


 Health story tips
 and questions: Call
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HealthExtra

Senior Living Facility Hosts Festival of Trees, C3

Hidden Sugar: Healthy grocery buzzwords often cover up an unhealthy amount of sugar. **C9**
New Year's: Experts say to keep it simple when setting health-related resolutions. **C10**

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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.

Health and Aromatherapy

A study on aromatherapy by UF Health researchers shows it has benefits in lowering patient anxiety and blood pressure and in slowing pulse rates before surgery. A study of 100 participants undertaken by a collaboration of the University of Florida College of Nursing and UF Health Shands showed "significant reductions" in vital signs after using essential oils. The adult patients surveyed noticed an average of 40% reduction in anxiety. The essential oil used included a solution of lavender; ylang ylang, a flower native to southeast Asia and Australia; and sweet orange oils. Learn more at ufhealth.org.

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.

Cholesterol and Pain Control

Research shows cholesterol can interfere with pain control. Rubbing an injury helps trigger the body's pain-relieving capabilities. However, researchers at the Herbert Wertheim University of Florida Scripps Institute for Biomedical Innovation and Technology found excessive cholesterol clumps can get in the way. "Excess cholesterol is a feature in many diseases and disorders, including diabetes and diseases of aging," said Scott Hansen, an associate professor of molecular medicine, in a statement. "This could be one explanation for why we see more chronic pain in these groups."

Exercise and Lung Function

Spending just 15 minutes a day walking or running led to improvements in lung function among a group of elementary school children after only three months, a team of University of Florida College of Public Health and Health Professions faculty and student researchers found. Conducted by evaluating the pulmonary function of children who walked, jogged or ran outside from September to December 2022, the study found that exercise improved lung function more than 10% in the children, while children who did not participate in the exercise program saw no difference in overall lung function.

1

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 high, donating helps lower blood viscosity, which is associated with the formation of blood clots, heart attacks and stroke.

2

The Villages Health's Health and Wellness Learning Center, in addition to holding live classes, also offers a library of free video seminars. The seminars cover a topics ranging from fall prevention to how exercise improves your brain. Go to tinyurl.com/ybh26uc7 for more information.

3

Roughly 80% of breast cancers are estrogen-receptor positive, according to the National Institutes of Health. ER-positive tumors are more likely to respond to hormone therapy than ER-negative tumors. Doctors can test for hormone receptors to determine the best treatment methods.

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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