



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

HealthExtra

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FEATURING
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Hitting Snooze Can Cut Into Crucial Rest, C8

Stress & Cognition: Chronic stress has been found to impact health and dementia risk. **C5**

Plant-based benefits: Plant-based proteins can help manage high blood pressure. **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

Jim Wrobel is a podiatrist with The Villages Health with over 30 years of experience in the field, with his work funded by grants from the National Institute for Health, the VA and the American Diabetes Association. In a video presentation on diabetic foot health, Wrobel discussed insights he gained in the field, including the importance of well-fitted shoes. Feet health depends on shoe choice, which means there's no such thing as breaking in shoes — only altering foot shape. Furthermore, he said, it's important to keep on top of shoe size, because it changes more often than one might think.

From Local Health Researchers

Charter Research, which has locations in The Villages and Orlando, is currently recruiting for several clinical trials in pursuit of new discoveries for cures and treatments of many of the most common debilitating diseases, including Alzheimer's disease, obesity and MASH. Trials depend on volunteers who fit certain criteria being monitored over a period of time. Sign up for an initial pre-screening assessment at charterresearch.com/studies. The Villages location is open from 8 a.m. to 5 p.m. Monday through Friday at 1025 Lake Sumter Landing. Call 352-441-2000 for more information.

At The Villages Health Learning Center

People can learn more about hearing aids at The Villages Health's upcoming class "Hearing Aids 101: Everything You Wished You Knew Before You Bought Hearing Aids." Dr. Al Turri, The Villages Health's director of audiology, will lead the class. Attendees can ask all of their questions at the seminar before purchasing their next pair of hearing aids. The class is from 9:30 to 11 a.m. June 12 at Lake Deaton Care Center, 779 Kristine Way. To sign up for "Hearing Aids 101" or find other opportunities with The Villages Health Learning Center, visit thevillageshealth.com.

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

Those eligible for Medicare can schedule a tour to check out a Villages Health care center. Call or visit a New Patient Specialist 8:30 a.m. to 5 p.m. Monday through Friday. Walk-ins are welcome, but appointments are encouraged and can be scheduled by calling 352-205-4032.

2

Car temperatures can reach 135 degrees in less than 10 minutes, which can cause death to children, vulnerable adults and pets, according to the Florida Division of Emergency Management. Floridians can dial 911 and use necessary force to remove a person or pet from a hot vehicle.

3

Need visual impairment services? The Visually Impaired Persons support group in The Villages meets at 1 p.m. the first Thursday of each month at Bridgeport Recreation. Call 386-867-0284. The group also meets at 1 p.m. the third Monday of each month at Ezell Recreation. Call 352-391-4586.

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).

SPINE INNOVATION Unveiled

THURSDAY,
JUNE 19

2 PM -
3:30 PM

UF Health
Spanish Plaines Hospital

RSVP Today!



Join us at UF Health Spanish Plaines Hospital to celebrate the arrival of our new O-Arm™ surgical imaging system with StealthStation™ navigation, transforming spine care in your community. Meet expert spine surgeon Dr. Ali Zarezadeh and help us make history by voting to name this cutting-edge technology!

Free snacks and refreshments provided.

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