



Health story tips
and questions: Call
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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

Staff at UF Health Leesburg Hospital recently finished their 100th case with their da Vinci Xi robotic system. The hospital first introduced their new robotic system, named Al E. Gator by the staff, to the public back in September. The system is da Vinci's fourth generation model. It acts as a natural extension of a surgeon's hands, and allows them to perform minimally-invasive procedures. Such surgeries can result in quicker recovery time and less scarring for patients. UF Health The Villages Hospital, Leesburg's nearby sister hospital, also performs robotic-assisted surgeries.

From Local Health Researchers

University of Florida researchers recently identified the genes that create a marine natural product used to make six cancer drugs. Researchers discovered the product, dolastatin 10, originates with cyanobacteria, or blue-green algae. The discovery could lead to new cancer treatments. "Below the ocean's surface are many untapped resources holding the potential for new drug development, and our pipeline of promising compounds for various diseases — including cancer — continues to grow," said Hendrik Luesch, one of the researchers and chair of medicinal chemistry, in a statement.

At The Villages Health Learning Center

Those with dementia and their caregivers can learn more about what resources they can tap into locally at the upcoming Dementia Resource Expo on April 26. The Villages Health Dementia Care Coordination Program is hosting the event, but, in total, the expo includes more than 40 vendors who can discuss what they offer. The event is free. Go to tinyurl.com/3vcjjpk8 to register for the upcoming expo. Call 352-674-8949 for help registering, as well as for more information. The event starts at 8 a.m. on April 26 at the Wildwood Community Center, located at 6500 Powell Road in Wildwood.

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

Pollen season is underway, causing sneezing and watering eyes. Those with allergies can go to [pollen.aaaai.org/#/](https://aaaai.org/#/) to check local pollen counts. The website is run by the National Allergy Bureau using data gathered at various stations. The closest station to The Villages is in Tampa.

2

The Villages Health's Health and Wellness Learning Center, in addition to holding live classes, also offers a library of free video seminars. The seminars cover a topics ranging from fall prevention to how exercise improves your brain. Go to tinyurl.com/ybh26uc7 for more information.

3

Time is almost out for those who want to change their Medicare Advantage plan. Medicare Advantage patients can switch to another Medicare Advantage plan or to traditional Medicare through Sunday if they wish to do so. After that, they must wait until October to make any changes.

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 Medical Research (craigcurtismd.com).

Wanting Female Healthcare Providers?

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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.



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