



Health story tips
and questions: Call
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HealthExtra

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Medications Can Help in Treating Osteoporosis, C5

Lucid Episodes: A study provided insights into how they occur in people living with dementia. **C4**

Norovirus: Cases of norovirus are climbing in the Northeastern U.S., the CDC reported. **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, 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

The Sumter County Medical Reserve Corps is looking for volunteers. The program is the local branch of the national Medical Reserve Corps Program, which was created in the wake of 9/11. During public health emergencies, as well as man-made and natural disasters, reserve corps members help community and state health services. For example, local reserve corps members staff the special needs shelter in Wildwood during hurricanes. While active and retired medical personnel are needed, volunteers of all backgrounds are welcome. To request an application, call 352-689-4679 and 352-689-4687.

From Local Health Researchers

Researchers might have discovered a new way to detect Alzheimer's disease. Those with Alzheimer's usually see a build up of amyloid, a kind of protein. A team led by researchers from the University of Florida's Evelyn F. and William L. McKnight Brain Institute and the Norman Fixel Institute for Neurological Diseases at UF Health recently published a study that found a possible link between abnormal blood levels of amyloid and changes in the brain that can be seen on a type of MRI. This could help lead to early detection in patients who are not showing clinical signs of the disease.

At The Villages Health Learning Center

March is National Kidney Month. About 37 million Americans live with chronic kidney disease, according to the National Institute of Diabetes and Digestive and Kidney Diseases. Chronic kidney disease is especially prevalent among those with diabetes and high blood pressure. The Villages Health is holding interactive presentations to mark the month and help educate people about kidney health. The first presentation is scheduled for 2 p.m. Friday at The Villages Health Colony Care Center. The center is located at 280 Farner Place in The Villages. Go to tinyurl.com/2k9epe8w 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

Residents can learn about stress, and how to fight it, on Friday at Mindful Meditation. The educational seminar, organized by Aviv Clinics, runs from 9:30 a.m. to 11 a.m. in the physician lounge at the Center for Advanced Healthcare at Brownwood. Visit tinyurl.com/3twymv23 to register.

2

The next "Understanding Medicare" session, which is geared towards those turning 65, is 1 p.m. Wednesday at Aviary Recreation. The session is held by Serving Health Insurance Needs of Elders (SHINE), a Florida Department of Elder Affairs program that helps seniors navigate Medicare.

3

Dr. Al Turri, director of audiology at The Villages Health, will present Hearing Aids 101 at 9:30 a.m. Thursday at TVH Lake Deaton Care Center. The seminar will focus on what people should know about hearing aids before buying them. Go to thevillageshealth.com/aud-edu to register.

Join a Clinical Study: Opportunities to participate in health care research in The Villages include Charter Research (charterresearch.com/open-studies), the UF Health Precision Research Center (tinyurl.com/UFVillagesResearch), and K2 Summit Research (craigcurtismd.com).

Looking for Board Certified Primary Care Physicians [PCP]?

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Dr. Gabor Menczelesz, MD BOARD CERTIFIED INTERNAL MEDICINE

- Education:** Earned a Doctor of Medicine degree from Semmelweis University Medical School, Hungary.
- Background:** Gained early experience in Hungary, followed by a residency in Internal Medicine at Coney Island Hospital, NY.
- Expertise:** Extensive experience in Internal Medicine, with a career spanning several locations and healthcare settings.
- Personal:** Since the age of 15, Dr. Menczelesz has been fascinated with pathology, after a friend, who's a pathologist, showed him the local hospital's pathology lab.
- Fun Fact:** Enjoys swimming, bicycling and listening to chabad classics.

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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