

Support	C2
Social Security	C4
Hypothyroidism	C5
Calling 911	C6
Routines	C7
Fasting	C8



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

HealthExtra

Morning Routines Can Aid Mood and Energy, C7

Dialing or Driving: People should always call 911 for heart attack or stroke symptoms. **C6**

Allergy Season: There are a variety of ways to prevent or relieve spring allergy symptoms. **C8**

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 a research university. Here is a roundup of health and medical happenings this week, compiled by Managing Editor Lauren Richardson.

From Local Health Staff

UF Health Shands Hospital in Gainesville is now using the latest breakthrough in robotic surgery. The da Vinci 5 surgical robot is an advanced version of previous models that uses 3D vision, a magnified view and robotic assistance to help surgeons streamline operations. "It's a more organized and integrated system, which allows more efficient flow in the (operating room)," said Dr. Ibrahim Nassour, a surgical oncologist at UF Health. UF Health Spanish Plains Hospital performed its first procedure using the da Vinci Xi system in 2014, and UF Health Leesburg Hospital acquired its da Vinci Xi Surgical System in 2023.

From Local Health Researchers

Two glucose-lowering medications may have protective effects against Alzheimer's disease and some dementias in patients with Type 2 diabetes, according to a study led by researchers with the University of Florida College of Pharmacy. The findings, published April 7 in JAMA Neurology, indicate glucagon-like peptide-1 receptor agonists, or GLP-1RAs, and sodium-glucose cotransporter-2 inhibitors, or SGLT2is, may have neuroprotective effects for people who don't have diabetes and may help slow the rate of cognitive decline in Alzheimer's patients.

At The Villages Health Learning Center

If you've been diagnosed with prediabetes, The Villages Health has an educational seminar that can help. "Prediabetes and Diabetes Prevention" aims to teach attendees how to prevent the development of Type 2 diabetes through lifestyle changes such as weight loss and physical activity. Those interested in learning more can register for today's seminar, which is from 11 a.m. to noon at the Colony Care Center, 280 Farner Place. Other opportunities to attend "Prediabetes and Diabetes Prevention" with The Villages Health Learning Center are coming up in May. To register, visit thevillageshealth.com.

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

People can register now for the Conference for Prostate Cancer Patients & Caregivers. The free event is Nov. 8 at the Brownwood Hotel & Spa and will feature guest speakers and sessions on a variety of topics. To register or learn more, visit villagespcg.weebly.com/events.html.

2

Learn about memory loss and ways to improve brain health during Lunch & Learn: Understanding Memory Loss, put on by Charter Research. The free event is at noon today at American Legion Tri-City Post 18, 401 E. Gulf Atlantic Highway in Wildwood. Register at charterresearch.com.

3

Advanced Dermatology & Cosmetic Surgery is offering free skin cancer screenings in May during Skin Cancer Awareness Month. Participating locations are 1503 Buenos Aires Blvd., Building 100; 340 Heald Way, Suite 238; and 2955 Brownwood Blvd., Suite 204. Call 866-202-7050 and mention "Melanoma Monday."

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).

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