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Health story tips and questions: Call 352-753-1119 ext. 5374

HealthExtra

Tips to Help Budget Your Clean Eating Needs, C7

Diabetes: Fiber, gut microbes and metabolites are associated with a lower risk of diabetes. **C5**

Spring Cleaning: Chores can help you burn calories and meet goals for physical activity. **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, 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

Lake Medical Imaging, which has offices in The Villages and Leesburg, is now using AbbaDox's Radiology Information System (RIS) to manage data, as well as the company's Patient Engagement platform. The partnership resulted in a 53% decrease in patient backlog, according to a news release, and a 60% drop in registration time. Lake Medical Imaging also credits it with an improvement in Google patient ratings. "AbbaDox has set a new benchmark for what healthcare providers should expect from their technology partners," said Mike Rosa, head of IT at Lake Medical Imaging, in a statement.

From Local Health Researchers

The Florida Cancer Specialists and Research Institute recently announced the formation of Vita Nova Insights for oncology research. Vita Nova, according to a news release, is a health care analytics subsidiary that creates datasets which join data curation and science, artificial intelligence and data analysis capabilities to help study topics such as treatment protocols. Staff there held more than 12 evidence studies with pharmaceutical companies last year. Vita Nova is owned by Core Ventures, FCS' management services organization. FCS has locations throughout Florida and in The Villages.

At The Villages Health Learning Center

Registration is currently open for the virtual dementia tour. The 10-minute interactive tour, which is given by The Villages Health, helps people gain better understanding for those with dementia. Participants will begin their experience when they arrive within their designated timeframe. They will meet with a certified dementia practitioner for a debrief after their experience. The whole event will take about one hour. Tours starts 9 a.m. April 12 at TVH Santa Barbara Care Center, which is located at 1575 Santa Barbara Blvd. Go to thevillageshealth.com/learning-center/ to register for the free event.

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

Dr. Al Turri, director of audiology at The Villages Health, will present Hearing Aids 101 at 9:30 a.m. April 11 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.

2

Scott Meehan is the guest speaker at the next meeting of The Villages' Visually Impaired Persons (VIP) Support Group on Thursday. Meehan is a motivational speaker. The support group meeting starts at 1 p.m. at Bridgeport Recreation, which is at 1670 Lake Miona Drive in The Villages.

3

The Sumter County Medical Reserve Corps is looking for new volunteers. The reserve corps assists state and community health personnel during public health emergencies. Volunteers of all career backgrounds are welcome. Go to tinyurl.com/ymsffu4t for more information about volunteering.

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).

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