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

HealthExtra

Mission Oaks Ushers Fall Season in With Festival, C4

Backstory: Mary Ellen Shea was a caregiver for her husband and now acts as a grief counselor. **C2**

Caregivers: There has been an increase of 20 million caregivers from 2015 to 2025. **C3**

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.

Shoe Styles and Running

The University of Florida's Colleges of Medicine and Public Health and Health Profession outlined a study that found runners using thick-heeled sneakers were more at risk for injury than flatter sneakers. "The shoe lies between the foot and the ground, and features like a large heel-to-toe drop make it more challenging for runners to identify how they're striking the ground," said Heather Vincent, director of UF Health Sports Performance Center. The study examined over 700 runners over six years. The study recommended runners transition to flatter shoes gradually to prevent injury.

Men, Women and Stress

Men and women might respond to stress differently due to enzyme levels. "Men, in general, tend to have a greater propensity to display outward, aggressive reactions to acute stress, whereas women have a much greater tendency to internalize their responses," said Dr. Marco Bortolato, a University of Florida College of Pharmacy professor. The brain produces a neurosteroid in response to acute stress, but a team led by UF Health researchers discovered its production differed among lab rats. Male rats saw higher levels of an enzyme that creates the neurosteroid, but female rats did not.

Yoga and Anxiety

A study by UF Health researchers suggests yoga and psychological intervention can help reduce anxiety and depression in women diagnosed with cancer. The findings of the UF Health Cancer Center study was conducted during a 10-week program involving 125 patients, of which 51 contributed data for the study's findings. The announcement stated that "women reported lower depression and anxiety symptoms after the intervention than before. The researchers measured symptoms using a series of questionnaires that are used nationwide." For more information, visit ufhealth.org

THIS WEEK'S FITNESS GOAL

Endurance: Aim for at least 150 minutes a week of moderate-intensity activities that make you breathe hard, such as brisk walking, dancing or swimming.

LOCAL EVENTS

BOOST YOUR HEALTH I.Q.

1

The Centers for Disease Control and Prevention is currently recommending flu vaccinations as flu season in fall and winter nears. The CDC provides data, tips and general information online about the flu and vaccination. For more information visit cdc.gov/flu/vaccines.

2

According to the World Health Organization, there are more than 55 million people with dementia and it is the seventh-leading cause of death in the world. Risk factors for dementia include, but aren't limited to age, smoking, depression, physical inactivity, high blood pressure and high blood sugar.

3

Heart disease is the leading cause of death in America, according to the Centers for Disease Control and Prevention. Over 700,000 people die from heart disease, followed by cancer at over 600,000 and injuries from accidents at over 200,000. For more information about heart disease, visit cdc.gov/heart-disease.

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).



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