



Health story tips
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HealthExtra

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Can Music Help Someone With Alzheimer's? C8

Cardiovascular Disease: Heart disease, stroke could affect 60% of U.S. adults by 2050. **C6**

Keeping Kids Safe: What to know about water safety before you head to the beach or pool. **C7**

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 Staff Writer Cynthia Farruggia.

From Local Health Staff

Approximately 1 in 3 cases of dementia could be prevented by addressing some lifestyle factors, according to Dr. Al Turri, director of audiology at The Villages Health. Increases in education, physical activity and social contact lower the risk of dementia. Likewise, so do decreases in risk factors such as hearing loss, hypertension, obesity, smoking and diabetes. Hearing loss is a big risk factor, with a 500% increase risk of dementia with untreated severe hearing loss, but hearing aids were found to reduce the rate of cognitive decline by almost 50% over three years.

From Local Health Researchers

K2 Summit Research is a clinical research office in The Villages focusing on dementia, particularly Alzheimer's disease. The office holds clinical trials on Alzheimer's treatment including research on drugs such as Leqembi. The drug was green-lit through the Food and Drug Administration's accelerated approval pathway last year. The office offers free memory screenings, as well as seminars on Alzheimer's disease. Go to craigcurtismd.com for more information about getting a memory screening or attending a seminar. The office is located in the Sharon L. Morse Medical Building.

At The Villages Health Learning Center

More than one out of four older people — those 65 and older — fall annually according to the Center for Disease Control and Prevention. Falling once doubles your chances of falling again. The Villages Health Learning Center will be offering its "Matter of Balance Class" at several of its locations starting July 9. The classes are 1.5 to 2 hours in length and run for eight weeks. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Visit <https://thevillageshealth.com/learning-center/fall-prevention/> to view office locations and times of classes.

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

Prostate Cancer Support Group in The Villages meets at 7 p.m. Wednesday at Laurel Manor Recreation. Two short videos, including "Treating Advanced Prostate Cancer with Diet" featuring Dr. Michael Greger, will be shown followed by discussion groups and sharing.

2

Florida Cancer Specialists & Research Institute Ocala Cancer Center has been awarded the Vision RT Tattoo and Mark-Free Award. The Center uses 3D cameras to monitor a patient's skin surface without the use of tattoos or marks for guidance during radiation treatment.

3

UF Health announced the new name for the hospital in The Villages is UF Health Spanish Plaines Hospital. The new name reflects UF Health's continued commitment to providing world-class, leading-edge patient care to The Villages area and surrounding communities.

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

Beat the Heat During Exercise

The U.S. is bracing for more blistering temperatures, with forecasters around the country and the world warning of a continuation of the excessive heat seen already this summer. With so many consecutive days of excessive heat, health officials are recommending that people limit their outdoor exposure and know the warning signs of heat illness. Here are a few tips for exercising in the heat. (Mayo Clinic)

KNOW THE WEATHER

If you haven't been exercising in hot weather already this summer, don't choose a hot day to start. Your body needs to acclimate to the heat, so start with shorter periods of exercise and gradually extend the duration of your workout. Pay attention to the forecast — and the sky.

24

Experts recommend drinking 24-32 ounces, or 3-4 cups, of water per hour when exercising in the heat. (CDC)

STAY HYDRATED

Your body cools off by sweating. When you're dehydrated, your body stores heat inside. Your temperature increases, and that can put your organs and nervous system at risk. Drink water before, during and after exercise. Additionally, make sure to eat throughout the day.

SLOW DOWN

Don't try to keep up your normal pace and intensity in hot weather. Get comfortable knowing you'll have to take things a bit easier when the mercury rises. Save your goal of setting a personal best for another, cooler day and wait until the temperature cools off a bit.

LISTEN TO YOUR BODY

You should slow down or stop exercising at the first sign of discomfort. Heat stroke may be indicated by a rapid, weak pulse, confusion and loss of consciousness. If you experience any of these warning signs of heat stroke, call 911 immediately or alert someone to call on your behalf.

