



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

HealthExtra

Why do Some People Use The Snooze Button, C9

Cancer Risk: Nearly half of all cancers are linked to lifestyle factors such as smoking. **C7**

Cancer and Obesity: In a study, drugs like Ozempic are linked to lower cancer risks. **C10**

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

There is good news for brain health, said Kari Walker, population health specialist for The Villages Health. "Exercise increases neuroplasticity in the brain," Walker said. "If the overall health of our brain is largely dependent on the health of the blood vessels, that means we have a lot of control through diet and exercise." Research is starting to show that certain brain exercises stimulate different parts of the brain. For instance, the temporal lobe plays a major role in memory and can be stimulated by aerobic exercise, word games or learning new skills.

From Local Health Researchers

Scientists at the University of Florida have identified a novel compound, 368, aimed at improving the treatment of opioid overdoses. Researchers found that when the drug naloxone (brand name Narcan) was paired with compound 368, the medication's ability to reverse the lethal effects of opioid overdose were increased. "Fentanyl is driving the need to find better treatments for opioid overdoses," said Jay McLaughlin, Ph.D., a professor of pharmacodynamics in the UF College of Pharmacy. Fentanyl is a highly potent synthetic opioid that is a highly abused substance.

At The Villages Health Learning Center

One-third of American adults have prediabetes. This means your blood glucose level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of Type 2 diabetes, heart disease and stroke. Without intervention including weight loss and increased activity, many people with prediabetes can develop Type 2 diabetes within 5 years. The year-long Prevent T2 lifestyle change program, developed by the CDC, can help you make lasting changes to prevent Type 2 diabetes. Cost: \$50 material fee, \$50 incentive fee. To register visit <https://tinyurl.com/T2-program>.

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

A study of 2,062 men with an average age of 65.0 who have been diagnosed with localized prostate cancer, found that those who ate the most plant-based foods had a 47% reduced chance of having their cancer spread in 6.5 years, compared to men who ate the least plant-based foods.

2

TLC has a six-week grief support group to help people move through grief and loss starting July 23 and ending Aug. 27. Those who have lost a loved one less than four months before the start of the group are not eligible to participate. Register at tlc-services.org, events, "join a group."

3

If you take any vitamins or minerals, you are likely using a dietary supplement. It is important to know that the FDA does not approve dietary supplements for safety and effectiveness or their labeling before they are sold to the public. For more information on dietary supplements, visit www.fda.gov.

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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Owner Jamie Boval and Family. Jamie is an Army Veteran, and his oldest son is currently serving in the Marines.



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