



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

HealthExtra

Heart Attack Portrayals In Movies Miss the Mark, C8

Fake Dentists: Don't fall for fake dentists offering veneers, other work on social media. **C6**

Reset and Renew: Create a healthy routine for the fall season with three easy tips. **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

Both the acts of cooking and following recipes can improve cognitive function while creating delicious food, said Kristen Hubbard, population health manager and registered dietitian for The Villages Health. Registered dietitians conduct basic cooking demonstrations at several of The Villages Health care centers. Go to thevillageshealth.com. There are additional culinary resources available in the community, including The Villages Show Kitchen, inside The Market at Sawgrass Grove. To sign up for a cooking demonstration, go to tinyurl.com/mrfkure5.

From Local Health Researchers

UF Health announced it has made a breakthrough in the study of cerebrospinal fluid in the brain. Edward Scott, a UF professor of molecular genetics and microbiology, and a team of researchers found that the fluid was able to go to nerves throughout the body and not just the brain and spinal cord. "This breaks one of the oldest standing dogmas in neuroscience," Scott said. "I chalk it up to just paying attention to the things that don't go the way you expect them to, and then trying to track down what was misunderstood in the first place."

At The Villages Health Learning Center

The Villages Health Learning Center hosts a variety of classes and webinars to address various ailments impacting residents. The Villages Health's Director of Audiology Dr. Al Turri will host a seminar titled "Hearing & Brain Health" from 9:30-11 a.m. Oct. 24 at The Villages Health Lake Deaton Care Center. The subject matter will mainly be about how hearing loss can lead to other issues and complications and the importance of seeking treatment early.

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

The public can order free at-home COVID-19 tests online from the federal Administration for Strategic Preparedness and Response. Each household is able to order four tests at no charge to them, including shipping. To learn more information and order free tests, visit covidtests.gov.

2

October is recognized as National Breast Cancer Awareness Month. Breast cancer is one of the most common types of cancer affecting women, according to the Centers for Disease Control and Prevention. For more information about breast cancer, visit tinyurl.com/4kvm2skw.

3

The American Foundation for Suicide Prevention is hosting its Out of the Darkness Walk at 10 a.m. Oct. 19 at Lake Okahumpka Park in Wildwood. The walk has a fundraising goal of \$15,000, with funds going toward suicide prevention efforts. The public can donate or register for the walk at tinyurl.com/4wr66tp.

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).

HEALTH & WELLNESS

How Much Water Should You Drink?

How much water should you drink each day? It's a simple question with no easy answer. Studies have produced varying recommendations over the years. But your individual water needs depend on many factors, including your health, how active you are and where you live. No single formula fits everyone. But knowing more about your body's need for fluids will help you estimate how much water to drink each day. (Mayo Clinic)

THE HEALTH BENEFITS OF DRINKING WATER

Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive. Water keeps your temperature normal, lubricates and cushions joints and protects sensitive tissues.

20%

The amount of daily fluid intake that comes from food. The rest of an average daily intake comes from drinks.

HOW MUCH WATER DO I NEED TO DRINK?

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is about 15.5 cups of fluids (3.7 liters) a day for men, and about 11.5 cups of fluids a day (2.7 liters) for women.

HOW DO I KNOW IF I'M DRINKING ENOUGH?

Your fluid intake is probably adequate if you rarely feel thirsty and your urine is light yellow or colorless. It's also a good idea to drink a glass of water with each meal and between meals, before, during and after exercise and if you feel thirsty.

SHOULD I WORRY ABOUT DRINKING TOO MUCH?

Drinking too much water is rarely a problem for healthy, well-nourished adults. When you drink too much, your kidneys can't get rid of the excess water and the sodium content of your blood becomes diluted. This is called hyponatremia and can be life-threatening.

