

Backstory	C2
Roundup	C3
Assisted Living	C4
Social Security	C5
Support Groups	C6
Dr. Roizen	C7



Health story tips
and questions: Call
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HealthExtra

Paint Pumpkins During a S.T.A.R. Program Event, C3

Cold vs. Flu: Dr. Roach explains the difference between the two respiratory illnesses. **C3**

Two Generations: A family legacy comes full circle at The Harrison at Wildwood. **C4**

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.

Body Mass Index and Health

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 bodybuilders 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.

Timing of Activities

When you exercise might be just as important as how often you exercise. The University of Florida, in a study funded by the National Institute on Aging, found seniors' timing and consistency of activity could be linked with better walking efficiency and heart and lung fitness. Researchers looked at the activity patterns of 800 seniors and found those who got active earlier, and more regularly, were fitter than those who were less consistent and exercised later. The subject needs more research, according to the senior author, but it opens possibilities for more personalized medicine.

Type 2 Diabetes and Your Liver

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

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

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.

2

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.

3

The Veteran Crisis Lines is a free confidential 24/7 support system for veterans in need. Veterans can call 988 and press 1 or use the online chat VeteransCrisisLine.net/Chat to have safe and confidential discussion. You don't have to be enrolled in VA benefits to use the program. For more, visit va.gov.

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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