



Health story tips
and questions: Call
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HealthExtra

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Ultra-Processed Food Is Tasty, But Is it Bad? C5

Healthy Sleep: Having a regular bedtime routine is important for both adults and children. **C6**

Fitness Trends: Programs for older adults are among the fastest-growing trends. **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

Overconsumption of artificial sweeteners can be as harmful as sugar in the long run, said Kristen Hubbard, registered dietitian and population health manager for The Villages Health. Hubbard said artificial sweetener consumers often eat more than regular sugar consumers, which does little to beat addiction. "No-sugar sweeteners can be a good way for people who consume a lot of sugar regularly to slowly wean themselves off it, but the ultimate goal is to transition to little or no sugar consumption," Hubbard said. The recommendation does not include diabetic patients.

From Local Health Researchers

Charter Research in The Villages is currently enrolling for an upcoming study. The purpose of the study is to determine the efficacy of a non-opioid investigational drug in reducing pain related to diabetic peripheral neuropathy. Participants must be 18 years old or older, have Type 1 or Type 2 diabetes and have on-going diabetic peripheral neuropathy with moderate to severe pain. To learn more about the study and to determine if a person is eligible, call Charter Research in The Villages at 352-441-2000, or visit Helpcureit.com to schedule your prescreen (initial assessment).

At The Villages Health Learning Center

"Hearing loss isn't just about hearing," said Dr. Al Turri, audiology director at The Villages Health. "Tons of studies show hearing loss has an impact on cognitive decline. It's the number one modifiable risk factor for dementia." Hearing aids were found to reduce the rate of cognitive decline by almost 50% over three years, according to a 2023 Lancet study. To help patients make the best decision before buying their next pair, Turri is hosting a free Hearing Aids 101 seminar from 9:30-11 a.m. Thursday at Lake Deaton Care Center. Go to tinyurl.com/bdz2cyhp to register.

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

SHINE (Serving Health Insurance Needs of Elders) "Understanding Medicare" group talk aimed at those turning 65, will be presented at 1 p.m. Wednesday at Aviary Recreation, 5748 Morse Blvd in The Villages. For information, call 800-963-5337 or visit floridashine.org.

2

As of July 2, the U.S. FDA granted traditional approval to donanemab (Eli Lilly), sold under the brand name Kisunla, for treatment of people with early symptomatic Alzheimer's disease including mild cognitive impairment and the mild dementia stage of the disease.

3

Poor hydration may be linked to early aging and chronic disease, according to a 25-year study published by the National Institutes of Health this year. Chronic dehydration is associated with a 39% increased risk to develop chronic diseases and a 21% risk increase for premature death.

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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