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HealthExtra

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Officials Warn of Illnesses Leading To Meningitis, C7

AI exams: Eye-exam technology is one of the first proven use cases of AI-based diagnostics. **C10**

Staying Safe: See a travel medicine specialist before going abroad to decrease health risks. **C5**

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

UF Health The Villages Hospital recently participated in the Parkinson's Foundation's first local Moving Day event at The Villages Polo Club. Moving Day is a nationwide walk that celebrates the importance of exercise in slowing Parkinson's disease. It also raises money for the Parkinson's Foundation. Thirty-nine teams participated in The Villages event in March, raising a total of \$115,430 to advance Parkinson's research and education. UF Health The Villages Hospital was one of the event's sponsors, and the UF Health The Villages Rehab Hospital team raised \$160 for the cause.

From Local Health Researchers

K2 Medical Research is a clinical research office in The Villages that focuses on dementia, particularly Alzheimer's disease. The office holds clinical trials on Alzheimer's treatment including research on drugs such as Leqembi. The drug was green-lit through the Food and Drug Administration's accelerated approval pathway last year. The office also offers free memory screenings, as well as seminars on Alzheimer's disease. Go to craigcurtismd.com for more information about getting a memory screening, or attending a seminar. The office is located in the Sharon L. Morse Medical Building.

At The Villages Health Learning Center

Local residents can learn more about prediabetes and diabetes prevention on Thursday. Prediabetes typically occurs when people's bodies do not make enough insulin or use it correctly, according to the National Cancer Institute. Patients' glucose levels are higher than usual, but not enough for Type 2 diabetes. The Villages Health's upcoming course will cover lifestyle changes patients can make to try and stop Type 2 diabetes from developing. The class begins 2 p.m. Thursday at TVH Mulberry Grove Care Center. To register, go to thevillageshealth.com/learning-center/ and select the class.

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

Three clinical social workers will discuss navigating grief during Ask TLC: "Newly Widowed?" at 10 a.m. Thursday. To register for the free Zoom session, go to tlc-services.org, click on the "Events and Information" tab, then select "Attend a Presentation" and choose the class.

2

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

3

Dr. Kevin Cooke will present "Stop Acting Your Age" at 9:30 a.m. Friday at Aviv Clinics in the Center for Advanced Healthcare at Brownwood. The seminar will explore how to people can take control of aging and improve their healthspan. Go to tinyurl.com/585te4ud to register for the seminar.

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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