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

# HealthExtra

## Social Security Program Tips from an Expert, C6

**Support groups:** Find help locally for a variety of health and wellness concerns. **C2**

**Social services:** Langley Health Services offers a program to help manage diabetes. **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 Daily Sun staff writer Brea Jones.

### From Local Health Staff

During the new Fun with ASL recreation lifestyle group, Villagers can learn signs for words including "village," "golf cart" or "recreation center." Learn and master new signs during the recurring group meeting from 6 to 7 p.m. the second Wednesday of every month at Moyer Recreation. Although participants don't have to be experts in sign language, they are asked to review the ASL alphabet and numbers before the meeting. To RSVP for the meeting, send an email to leach.judy@gmail.com with the subject: "I want to join Fun With ASL."

### From Local Health Researchers

Florida is home to the second-highest population of people living with Parkinson's disease. Many who have Parkinson's disease experience tremors — or shaking of hands, fingers, feet or jaw. The Neuroscience Institute at Tampa General Hospital is offering a new, minimally invasive procedure to treat tremors in select individuals with essential tremor and tremor dominant Parkinson's disease. The procedure, which requires no anesthesia, incisions or hair removal, uses high-intensity radiation and allows the patient to go home the same day. To learn more about the procedure, visit TGH.org/SRS.

### At The Villages Health Learning Center

There are over 800,000 Florida residents who are either deaf or hard of hearing. And only about 30% of those who need hearing aids use them, according to UF Health. Learn if and how hearing aids can help you by asking Dr. Al Turri, director of audiology at The Villages Health, during Hearing Aids 101: Everything You Wished You Knew Before You Bought Hearing Aids. The class is from 9:30 to 11 a.m. Thursday at The Villages Health Lake Deaton Care Center, 779 Kristine Way. Take the opportunity to ask important questions before buying hearing aids. To register for the class, which is required, 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

Discover new ways to communicate with a loved one who has dementia during the Communicating Effectively with Someone Who Has Dementia class from 2 to 3:30 p.m. Sept. 16 at The Villages Health Mulberry Grove Care Center. Sign up for the class at thevillageshealth.com.

2

Learn more about Medicare with the Serving Health Insurance Needs of Elders (S.H.I.N.E) program. Join Understanding Medicare from 1 to 3 p.m. Sept. 10 at Aviary Recreation. For more details, call 800-262-2243 or email shine@agingresources.org.

3

Volunteer with the Prostate Cancer Education & Support Group to assist with activities. Volunteer as technical support for the group to help maintain the website, email and set up the projector during meetings. Learn more about how to become a volunteer by visiting, villagespcg.weebly.com/volunteers-needed.

**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).

## HEALTH & WELLNESS

# New Guidelines for Blood Pressure

Nearly half of all adults in the U.S. have high blood pressure, a leading contributor to heart attacks, strokes, kidney disease and cognitive decline, according to a new 2025 guideline jointly released by the American Heart Association and the American College of Cardiology. The updated recommendations emphasize prevention, early detection, lifestyle modifications and timely treatment to reduce long-term cardiovascular and brain health risks.

### HIGH BLOOD PRESSURE

Symptoms of high blood pressure may include headaches (especially in the morning), shortness of breath, nosebleeds, fatigue, chest pain, or an irregular heartbeat. A hypertensive crisis, defined as readings of 180/120 mm Hg or higher, is a medical emergency.

120/80

A normal blood pressure reading is less than 120/80. A hypertensive crisis is 180/120 or higher.

### MONITOR NUMBERS

For most adults, regular blood pressure monitoring is recommended particularly if readings consistently exceed 130/80 mm Hg. Early intervention, through lifestyle changes such as diet, exercise and stress management, can significantly reduce the risk of life-threatening complications.

### PREVENT

The 2025 guideline recommends using the PREVENT risk calculator, which personalizes cardiovascular risk estimates based on age, sex, blood pressure, cholesterol levels and social determinants. The tool allows clinicians to tailor treatments to prevent heart attacks, strokes and heart failure.

### MONITOR EARLY

The new guidance also emphasizes blood pressure management across the lifespan, including before, during and after pregnancy. Pregnant women with hypertension are advised to monitor blood pressure closely and, if necessary, begin or adjust medications to reduce risks.

### MEDICATIONS

Medications remain a cornerstone of treatment for people with elevated or stage 1 and 2 hypertension, with options including ACE inhibitors, ARBs, calcium channel blockers, diuretics and for some patients, newer therapies like GLP-1 medications.