



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

HealthExtra

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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.

Clinical Trials

Charter Research, which has locations in The Villages and Orlando, is recruiting for several clinical trials in pursuit of new discoveries for cures and treatments of many of the most common debilitating diseases, including Alzheimer's disease, alcohol overuse, metabolic liver disease and more. Trials depend on volunteers who fit certain criteria being monitored over a period of time. Sign up for an initial pre-screening assessment at charterresearch.com/studies. The Villages location is open from 8 a.m. to 5 p.m. Monday through Friday at 1025 Lake Sumter Landing. Call 352-441-2000 for more information.

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.

Dementia Risk Factors

Approximately 1 in 3 cases of dementia could be prevented by addressing some lifestyle factors, according to Dr. Al Turri, director of audiology at The Villages Health. Increases in education, physical activity and social contact lower the risk of dementia. Likewise, so do decreases in risk factors such as hearing loss, hypertension, obesity, smoking and diabetes. Hearing loss is a big risk factor, with a 500% increase in risk of dementia with untreated severe hearing loss, but hearing aids were found to reduce the rate of cognitive decline by almost 50% over three years.

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

Don't forget to register for the Conference for Prostate Cancer Patients & Caregivers. The free event is Saturday at the Brownwood Hotel & Spa and will feature guest speakers and sessions on a variety of topics. To register or learn more, visit villagespcg.weebly.com/events.html.

2

The next meeting of the Dementia Caregiver support group at Charter Research is at 3 p.m. Nov. 19. Caregivers are invited to share their experiences and receive guidance. Respite care is available. Charter Research, 1025 Lake Sumter Landing. Register at charterresearch.com/events.

3

Local residents can have some fun at The Villages Health's bingo game Wednesday. The interactive session will help participants meet new friends while having a good time. Bingo starts noon at the Lake Deaton Care Center, 779 Kristine Way in The Villages. Go to thevillageshealth.com to register.

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).

UFHealth
SPINE CENTER

Back pain have you off your game?



Ali Zarezadeh, MD

Whether you're living with chronic pain or facing a complex spine condition, UF Health's spine team, led by Dr. Ali Zarezadeh, delivers expert, compassionate care with advanced, motion-preserving treatments designed for faster recovery and lasting relief.



Same-day and next-day appointment available.
Call **352.323.5665** or scan the QR code for more information.