

Support	C2
Social Security	C4
Positive Aging	C5
Peaches	C6
Fitness	C7
Pfizer Drug	C8



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

# HealthExtra

## Fitness Can Be Helpful for Those With Disabilities, C7

**Menopause:** Hormonal changes can harm gums and teeth, making dental hygiene more crucial. **C6**

**Regaining Weight:** A study found Pfizer's new drug may help cancer patients gain weight. **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

Alzheimer's disease is known for the memory loss and confusion its victims face, but a study from the Journal of Alzheimer's Disease indicates music therapy can be a beneficial tool for bringing people momentary relief. "If you're especially into a piece of music, your brain does something called the autonomous sensory meridian response or ASMR," said Melissa Denham, a dementia care specialist with The Villages Health. "This is where you feel a tingling in your brain or scalp." It has the power to bring Alzheimer's patients back to normality — if only for a moment.

### From Local Health Researchers

Charter Research in The Villages is currently recruiting participants for a clinical trial in an Early Alzheimer's Study. The purpose of the study is to find out if the study drug can possibly prevent, delay or slow early symptoms of Alzheimer's disease. Preliminary qualifications include being 50-90 years of age and having mild cognitive impairment or mild dementia consistent with Alzheimer's disease while still being able to complete most daily tasks independently. To get involved, call Charter Research in The Villages at 352-441-2000 or visit [charterresearch.com/studies](http://charterresearch.com/studies).

### At The Villages Health Learning Center

The Villages Health offers a variety of classes, wellness programs and courses to help keep you healthy. TVH is sponsoring Healthy Living for Healthy Brains, a wellness program which runs from 10:30 a.m. to noon Oct. 4. Learn what you can do to prevent mild cognitive impairment from progressing into dementia. This six-week program meets once per week and covers evidence-based actions you can take for better brain health. The program will be held at the Mulberry Grove Care Center, 8877 SE 165th Mulberry Lane in The Villages. Register at [thevillageshealth.com](http://thevillageshealth.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.

### LOCAL EVENTS

## BOOST YOUR HEALTH I.Q.

1

SHINE (Serving Health Insurance Needs of Elders) volunteers are available to assist clients with Medicare-related questions including Medicaid, Medicare and Medigap plans, financial assistance and scams. Note: There will be no services Sept. 24 at Lake Miona Recreation.

2

The VHA and The Pharm Stand are presenting "Medical Cannabis as a Form of Integrative Health-care" from 1:30 to 3 p.m. Saturday at Epic Theatres Old Mill Playhouse, 1000 Old Mill Run in The Villages. Seating is limited. RSVP for the event at 352-399-5557 or visit [thevha.net](http://thevha.net), Events.

3

The "ABC of Dementia Workshop" will be presented from 11 a.m. to 1 p.m. Friday at the Lady Lake Public Library, 225 W. Guava St. in Lady Lake. The workshop will be conducted by Debbie Selsavage, president of Coping with Dementia LLC. The event is free but seating is limited. Call 352-422-3663 to register.

**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)).

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