



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

HealthExtra

A Blood Test May Help to Detect Lung Cancer, C5

Bird Flu: The virus is bad for poultry and dairy cows but is not currently a threat for most people. **C6**

Managing Migraines: Lifestyle changes and treatment options can help with the disorder. **C8**

Support	C2
Social Security	C4
Senior Services	C4
Blood Test	C5
Bird Flu	C6
Pink Eye	C8

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

Heart disease kills more women than all forms of cancer combined, according to the American Heart Association. Leading risk factors include unhealthy diet, lack of physical activity and lack of sufficient coping strategies. "The good news is that most cardiac stroke events can be prevented through education and lifestyle changes such as moving more, eating smart and managing blood pressure," said Kari Walker, a population health specialist with The Villages Health. Walker suggests following a balanced diet and exercise routine and asking for support when stressed.

From Local Health Researchers

Florida Cancer Specialists in The Villages is recruiting for a study on a new medication called ARV-471 in women with advanced metastatic breast cancer. The purpose of the randomized study is to learn about the safety and efficacy of ARV-471 compared to fulvestrant, which is one of the leading treatments for post-menopausal women with advanced breast cancer. Half of the study participants will be given ARV-471 and the other half of the participants will be given fulvestrant. To join the study or to learn more about the criteria, go to tinyurl.com/3hs5evuk.

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 "Preventing Prediabetes and Diabetes" class will discuss what lifestyle changes can help reverse high blood sugar levels. It will be 12:30-1:30 p.m. May 29 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

TLC will be hosting a clinical social worker for a free talk called "Concerns with Medication and Alcohol Use" at 10 a.m. Thursday on Zoom. The talk is about mental health impact of medication and alcohol use. Register at tlc-services.org, Events page, click "Attend a Presentation."

2

Regular blood donation can lower blood pressure and reduce the risk for heart attacks, according to Columbia University Irving Medical Center. If a donor's hemoglobin is too high, donating helps lower the blood's viscosity, which reduces the risk for the formation of blood clots, heart attacks and stroke.

3

The Villages Health Patient Support Center can assist patients with tasks such as appointment scheduling, communicating with the clinical team, medication refills, handling referral requests and assisting with the patient portal. It can be reached at 1-844-TVH-WELL (884-9355).

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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