3 p.m. March 6 for caregivers and those with Lewy body dementia. Charter Research, a clinical research office, is at 1025 Lake Sumter Landing. Visit charterresearch.com/events/ to register. Registration closes March 5.

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).

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Dr. Felix Agbo, MD, FACP

BOARD CERTIFIED INTERNAL MEDICINE

- **Education:** Board-certified in Internal Medicine after he completed residency in Internal Medicine and Primary Care at Mount Sinai School of Medicine, New York, NY.
- **Background:** International practice experience in Europe, Nigeria, the Caribbean, and the United States; recognized for dedication to patient care, winning "Best Intern of the Year" award in New York.
- **Expertise:** Specializes in Internal Medicine and Geriatric care; contributes to the field through presentations and publications; advocates for evidence-based medicine and a Fellow of American College of Physicians [FACP]
- **Personal:** Married with four children; holds strong Christian and Biblical family values; admires the Gospel of Luke who's the "Beloved Physician."
- **Fun Fact:** Enjoys SCUBA diving, snorkeling, tennis, and soccer.

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.



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