



Health story tips  
and questions: Call  
352-753-1119 ext. 5367

# HealthExtra

## Statement Discusses Heart Conditions in Athletes, C7

**Ultra-processed Foods:** Though tasty, they should play a minimal role in a healthy diet. **C6**

**Induction Stoves:** They are more expensive but are better for health, climate and efficiency. **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 Specialty Editor Leah Schwarting.

### From Local Health Staff

Serving Health Insurance Needs of Elders, also known as SHINE, provides free health insurance advice for seniors. The program is run by the Florida Department of Elder Affairs and has branches throughout the state and in the local area. Trained SHINE volunteers see clients at three Villages recreation centers: Lake Miona, Eisenhower and Chula Vista. People can arrive from 9-11:30 a.m. second and fourth Tuesdays at Lake Miona, 9-11:30 a.m. first and third Wednesdays at Eisenhower and 3-5:30 p.m. first and third Fridays at Chula Vista. Go to [floridashine.org/Home.aspx](http://floridashine.org/Home.aspx) for more information.

### From Local Health Researchers

Aprinda Queen, an assistant professor in the University of Florida's College of Public Health and Health Professions, is using AI to further her study of a potential preventative for dementia. Queen is studying transcranial direct current stimulation, when a weak electric shock is passed through electrodes on participants' heads to improve cognition and mental health. However, its effectiveness varies because everyone's head is different. That's where AI comes in, allowing Queen to make individualized head models and predict which people might respond best to the treatment.

### At The Villages Health Learning Center

People can learn more about how to give their loved ones with dementia the right amount of help March 19. The program, run by the Alzheimer's Association, will discuss how patients' independence levels change because of the disease. It will explore four steps people can use to help dementia patients with their personal care activities while also maintaining those relationships. The class starts at 1:30 p.m. at The Villages Health Creekside Care Center, 1050 Old Camp Road in The Villages, and will run for about an hour. Go to [tinyurl.com/r2tfrdn9](http://tinyurl.com/r2tfrdn9) to register for the class.

### THIS WEEK'S FITNESS GOAL

**Flexibility:** Exercising and stretching can help you to move more freely. Remember to stretch when your muscles are warmed up and consider incorporating yoga into your daily life.

### LOCAL EVENTS

## BOOST YOUR HEALTH I.Q.

1

Florida's number of Respiratory Syncytial Virus outbreaks dropped for the second week in a row. The season, which began in August for the Central Florida region, saw an outbreak spike in mid-January before the number started to fall. The season traditionally wraps up this month.

2

Tree pollen levels remain high as winter draws to a close. The top four pollen producing trees, according to the National Allergy Bureau, are oaks, certain pines, mulberrys and willows. Visit [pollen.aaaai.org/#/](http://pollen.aaaai.org/#/) and click on the USF station to check pollen levels in Central Florida.

3

Will Tuttle, author of "The World Peace Diet," will speak at the Philosophy Club on March 14. Tuttle's work focuses on how food, and the methods we use to grow and raise it, can be key to physical wellness and social harmony. The meeting starts at 4 p.m. at Lake Miona Recreation.

**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)).

## BEYOND THE CLINIC

Meet our expert physicians, ask questions and learn more about joint and spine health. Attend one or both seminars. Hors d'oeuvres and beverages will be served.

SPACE IS LIMITED, RSVP TODAY!



MARCH 11 | 3:30 PM



Ali Zarezadeh, MD

### Pain in your back or neck?

Learn about the latest treatment options for common and complex spine conditions.

RSVP TODAY!



MARCH 11 | 5:30 PM



Paul Mahle, MD

### Are painful joints holding you back?

Learn about the latest robotic technology for joint care.

RSVP TODAY!

