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

HealthExtra

Health Foods To Include More of in Your Diet, C7

Local Pollen Levels: Three main types of pollen cause itchy eyes and runny noses. **C5**

Get Better Sleep: Experts offer tips, such as watching what you eat and limiting screens. **C6**

America's Healthiest Hometown

Our community medical partners are committed to making The Villages a pre-eminent 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

Steve Sandler, a behavioral health therapist at The Villages Health, said cutting back on drinking can improve your health. Heavy drinking can lead to a number of consequences, including liver, digestive and sleep problems, as well as trouble with memory and concentration. By moderating drinking or practicing sobriety, many of these problems resolve themselves, Sandler said. The best place to start a conversation when it comes to potential drinking issues is with a primary care physician, Sandler said, as they often have a more holistic view of health.

From Local Health Researchers

Brain stimulation treatment may present a noninvasive, drug-free treatment option for depression and anxiety symptoms in older adults, according to a new study from University of Florida researchers. The treatment, known as transcranial direct current stimulation, or tDCS, administers a weak electrical current to the prefrontal cortex, the area of the brain associated with cognition and emotional regulation. The South Korea Food and Drug Administration has already approved tDCS as an at-home treatment for depression, but a Phase 3 randomized clinical trial will be needed before U.S. approval.

At The Villages Health Learning Center

For those looking to make a healthy lifestyle change, board-certified health coaches from The Villages Health are partnering with patients to build personalized health programs. Health coaches will help patients identify their health and wellness goals as well as develop game plans to realistically achieve those goals. The program also goes beyond just treating physical ailments by assisting patients in finding emotional, spiritual and financial resources. Patients can schedule a free, 15-minute consultation with a coach by filling out an intake survey today at tinyurl.com/3a3pr8ph.

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. Craig Curtis from K2 Medical Research is giving a presentation about dementia to the COPD Airheads at 11 a.m. May 7 at SeaBreeze Recreation. It's the group's last meeting before its summer hiatus, which will last until Sept. 3. All are welcome to attend the presentation.

2

Lake Deaton United Methodist Church was recently certified "dementia friendly" by Coping with Dementia LLC, a dementia education and training organization. More than 45 members participated in a free, two-hour workshop and training program to better serve families living with dementia.

3

In addition to individual counseling sessions, SHINE (Serving Health Insurance Needs of Elders) hosts a monthly group presentation called "Understanding Medicare." The next presentation is at 1 p.m. Wednesday at Aviary Recreation. No registration necessary. All are welcome to attend.

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).

HEALTH & WELLNESS

Controlling Your Caffeine

You probably know that tea and coffee contain caffeine, but did you know it also can be found in other drinks, food and some medications? When it comes to caffeine consumption, you're not alone if you depend on it to help you wake up in the morning or concentrate. But consuming too much caffeine can be detrimental to your health.

HOW MUCH CAFFEINE IS TOO MUCH?

Caffeine content in beverages widely varies. For most, having up to 400 milligrams of caffeine daily does not have adverse side effects. Depending on the drink, that can be roughly four cups of brewed coffee, 10 cans of soda or two energy shot drinks.

135

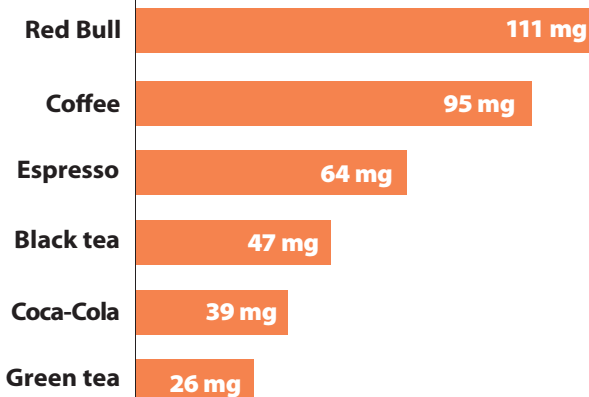
Milligrams: The amount of caffeine that the average American adult consumes on a daily basis.

WHAT ARE THE SIDE EFFECTS OF TOO MUCH?

While consuming some caffeine is OK, too much can cause side effects, including a fast heartbeat, headaches, high blood pressure and muscle tremors. People who are take certain medications should avoid consuming too much caffeine.

HOW CAN I CONSUME LESS?

To lessen withdrawal symptoms, be aware of and track how much you consume throughout the day, cut back gradually so your body gets used to lower levels of caffeine and check products you use for caffeine, such as over-the-counter pain relievers.



About 90% of U.S. adults consume some form of caffeine each day. The figures above show the amount of caffeine contained in a variety of popular drinks, including coffee and energy drinks as well as soda and tea.