

Social Security	C2
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Health story tips  
and questions: Call  
352-753-1119 ext. 5374

# HealthExtra

## Inconsistent Sleep Might Affect Risk of Diabetes, C6

**Diet and Medication:** Ozempic and other weight-loss medications affect eating habits. **C7**

**Medications:** If your pills are getting out of hand, it may be time for a review with your doctor. **C8**

# 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's a mission crafted through innovative primary care practices, cutting edge technology, a nationally renowned hospital system and research university. Here is a roundup of health and medical happenings this week, compiled by Staff Writer Cynthia Farruggia.

### From Local Health Staff

The Florida Department of Health in Marion County issued a rabies alert in Marion County in response to a confirmed case of rabies in a cat that was killed in the Reddick area July 9. DOH-Marion is monitoring rabies among wild animals in the area. People and domestic animals should always avoid physical contact with wild animals (e.g., raccoons, bats, foxes, skunks, otters, bobcats, coyotes), which carry a higher risk of human exposure and a need for rabies post-exposure treatment. If exposed to rabies, it is important to receive appropriate treatment afterward.

### From Local Health Researchers

UF Health Leesburg hospital's cardiology, heart and vascular program was named a high performing specialty in U. S. News & World Report's annual hospital rankings released this week. UF Health's flagship hospital, Shands in Gainesville, had seven nationally ranked specialties including No. 33 in neurology, No. 43 in geriatrics and No. 46 in orthopedics. Shands also had four high performing specialties, including cardiology, heart and vascular and cancer. UF Health Spanish Plaines Hospital, located in The Villages, did not have a specialty program mention, receiving two out of five stars.

### At The Villages Health Learning Center

The Villages Health will be offering the class Communicating Effectively – An Alzheimer's Association Program on Aug. 20. This program is part of the Empowered Caregiver series which teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Communicating Effectively teaches how dementia affects communication and includes tips for communicating well with family, friends and health care professionals. The class will be held at the Mulberry Grove Care Center starting at 10 a.m. For registration visit <https://tinyurl.com/mr3cxbz2>.

### LOCAL EVENTS

## BOOST YOUR HEALTH I.Q.

1

Last Tuesday the UF Health Ocala Neighborhood Hospital began seeing patients. Within its 150,000 square feet of space, the hospital houses 10 emergency department rooms, including seven emergency exam rooms and one room each for consultations, triage and trauma.

2

The National Institute on Aging is celebrating its 50th anniversary. The institute was established to improve the health and well-being of older adults through research. Many free health publications are available from NIA. To order copies of featured articles visit <https://order.nia.nih.gov>.

3

The CDC reminds people to stay out of floodwater. It can contain many things that can make you sick, such as human waste, germs and toxic chemicals. If you come in contact with floodwater, wash the affected area with soap and clean water. If those aren't available, use alcohol-based wipes or sanitizer.

**Join a Clinical Study:** Opportunities to participate in health care research in The Villages include Charter Research ([charterresearch.com/open-studies](http://charterresearch.com/open-studies)), the UF Health Precision Research Center ([tinyurl.com/UFVillagesResearch](http://tinyurl.com/UFVillagesResearch)), and K2 Medical Research ([craigcurtismd.com](http://craigcurtismd.com)).

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.

## HEALTH & WELLNESS

# All About the Benefits of Melons

Which melon is your favorite? Whether it's cantaloupe, honeydew or watermelon, these summertime favorites contain some sweet health benefits. Melons are low in sodium and very low in saturated fat and cholesterol, but the hydrating treats are generously packed with essential nutrients that can support your health. Here's what you need to know about the smart snacks that pack a nutritional punch. (Mayo Clinic)

### CANTALOUPE

A one-cup serving of cantaloupe, a variety of musk melon, contains 106% of the daily recommended value for vitamin A and 95% of the daily recommended value for vitamin C. It also contains 1.5 grams of protein and is a good source of potassium and folate, or vitamin B-9.

30%

Florida is the top watermelon-producing state, accounting for 30% of the nation's total crop. (USDA)

### HONEYDEW

One cup of honeydew has 51% of the daily recommended value for vitamin C and 11% of the daily recommended value for potassium. Honeydew also contains fiber, folate and vitamin B6. Honeydew is naturally low in both fat and cholesterol, making it a healthy source of energy.

### WATERMELON

Watermelon is loaded with lycopene, which is linked to decreased risk of cancer, heart disease and eye disorders. It also contains vitamins A and C and potassium. As its name states, 92% of watermelon consists of water, making it perfect for staying refreshed and hydrated.

### CHOOSING MELONS

How do you pick the perfect melon? Choose a firm melon with no bruising and one that's heavy for its size, which gives a clue to how juicy it is. Watermelon is best when it has a yellow belly, indicating it could have ripened in the field instead of the store or market.

Watermelon is rich in an amino acid called citrulline that may help move blood through your body and can lower your blood pressure by dilating and relaxing your blood vessels.

