



Health story tips  
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# HealthExtra

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## Pilates Classes Have Strong Core in The Villages, C7

**All That Jazz:** The group gets a boost of energy through dancing together. **C6**

**Nutrition:** The “flexitarian” approach includes more vegetables without cutting meat. **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

Scientists, UF/IFAS Extension specialists and representatives from the Southeastern Coastal Center for Agricultural Health and Safety (SCCAHS) at UF have worked to develop and educate people about bird flu outreach efforts. Ricky Telg, director of the UF/IFAS Center for Public Issues Education in Agriculture and Natural Resources (PIE Center), said the goal is to eliminate chances for infections to worsen. “Members of the H5N1 Coordination Group decided that the two categories of people most in need of science-based information about avian influenza were consumers and people who keep chickens in their backyards,” Telg said.

### From Local Health Researchers

An unidentified strain of orthoreovirus has been discovered with the help of Pepper, the pet cat of virologist Dr. John Lednicky of the University of Florida College of Public Health and Health Professions. “The bottom line is we need to pay attention to orthoreoviruses and know how to rapidly detect them,” said Lednicky, a research professor in the PHHP Department of Environmental and Global Health and a member of UF's Emerging Pathogens Institute. “I'm not the first one to say this, but essentially, if you look, you'll find, and that's why we keep finding all these new viruses.”

### At The Villages Health Learning Center

One in 10 Floridians already have been diagnosed with skin cancer, and about 8,000 new cases will be discovered here this year, according to the National Institutes of Health. With most skin cancers diagnosed in people over 65, seniors should take extra precautions to keep their skin safe in the summer. Learn ways to protect yourself against skin cancer during an online class hosted by The Villages Health from 10-11 a.m. Wednesday. 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

**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

Dementia, arthritis and sensory loss can increase the risk of falling. Subtle changes in your home can help lower the risk and keep you safe. Using a low bed, having a handrail in the necessary spaces and fixing uneven floors are small ways to keep your home safe. Learn more at [ufhealth.org](http://ufhealth.org).

2

Performing skin cancer exams at home can help protect against the disease. Look for spots that have an uneven shape, irregular or poorly defined borders, are a different color from other areas of your body or have been changing in size or color. Most diagnosed cancers are the size of a pencil eraser or smaller.

3

Learn ways to help you or your loved one remain independent with the Supporting Independence of Someone with Dementia class hosted by The Villages Health. The class will be from 11 a.m. to 12:30 p.m. Aug. 13 at Creekside Care Center, 1050 Old Camp Road, Building 100, The Villages. Sign up at [thevillageshealth.com](http://thevillageshealth.com).

**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 ([craigcurtisimd.com](http://craigcurtisimd.com)).

## HEALTH & WELLNESS

# A Good Night's Sleep

Getting a sufficient amount of sleep is so vital that the American Heart Association (AHA) added sleep duration to its checklist of habits for a healthy heart in 2022. But other, lesser-known aspects of sleep beyond how many hours you clock each night may also be important, according to a scientific statement from the AHA published in May. — *Tribune News Service*

### SLEEP CONTINUITY

Do you toss and turn, wake up frequently during the night, or wake up too early? Poor sleep continuity is associated with conditions such as high blood pressure, atrial fibrillation, and heart attacks. Additionally, pay attention to your sleep-related daytime functioning.

7.5

**Hours:** seems to be the sleep sweet spot. Under seven hours or over nine hours of sleep have been linked to higher health risks.

### SLEEP REGULARITY

Are your bedtimes and wake times all over the map? This “social jet lag” can increase your risk of weight gain, high blood pressure, and diabetes, regardless of how many hours you sleep. Aim for a consistent bed-time and wake-up time, even on weekends.

### SLEEP DIARY

If you don't feel refreshed and well rested when you wake up, or if you feel sleepy during the day, try keeping a sleep diary for at least two weeks. Doing so may help you uncover habits or patterns affecting your slumber. Then you can modify your behavior as needed, when possible.

### TO KEEP A SLEEP DIARY, TRACK:

- » What time you go to bed and wake up.
- » When and how much caffeine and alcohol you consume.
- » When and how long you exercise.
- » What time you stop looking at any electronic devices or TV shows.
- » Any stressful situations currently in your life.
- » Every morning, note how well you slept the previous night, whether you awakened during the night, and, if so, for how long.