

Support	C2
Social Security	C4
Senior Services	C4
Seed Oils	C5
Food Safety	C6
Seasonal Foods	C7



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

HealthExtra

Study: Donating a Kidney Is Safer Than Ever, C5

Food Safety: Nutrition science still isn't clear on the safety of common ultraprocessed foods. **C6**

Seasonal Eats: Fresh, seasonal foods offer the most nutrients and look and taste better. **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

The Orlando College of Osteopathic Medicine has signed an affiliation agreement with UF Health Central Florida which will allow medical students to participate in clinical training at UF Health Spanish Plaines Hospital and UF Leesburg Hospital campuses. "The affiliation with The UF Hospitals are deeply committed to providing a premier educational environment for developing OCOM medical students into compassionate, highly skilled, and ethical physicians," said Dr. James Toth, OCOM Regional Site Director, UF Health Central Florida.

From Local Health Researchers

Charter Research, located in The Villages and Orlando, is currently recruiting for several clinical trials in pursuit of new discoveries for cures and treatments of many of today's most common debilitating diseases such as Alzheimer's, Parkinson's, Obesity and Fatty Liver Disease (NASH). Trials depend upon volunteers who fit certain criteria to be monitored over a period of time. You can sign up for an initial pre-screening assessment at www.charterresearch.com/studies. The Villages location is conveniently located at 1025 Lake Sumter Landing in The Villages.

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 a pair of hearing aids, Turri is hosting a free Hearing Aids 101 seminar from 9:30 to 11 a.m. on Thurs., Sept. 12, Lake Deaton Care Center. Go to thevillageshealth.com 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

Dr. Sujata Balulad, Board Certified Cardiologist and Electrophysiologist, will provide an informative session on Atrial Fibrillation and the Watchman device on Sept. 7 at 10 a.m., Leesburg Public Library, 100 E. Main St., Leesburg. RSVP to chandicam@thecrscore.com.

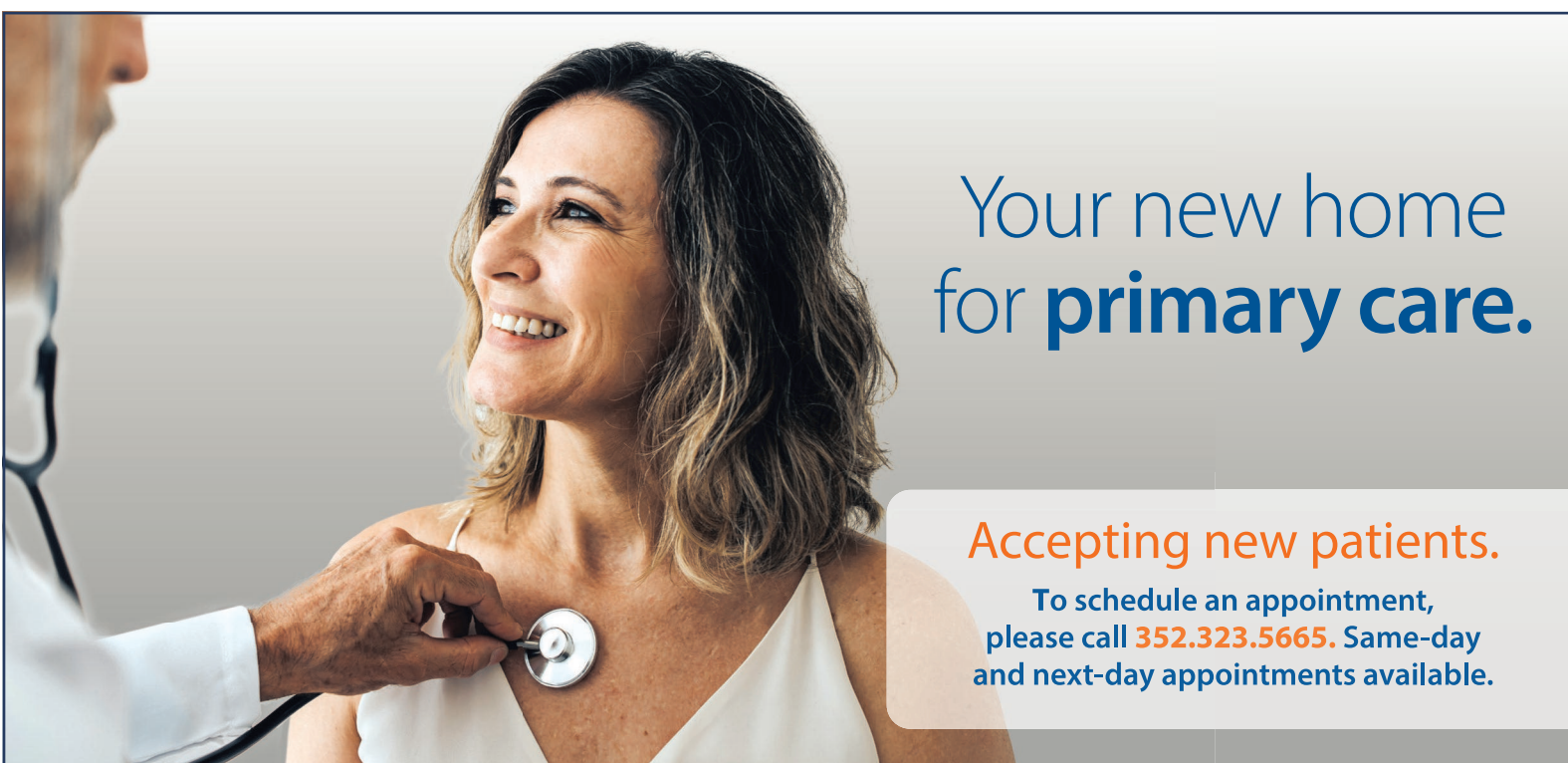
2

Novavax is working with the FDA on the review of its 2024-25 formula COVID-19 vaccine which targets JN.1, the "parent strain" or "trunk of the tree" from which the currently circulating variants emerged, according to Novavax's Senior Vice President, CMO, Dr. Robert Walker.

3

SHINE (Serving Health Insurance Needs of Elders) "Understanding Medicare" group talk, aimed at those turning 65, will be presented at 1 p.m. Wed., Sept. 11 at Aviary Recreation, 5748 Morse Blvd., The Villages. For more information, visit floridashine.org or call 800-963-5337.

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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