



Health story tips
and questions: Call
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HealthExtra

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FEATURING
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Eggs Regain Their Place As a Healthy Staple, C7

Accessibility: Many adults want to be able to stay in their homes as long as possible. **C5**

Quality Sleep: How to change your routine to stop scrolling on your phone in bed. **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

Both the acts of cooking and following recipes can improve cognitive function while creating delicious food, said Kristen Hubbard, population health supervisor and registered dietitian for The Villages Health. Registered dietitians conduct basic cooking demonstrations within several of The Villages Health care centers. Go to thevillageshealth.com. There are additional resources available in the community, including The Villages Show Kitchen inside The Market at Sawgrass Grove. To sign up for a cooking demonstration, go to tinyurl.com/mrfkure5.

From Local Health Researchers

Spending just 15 minutes a day walking or running led to improvements in lung function among a group of elementary school children after only three months, a team of University of Florida College of Public Health and Health Professions faculty and student researchers found. Conducted by evaluating the pulmonary function of children who walked, jogged or ran outside from September to December 2022, the study found that exercise improved lung function more than 10% in the children, while children who did not participate in the exercise program saw no difference in overall lung function.

At The Villages Health Learning Center

The Villages Health Learning Center invites Villagers interested in learning more about important food choices that reduce gastroesophageal reflux disease symptoms to attend a class from 1-2 p.m. May 29 at the Mulberry Grove Care Center. Researchers now say an individual approach is best when it comes to combating GERD, according to the Mayo Clinic. A registered dietitian will lead the class and provide useful resources for potential students to create their own personalized meal plans. To register for Successful Meal Planning with GERD/Reflux, go to tinyurl.com/4newfcs2.

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 next educational meeting of The Villages Prostate Cancer Support Group will be at 7 p.m. June 5 at Laurel Manor Recreation. Through prerecorded video, Dr. Brian McNeil will be giving a talk on essential information those newly diagnosed with early stage prostate cancer should know.

2

A 2023 study from the BMC Sports Science, Medicine, and Rehabilitation journal found that after taking Pilates for a month, there was an improvement in fatigue among study participants. After eight weeks of doing Pilates, participants had a significant improvement in overall sleep quality.

3

Matter of Balance, a fall prevention program, builds confidence by discussing risk factors associated with falls, fear of falling and increasing mindfulness when assessing one's surroundings. Exercises help build strength, flexibility and endurance. Register via 352-674-1779. The program is open to all.

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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