

Support	C2
Social Security	C4
Blood Pressure	C5
Junk Food	C6
Protein	C7
Cranberries	C9



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

HealthExtra

Hearing Loss Can Greatly Impact Brain Health, C8

Protein: Gender, age, activity, medications and other factors can affect your protein needs. **C7**

Healthy Gifts: Fitness trackers, gear, classes and other health-related gifts may be good for some. **C9**

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 will offer support groups starting up in the new year. They include the six-week group called Parents Coping with the Loss of a Child by Suicide from 1 to 3 p.m. Wednesdays from Jan. 8 to Feb. 12 and a weight loss program called Weigh to Go for eight weeks from 1 to 3 p.m. Mondays from Jan. 13 to March 3. Locations for meetings are available when registering, which is required at tlc-services.org. TLC Services is a 501(c)(3) organization made up of retired social workers, therapists and psychologists who offer services to the community such as free education and individual counseling.

From Local Health Researchers

Researchers at the University of Florida have made a breakthrough in treatment for pregnant women to prevent premature births and stillbirths, according to a university announcement. The research centers around placental growth restriction and ensuring the health of the placenta using gene therapy. "This is a very exciting therapy," said Helen Jones, co-director for the Center for Research in Perinatal Outcomes. "We're very happy with our results so far. If this goes well, it could be a game-changer for mothers worldwide." According to the announcement, human trials possibly may start in five years.

At The Villages Health Learning Center

The Villages Health Learning Center hosts a variety of courses, seminars and programs, both in-person and online, on a wide variety of ailments and lifestyle changes. This includes a class titled Creating Healthy Habits That Stick taking place from 11 a.m. to noon Jan. 6 at The Villages Health Colony Care Center. The class is perfect for residents looking to improve their health in the new year. The class will cover daily habits to take up to help improve health. To sign up for the class and other opportunities with The Villages Health Learning Center, visit 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

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, including shipping. To learn more information and order free tests, visit covidtests.gov.

2

Heart disease is the leading cause of death in America, according to the Centers for Disease Control and Prevention. Over 700,000 people die from heart disease, followed by cancer at over 600,000 and injuries from accidents at over 200,000. For more information about heart disease, visit cdc.gov/heart-disease.

3

The Centers for Disease Control and Prevention has issued a food safety alert on cucumbers from SunFed Produce LLC that have been linked to a strain of salmonella. The report stated that 68 people in 19 states have been infected. The cucumbers have been recalled. For more information, visit cdc.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).

HEALTH & WELLNESS

Pomegranate Perks

Pomegranates have been part of the diet since the early days of civilization. They are mentioned in the Bible, Greek mythology and have even been seen in Egyptian tomb paintings. The pomegranate has been a sacred fruit in most of the world's major religions. Ancient people believed they had medicinal value as well as beauty, and they were right on both counts.

NUTRITIONAL VALUE

Pomegranate are a good source of folate, potassium and vitamin K. The diversity of phytochemicals in a pomegranate are too numerous to list. It is this abundance of phytochemicals that provides the health benefits pomegranates offer. The seeds also add fiber into your diet.

122

At last count, there were 122 different phytochemicals in a pomegranate, giving health benefits.

HEALTH BENEFITS

There is research indicating pomegranates boost heart health. Studies reveal that the diverse and rich phytochemical content decreases inflammation and thickening of the artery walls. Other studies have shown pomegranate juice or concentrate can slow the growth of certain

WHAT'S INSIDE

The seeds in a pomegranate are covered with bright red pulp. The pulp is called an aril. There are hundreds of arils in each pomegranate. If you ate all the arils in a single pomegranate, you would be getting about 5 ounces of fruit and 100 calories. Arils can be eaten alone or added to other dishes.

