



Health story tips  
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# HealthExtra

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## Bone Builders Classes Still A Hit in The Villages, C7

**Night Snacks:** Try to eat enough earlier in the day or pick light snacks with fiber and protein. **C5**

**Sickness:** While illness is usually less prevalent in summer, COVID-19 has seen a bit of a rise. **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

UF Health's lung transplant program is again one of the highest rated programs in Florida and one of the top four programs in the nation. The ratings were released by the Scientific Registry of Transplant Recipients in early July. The center is one of the only high-volume programs, providing more than 70 transplants per year, with the highest marks for exceptional outcomes before and after surgery. "Our patients' quality of life is our highest priority," said Dr. Thiago Beduschi, surgical director of the Abdominal Transplant Program.

### From Local Health Researchers

A new study from The Herbert Wertheim UF Scripps Institute for Biomedical Innovation & Technology has showed promise against large B cell lymphomas, one of the most common and aggressive subtypes of cancer cells, using the cancer-killing compound tiancimycin. "Taken together, the data suggests this combination of engineered payload, linking chemistry and 'double-decker' antibodies, could one day offer a promising new option for lymphoma patients," said Ben Shen, a chemist with the UF Health Cancer Center's Cancer Targeting and Therapeutics research program.

### At The Villages Health Learning Center

One in 10 Floridians already have been diagnosed with skin cancer. This year, there will be about 8,000 new cases diagnosed in the state, with seniors 65 and older and babies being among the most vulnerable groups. Skin cancer is one of the most common forms of cancer, even though it is largely preventable and treatable when caught early. Learn ways to protect yourself against skin cancer during the online class offered by The Villages Health from 10 to 11 a.m. Aug. 13. To register for the event and get the link to the live session, register at [thevillageshealth.com](http://thevillageshealth.com).

### THIS WEEK'S FITNESS GOAL

**Strength:** Try to do strength exercises for major muscle groups at least two days per week. Examples of strength exercises include lifting weights, using a resistance band or lifting your body weight.

### LOCAL EVENTS

### BOOST YOUR HEALTH I.Q.

1

Gain a better understanding of Medicare with the Medicare Simplified class hosted by The Villages Health from 10 to 11 a.m. Aug. 5 at the Pinellas Care Center, 2485 Pinellas Place, The Villages. To register for the class, which is required per attendee, visit [thevillageshealth.com](http://thevillageshealth.com).

2

The Prostate Cancer Education & Support Group is looking for additional volunteers to assist with group activities. The group is searching for people to help as facilitators who will moderate small groups during meetings. Discover how to be a volunteer at [villagespcgweebly.com/volunteers-needed](http://villagespcgweebly.com/volunteers-needed).

3

There are several factors that you can take control of to lower your risk of stroke. Limiting excessive alcohol use and smoking, increasing physical activity, controlling diabetes and high cholesterol are all ways someone can limit their chance of having a stroke. Learn more at [floridahealth.gov](http://floridahealth.gov).

**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)).

## BEYOND THECLINIC

Meet our expert physicians, ask questions and learn more about orthopaedic and spine health. Attend one or both seminars. Hors d'oeuvres and beverages will be served.

**LOCATION** | 1501 US HWY 441 • Building 1800, Second Floor  
The Villages, FL 32159



SPACE IS LIMITED,  
RSVP TODAY!

AUGUST 13 | 3:30 PM



Isaac Mitchell, MD

### Shoulders 101: What's Holding You Back?

Explore common shoulder issues and the latest treatment options to restore movement and comfort.

RSVP TODAY!



AUGUST 13 | 5:30 PM



Ali Zarezaheh, MD

### Back in Action: A Guide to Spine Care

We combine the latest surgical techniques with personalized care plans designed for lasting results.

RSVP TODAY!

