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

HealthExtra

Hearthstone Conjures Up Dinner, Movie Night, C5

Alzheimer's disease: Drugs developed to treat cancer show progress against the disease. **C7**

Marijuana: Is using cannabis safe as you age? Doctors are seeing some dangers. **C9**

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.

Understanding Medicare

Serving Health Insurance Needs of Elders' next "Understanding Medicare" group presentation is 1 p.m. Nov. 12 at Aviary Recreation. SHINE volunteers offer free health insurance counseling, and the presentation Nov. 12 will help seniors turning 65 learn more about Medicare. SHINE volunteers also meet with local residents in The Villages at Lake Miona, Eisenhower and Chula Vista recreation centers as well as at the nearby Lady Lake and Leesburg public libraries. To find information on Open Enrollment dates and times or to learn more about SHINE, visit floridashine.org.

Stress Response in Men, Women

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.

Alzheimer's and Genetic Mutations

University of Florida neurogeneticists have said people with a certain genetic mutation are more than twice as likely to develop late onset Alzheimer's disease. Researchers saw unique polyGR protein buildups in patients' brains during autopsies. They searched patients' genomes, according to their study, and found the protein is created by a mutation in the CASP8 gene. The method they used to find it opens up new opportunities to find the possible genetic roots of other toxic proteins, said Lien Nguyen, the study's lead author and an assistant professor at the UF College of Medicine.

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

One in four seniors 65 years and older fall each year. Ways to prevent falls include doing frequent strength and balance exercises, getting vision and hearing checks regularly and standing slowly or using a cane or walker for more stability. For more information, visit tinyurl.com/2kxh25wt.

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.

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.

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!



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