



Health story tips  
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# HealthExtra

## What You Eat Can Impact How Well You Sleep, C9

**Spring Forward:** The time change can disrupt your internal clock and poorly affect health. **C6**

**Eating and Exercise:** What you eat matters more than when you eat around working out. **C8**

Support	C2
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# 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 Specialty Editor Leah Schwarting.

### From Local Health Staff

UF Health recently wrapped up its 20th Annual Heart 2 Heart Symposium at Brownwood Hotel & Spa. The event brought together Central Florida healthcare professionals and students at the end of February to learn about the latest research and techniques for treating patients. Heart disease remains the No. 1 killer in the United States, killing 702,880 people in 2022, according to the Centers for Disease Control and Prevention. That number includes 49,836 Floridians. Heart disease also cost the nation about \$252.2 billion in healthcare costs and lost productivity from 2019-2020.

### From Local Health Researchers

Twenty years of snakebites show mom was right about at least one thing – don't go playing with wild animals. University of Florida Health researchers dug into 546 records of snakebites from 2002-2022, allowing them to see patterns. Researchers found almost 78% of the bites occurred when adult men were handling wild snakes, and most of the bites were on hands and fingers. Most patients took more than an hour to get to the hospital afterwards, and about 10% tried sucking out the venom, which doctors do not recommend trying. However, only three of the bites ended up being fatal.

### At The Villages Health Learning Center

Local residents can learn more about how to age well on March 21. Participants will learn about what goes into having a fulfilling life and how they can design plans to improve different areas in their lives and enhance their future years. The class starts at 1 p.m. March 21 at The Villages Health Colony Care Center, which is located at 280 Farner Place in The Villages. Go to [thevillageshealth.com/learning-center/](http://thevillageshealth.com/learning-center/) and click on "Art of Aging Well" under the "Emotional Health" heading to register. The upcoming class is open to patients of The Villages Health as well as non-patients.

### THIS WEEK'S FITNESS GOAL

**Endurance:** Aim for at least 150 minutes a week of moderate-intensity activities that make you breathe hard, such as brisk walking, dancing or swimming.

### LOCAL EVENTS

### BOOST YOUR HEALTH I.Q.

1

SHINE's next "Understanding Medicare" group presentation is 1 p.m. Wednesday at Aviary Recreation, 5748 Morse Blvd. in The Villages. The volunteer-run group offers free health insurance counseling, and Wednesday's presentation will help those turning 65 learn more about Medicare.

2

Will Tuttle, who wrote "The World Peace Diet," will discuss the "Art of Healthy Living" on Thursday. Tuttle's work focuses on how food, and how people grow and raise it, can be key to social and physical wellness. The event is 4 p.m. at Lake Miona Recreation.

3

The number of flu cases in the tri-county area, and Florida in general, continue to drop. The amount of flu activity in the state has been decreasing as a whole since Feb. 9. The latest numbers, which are taken from the week of Feb. 23 to March 1, continue that downward trend.

**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)).

## MODERN RETIREMENT FINANCIAL PLANNING

TUESDAY, MARCH 18 | 11:00 AM | PRIMA STEAKHOUSE

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- **How should you react to the Volatile Stock Market?** Get a fresh, modern, perspective and learn strategies to manage your investments for what's to come.
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