

Social Security	C2
Support	C3
Vitality	C5
Heart	C6
Sabbatical	C7
Movement	C8



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

HealthExtra

Visually Impaired Persons Club Hosts Speaker, C4

Heart Conditions:
A new study spotlights
how heart devices can
help women. **C6**

Movement & Health:
Even small amounts
of activity can make a
difference in health. **C8**

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 is a mission crafted through innovative primary care practices, cutting-edge technology, and a nationally renowned hospital system and research university. Here is a roundup of health and medical happenings this week, compiled by Daily Sun Senior Writer Taylor Strickland.

From Local Health Staff

Overconsumption of artificial sweeteners can be as harmful as sugar in the long run, according to Kristen Hubbard, registered dietitian and population health supervisor for The Villages Health. Hubbard said artificial sweetener consumers often eat more than regular sugar consumers, which does little to beat addiction. "No-sugar sweeteners can be a good way for people who consume a lot of sugar regularly to slowly wean themselves off of it, but the ultimate goal is to transition to little or no sugar consumption," Hubbard said. The recommendation does not include diabetic patients.

From Local Health Researchers

The Alzheimer's Association has updated its "Alzheimer's Disease Facts and Figures" report for 2024 and found the number of caregivers in Florida has grown to more than 840,000, which indicates an increase of 13,000 since last year's report and of 34,000 since the 2022 report. It also was found that more than 18% of caregivers die before their loved one living with dementia, and that Black and Hispanic families experience the greatest burden of caregiving. Women make up two-thirds of dementia caregivers, with one-third of them being daughters of the person living with dementia.

At The Villages Health Learning Center

The Villages Dementia Care Coordination Program, led by dementia care specialist Melissa Denham, is hosting a free Dementia Resource Expo from 8 a.m. to noon April 26 at the Wildwood Community Center. Residents can learn more about the many local resources available for those living with dementia, their loved ones and caregivers. More than 40 vendors from throughout the region will be available to discuss their various programs and services with guests. To register and learn more, go to thevillageshealth.com/events or call 352-674-8949 for registration help or questions.

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

The Florida Department of Health in Marion County invites the public to learn CPR with Ocala Fire Rescue. This free, hands-on experience is open to all Marion County residents and is from 5:30-7:30 p.m. April 23 at 1801 SE 32nd Ave. in Ocala. Call 352-644-2677 for more information.

2

SHINE (Serving Health Insurance Needs of Elders) is recruiting more counselors in preparation for the 2024 Medicare open enrollment period at the end of the year. Those interested in becoming a volunteer can contact John Krier, the head of the local SHINE program, at 815-541-0866.

3

Dr. Cynthia Harding of SIMEDHealth in The Villages performed the 700th implantation of the Ensemble CMC, a minimally invasive joint replacement used to treat carpalometacarpal osteoarthritis. The milestone coincided with the third anniversary of the device's first implantation.

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 (craigcurtisemd.com).



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