

Support	C2
Social Security	C4
Aviv Clinics	C5
Weightlifting	C7
Friendships	C9
Balanced Diet	C11



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

# HealthExtra

## EpiPen Alternative Neffy Gets FDA Approval, C8

**Gastrointestinal Disease:** Researchers found certain groups face higher risk of mortality. **C6**

**Cancer Care:** Clinical trials can help those with limited treatment paths to access new options. **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 Garrett Shiflet.

### From Local Health Staff

Transition Life Consultants Services is offering a live Zoom seminar from 10 to 11 a.m. Nov. 14, titled "Coping with Grief During the Holidays: Strategies for Healing and Hope." TLC Services is a local 501(c)(3) organization made up of retired social workers, therapists and psychologists that offers multiple services to the community such as free education and one-one-one counseling. Registration is required to acquire a link to seminar. To register or learn more information, visit [tlc-services.org](http://tlc-services.org). Questions regarding registration or the event can be made to [groups@tlc-services.org](mailto:groups@tlc-services.org).

### From Local Health Researchers

UF Health has announced it has been designated a Center of Excellence from the Pheo Para Alliance, an advocacy group for neuroendocrine tumors. The announcement stated it is one of only 16 organizations nationally with the distinction. Pheo Para Alliance advocates for the study, treatment and the search for a cure for pheochromocytoma and paraganglioma. "This is a win for our patients — it means opportunities and resources for our patients to get the best possible care for this rare disease," UF Health endocrinologist Hans Ghayee said.

### At The Villages Health Learning Center

The Villages Health Learning Center hosts a variety of courses, seminars and programs, both in-person and online, to help a wide variety of ailments. Registration is open for the second annual Dementia Resource Expo, from 8 a.m. to 11 a.m. Jan. 24 at Savannah Recreation. This free event will have about 60 vendors with resources on dementia on their programs. The Villages Health Dementia Care Coordination Program is the host of the expo. To sign up for the expo and other opportunities with The Villages Health Learning Center, visit [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

Dr. Sujata Balulad from Cardiac Rhythm Specialists is hosting an informational seminar titled "Atrial Fibrillation & Watchman" from 10 a.m. to 2 p.m. Nov. 9 at the Panera Bread in Lake Sumter Landing. Residents can RSVP by emailing [chandicam@theccscares.com](mailto:chandicam@theccscares.com).

2

Aviv Clinics is offering free seminars for the public. Upcoming seminars include "Turn Back Time... On Your Brain & Body" from 9:30 to 11 a.m. Oct. 24 at the Aviv Clinics location at The Center for Advanced Health-care at Brownwood. To enroll, visit [aviv-clinics.com/events/](http://aviv-clinics.com/events/)

3

The World Health Organization issues travel advice for international travelers about infectious diseases. Currently, the WHO has travel advice pamphlets for dengue disease and zika virus. To learn more information about travel advice from the WHO, visit [who.int/travel-advice](http://who.int/travel-advice).

**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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