



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 Specialty Editor Leah Schwarting.

From Local Health Staff

Florida Cancer Specialists and Research Institute, which has locations in the tri-county area and The Villages, created new systems to begin processing claims following the Change Healthcare outage. Change Healthcare, a nationwide healthcare technology company, recently shut down following a cyberattack. This made it difficult for billing and for some patients to get prescriptions. Core Ventures, Florida Cancer Specialists' management services organization, helped establish the new systems for the medical network. Efforts also included working with industry partners to create solutions.

From Local Health Researchers

Researchers recently developed software to calculate how much fluid diarrhea patients need to combat the disease. FluidCalc, which also diagnoses the severity of patients' dehydration, was developed by researchers from UF Health, Brown University and Bangladesh. It reduces the risk of over- or under-treating patients. "There's a lot less left to chance if you have an evidence-based algorithm doing this instead of trying to determine each patient's needs," said Dr. Eric Nelson in a statement. Nelson, an associate professor at the University of Florida, helped develop FluidCalc.

At The Villages Health Learning Center

About 15% of Americans 18 and older experience trouble hearing, according to the National Institute on Deafness and other Communication Disorders. Treating that hearing loss could reduce people's risk of cognitive decline, dementia and social isolation. Dr. Al Turri, director of audiology at The Villages Health, will present Hearing and Brain Health for those who want to learn more about the link between cognitive function and hearing. The seminar starts at 9:30 a.m. March 28 at TVH Lake Deaton Care Center. Go to thevillageshealth.com/aud-edu to register for the seminar.

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

Stroke Support will welcome a speaker from Vivistim on March 28. Vivistim is responsible for the first neurostimulation device for stroke survivors approved by the United States Food and Drug Administration. The meeting, which is open to all, starts at 1:30 p.m. at Laurel Manor Recreation.

2

Serving Health Insurance Needs of Elders (SHINE) is looking for volunteers to help with the 2024 Annual Enrollment Period. To join, see floridashine.org and click "Join Our Team." Anyone who fills out an application will get a follow up phone call. For more information, call 815-541-0866.

3

The Medicare Advantage Open Enrollment period ends March 31, meaning the window is shrinking for Medicare Advantage patients to reexamine their plans. If they are not satisfied with their coverage, they can use this time to switch to another Medicare Advantage plan or to traditional Medicare.

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).

HEALTH



WELLNESS

Blood Pressure: What to Know

High blood pressure, or hypertension, is a common problem among older Americans, and the risk only increases with age, according to the National Institute on Aging. But exercise and weight management can make a big difference in your blood pressure. You don't need to immediately run a marathon or sign up for a gym membership. Instead, start slow and work more physical activity into your daily routine. The Mayo Clinic has answers to common questions:

DOES EXERCISE LOWER BLOOD PRESSURE?

Exercise strengthens the heart, meaning the heart can pump more blood with less effort. As a result, the force on the arteries decreases and lowers blood pressure. Exercise also helps maintain weight, which is important in controlling blood pressure.

150

The number of minutes of moderate aerobic activity that you should aim for each week.

HOW MUCH SHOULD I EXERCISE TO LOWER IT?

Adults should try to get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week. Aim for at least 30 minutes of aerobic activity most days of the week. Work slowly toward this if you're not used to exercising.

WHAT EXACTLY IS AEROBIC ACTIVITY?

Any activity that increases your heart rate and breathing rate is considered an aerobic activity. Some examples are active sports, such as basketball or tennis, bicycling, climbing stairs, dancing, gardening, jogging, swimming, hiking and walking.

WHEN WILL I START SEEING RESULTS?

It takes about one to three months for regular exercise to have an impact on your blood pressure. If you're overweight, losing even 5 pounds can lower your blood pressure. You may notice your it increasing during exercise, but it will fall soon after.

STICK WITH IT

The benefits to your blood pressure last only as long as you continue to exercise. If you're struggling to keep moving toward your exercise goals, find ways to make it fun. You're more likely to stick with it if you enjoy the activity. Finding an exercise buddy also can help keep you motivated.