



Health story tips  
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# HealthExtra

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## New Device May Change How Blood Is Drawn, C6

**Allergies & the Heart:** Chronic inflammation from allergies can impact heart disease. **C8**

**Too Much Salt:** Excess sodium can build up in the blood, increasing the risks of kidney disease. **C7**

# 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 Managing Editor Lauren Richardson.

### From Local Health Staff

Dr. John D. Phipps has been named UF Health's chief clinical officer. He starts the newly created position April 14 and will work closely with UF Health's providers to focus on advancing clinical operations, safety and quality initiatives and access to care. "Together, we will continue to elevate the quality of care we deliver while making a lasting impact on the health and well-being of the communities we serve," Phipps said. An endocrinologist and internist, Phipps earned his medical degree from the University of North Carolina School of Medicine and has held several leadership positions throughout his career.

### From Local Health Researchers

Researchers at the University of Florida and the UF Health Norman Fixel Institute for Neurological Diseases have developed a software that uses AI to diagnose Parkinson's disease more accurately. Diagnostic accuracy now sits at 55-78 percent in the first five years of assessment, according to research. The Automated Imaging Differentiation for Parkinsonism software will help increase diagnostic precision to beyond 96%, according to a recent study. "We look forward to seeing how this innovation can ... advance our shared goal of better outcomes for all," said Dr. Michael Okun, director of the Fixel Institute.

### At The Villages Health Learning Center

Korey Goodwin, a population health and wellness coach with The Villages Health, will discuss how people can improve their overall wellness on Thursday. The free seminar, "Incorporating Wellness into Your Daily Life — What it takes to be a part of America's Healthiest Hometown," will cover different aspects of well-being and how they can be utilized to better local residents' lives. The hour-long seminar begins at 10 a.m. Thursday at the new Eastport Care Center, which is located at 1346 Dewey Drive in The Villages. Go to [thevillageshealth.com/learning-center/](http://thevillageshealth.com/learning-center/) to register.

### THIS WEEK'S FITNESS GOAL

**Balance:** Improving balance can prevent falls. Try activities such as tai chi, getting up from a chair without using your hands or arms, standing on one foot or walking heel-to-toe.

### LOCAL EVENTS

### BOOST YOUR HEALTH I.Q.

1

Medicare Advantage patients only have a week left to change their Medicare Advantage plans or switch to traditional Medicare. The Medicare Advantage Open Enrollment Period, which runs until Monday, lets people make the swap before the Medicare Annual Enrollment Period begins in October.

2

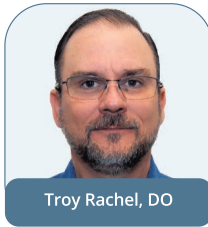
The University of Florida College of Nursing has secured \$3 million to help address the nursing shortage in Florida. The money — \$1.5 million from the state's Linking Industry to Nursing Education that was matched by UF Health — will support 50 nursing scholarships and other recruitment efforts.

3

Charter Research is hosting a free Lunch & Learn program on the link between hearing health and cognitive decline today. "Connecting Hearing Loss & Dementia" starts at noon today at American Legion Post 347, 699 W. Lady Lake Blvd. in Lady Lake. Sign up to attend at [charterresearch.com/events](http://charterresearch.com/events).

**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)).

## Upgrade your medical care.



Troy Rachel, DO



Teresa Horst, MD



Miguel Mantilla, MD



Phuong Thi Tran, MD



Thumati Jagalur, MD



Obie Ramsay, MD

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PLANS

