

SECTION
C

FEATURING
INSIDE

Support Groups	C2
Senior Living	C3
Volunteering	C4
Social Security	C5
Nutrition	C6
Brain Health	C7


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

HealthExtra

New PTSD Treatment Could Help Veterans, C7

Senior Living: Watercrest residents celebrate a traditional German festival. **C3**

Brain Health: Club event shows how line dancing can help boost cognitive function. **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 writers.

Bone Health Tips

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.

Future Health Indicators

Body mass index (BMI) has been used to measure obesity and health risks. A study by the University of Florida reveals BMI isn't the best indicator of future health. Researchers who worked on the study say the bioelectrical impedance analysis method of measuring body fat is more accurate and urge physicians not to use BMI as the standard measure. "People who are body-builders can really evaluate their body mass index, but they're healthy even with a BMI indicating they are obese," said Frank Orlando, senior author of the study and medical director of UF Healthy Family Medicine.

Important Health Screenings

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."

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](https://www.cdc.gov/stroke/prevention).

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).

Upgrade your medical care.

See why thousands of Villagers choose The Villages Health for their Primary Care!

The Villages Health



WELCOMING
NEW PATIENTS
WITH SELECT
MEDICARE
ADVANTAGE
PLANS

TAKE A TOUR & LEARN MORE!
thevillageshealth.com/extra | 352-604-4001



Phuong Thi Tran, MD



Teresa Horst, MD



Barbara Cingel, MD



Roshni Samuel, MD



Obie Ramsay, MD



Karen Chabrier, MD



Troy Rachael, MD



Sara Ishaq, MD