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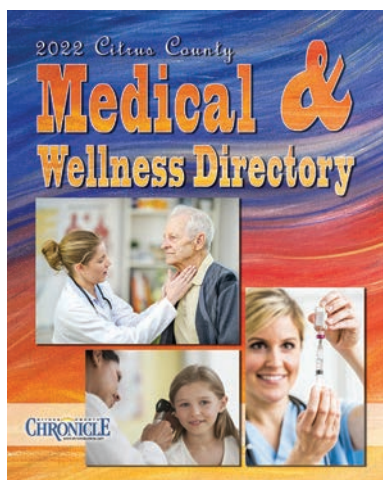
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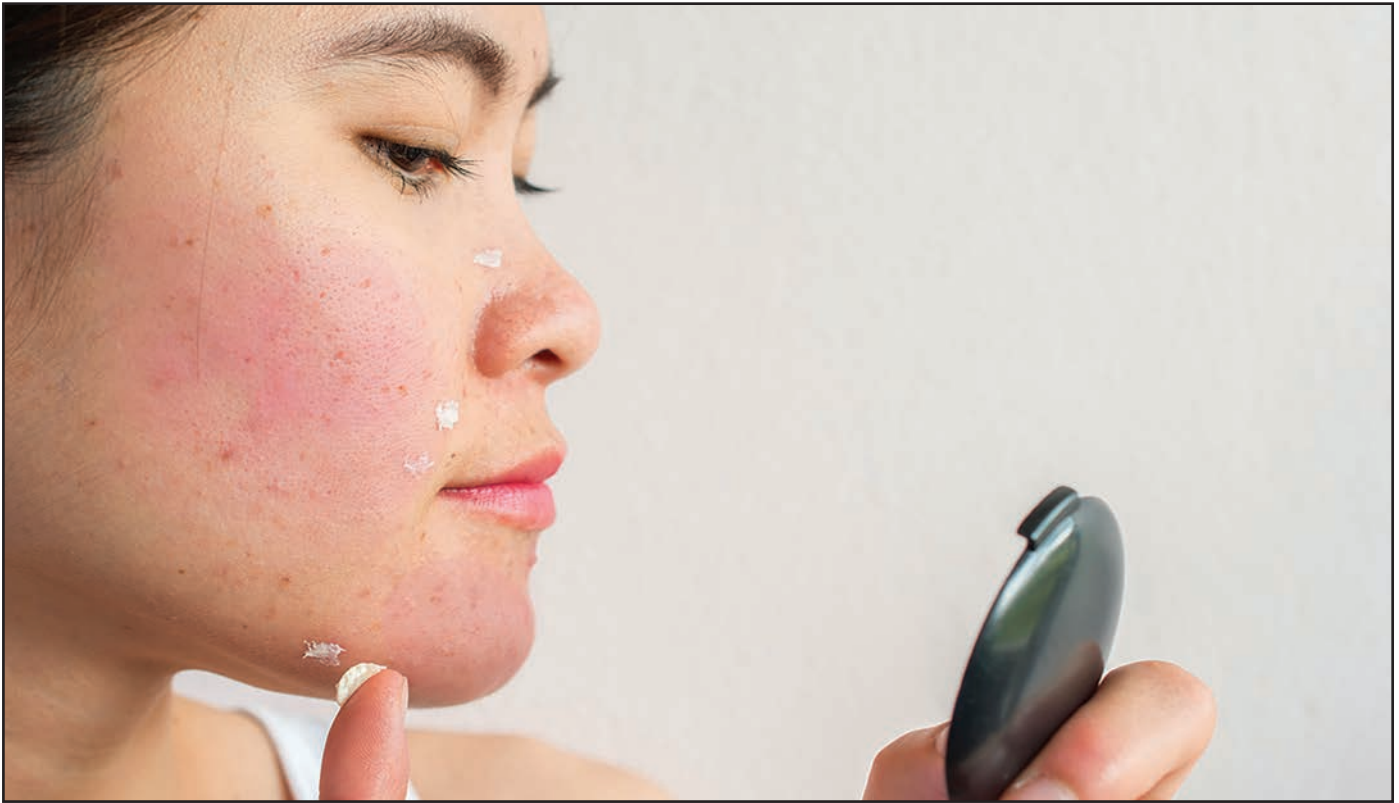
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Putting a face to the skin ailment rosacea

Skin conditions tend to be troublesome because they are so visible. But that same visibility compels many people to take fast action to diagnose and treat any condition that affects their skin.

Rosacea is a common chronic condition that affects about 14 million people in the United States, according to the Cleveland Clinic. The Canadian Dermatology Association says rosacea affects more than three million Canadians.

Rosacea symptoms

Johns Hopkins Medicine says the cause of rosacea is unknown. It tends to begin after middle age (age 30 to 60) and is more common in fair-skinned people.

The first signs of rosacea are intermittent redness or blushing. However, over time the redness may become

persistent and more visible. Rosacea is most notable on the face and can be mistaken for acne, since it also produces small, pus-filled bumps in certain cases, says the Mayo Clinic. It also occasionally affects the neck, chest or other areas.

The following are the types and symptoms of rosacea and how they build with time.

- ◆ **Prerosacea:** Frequent episodes of blushing and flushing.

- ◆ **Vascular rosacea:** Swelling of the facial skin, leading to swollen, warm skin.

- ◆ **Inflammatory rosacea:** The formation of pimples and enlarged blood vessels on the face.

- ◆ **Rhinophyma:** Oil glands in the nose and cheeks become enlarged, leading to a bulbous, red nose (more common in men).

The Mayo Clinic says that

rosacea also can cause eye problems. These include dry, irritated, swollen eyes and eyelids, known as ocular rosacea. In certain cases, eye symptoms precede skin issues.

The National Rosacea Society reports that rosacea symptoms may differ in men and women. Nose enlargement is more common in men, with males twice as likely to suffer from rhinophyma. In contrast, women were significantly more likely to experience rosacea symptoms on the chin.

Flare-ups

Rosacea may flare up after consuming spicy foods, hot drinks or even alcoholic beverages. Wind, temperature extremes and exercise also can trigger symptoms. Those with rosacea should also exercise caution with medications that dilate blood vessels and

test cosmetic products, such as those for the skin and hair, prior to use.

Finding relief

Individuals who are uncomfortable or embarrassed due to rosacea should visit a dermatologist. Treatment often includes a combination of skin care techniques and prescription drugs. Oral antibiotics and acne drugs can mitigate symptoms. Topical drugs that reduce flushing also can be used for mild to moderate rosacea. Laser treatments may make enlarged blood vessels less visible. A dermatologist can talk about a regimen that will work for each patient.

Rosacea can be problematic for millions of people, but with good skin care and guidance by doctors, symptom severity can be reduced.

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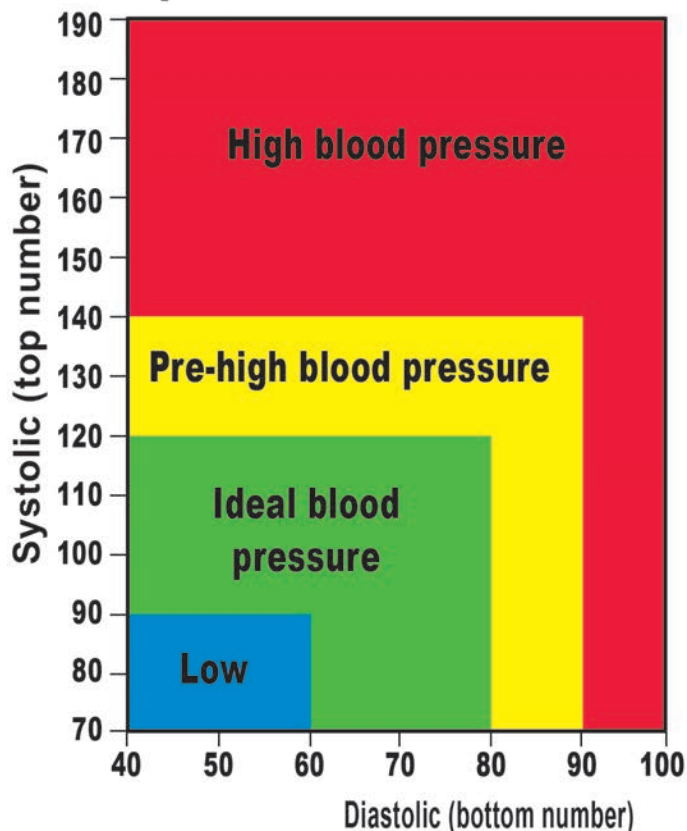
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Fallows, Christopher M. DO
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The importance of brushing and flossing

Brushing and flossing ensures the removal of plaque and bacteria, which are culprits in tooth decay and gum disease. Periodontal disease is caused by a buildup of such bacteria and plaque. Brushing removes materials from the surface of the teeth, while floss gets in between teeth where toothbrush bristles cannot reach. The American Dental Association says that a combination of brushing and flossing is the key to good oral health. While both brushing and flossing are necessary, some oral health experts say that, if done correctly, flossing actually may be slightly more important since it gets to hard-to-reach spots where the most destructive microbes live.

Oral hygiene does not just keep the mouth clean; it also can prevent serious disease. The Centers for Disease Control



and Prevention says extensive research shows that the bacteria that flourish in an unhealthy mouth can harm the rest

of the body, potentially contributing to diabetes, respiratory illness and heart disease, which is the leading cause of death in the United States.

Brushing and flossing also can make dental cleanings and examinations go smoothly. Plaque is the precursor to tartar and is sticky, but soft and pliable. Tartar forms when plaque has been left undisturbed. Once on teeth, tartar can't be removed without professional help. By removing plaque before it's had a chance to harden into tartar, people can reduce time spent in the dentist's chair. Furthermore, those who clean their teeth and gums regularly will have a lower risk for gingivitis, which is inflammation and bleeding in the gums.

Flossing and brushing are important components of oral hygiene and also are vital to overall health.

Early warning signs of oral cancer

Oral cancer is a significant threat across the globe. Data from the World Health Organization indicates that more than 450,000 new cases of oral cancer are diagnosed each year.

The Oral Cancer Foundation notes that oral cancers are part of a group of cancers referred to as head and neck cancers. All cancers in that group are potentially dangerous, but oral cancers account for roughly 85 percent of all head and neck cancer diagnoses, which underscores the importance of routine oral health checkups. The Moffitt Cancer Center in Florida notes that many dentists perform oral cancer screenings during routine checkups, which dispels the notion that checkups are unnecessary for individuals who practice proper dental hygiene every day.

The American Dental

Association notes there is not a one-size-fits-all regimen for dental health. However, at least two visits to a dentist per year can ensure teeth stay clean and afford dentists opportunities to screen for oral cancers and detect other issues, including gingivitis. In addition to scheduling routine checkups, individuals can learn to spot the common symptoms of oral cancer. The Moffitt Cancer Center urges individuals to seek medical attention if any of these signs persist for more than two weeks:

- ◆ A sore, irritation or thickening in the mouth or throat
- ◆ A white or red patch on the inside of the mouth
- ◆ A feeling that something is caught in the throat
- ◆ Hoarseness or other vocal changes
- ◆ Persistent coughing
- ◆ Difficulty chewing,

swallowing or speaking

- ◆ Difficulty moving the jaw or tongue
- ◆ Numbness in the mouth
- ◆ Swelling in the jaw or neck
- ◆ Frequent nosebleeds
- ◆ Ear pain that does not affect your hearing
- ◆ Unexplained weight loss

It's important that individuals recognize that the presence of these symptoms is not necessarily indicative of the presence of oral cancer. Some of these symptoms

could indicate the presence of other issues that also require medical attention. For example, frequent nosebleeds could indicate high blood pressure or a blood clotting disorder, while unexplained weight loss is a potential indicator of diabetes.

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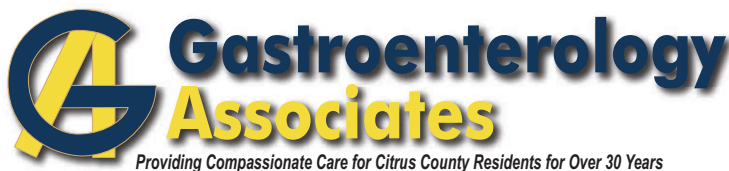
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How to avoid computer eye strain

Workplace hazards are a part of life for people in various professions. Office workers might not consider themselves vulnerable to injury when they're at work, but individuals who spent much of their day staring at a computer screen are at risk of developing computer eye strain.

According to The Vision Council, nearly 60 percent of individuals who routinely use computers and digital devices experience symptoms of computer eye strain. The health care experts at Cedars Sinai note that computer eye strain symptoms can include dry eyes, headache, blurred vision, and eye twitching. Despite the prevalence of computer eye strain, office workers and others who spend long periods of time at their computers can

take steps to reduce their risk.

♦ **Redo your work environment.** Cedars Sinai recommends individuals concerned about computer eye strain create a better work environment to reduce their risk. The online vision health and wellness resource All About Vision notes that eye strain is often a byproduct of excessively bright light. That light could be natural light coming in through a window or from interior lighting that is harsh on the eyes. If exterior light is making your office excessively bright, close drapes, shades or blinds to keep that light out. Excessively bright lighting fixtures can be remedied by using fewer light bulbs or fluorescent tubes or replacing existing bulbs with lower intensity alternatives. All About Vision also notes that some in-

dividuals find floor lamps that employ soft white light from LED bulbs are less taxing on their eyes than overhead fluorescent lighting.

♦ **Schedule vision check-ups.** Cedars Sinai notes that uncorrected vision problems are a major cause of computer eye strain. The American Academy of Ophthalmology recommends individuals get a complete eye exam once in their 20s, twice in their 30s and then again when they turn 40. A comprehensive eye exam at 40 is necessary because the AAO notes that this is when early signs of disease or changes in vision may appear. Diseases or changes can contribute to computer eye strain, among other issues. After conducting a comprehensive eye exam, ophthalmologists will then tell

patients how often they should have their vision tested, and individuals should heed this advice and keep appointments.

♦ **Upgrade your tech.** All About Vision notes that flat-panel LED screens with anti-reflective surfaces are preferable to computer screens with cathode ray tubes, which can cause an imperceptible flicker of images that contributes to computer eye strain. A large display screen, whether it's a desktop computer or a monitor connected to a laptop, also can reduce risk for computer eye strain.

Computer eye strain can make workdays difficult for office workers. Individuals who think they might be dealing with eye strain can try various strategies to prevent it or reduce its severity.

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♦ **Blood pressure:** Blood pressure should be checked at least once every two years if women are considered to be in a healthy range (under 120/80) or annually if they are above normal (between 120/80 and 139/89).

♦ **Bone density:** Women should get a bone density test at least once upon turning 65. Women younger than 65 can speak with their physicians if they want the test.

♦ **Breast cancer:** The USPSTF recommends women between the ages of 50 and 74 schedule a mammogram every two years. Women 75 and older can discuss if the test is still necessary after age 74.

♦ **Cervical cancer:** Women between the ages of 21 and 65 who have a cervix should

receive a Pap test every three years. Upon turning 30, a Pap test and an HPV test every five years is an option. Women over 65 can discuss if they need to continue receiving a Pap test with their physicians.

♦ **Colorectal cancer:**

Screening for colorectal cancer is recommended for women between the ages of 50 and 75. Women can discuss which test to get with their physicians, who also can inform them what to do after turning 75.

♦ **Diabetes:** Women whose blood pressure is higher than 135/80 should be tested for diabetes. Women who take medication for high blood pressure also should be tested.

♦ **HIV/AIDS:** Women should be tested for HIV/AIDS at least once after age 20 or earlier if they are high risk for HIV.

♦ **Lipid profile:** The USPSTF recommends a routine lipid profile starting at age 20 for women who are at increased risk for heart disease.

♦ **Lung cancer:** Women with a history of smoking should receive annual testing with low-dose computed tomography between ages 55 and 80. This includes women who have quit smoking within the last 15 years.

♦ **STDs:** Women who are sexually active or pregnant should be tested annually for chlamydia through age 24. Annual tests for chlamydia, gonorrhea and syphilis should continue after age 25 for women who are at increased risk for an STD. Women can discuss the risk factors with their physicians.



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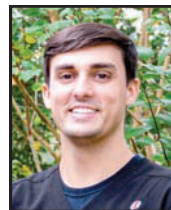


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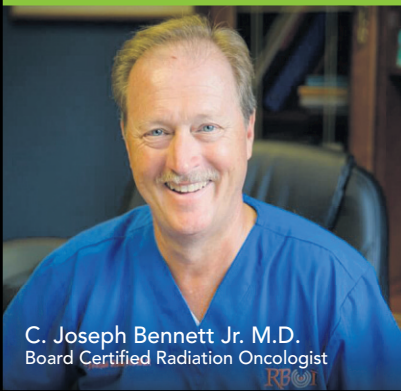


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is it drooping?

A

ARMS

can you
raise both?

S

SPEECH

is it slurred
or jumbled?

T

TIME

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Potential signs of kidney disease

Chronic kidney disease is a significant threat to millions of people across the globe. According to the National Kidney Foundation, 10 percent of the worldwide population is affected by CKD, which affects people of all ages and races.

Though there is no cure for CKD, the kidney health experts at World Kidney Day note that treatment can slow or halt the progression of the disease. That underscores the importance of learning to recognize potential signs of kidney disease.

♦ **Energy loss:** The NKF notes that a severe decrease in kidney function can cause toxins and impurities to build up in the blood, resulting in feelings of fatigue and weakness. Such a buildup also can

make it hard for individuals to concentrate. Anemia, a blood disorder characterized by a deficiency of red blood cells or hemoglobin in the blood, is a complication of kidney disease and can cause weakness and fatigue.

♦ **Difficulty sleeping:** Kidneys that are not functioning properly will not effectively filter toxins in the blood and expel them through urine. The NKF notes that individuals may experience difficulty sleeping when toxins remain in their blood.

♦ **Blood in urine:** Blood in the urine can be indicative of a host of conditions, including tumors, kidney stones or an infection. But it also can indicate CKD, as healthy kidneys are often effective at keeping blood cells in the body while they filter waste.

The Mayo Clinic notes that certain foods, including beets and berries, can affect the color of urine. But urine should generally range from a pale yellow color to a deep amber. Any visible sign of blood in urine or urine that is dark or orange in color should be brought to the attention of a healthcare provider right away.

♦ **Dry, itchy skin:** Dry, itchy skin may not seem like a potential indicator of kidney problems, but the NKF reports that such a symptom may indicate the presence of a bone disease that often accompanies advanced kidney disease. These symptoms appear because the kidneys can no longer help the body maintain an appropriate balance of minerals and nutrients in the blood.

♦ **Increased urge to urinate:** The NKF notes that this symptom often occurs at night and is a byproduct of damage to the kidney filters.

Some additional signs of kidney disease include foamy urine, persistent puffiness around the eyes, swollen ankles and feet, and muscle cramps. World Kidney Day reports that individuals can lose up to 90 percent of their kidney function before they experience any symptoms and most people with CKD experience no symptoms until the condition has reached an advanced stage. However, learning to recognize potential indicators of kidney disease and reporting them to a healthcare professional can lead to early detection and potentially slow the progression of the disease.



What is endometriosis?

The female gynecological system is a marvel to behold, capable of transforming a fertilized egg into a fully developed fetus in a mere nine months. However remarkable, that same system is vulnerable to adverse complications. Endometriosis, according to Johns Hopkins Medicine, affects an estimated 2 to 10 percent of American women of childbearing age. The World Health Organization says endometriosis affects roughly 10 percent of the same age group across the globe. Endometriosis is a potentially painful condition that impacts quality of life and the ability to bear children.

With endometriosis, tissue similar to that which normally lines the inside of the uterus — the endometrium — grows outside of the

uterus. This wayward tissue can form on the ovaries, fallopian tubes and other parts of the pelvis, states the Mayo Clinic. The endometrial-like tissue also acts as endometrial tissue would. That means it thickens, breaks down and bleeds with each menstrual cycle, guided by the same hormones that affect normal endometrial tissue. Because this abnormal tissue cannot exit the body through the vagina during a menstrual period, it becomes trapped, irritating areas of the pelvis and eventually causing the formation of scar tissue and even organ adhesions.

The most common symptom of endometriosis is pain in various areas of the body. That pain may manifest itself through:

- ◆ Very painful menstrual cramps that get worse over time.

- ◆ Chronic pain in the lower back and pelvis.

- ◆ Pain during or after intercourse.

- ◆ Intestinal pain and painful bowel movements.

In addition, the U.S. Office on Women's Health says bleeding or spotting between menstrual periods, digestive problems and difficulty becoming pregnant are other potential indicators of endometriosis.

Scar tissue formation, as well as the development of fibrous adhesions which can bind organs together, produces pain and other symptoms.

Doctors are not sure what causes endometriosis, although it does run in some families. There are theories that immune system deficits may fail to recognize and destroy endometrial tissue found outside the uterus.

During Cesarean sections or other abdominal surgeries, endometrial tissue could be picked up and moved by mistake, thereby contributing to endometriosis.

Endometriosis tends to last as long as one's menstrual years. Some women find relief from endometriosis after they go through menopause when hormones affecting endometrial tissue wane. In the interim, doctors may recommend certain hormone therapies or hormone inhibitors to reduce symptoms. Surgery to temporarily remove wayward endometrial-like tissue from the ovaries and pelvis may increase chances of a successful pregnancy.

Endometriosis is a gynecological illness that can be painful and disrupt life. Prompt diagnosis and treatment can help women find relief.

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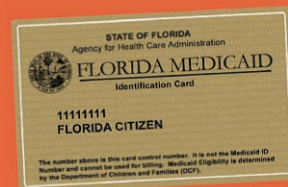
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www.cancer.org

American Red Cross

www.redcross.org

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www.chaptershealth.org/give

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Administrative Office

324 NE 5th St., Crystal River

.....352-563-0107

.....352-563-0109

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.....352-344-8111

www.casafl.org

Citrus County Blessings

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.....352-341-7707

Citruscountyblessings.org

Citrus County Charities Inc.

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.....352-419-7900

Citrus County Family Resource Center

3660 N. Carl G. Rose Hwy., Hernando

.....352-344-1001

www.ccfrc.org

Citrus County

Veterans Foundation, Inc.

P.O. Box 678, Lecanto

.....352-382-3847

Citrusvf.org

Citrus Hearing Impaired

Program Services (C.H.I.P.S.)

109 NE Crystal St., Ste. B, Crystal River

.....352-795-5000

www.citrushearingimpaired.org

Citrus United Basket (CUB)

1201 Parkside Ave., Inverness

.....352-344-2242

www.citrusunitedbasketonline.org

Community Food Bank of Citrus County

5259 W. Cardinal St., Bldg. B,

Homosassa

.....352-628-3663

Daystar Life Center of Citrus County

6751 W. Gulf to Lake Hwy., Crystal River

.....352-795-8668

www.daystarcitruscounty.org

Early Learning Coalition of the Nature Coast

382 N. Suncoast Blvd., Crystal River

.....352-563-9939

www.elc-naturecoast.org

Female Veterans Network of Citrus County

.....352-628-6481

Filter Family Solutions Inc.

P.O. Box 24, Inverness

.....352-703-5347

www.filteryouth.org

Florida Healthy Start - Central Coalition

1785 NW 80th Blvd., Gainesville

WellFlorida.org

Habitat for Humanity of Citrus County, Inc.

.....352-563-2744

www.habitatcc.org

Habitat for Humanity Restore

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.....352-564-2300

3703 E. Gulf to Lake Hwy., Inverness

.....352-341-1800

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.....352-795-5541, ext. 201

Key Training Center

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.....352-795-5541

Kids Central

901 Industrial Drive, Suite 200, Wildwood

.....352-873-6332

Mid-Florida Community Services

1635 W. Gulf to Lake Hwy.,

Tree Tops Plaza, Lecanto

.....352-527-3809

Mission in Citrus Inc.

2488 N. Pennsylvania Ave., Crystal River

.....352-794-3825

www.missionincitrus.com

Moving Mountains

3451 E. Louise Lane, Ste. 110, Hernando

.....352-637-9001

Movingmountainsinc.net

National Alliance on Mental Illness (NAMI)

6751 W. Gulf to Lake Hwy., Ste. 201

(at Daystar Life Center) Crystal River

.....844-687-6264

www.namicitrus.org

Nature Coast Ministries, Inc.

7655 W. Gulf to Lake Hwy., Suite 8,

Crystal River

.....352-563-1860

Pregnancy and Family Life Center of Citrus County

317 W. Tompkins St., Inverness

.....352-344-3030

pflcenter.org

Salvation Army

712 S. School Ave., Lecanto

.....352-513-4960

Salvationarmyflorida.org/citrus

The Path of Citrus County

4395 N. Lecanto Hwy., Beverly Hills

.....352-527-6500, ext. 1

www.pathofcitrus.org

United Way of Citrus County

1582 N. Meadowcrest Blvd., Crystal

River

.....352-795-5483

www.citrusunitedway.org

Wil-Power Foundation

6843 N. Citrus Ave., Bldg. 2 Unit T,

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www.vitas.com
see our ad Page H69

Support Groups

Before attending any meetings listed below, please call to verify they are still being held. Due to COVID-19, many face-to-face meetings have been temporarily closed.

Al-Anon

Meetings held various hours every day.
Go to website for updated, printable meeting schedule:
Nfldistrict5.com
.....352-697-0497

Alcoholics Anonymous AA

Meetings held various hours every day.
Go to website for updated, printable meeting schedule:
www.ncintergroup.com or call hotline
.....352-621-0599

Alzheimer's Association – Florida Gulf Coast Chapter

10:30 a.m. third Friday
Floral City United Methodist Church
8480 E. Marvin St., Floral City
.....352-344-1771

Cancer Education Group with Dr. Bennett

11:30 a.m. first Wednesday
Robert Boissoneault Oncology Institute
522 N. Lecanto Hwy., Lecanto
.....352-527-0106

Citrus Abuse Shelter Association (CASA)

CASA Outreach Office
1100 E. Turner Camp Rd., Inverness
Economic Empowerment
10:30 a.m. to Noon Thursday;
5:30 to 7 p.m. Thursday
Women's Empowerment Group
5:30 to 7 p.m. Tuesday;
10:30 a.m. to Noon Wednesday
Sunshine Arnold
.....352-344-8111
sunshine@casaf1.org
casaf1.org

Citrus County

Dementia Friendly America
2244 Hwy. 44 West, Inverness
.....352-697-2288

Citrus County Foster Parents Association

www.citruscountyfosterparents.org

Families Against Multiple Sclerosis Support Group

11 a.m. first Saturday
First Baptist Church of Hernando
3790 E. Parsons Point Rd., Hernando
Shana Lamphere
.....352-422-3090

Families and Friends Reaching for the Abilities (FFRA)

.....352-637-0692
www.ffracitrus.org

Food Addicts in Recovery Anonymous (FA)

Free 12-step recovery program
www.foodaddicts.org

Friends of Citrus and the Nature Coast

Evening Support Groups
Grief Support Groups
Grief Workshops
L.I.F.T. (Widows/Widowers)
New Bereaved Grief Workshops
Social Support Groups
Main office
3264 W. Audubon Park Path, Lecanto
.....352-249-1470
Homosassa Thrift & Gift
8471 West Periwinkle Lane, Homosassa
.....352-621-1500
Lecanto Thrift & Gift
1581 W. Gulf to Lake Hwy., Lecanto
.....352-341-2220

Grief Toolbox Support Group

2 p.m. Wednesday
Friends of Citrus and the Nature Coast
Wings Grief Center
8471 W. Periwinkle Lane, Homosassa
.....352-249-1470

GriefShare Group

North Oak Baptist Church
9324 N. Elkcam Blvd., Citrus Springs
.....352-489-1688

HPH Hospice

2939 W. Gulf to Lake Hwy., Lecanto
.....352-527-4600
chaptershealth.org
see our ad Page H71

Tips to cope with the loss of a loved one

The loss of a loved one can be difficult to confront. That difficulty might have been heightened in recent years, when a global pandemic has caused the death of millions, including many people who were otherwise healthy prior to contracting the COVID-19 virus.

Each individual may experience the grieving process in their own unique way, but the American Psychological Association notes that researchers have found that social support and healthy habits can help most people recover from loss. The APA also urges individuals to speak with a licensed mental health professional if they are dealing with severe or complicated grief, a condition marked by broad changes to all personal relationships, a sense of meaninglessness, a prolonged yearning or searching for the deceased, and a sense of rupture in personal beliefs.

The APA reports that some additional strategies may help grieving individuals process and come to terms with the loss of a loved one.

♦ **Discuss the death of your loved one.** The APA notes that avoiding talking about a deceased loved one can lead to isolation and a disruption in the healing process. Speaking about the death of a loved one can help individuals understand what happened, and that understanding can facilitate the healing process.

♦ **Take care of your health.** Mental Health America, a community-based nonprofit committed to promoting mental health, urges individuals dealing with the loss of a loved one to take care of their own

health. After losing a loved one, some people may be in danger of developing a dependence on medication or alcohol that they're using to deal with their grief. It's important that grieving individuals recognize that threat and the role that maintaining one's personal health can play in the healing process. Regular contact with your physician, routine exercise and a healthy diet can promote personal health and may help individuals avoid the pitfalls of addiction after the death of a loved one.

♦ **Accept your feelings.** The APA notes that it's normal for grieving individuals to experience a range of emotions, including sadness, anger and exhaustion. Individuals who feel overwhelmed by their emotions are urged to speak with a licensed mental health professional. Such professionals can recommend various strategies to cope with emotions that can sometimes feel overwhelming.

♦ **Celebrate your loved one.** The APA recognizes that many people find the anniversaries of a loved one's death to be especially difficult. The APA recommends individuals use such anniversaries as opportunities to celebrate their loved one's life. Plant a garden in a loved one's memory or honor them with a donation to a charity they supported. Such gestures can add some positivity to the anniversary and help in the healing process.

The death of a loved one can inspire a range of emotions. Various strategies can help individuals cope with such losses. More information about grieving is available at www.apa.org.



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Living Information For Today (LIFT)

11:30 a.m. third Tuesday
 Citrus Hills Golf & Country Club
 509 E. Hartford St., Hernando
352-249-1470

Mended Hearts Support Group

10 a.m. second Friday,
 Except July and August
 HCA Florida Citrus Hospital
 Gulf room Historic Red Schoolhouse
 502 W. Highland Blvd., Inverness
 Gail Granger
352-795-7742
 ggranger@tampabay.rr.com
 mendedhearts.org

Narconon

.....1-877-467-2641
 Drugabusolution.com

National Alliance for Mental Illness (NAMI)

6 p.m. Thursday
 First Christian Church
 2018 Colonade St., Inverness
844-687-6264
 Nami-citrus@gmail.com
 www.namicitrus.org

Sanctuary Mission Grace House

7463 W. Grover Cleveland Blvd.,
 Homosassa
352-621-3277
 www.sanctuarymission.org

TOPS

(Take Off Pounds Sensibly)

Visit the website for meeting information:
 Tops.org

TOPS 341

9:15 a.m. Monday weigh-in
 10 a.m. Monday meeting
 Except holidays
 First Christian Church
 2018 Colonade St., Inverness
 www.tops.org

TOPS 387

2:30 p.m. Monday weigh-in
 3:30 p.m. Monday meeting
 Central Citrus Community Center
 2804 W. Marc Knighton Court, Rm. 114,
 Lecanto
 www.tops.org

TOPS 401

8:15 a.m. Wednesday weigh-in
 8:30 a.m. Wednesday meeting
 First Baptist Church
 3790 E. Parsons Point Rd., Hernando
 www.tops.org

TOPS 408

2 p.m. Thursday weigh-in
 3 p.m. Thursday meeting
 First Baptist Church Conference Room
 700 N. Citrus Ave., Crystal River
 www.tops.org

TOPS 443

3 p.m. Thursday weigh-in
 3:30 p.m. Thursday meeting
 Women's Club of Dunnellon,
 11756 Cedar St., Dunnellon
 www.tops.org

TOPS 692

9:15 a.m. Friday weigh-in
 10 a.m. Friday meeting
 Grace Bible Church Fellowship Hall
 6382 Green Acres St.,
 Homosassa Springs
 www.tops.org

TOPS 743

7:30 a.m. Wednesday weigh-in
 9 a.m. Wednesday meeting
 DAV building
 1039 N. Paul Drive, Inverness
 www.tops.org

TOPS 826

8 a.m. Tuesday weigh-in
 9 a.m. Tuesday meeting
 First Lutheran Church Bailey Hall
 1900 Hwy. 44 West, Inverness
 www.tops.org

TOPS 860

4:45 p.m. Monday weigh-in
 5 p.m. Monday meeting
 Monroe House First Baptist
 20831 Powell Rd., Dunnellon
 www.tops.org

TOPS 9365

10 a.m. Wednesday weigh-in
 11 a.m. Wednesday meeting
 First Christian Church
 of Homosassa Springs
 Fellowship Hall
 7030 W. Grover Cleveland Blvd.,
 Homosassa
 www.tops.org

Weight Watchers

www.weightwatchers.com

Womens Breast Cancer Support Group

11:30 a.m. second Friday
 Except June, July, August
 Robert Boissoneault
 Oncology Institute
 522 N. Lecanto Hwy., Lecanto
 Judy Bonard

.....352-527-4389

.....352-220-3693

National Cholesterol Education Program Cholesterol Guidelines			
	Desirable	Borderline High	High
Total Cholesterol	Less than 200	200 - 239	240 and higher
LDL Cholesterol (the "bad" cholesterol)	Less than 130	130 - 159	160 and higher
HDL Cholesterol (the "good" cholesterol)	50 and higher	40 - 49	Less than 40
Triglycerides	Less than 200	200 - 399	400 and higher



Learn about multiple sclerosis

Multiple sclerosis (MS) is a degenerative disorder that affects the central nervous system. MS is an autoimmune condition in which the body's immune system attacks and destroys the myelin sheaths (protective fatty coverings) that surround nerve fibers and promote the transmission of nerve impulses, according to the Genetic and Rare Diseases Information Center.

Symptoms of MS

MS can cause various symptoms. MS has the potential to affect just about anything a person does, as it affects the brain and spinal cord. Interruption of nerve communication signals may result in unpredictable symptoms. The National MS Society says that individuals can experience any of the following:

- ◆ memory problems
- ◆ numbness

- ◆ tingling
- ◆ mood changes
- ◆ pain
- ◆ fatigue
- ◆ vision issues
- ◆ paralysis
- ◆ balance issues
- ◆ bowel and bladder disruptions
- ◆ decreased attention span
- ◆ emotional problems
- ◆ slurred or difficult speech
- ◆ other neurological effects

Causes of MS

Experts do not know what causes multiple sclerosis. The Cleveland Clinic says research is ongoing and doctors are trying to identify what triggers the disease. Some theories include:

- ◆ **Exposure to viruses and bacteria:** Some research points to exposure to infections, such as the Epstein-Barr virus, as a trigger for MS later in life.
- ◆ **Geography:** Living in an area with limited sunlight

produces a higher risk of developing MS. People who get less sun have lower levels of vitamin D, which is a risk factor for MS.

◆ **Gene mutations:** Family history of MS increases the potential of getting the disease, but it's still a mystery as to which genes play a role in the development of MS.

◆ **Immunologic factors:** While researchers do not fully understand why immune systems attack the body, in MS, T regulatory cells and B cells become activated, stimulating inflammation and damage.

◆ **Smoking:** Smoking plays a role in MS risk, as studies have shown that it is associated with more severe disease and more rapid disease progression.

Treating MS

Doctors will conduct many tests to determine if MS is present. Neurological exams and eye exams as well as lum-

bar puncture and blood tests can paint the most accurate picture.

There is no cure for MS, but various medications have been approved to alleviate certain symptoms of the disease, including mobility issues, and slow its progression. The medicines can reduce flare-ups and slow damage to the myelin sheaths. Physical rehabilitation and mental health counseling may be employed in conjunction with medicines for well-rounded support.

The Cleveland Clinic says MS will lead to disability and loss of certain physical functions in some instances. However, advancements in treatment help most MS patients to continue to lead full and productive lives. Finding the right care team and support system can help in that regard.

Learn more about MS by visiting www.nationalmssociety.org.

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 352-586-0754

Elements of Health & Doctor Vitamin Store

3930 S. Suncoast Blvd., Homosassa
 352-628-7036

General Nutrition Center

1448 N. U.S. 41, Inverness
 352-860-1716

Huffman's Heritage Whole Foods

430 SE Kings Bay Drive, Crystal River
 352-795-2233

Rutabaga's Etc. Natural Food Market

335 S. Croft Ave., Inverness
 352-344-0096

Medical Alerts

Aloe Care Health

..... 866-477-1960

LifeFone

..... 855-334-8537

LifeStation

..... 855-209-5787

MedicalAlert

..... 866-561-0921

Medical Guardian

..... 866-410-9392

MobileHelp

..... 866-280-3582

OneCallAlert

..... 800-809-5929

Medical Marijuana Dispensaries

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275 NE U.S. 19, Crystal River
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 Inverness
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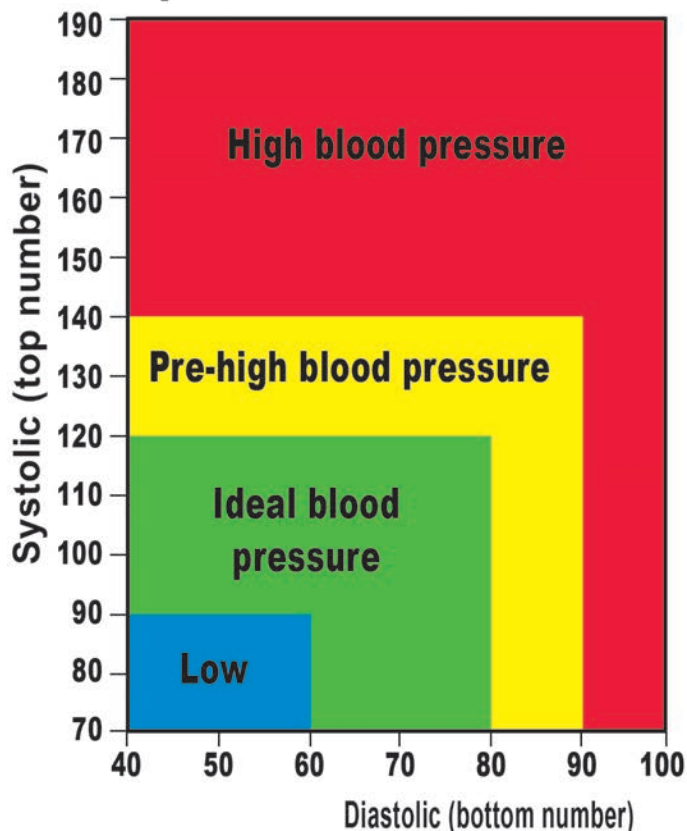
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What to know about dietary cleanses

Dietary trends come and go. A trend that's popular today could be gone tomorrow, leaving both advocates and adversaries in its wake.

Dietary cleanses, sometimes referred to as "detoxes," have emerged in recent years. Cleanses are purported to help individuals cleanse their body of toxins while also helping them to lose weight. Women are urged to speak with their physicians prior to beginning a new dietary regimen, including cleanses. Women curious about cleanses also can learn more about them prior to speaking with their physicians.

What do cleanses entail?

The National Center for Complementary and Integrative Health notes that cleanses and detox diets may include one or any number of these approaches:

- ◆ Fasting
- ◆ Drinking only juices or eating only certain foods
- ◆ Supplementation
- ◆ Using herbs
- ◆ Using a sauna

Juice cleanses are one example of a cleanse or detox diet that has piqued the curiosity of many individuals in recent years. Juice cleanses differ, but many involve consuming only fruit or vegetable juices and water. Individuals engaged in juice cleanses may stick to that regimen for days or even weeks.

What does the science say about cleanses?

The NCCIH indicates a need for more substantive research before the efficacy of

cleanses and detox diets can be confirmed. The NCCIH notes that, thus far, studies have been too small or too low-quality for scientists to say with certainty that cleanses and detox diets are safe and effective.

Women considering cleanses also should know that various companies selling cleansing and detox products have been accused by the Federal Trade Commission of making false claims about their products and/or producing products with potentially harmful ingredients. Such actions underscore how important it is that women discuss cleanses and detox diets with their physicians prior to beginning any new dietary regimen. When speaking to a doctor about a cleanse or detox diet, women should be as specific as possible, noting which products they are considering. Doctors can examine the products to determine any risks associated with them. For example, the NCCIH notes that juices made from high-oxalate foods such as spinach and beets could increase risk for kidney disease if consumed in significant quantities. Doctors also may note that some cleanses and detox diets that limit calories may produce short-term weight loss, but that any pounds shed may only be regained when women return to their normal diets once the cleanse ends.

Women considering dietary cleanses or other detox diets should discuss them with a physician prior to beginning a regimen. Doctors may recommend more proven dietary strategies that can help women get healthier and stay that way over the long haul.

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The many benefits of tomatoes

Modern diets designed with nutrition in mind are much more flavorful than the healthy diets of yesteryear. Healthy foods have long suffered from an ill-gotten reputation that they're devoid of flavor, but one need only look at tomatoes to see how nutrition and flavor are not incompatible.

Tomatoes are often discussed in regard to their status as a fruit or vegetable. According to the European Food Information Council, tomatoes are technically both. The EUFIC notes that botanists classify tomatoes as fruit, while nutritionists adhere to a different classification system that defines tomatoes as vegetables.

Regardless of how they're classified, tomatoes are undeniably healthy. If the taste of tomatoes isn't enough to convince people to eat more of them, perhaps these char-

acteristics could be enough to compel more individuals to reach for this delicious fruit — or vegetable.

♦ **Tomatoes are rich in the antioxidant lycopene.** Harvard Medical School notes that tomatoes are rich in the antioxidant lycopene. Lycopene is a carotenoid that gives tomatoes their deep red color, but lycopene is about more than just aesthetics. Researchers in Finland reported in a study published in the journal *Neurology* that men with the greatest amounts of lycopene in their blood had a 55 percent lower risk of having any kind of stroke.

♦ **Tomatoes can help lower cancer risk.** Another reason to include more tomatoes in your diet concerns their connection to cancer. A study funded by the World Cancer Research Fund International found that men who consumed canned and cooked

tomatoes five to six times a week had a 28 percent decreased risk of prostate cancer compared to men who never consumed tomatoes. That's a significant benefit, as the WCRFI notes that prostate cancer is the second most common cancer worldwide. The study's author noted that cooked tomatoes were particularly valuable, as cooking increases the bioavailability of lycopene.

♦ **Tomatoes can promote healthy vision.** The lycopene found in tomatoes doesn't stop at reducing risk for stroke. Lycopene also has been linked to promoting healthier eyes. The health supplement experts at 1MD Nutrition™ note that routine exposure to light and environmental toxins makes eyes vulnerable to oxidative damage and disease caused by an excess of free radicals. Lycopene and other antioxidants scavenge free radicals

and prevent cell and tissue damage, thus protecting eyes from conditions that can lead to blindness.

♦ **Tomatoes can help lower "bad" cholesterol.** A study published in the *British Journal of Nutrition* linked high tomato consumption to a roughly 13 percent reduction in "bad" cholesterol. A separate study published in *The Journal of Nutrition* found that women who ate at least 10 servings of tomato-based products a week experienced significant improvements in total cholesterol. This link is important, as the Centers for Disease Control and Prevention notes that high levels of bad cholesterol increase individuals' risk for heart disease and stroke.

Tomatoes are a healthy addition to anyone's diet, regardless of where they stand on the fruit or vegetable debate.

How assistive technologies are helping the deaf

Hearing loss is more common than many people may recognize. According to the World Health Organization, roughly 5 percent of the global population requires rehabilitation to address disabling hearing loss, and estimates suggest that number will double by 2050, when more than 700 million people are projected to have disabling hearing loss.

Disabling hearing loss can make life more challenging, but the National Deaf Center on Postsecondary Outcomes notes that various assistive technologies can help individuals overcome hearing loss. Though such technologies can be invaluable, the NDC urges individuals considering them to learn about the advantages and limitations of such products before deciding which one is right for them.

Cochlear implants

The NDC notes that cochlear implants are electronic devices that are surgically implanted under the skin behind the ear. Cochlear implants utilize electrodes placed in the cochlea, or inner ear, to stimulate the auditory nerve of individuals who have substantial and permanent hearing loss.

The NDC reports that cochlear implants are not necessarily ideal for everyone with significant hearing loss. That's because no two brains



are the same, and it's difficult to predict how well a given person's brain will interpret the new auditory signals the implant is sending. In addition, the NDC notes that certain types of hearing loss cannot be remedied with cochlear implants.

Telecommunications

According to the NDC, telecommunications technology has evolved considerably in recent decades. That evolution has made it easier than ever for deaf individuals to communicate.

The NDC notes that telecommunications technology for deaf individuals is an

umbrella term that includes telephone devices, platforms and services that are employed when standard phones are ineffective. The NDC identifies three primary telecommunications services:

1. Video relay service (VRS)
2. Telecommunications relay service (TRS)
3. Video remote interpreting (VRI)

Regulated by the Federal Communications Commission, VRS and TRS are free programs, whereas VRI is a fee-based service. TRS is a text-driven service that, unlike VRI and VRS, does not employ video.

Visual fire alarms

Visual fire alarms are another assistive technology that can improve the lives of individuals with significant hearing loss. These systems, which are required by law in various countries, make it possible for deaf individuals to safely evacuate buildings and other areas in emergency situations.

Assistive technologies play vital roles in helping individuals with significant hearing loss overcome the challenges of such losses. People with hearing loss are urged to seek the advice of a healthcare professional if they are considering assistive technologies.

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National Cholesterol Education Program Cholesterol Guidelines

	Desirable	Borderline High	High
Total Cholesterol	Less than 200	200 - 239	240 and higher
LDL Cholesterol (the "bad" cholesterol)	Less than 130	130 - 159	160 and higher
HDL Cholesterol (the "good" cholesterol)	50 and higher	40 - 49	Less than 40
Triglycerides	Less than 200	200 - 399	400 and higher

Exploring a career in occupational therapy

Occupational therapists are important allies for individuals with a chronic illness or those who are trying to live independently after an accident. According to The Balance: Careers, occupational therapy involves assisting people of various ages build or restore their ability to live daily life by modifying or changing daily activities that a person wants to do.

There are three main types of practitioners who work in the field of occupational therapy. These include occupational therapists, occupational therapy assistants and occupational therapy aides. Salaries, duties and educational and licensing requirements differ between the three roles.

Individuals who want to become occupational therapists must complete a four-year bachelor's degree and a two- to three-year master's degree. Individuals will then have to go through the local licensing process. Many people begin working in OT in positions of less responsibility to gain relevant experience once they have completed the associate's level program, and then gain experience and build their resumes from there.

♦ **OT therapy aide:** This person has the fewest educational requirements and will earn the lowest salary on an OT team. However, OT therapy aides are essential. The aide sets up treatment rooms and prepares equipment. He or she also may perform clerical duties.

♦ **OT assistant:** This person falls between an

occupational therapist and an OT aide on the spectrum of responsibility. This can be a good option for someone who is uncertain about an OT career, but wants to try it on for size. Assistants work under an OT's supervision and make sure patients are correctly performing exercises spelled out in treatment plans.

♦ **Occupation therapist:** OTs oversee the operations and have the most responsibility by setting goals and developing treatment plans. An OT will do a home or work assessment to analyze a patient's environments and make accommodations. He or she also will suggest equipment to use in a workplace to help that patient do his or her job comfortably. To become an OT, one will need to go through a master's program accredited by the Accreditation Council for Occupational Therapy Education.

Occupational therapists have many ways to specialize their careers. ExploreHealthCareers.org says OTs may work with premature babies, assist children with cerebral palsy or Down syndrome, work in schools with students who have learning disabilities, or may work with older people in nursing homes or private residences. There are new specialties, too, such as training workers to use the correct ergonomics or helping people with low vision issues maintain their independence.

Occupational therapy is a great career for individuals who want to help others maintain their independence and live life to the fullest.

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Tips to boost mental wellness

The most successful health care regimens incorporate a number of variables to help individuals achieve optimal health. Physical health garners considerable attention when developing a health care regimen, but it's equally important that individuals prioritize mental health as well.

Mental health has garnered considerable attention in recent years, and that's not solely a byproduct of the pandemic. Prior to the onset of the pandemic, in 2019 the World Health Organization launched the WHO Special

Initiative for Mental Health (2019-2023). That's an effort to ensure access to quality and affordable care for mental health conditions in 12 priority countries. The WHO initiative reflects the growing recognition of the importance of mental wellness and its role in overall health.

Protecting mental health and boosting mental wellness can have a profound impact on individuals who are struggling with stress, anxiety and depression. The National Council for Mental Well-Being recommends these strategies to boost mental

wellness and protect mental health.

◆ **Express your feelings.**

Individuals should not feel the need to keep their problems to themselves. Speak with someone you trust about your feelings and share details of any problems you may be having. Keeping feelings bottled up inside can compound issues that are already adversely affecting your mental health.

◆ **Establish boundaries.** Individuals should not feel compelled to engage in activities they don't enjoy or no longer want to do. It's everyone's right to say "no," and exer-

cising that right can improve mental health for individuals who routinely find themselves saying "yes" to activities they no longer enjoy. For example, many working professionals may feel compelled to respond to work emails long after quitting time. That can have an adverse effect on mental health by making individuals feel as though they're constantly working. Answering emails only during working hours can provide the mental break individuals need to unwind and relax.

◆ **Recognize the role that**
continued on Page H95



Health conditions rise with heavy alcohol consumption

Heavy alcohol consumption is linked to a greater risk for a variety of health conditions. According to the National Council on

Alcohol and Drug Dependence, Inc., 75 percent of esophageal cancers are attributable to chronic excessive alcohol consumption. Such consumption also is

linked to a 10 percent increase in a woman's risk for breast cancer, while heavy chronic drinking has been connected to 36 percent of primary liver cancer cases.

BOOST

from Page H94

physical health can play in protecting mental health.

The National Council for Mental Well-Being notes that physical self-care helps individuals manage symptoms associated with mental health challenges. Eating right, ex-

ercising regularly and getting enough sleep can help individuals overcome mental health challenges and reduce risk for conditions such as anxiety and depression.

◆ Find a healthy hobby.

A healthy hobby can quell boredom and serve as a coping mechanism when issues like stress and anxiety begin to feel a little overwhelming. A

healthy hobby can serve as a distraction and provide a getaway when individuals feel as though their mental health is suffering.

◆ Don't hesitate to seek help.

Individuals have no issue visiting their physicians when they experience physical symptoms of illness or injury. That same lack of hesitation should be present when

mental health issues arise. Mental health professionals can provide the same valuable services for mental health that physicians do for physical health.

Strategies to protect mental health is are important components of health care regimens. Individuals can learn more at mentalhealthfirstaid.org.

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..... 352-563-2249

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 Homosassa Springs
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Flying Eagle Preserve
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Nature Coast Ramblers
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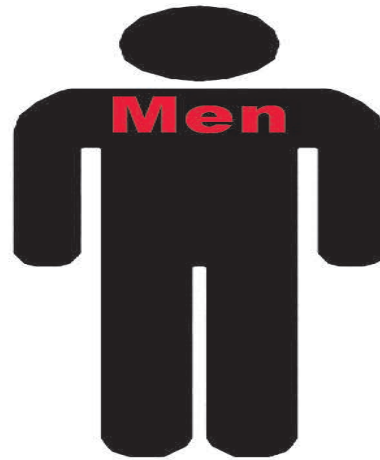
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Parkinson's Disease tends to affect the elderly more so than other ages. It's often diagnosed at age 60 or later.

Learn more about Parkinson's disease

When a famous individual announces a Parkinson's diagnosis, like singer-songwriter Neil Diamond did in 2018, there's an immediate uptick in interest in the disease. That can be turned into a positive, but it's important that people recognize how Parkinson's affects individuals every day, regardless of their social status.

What is Parkinson's disease?

Parkinson's disease, also called PD, is a neurodegenerative disorder that affects predominantly dopamine-producing (dopaminergic) neurons in a specific area of the brain known as the substantia nigra, according to the Parkinson's Foundation. Those neurons weaken and die over time. In the simplest of terms, PD is a

nervous system disorder that eventually affects movement and sometimes behavior. The Mayo Clinic says symptoms tend to start off minor and are often barely noticeable. PD builds progressively, and eventually may affect more than just movement — causing mental and behavioral changes as well.

Who does PD affect?

The National Institute on Aging says that anyone can develop PD, but the disease affects about 50 percent more men than women. Most people develop symptoms around age 60, making age a risk factor for PD. However, roughly 5 to 10 percent of individuals with PD have "early-onset," which begins before the age of 50.

continued on **Page H103**



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The power of plants in the fight against type 2 diabetes

A 2016 study published in the journal PLOS Medicine found that a plant-based diet that's rich in high-quality plant foods was associated with a significantly lower risk of developing type 2 diabetes.

The study noted a distinction between plant-based foods deemed "healthy," which include whole grains, fruits, vegetables, and nuts, and those described as "less healthy," which include fruit juices and refined grains.



DISEASE

from Page H101

Harvard Medical School also says that there may be environmental causes behind PD. Studies have shown a correlation between exposure to chemicals used in pesticides and herbicides, as well as metals and organic pollutants, and development of Parkinson's. Repeated blows to the head can increase the risk of developing PD as well.

Symptoms of the disease

Symptoms tend to develop gradually before progressing. Many people can live comfortably with PD for some time before it affects their daily lives. Common symptoms of PD include:

- ◆ Shaking or tremor
- ◆ Rigid muscles
- ◆ Difficulty walking
- ◆ Bradykinesia (slowness of movements)
- ◆ Lack of facial movement
- ◆ Poor posture
- ◆ Unsteady balance

As the disease progresses, these symptoms may occur:

- ◆ Slurred or soft speech

- ◆ Trouble chewing and swallowing
- ◆ Memory loss
- ◆ Emotional changes
- ◆ Decreased ability to smell
- ◆ Restless legs
- ◆ Urinary problems
- ◆ Sleep disruptions

Diagnosing PD

There are no medical tests to definitively detect the disease. Doctors use a series of markers to determine if PD may be present. The National Institute on Aging says diagnosis is usually based on gait issues, reduced swinging of the arms, lack of facial expression, and tremors, among others.

There is no cure for PD, but medications and therapy can help control symptoms. Carbidopa-levodopa is a medication that passes into the brain and is converted to dopamine to help reduce the effects of low brain dopamine concentrations in PD. Other medications may be prescribed as needed.

Parkinson's affects millions of people. Early diagnosis and treatment can help reduce symptoms and prolong comfort.

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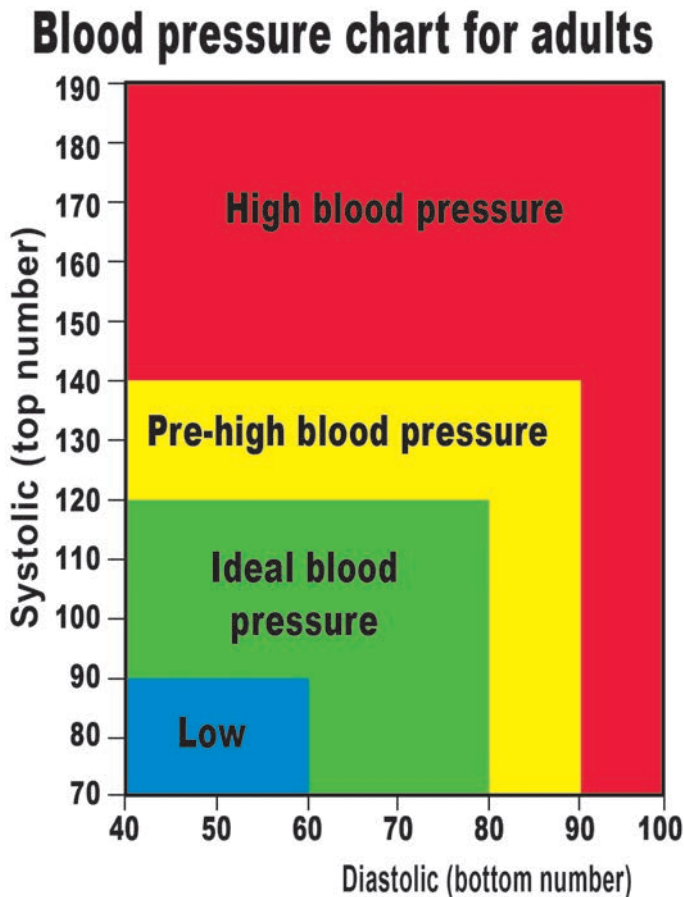
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 Medical School: M.D. Johns Hopkins, Baltimore, MD
 Graduate School: Ph.D. Massachusetts Institute of Technology (MIT), Cambridge, MA
 Residency: Doheny Eye Institute, Los Angeles, CA
 Fellowship: Barnes Retina Institute/Washington University, St. Louis, MO
 Moorfields Eye Hospital, London, England



Shalesh Kaushal, MD, PhD

EXPERTISE:

- Macular Degeneration
- Diabetic Retinopathy
- Multiple Sclerosis and Lyme Disease of the Eye
- Inflammatory Diseases of the Eye
- Inherited Retinal Diseases
- Nutritional Biochemistry
- Glaucoma
- Cataract Surgery
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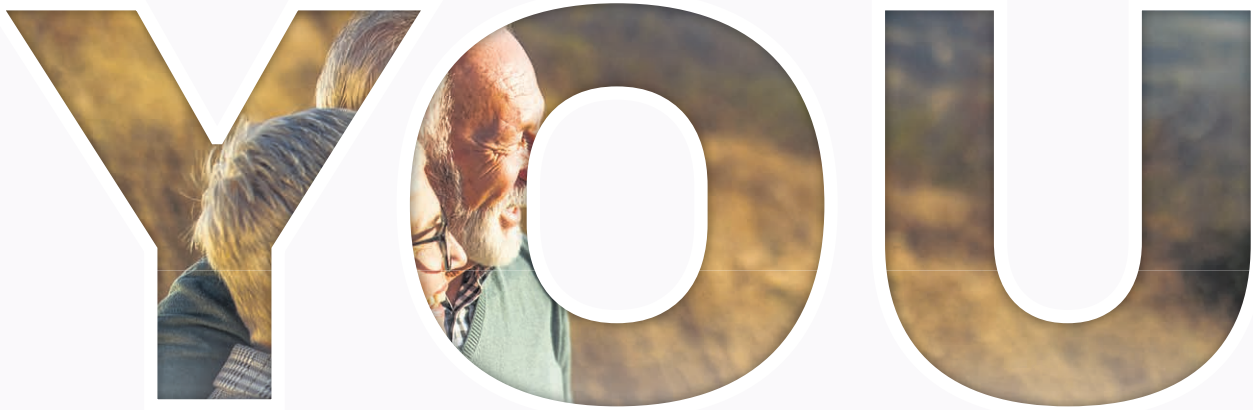
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