



Health story tips
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HealthExtra

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Pig Yoga: A growing trend of yoga with animals is adding some fun to the traditional practice. **C5**

Atlantic Diet: Like the Mediterranean Diet, it emphasizes fresh, local and seasonal foods. **C7**

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

Alzheimer's disease tends to put people into layers of confusion, but a study from The Journal of Alzheimer's Disease indicates music therapy can be a beneficial tool for bringing people momentary relief. "If you're especially into a piece of music, your brain does something called the autonomous sensory meridian response, or ASMR," said Melissa Denham, a dementia care specialist with The Villages Health. "This is where you feel a tingling in your brain or scalp." It has the power to bring Alzheimer's patients back to normality — if only for a moment.

From Local Health Researchers

Synexus Clinical Research in The Villages is recruiting for a study to evaluate the efficacy of a new drug for people with chronic obstructive pulmonary disease. This randomized, double-blind study will compare participants given astegolimab, a monoclonal antibody known for reducing asthmatic symptoms, to participants given a placebo. To qualify, COPD patients must have a documented diagnosis reaching back 12 months prior, be older than 40, be former or current smokers and have a history of frequent episodes of worsening symptoms. To sign up or to learn more, go to tinyurl.com/wrzm73n4.

At The Villages Health Learning Center

Surprised by recent A1C and fasting blood sugar numbers? It may be a good idea to attend The Villages Health's latest class on preventing prediabetes and diabetes. According to the Centers for Disease Control and Prevention, any A1C level between 5.7% and 6.4% indicates prediabetes, and a level of 6.5% or more indicates diabetes. The Villages Health "Prediabetes and Diabetes Prevention" class will discuss what lifestyle changes can help reverse high blood sugar levels. It will be 12:30-1:30 p.m. Wednesday at Brownwood Care Center. To register, go to tinyurl.com/2hykrctr.

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

Parkinson's disease is often associated with tremors, but not all patients regularly experience them. Tremors at rest are present in about 60% of Parkinson's patients, said Dr. Mitesh Lotia, medical director for Movement Disorders at AdventHealth Neuroscience Institute in Orlando.

2

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 give a talk on essential information those newly diagnosed with early stage prostate cancer should know.

3

TLC has a 6-week grief support group to help people move through grief and loss starting at 9:30 a.m. July 23 and ending Aug. 27. Those who have lost a loved one less than four months before the start of the group are not eligible. Register at tlc-services.org, Events page, click "Join A Group."

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).

HEADLINES

DATELINES

About Organ Donation

Over 100,000 people in the U.S. are waiting for an organ transplant. Being an organ donor is a generous, worthwhile decision that can be lifesaving. If you've never considered organ donation or delayed becoming a donor because of something you've heard, here are answers to some common organ donation myths and concerns.

MYTH: I'M TOO OLD TO DONATE MY ORGANS

There's no cutoff age for donation. The decision to use your organs is based on strict medical criteria, not age. Don't prematurely disqualify yourself. Let the doctors decide at the time of your death whether your organs and tissues are suitable for transplantation.

8

The amount of lives that a single donor can save with their organs. They can enhance and benefit over 75 more.

MYTH: I'M IN TOO POOR OF HEALTH TO DONATE

Few medical conditions automatically disqualify you from donating organs. Again, the decision to use an organ is based on strict medical criteria. It may turn out that certain organs aren't able to be transplanted, but other organs and tissues may be fine.

MYTH: MY FAMILY WILL BE CHARGED IF I DONATE

The organ donor's family is never charged for donation. The family is charged for the costs of all final efforts to save your life, and those are sometimes misinterpreted as costs related to organ donation. Costs for organ recovery go to the transplant recipient.

MYTH: ORGAN DONATION IS AGAINST MY RELIGION

Organ donation is consistent with the beliefs of most major religions. These religions include Roman Catholicism, Islam, most branches of Judaism and most Protestant faiths. If you're unsure of your faith's position on organ donation, ask your clergy member.

PLUS: WAYS TO REGISTER TO DONATE

Register with your state's donor registry. Most states have registries. Check the list at organdonor.gov. Designate your choice on your driver's license when you obtain or renew your license, and tell your family and make sure they know your wishes for donation.

