

Health story tips and questions: Call 2-753-1119 ext. 5374

INSIDE

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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 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.



Pollen season is underway, causing sneezing and watering eyes. Those with allergies can go to pollen. 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.



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.

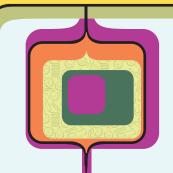
100th case with their da Vinci Xi robotic system. The hospital



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.

in health care research in The Villages include Charter Research (charterresearch.com/open-studies), the UF Health Precision Research Center K2 Medical Research (craigcurtismd.com).

Join a Clinical Study: Opportunities to participate (tinyurl.com/UFVillagesResearch), and



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.

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

The Villages Health

opened its doors in 2012 with the goal

of putting the

seven primary,

specialty, care

centers in the

community.

focus back

on patients.

It includes

and two

- 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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