

Support	C2
Social Security	C4
Lupus	C5
Electrolytes	C6
Obesity	C7
CPR	C8



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

# HealthExtra

## How to Make Nutritious Meals on a Budget, C6

**Alzheimer's:** Lab tests can find certain signs of it in blood, but they're not yet widely used. **C5**

**Long COVID:** A study found that the risk of Long COVID has decreased but not disappeared. **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'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

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

A UF Health study shows no association between suicidal ideation and drugs like Ozempic. "Our data suggest there's no statistical difference in the risk of suicidal ideation or behavior between users of GLP-1RAs and other glucose-lowering medications," said Dr. Serena Jingchuan Guo, an assistant professor of pharmaceutical outcomes and policy in the UF College of Pharmacy and the study's senior author. "However, the results may not be generalized to extend to younger populations, like adolescents, for whom these drugs are prescribed to treat Type 2 diabetes and obesity."

### At The Villages Health Learning Center

The role of a person's diet in preventing or treating heart disease is in the news frequently these days. For those wanting more information The Villages Health is offering a discussion on important food choices to support heart health. A registered dietician will lead the discussion and provide useful resources for participants. "Healthy Foods for a Healthy Heart" will be held Aug. 14 from 2:30 p.m. to 3:30 p.m. The event will be held at The Villages Health Mulberry Grove Care Center, 8877 SE 165 Mulberry Lane, The Villages. Register at <https://tinyurl.com/3xatmbbs>.

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

According to the American Heart Association, many people having a heart attack wait more than three hours before seeking help, either out of fear or embarrassment. If you suspect a heart attack, call 911, a fire department or ambulance. Act fast to save a life — maybe even your own.

2

According to the Florida Department of Health, heart disease was the leading cause of death in Florida accounting for approximately 2 of 10 total deaths in 2022. Risk factors include high blood pressure, high cholesterol, smoking, diabetes, overweight, poor diet, inactivity and excessive alcohol use.

3

According to the Mayo Clinic, a heart-healthy diet includes fruits and vegetables, beans or legumes, lean meats and fish, low-fat dairy, whole grains and healthy fats such as olive oil and avocados. Foods to avoid include highly-refined carbohydrates and those high in added sugar or salt.

**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)).

## HEALTH & WELLNESS

# Stretching: Focus on Flexibility

You can stretch anytime, anywhere. For many people of a certain age, high school gym class began with reaching for their toes. Then, over the years, we were told it was better to stretch after exercise. Stretching guidance has changed over the years. Stretching can help make you more flexible, improve range of motion in your joints — and feel good. Understand why stretching can help and how to stretch correctly with these tips. (AP, Mayo Clinic)

### STRETCHING BENEFITS

Research has shown that stretching can help improve flexibility, and, as a result, the range of motion of your joints. Better flexibility can increase muscle blood flow, decrease your risk of injuries and improve your performance in both your physical and day-to-day activities.

60

The ideal number of seconds you should spend on each stretching exercise for optimal results.

### WARM UP FIRST

It's almost always good to stretch, but it's better if you warm up first. Before stretching, warm up with light activities such as walking, jogging or cycling at low intensity for 5 to 10 minutes. Follow that with some static stretching, the traditional way of reaching and holding a position.

### STRIVE FOR SYMMETRY

Everyone's genetics for flexibility are a bit different. Rather than striving for the flexibility of a dancer or gymnast, focus on having equal flexibility side to side, especially if you have a history of a previous injury. Flexibility that is not equal on both sides may be a risk factor for injury.

### DON'T AIM FOR PAIN

Light stretching after exercising is OK, as long as you don't reach a point where you're feeling pain. Since your muscles will be warm by that point, overdoing it makes injury more likely. If it hurts, you've pushed too far. Back off to the point where you don't feel any pain, then hold the stretch.

Foam rollers can be an effective tool to add to your warm-up or cooldown, before and after exercise. They have been shown to increase ranges of motion and help relieve muscle tightness, soreness and inflammation.

