



Health story tips
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HealthExtra

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FEATURING
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Chair Yoga Continues to Be a Hit In The Villages, C7

The Whole Food Plant Based Club: The group supports people working toward better health. **C6**

Sunburns: Though usually mild or treatable, they can cause lasting damage to the skin. **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 research university. Here is a roundup of health and medical happenings this week, compiled by Daily Sun staff writer Brea Jones.

From Local Health Staff

The Prostate Cancer Education and Support Group in The Villages brings together men diagnosed with prostate cancer and their caregivers to discuss treatment and care. The group will have its next monthly educational meeting 7 p.m. Aug. 6 at Laurel Manor Recreation, 1985 Laurel Manor Drive, The Villages. During the meeting, the group will discuss surgery as a form of treatment for prostate cancer. Fred Barone, an Active Surveillance patient, will host the meeting that will include two videos and small discussions. For more information, visit villagespcg.weebly.com.

From Local Health Researchers

According to the National Cancer Institute, about 14,000 people in the U.S. a year are diagnosed with glioblastoma, an aggressive form of brain cancer with a 14-to-16-month survival rate. A new study shows MT-125, an experimental medication, makes the cancer sensitive to radiation and chemotherapy drugs. Courtney Miller, academic affairs director at The Herbert Wertheim UF Scripps Institute for Biomedical Innovation & Technology, said, "MT-125 makes malignant cells that were previously resistant to radiation responsive to it. You also end up with multinucleated cells that cannot separate, and so they get marked for cell death."

At The Villages Health Learning Center

About 54 million people in the U.S. are dealing with bone loss and osteoporosis, according to Johns Hopkins Medicine. There are several risk factors that make someone more susceptible to breaking a bone. Some risk factors for osteoporosis include being over 50, going through menopause, breaking a bone, having rheumatoid arthritis and having low vitamin D levels. Put your health first and stave off osteoporosis with a healthy diet that includes a calcium intake of 1,200 mg per day, regular exercise and a bone-density screening.

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

The Veteran Crisis Lines is a free confidential 24/7 support system for veterans in need. Veterans can call 988 and press 1 or use the online chat VeteransCrisisLine.net/Chat to have safe and confidential discussion. You don't have to be enrolled in VA benefits to use the program. For more, visit va.gov.

2

The Serving Health Insurance Needs of Elders, (S.H.I.N.E.) program, helps people understand medicare. Ed Carter will take over for John Krier as SHINE coordinator for Lake and Sumter counties. To reach Carter for questions, email cartere@agingresources.org or call 352-205-6262.

3

Trina Nesselrotte, a board-certified adult and gerontology primary care nurse practitioner, was awarded medical provider of the year for the Catholic Charities of Central Florida for providing primary and acute health care services at the Lazarus Free Medical Clinic in Wildwood for the past four years.

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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