



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

# HealthExtra

## Pebble Springs Residents Take Skydiving Trip, C4

**Vision:** New glasses  
approved by the FDA  
show promise in slowing  
nearsightedness. **C11**

**Menopause:** A new  
study shows most women  
don't seek treatment for  
menopause symptoms. **C12**

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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.

### Heart Disease in Women

Heart disease kills more women than all forms of cancer combined, according to the American Heart Association. Leading risk factors include unhealthy diet, lack of physical activity and lack of sufficient coping strategies. "The good news is that most cardiac stroke events can be prevented through education and lifestyle exchanges such as moving more, eating smart and managing blood pressure," said Kari Walker, a population health specialist with The Villages Health. Walker suggests following a balanced diet and exercise routine and asking for support when stressed.

### 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](http://ufhealth.org)

### 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.

### 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

Only about 15% of older adults adequately protect their skin from the sun, according to a report from the Centers for Disease Control and Prevention. Older adults should cover up in loose clothing and wear at least 30 SPF to minimize the damage of harmful UV rays, even on overcast days.

2

Regular blood donation can lower blood pressure and reduce risk for heart attacks, according to Columbia University Irving Medical Center. If a donor's hemoglobin is too high, donating helps lower blood viscosity, which is associated with blood clots, heart attacks and stroke.

3

Sixty-six percent of dementia caregivers report a chronic health condition, according to the Alzheimer's Association's annual report, and 29% report depression. Caregivers can call the 24/7 helpline at 800-272-3900 for support or go to [alzprogramsanytime.org](http://alzprogramsanytime.org) for on-demand resources.

**Join a Clinical Study:** Opportunities to participate in health care research in The Villages include Charter Research ([charterresearch.com/open-studies](http://charterresearch.com/open-studies)), the UF Health Precision Research Center ([tinyurl.com/UFVillagesResearch](http://tinyurl.com/UFVillagesResearch)), and K2 Medical Research ([craigcurtismd.com](http://craigcurtismd.com)).

UFHealth  
SPINE CENTER

## Back pain have you off your game?



Ali Zarezadeh, MD

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