



Health story tips
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HealthExtra

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CDC Removes Isolation Period from COVID, C6

Altitude Sickness: while typically mild, the sickness can turn serious without precaution. **C3**

FDA-approved medication: First food allergy drug approved after new study. **C8**

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 and 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

K2 Summit Research is a clinical research office in The Villages that focuses on dementia, particularly Alzheimer's disease. The office holds clinical trials on Alzheimer's treatment including research on drugs such as Leqembi. The drug was greenlit through the Food and Drug Administration's accelerated approval pathway last year. The office also offers free memory screenings, as well as seminars on Alzheimer's disease. Go to craigcurtismd.com for more information about getting a memory screening, or attending a seminar. The office is located in the Sharon L. Morse Medical Building.

From Local Health Researchers

New research shows cholesterol can interfere with pain control. Rubbing an injury helps trigger the body's pain-relieving capabilities. However, researchers at the Herbert Wertheim University of Florida Scripps Institute for Biomedical Innovation and Technology found excessive cholesterol clumps can get in the way. "Excess cholesterol is a feature in many diseases and disorders, including diabetes and diseases of aging," said Scott Hansen, an associate professor of molecular medicine, in a statement. "This could be one explanation for why we see more chronic pain in these groups."

At The Villages Health Learning Center

A registered dietician will walk residents through ways their food choices can reduce GERD symptoms on March 13. Gastroesophageal reflux disease (GERD), according to the Mayo Clinic, happens when a person experiences acid reflux repeatedly over time. Most people can manage the condition through different lifestyle choices. The upcoming class, "Successful Meal Planning with GERD/Reflux" will focus on diet. The class begins at 10:30 a.m. at The Villages Health Mulberry Grove Care Center, located at 8877 SE 165th Mulberry Lane in The Villages. Go to tinyurl.com/5ddxj2z7 to register.

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

Aviv Clinics' physiologist Aaron Tribby will present "Muscle Matters" at 9:30 a.m. Friday at Aviv Clinics in Brownwood. Tribby will discuss how people can build strength as they age, as well as tips for day-to-day life. Go to tinyurl.com/2ed8jd5h to register for the upcoming event.

2

Every year in Florida trees like junipers and oaks put out massive quantities of pollen that make residents' allergies flare. It's easy to mistake a pollen allergy for a cold, however, since they both produce similar symptoms. If you're not sure which it is, ask your doctor for help.

3

The next Ask TLC session will teach introverts how to thrive locally in "Finding Your Groove as an Introvert in The Villages." The Zoom event, which will also help introverts' loved ones understand their needs, is scheduled for 10 a.m. March 14. Visit tinyurl.com/ym4udw8z to register.

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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