



Health story tips
and questions: Call
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HealthExtra

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FEATURING
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Make a Splash With Helen's Water Aerobics Classes, C2

Fall Prevention: Special programs and general precautions can help prevent injuries. **C3**

Social Security: When to take Social Security while still working past full retirement age. **C5**

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

Strokes are a leading cause of death for adults in Florida, according to the Centers for Disease Control and Prevention. A person has a greater chance of surviving a stroke if they are treated within 60 minutes, a period called the "golden hour." UF Health will be unveiling its Mobile Stroke Treatment Unit in The Villages today. The unit aims to limit response time to strokes, which will give patients a greater chance of recovery. For more information about the Mobile Stroke Treatment Unit, visit ufhealth.org/mobile-stroke-treatment-unit.

From Local Health Researchers

Dr. Kenneth Cusi, a leading Type 2 diabetes and liver disease researcher at UF Health, recommends people with Type 2 diabetes get liver screenings to stay on top of their health. A recent report reveals the growing prevalence of metabolic dysfunction-associated steatotic liver disease in people with Type 2 diabetes. "What's happening now is that we're identifying people very late because the liver gives no symptoms in its earlier stages," Cusi said. "We don't want patients to get to the point where their only option is a liver transplant. Early intervention saves lives."

At The Villages Health Learning Center

Eating a heart-healthy diet can have a positive impact on your health. Understand the fundamentals of food and how it impacts your body with The Villages Health class led by a registered dietitian. During the Heart of Nutrition class, a dietitian will explain which everyday food choices will help lower blood pressure, improve cholesterol or reduce inflammation. The Heart of Nutrition class takes place from 1 to 2 p.m. July 22 at Creekside Care, 1050 Old Camp Road, Building 100, The Villages. For more information about the event, or to register, visit thevillageshealth.com/.

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

Be prepared for when disaster strikes. If you use a wheelchair, be sure to include a spare tire and air compressor in your emergency kit. Ways to stay safe also include having a backup mobility device such as a cane or walker, or asking neighbors for assistance checking on you.

2

Stroke awareness and knowing the signs can help save a life. Know the signs of a stroke by remembering the acronym FAST or BE FAST. If the person's face is drooping, they have arm weakness or speech difficulty, then it is time to call 911. Stay aware of the signs, visit cdc.gov/stroke/prevention.

3

Hear from Dr. Thomas J. Lewis, founder of Real Health Clinics, on how eye health can help predict dementia. Lewis will host the program from 6:30 to 8 p.m. today on Zoom. The Zoom meeting ID# is 864 08399111 and the Zoom meeting passcode is clubmember. For more information, visit villageshealthwellness.com.

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 (craigcurtisimd.com).

HEALTH & WELLNESS

About Organ Donation

Over 100,000 people in the U.S. are waiting for an organ transplant. Being an organ donor is a generous, worthwhile decision that can be lifesaving. If you've never considered organ donation or delayed becoming a donor because of something you've heard, here are answers to some common organ donation myths and concerns. (Mayo Clinic)

MYTH: I'M TOO OLD TO DONATE MY ORGANS

There's no cutoff age for donation. The decision to use your organs is based on strict medical criteria, not age. Don't prematurely disqualify yourself. Let the doctors decide at the time of your death whether your organs and tissues are suitable for transplantation.

8

The amount of lives that a single donor can save with their organs. They can enhance and benefit over 75 more.

MYTH: I'M IN TOO POOR OF HEALTH TO DONATE

Few medical conditions automatically disqualify you from donating organs. Again, the decision to use an organ is based on strict medical criteria. It may turn out that certain organs aren't able to be transplanted, but other organs and tissues may be fine.

MYTH: MY FAMILY WILL BE CHARGED IF I DONATE

The organ donor's family is never charged for donation. The family is charged for the costs of all final efforts to save your life, and those are sometimes misinterpreted as costs related to organ donation. Costs for organ recovery go to the transplant recipient.

MYTH: ORGAN DONATION IS AGAINST MY RELIGION

Organ donation is consistent with the beliefs of most major religions. These religions include Roman Catholicism, Islam, most branches of Judaism and most Protestant faiths. If you're unsure of your faiths position on organ donation, ask your clergy member.

PLUS: WAYS TO REGISTER TO DONATE

Register with your state's donor registry. To sign up as an organ donor in Florida, visit donatelife.florida.org/register. Designate your choice on your driver's license when you obtain or renew your license, and tell your family and make sure they know your wishes.

