

HeartbeatTM

OF INDIAN RIVER COUNTY



Covering All the Bases in Orthopaedics and Sports Medicine

*Cleveland Clinic
Indian River Hospital
Grows Team
of Specialists.
See page 8*



Cleveland Clinic
Indian River Hospital

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Diagnosis
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Needed for
Meals on Wheels
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Massage -
“Self Care”

Tips for Psoriatic Arthritis Hand Pain

One of the first areas of your body where you might notice psoriatic arthritis (PsA) is in your hands. Pain, swelling, warmth, and nail changes in the hands are all common symptoms of this disease. We use our hands for so many tasks. Painful and swollen hands make common tasks difficult.

There are many prescribed medications and OTC products available, and chances are you are already using some of them. Listed below are some complimentary therapies that can provide additional relief.

Hot and Cold Therapy. Try both heat wraps and cold packs at separate times. Heat increases circulation and relieves joint stiffness. Warmth doesn't reduce swelling, but it helps relieve pain. Warm water and Epsom salts help to relieve swelling and pain. Just don't soak too long to avoid drying your skin. Apply a good emulsifying moisturizer afterwards. Professional warm paraffin wax treatments also help. Ask your nail salon if they offer this treatment.

Cold reduces inflammation. It helps to reduce inflammation and swelling. It also has a numbing effect on tender areas of your hand. Hold a cold compress or ice pack to the affected areas for 10 minutes at a time, several times a day. Wrap the ice in a towel to avoid damage to your skin.

Massage. A gentle hand massage does wonders for stiff, sore hand joints. See a massage therapist or give your own hands a rub a few times a day.

Home Modifications and Adaptive Equipment. Replace often used round door knobs with lever-type handles. Pad tools, common household and personal care items with extra cushion for a softer grip. The PsA E-Kit has additional information regarding adaptive equipment. *(See below for contact information)*

Wear a splint. A splint can support and stabilize painful hands. It can also relieve swelling, stiffness, and reduce pain in your hand and wrist. You might want to see an occupational therapist or orthotist for a custom-fitted splint.

Important! Request a PsA E-Kit from the National Psoriasis Foundation to learn more about your treatment options. Visit <https://www.psoriasis.org/psa-e-kit/>. Their help-line telephone number is 800-723-9166.



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Heartbeat of the Treasure Coast provides local physicians, dentists, fitness centers, in-home care, and health care facilities a venue to talk about their unique practices, mission statements, facility operations, successful new techniques, and innovations. We share human-interest stories and resources from our community.

Enjoy this Heartbeat issue. Read about Sensorium therapy, "Friends after Diagnosis", Psoriatic Rheumatoid Arthritis self-care tips, and the benefits of massage therapy.

You can get the recent issue free at over 200 locations including our Chambers of Commerce and libraries. Heartbeat of the Treasure Coast is also mailed to new residents. Did you miss reading a copy or want to re-read something? Just go to my website <https://heartbeatofthetreasurecoast.com>.

The dedication and passion of professionals committed to health and wellness help make our community so special! Please share the Heartbeat with others. You never know when and who needs some hope and help. Thank you.

Blessings,

Cindy Bryant



HOW
WE CAN
HELP



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Senior Resource Association (SRA) promotes independence and dignity for older adults in the Indian River County community by providing programs and services at low and no cost.

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Durable Medical Equipment

Zero-cost access to wheelchairs and other medical equipment.

GoLine Public Transportation

Zero-fare bus system for all ages, with 14 Indian River County routes.

Emergency Home Energy Assistance

Financial assistance for eligible utility bills.

In-Home Services

Homemaking services, medication management, and companionship for homebound seniors. Respite for caregivers.

To learn more about SRA's programs and services, including eligibility, volunteer opportunities, and how to donate, call 772-569-0760 or email info@sramail.org

Heartbeat of the Treasure Coast

Covering All the Bases in Orthopaedics and Sports Medicine

Cleveland Clinic Indian River Hospital Grows Team of Specialists

Musculoskeletal conditions exact a heavy toll on health and well-being in the United States. They affect 1 in 2 adults and are the leading cause of disability. And their prevalence is growing, with arthritis alone projected to affect 67 million people by 2030.

Cleveland Clinic Indian River Hospital has expanded its team of orthopaedic and sports medicine physicians who specialize in bone, muscle and joint care to meet the increasing needs of the Treasure Coast community.

Team building

Earlier this year G. Dean Harter, MD, joined the Indian River Hospital team as Medical Director of Orthopaedic Surgery. Dr. Harter is a board-certified orthopaedic surgeon with over 35 years of experience. He specializes in the treatment of shoulder and elbow conditions, and has extensive experience in hip and knee reconstruction surgery, including partial knee replacement.

Board-certified orthopaedic surgeon Peter Brooks, MD, FRCSC, is another recent addition to Indian River Hospital. Previously, Dr. Brooks was a staff physician in the Center for Adult Reconstruction in the Department of Orthopaedic Surgery and Chief of Surgery at Cleveland Clinic Euclid Hospital in Ohio.

The unique skillsets Dr. Harter and Dr. Brooks bring to the Cleveland Clinic team complement the expertise of board-certified orthopaedic surgeon George Nichols, MD, and Clay Greeson, MD, a board-certified orthopaedic surgeon and sports medicine specialist. Primary care physician Collin Kitchell, MD, rounds out the team as a fellowship-trained sports medicine specialist who provides non-surgical care for sports injuries.

“Our combined expertise in medical and surgical orthopaedics includes primary, complex and revision joint replacements, minimally invasive partial joint replacements, advanced arthroscopic techniques, and non-surgical treatments,” describes Dr. Harter. “Together we are dedicated to advancing the treatment, health and quality of life of people with disorders of the musculoskeletal system.”

Upper extremity expertise

Before joining Cleveland Clinic Indian River Hospital, Dr. Harter was a



G. Dean Harter, MD

clinical associate professor at West Virginia University Medicine, Parkersburg Orthopaedics. He also previously served as Chief of the Geisinger Shoulder and Elbow Institute at Geisinger Medical Center in Pennsylvania.

Dr. Harter has made significant contributions during his career to the use of reverse shoulder arthroplasty (RSA) for treating arthritis and rotator cuff injuries, including helping design one of the world's leading implant systems.

“As Medical Director, my goal is to make sure our patients at Indian River Hospital enjoy the same quality of care and patient experience as they would at any other Cleveland Clinic hospital,” says Dr. Harter. “And as an orthopaedic surgeon, I remain focused on providing patients the most effective treatments so that they can achieve their best quality of life.”

Hip resurfacing innovator

Dr. Brooks shares that commitment to offering patients the most effective treatments. He brings a new capability to Cleveland Clinic in Florida as an expert in hip resurfacing.

“Hip resurfacing is an innovative procedure developed as an alternative to hip replacement with younger patients in mind, as they are more likely to outlive their first implant,” explains Dr. Brooks. “This approach preserves more of the thigh bone and allows for easier hip replacement down the road. Our studies have shown that in younger, active men, the long-term success rate and hip function are better with hip resurfacing than with total hip replacement.”

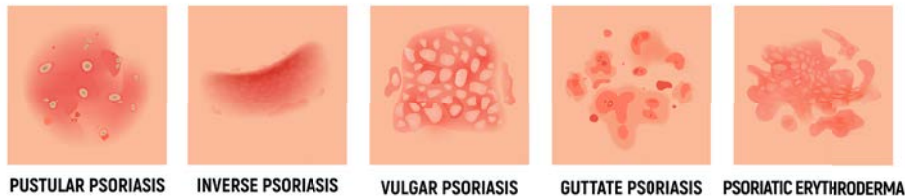
Dr. Brooks has the highest level of experience with hip resurfacing among physicians in the United States, having performed more than 4,600 procedures since the resurfacing system was approved by the U.S. Food and

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Psoriasis

Psoriasis is a disease with an unclear cause. It is an immune system and stems from inflammation. The inflammation speeds up skin cell growth that don't shed normally. They tend to pile up, so to say. Often times there are visible signs of inflammation such as raised plaques and scales on the skin. They are common on the elbows, neck, knees, and scalp. A person can have them on multiple body locations at the same time. It is not contagious. Psoriasis can cause a person to be self-conscious.

Psoriasis can also lead to psoriatic arthritis which causes joint swelling, stiffness, and pain. Joint swelling makes common activities of daily living difficult. Sometimes people have to change door knobs, use adaptive equipment, seek assistance with personal care (such as hair and nail care), and stop wearing the jewelry they are used to wearing. Complications are unique to each person. Chronic pain is exhausting and depressing.



There are actually several types of psoriasis and treatment often focuses on the type and location. There are medications that help, and a rheumatologist is great to have on your health care team. These medications can have side effects and special precautions that need to be followed. Medications can be costly, so I recommend you reach out to the pharmaceutical company and ask about their patient assistance programs. Some of them even have a nurse that comes out and provides education and support.

People with psoriasis can also have other autoimmune related diseases. Make no mistake, this is challenging. Autoimmune disorders are difficult to treat and self-manage. It can take months to figure out what works and what doesn't. It is important to have a good rapport with your primary care physician and a team approach.

Triggers that worsen psoriasis and psoriatic arthritis vary from person to person. It is important to know triggers which are easier said than done. You may need to keep a journal for a couple of weeks to identify possible triggers.

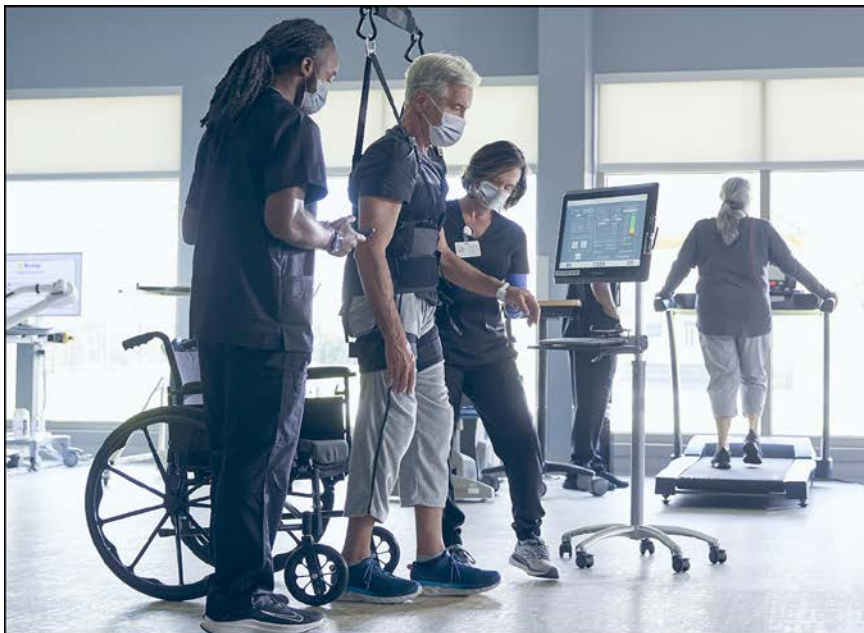
You should also write down interventions that helped as well as those that have not provided relief. Unfortunately, what helped at one time may not always work; you may have to adjust your self-care plan.

Stress is a trigger. Other illnesses such as diabetes, cardiovascular disease, and metabolic imbalances can also be triggers. You most likely have an additional autoimmune illness.

Immune diseases are challenging for health care providers, families, and patients. It is important to participate in your care and have a diverse team. Reach out and get involved with local and national organizations. Visit <https://www.psoriasis.org/life-with-psoriasis> for in-depth information, resources, and self-care care interventions and products that are recommended. Casual conversations are beneficial and help create a support network. So many people are dealing with similar concerns.

Eat well. Maintain a healthy weight. Get massages. Minimize stress. Deep breath to de-stress - too often our breaths are shallow. See a behavioral health counselor to help you with coping skills. Move your body even for 10 minutes 3 times a day and increase as tolerated. Embrace activities you enjoy and protect yourself if activities are potential triggers, especially if the weather is too hot or cold. Stay hydrated with low sugar drinks and food options. Indulge in a good bed time ritual that supports a good night's sleep. Most importantly, have a plan with goals and revise it as needed. Immune disorders are challenging. Be kind to yourself and know you are not alone.





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Peggy Cunningham,
Executive Director

Support Groups

If I were to visualize the power of a support group, it would be sparkling threads connecting each person to every other person. With each connecting moment, those threads would strengthen and weave into a fabric that comforts and fortifies.

Society learned the importance of human connection during the pandemic. We are wired to connect with others and there are consequences to disconnection that are emotional, physical and social. When a life-altering condition becomes our new reality, the impact of connection is exponential. The lack of connection can be debilitating; conversely, the stronger our connections to others on the same journey can be very uplifting.

True connection means allowing ourselves to be vulnerable with one another so that each is heard, seen, known and valued. For those just beginning with a support group, this may seem risky – especially if one feels that their bootstraps are all they need to carry on! But as the dynamic of the support group continues and the connection gets stronger, the risk factor dissolves. The ability to give, and receive, understanding increases.

We allow ourselves to heal through kindness, humor, practical tips and empathy.

Alzheimer & Parkinson Association has support groups as its history and its core culture. Over 40 years ago two caregivers found each other to begin a support group that helped those managing

the effects of both neurological disorders. Today we offer over a dozen support groups monthly, and those sparkling threads are always weaving!

There are times in life when those bootstraps are admirable. But managing the journey of memory and movement disorders requires more strength, including the support of others. Call us at (772) 563-0505 and let us weave you into a supported journey!



by Theresa Tolle, R.PH, Owner Bay Street Pharmacy



Understanding RSV - treatment and prevention options

During the 2022-23 flu season we heard a lot about the possibility of a “tripledeemic”. That term referred to the triple threat of influenza, COVID-19 and respiratory syncytial viruses (RSV) all being active and circulating at the same time. The outcome of last season was that some of that prediction did come true, particularly early in the season beginning in November 2022, however, thankfully, it did not end up being as widespread. Perhaps the emphasis on COVID-19 vaccine boosters and seasonal flu shots and continued behavior of isolating and wearing masks by patients from the height of the COVID-19 pandemic made a difference and reduced the impact of these viruses during 2022-23.

Another reason for concern last season is that RSV was very prevalent, particularly early in the season. Unlike flu or COVID-19 which both have prescription oral anti-viral treatments that can be started once a patient is symptomatic and appropriately diagnosed and readily available testing to diagnose the viruses, RSV does not have either. Therefore, it is difficult to know when a patient has RSV, and additionally, treatment is largely symptomatic, with no outpatient medications available at this time to treat the virus.

So, what is Respiratory Syncytial Virus? It is a respiratory virus that causes mild cold-like to more severe symptoms. Most individuals who are infected with RSV recover within seven to fourteen days. However, RSV infection in older adults can lead to the development of severe RSV, and in some cases, may require hospitalization. Symptoms usually include runny nose, decrease in appetite, coughing, sneezing, fever and/or wheezing and can occur in stages and not all at once. Although symptoms can be self-limiting with rest, fluids and over the counter medications, as mentioned previously, there are no anti-viral treatments so infection can progress to more severe illness. Each year, it is estimated that between 60,000 -160,000 older adults in the US are hospitalized and 6,000 -10,000 die due to RSV infection.

RSV can be easily spread when an infected person coughs or sneezes and the virus droplets of an infected person enter your nose, mouth, or eyes. Additionally, it can be spread from touching surfaces that have the virus on it, and then touching your face before washing your hands. People infected with RSV are usually contagious for 3 to 8 days. However, they may be contagious one to two days before they start showing any signs of illness. Repeat infections may occur throughout life.



The good news for the 2023-24 season is that there is a new RSV vaccine on the market for adults 60 and over in the United States which reduces the chance to catch this virus. This is a first for adults and there are currently two versions on the market: Arexvy by GlaxoSmithKline and Abrysvo by Pfizer. These vaccines are one dose for a lifetime and are usually covered by most insurances for little or no copay. The new RSV vaccine helps protect adults that are considered high risk and the CDC guidelines recommend “shared clinical decision making” with the patient and their health care professionals. Some examples of high-risk adults are those with chronic diseases such as lung, heart, kidney, diabetes, weakened immune conditions, and/or residing in nursing homes or long-term care facilities. We strongly recommend that you discuss this new RSV vaccine with your trusted health care professionals such as your primary care providers or your pharmacist to determine if you would benefit from receiving this vaccine. The most common side effects are fatigue, headache, and muscle pain, but the side effects are self-limiting and typically resolve in 24 to 48 hours.

Finally, if you are going to consider an RSV vaccine, it is important to receive it early in the season before circulating viruses begin. The RSV vaccine can be administered with other vaccines, such as flu, however, be sure to discuss with your healthcare professional if this is appropriate for you.

Even if you are not a candidate for the new RSV vaccine, we encourage you to continue to take precautions during the upcoming flu season to avoid the chance for the tripledeemic. Remember to stay home when you don't feel well and consider testing if you have symptoms. These viruses are all contagious and you can spread them to others, so if you have to leave your home when you are sick, we encourage you to limit interaction with others and wear a mask.

As always, our team at Bay Street Pharmacy is available to answer any questions you have about vaccines or testing. Reach us at 772-589-2043.

References: 1) “The perfect storm: An unseasonably early RSV annual epidemic, a severe annual flu epidemic, and a smoldering COVID-19 pandemic” May 2023, <https://www.ccm.org/content/90/5/297>
2) “RSV (Respiratory Syncytial Virus).” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 4 Aug. 2023, www.cdc.gov/rsv/index.html.

Music Matters!



Moreen Burkart

Music therapy is an evidence-based treatment that helps with a variety of disorders such as depression, anxiety, COPD, and neurologic conditions including Parkinson's and Alzheimer's disease. It is an adjunct service that can support and enhance traditional medicine, rehabilitation, restorative, and palliative care. Research shows that music has the ability to activate areas of the brain that are responsible for movement, language, attention, memory, executive function, and emotion. Music therapists are trained in how to utilize music for therapeutic purposes, addressing goals such as improved gait and balance, decrease stress, anxiety, disorientation, agitation, strengthen fine and gross motor skills, mood elevation and more. You don't need a background in music to participate.

Moreen Burkart is a board-certified music therapist and owns Music Matters LLC. She has more than 10 years of experience and is certified as a Neurologic Music Therapist and Hospice & Palliative Music Therapist. She offers group and individual services in various home settings. If you or a loved one needs help with cognition, reducing stress, or improvement with strength and movement she can help.

Moreen is passionate about improving a person's health, wellness, and quality of life through music therapy. Contact Moreen Burkart today!



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Welcome Dr. Seema Khurana to Encompass Health Rehabilitation Hospital



Dr. Seema Khurana and her family are new to Vero Beach. She is a physiatrist; a physician who specializes in physical and rehabilitation medicine. Physiatrists focus on the "whole person" and help patients return to a more functional life and do so with quality. We welcome her to Encompass Health Rehabilitation Hospital of the Treasure Coast as the Associate Medical Director. Dr. Khurana is "passionate and loves to see people get better and go home. It is rewarding to see improvement in a patient's functional ability and success" she explained.

For the last 17 years, Dr. Khurana practiced at the University of Miami. A graduate of Michigan State University College of Osteopathic Medicine as well as a Fellowship in multiple sclerosis. In addition to treating patients, Dr. Khurana envisions being involved in patient and family support groups. Such as stroke, after amputation support, and MS. The stroke support group meets on the 2nd Thursday, 4:00 -5:00 pm monthly. The amputee support group meets on the 3rd Tuesday monthly from 5:30 – 6:30 pm.

I have a feeling we will see a lot of Dr. Khurana. She is family and community oriented. She tells me "Vero Beach is wonderful. It's a different lifestyle than living down south. We adopted a Schnauzer – Yorkie, Teddy, and he plans to become a therapy dog. He loves having a yard and is busy making new friends in Vero Beach. My son, Aneesh, enjoys soccer, fishing, and chess. I hope to start a chess club for my son and other young adults who enjoy chess and tournaments. I am delighted to be part of this community and to raise awareness on the benefits of having Encompass in Indian River County."

Dr. Seema Khurana can be reached at Encompass Health Rehabilitation Hospital at 772-563-4070 and via their website at encompasshealth.com/treasurecoastrehab.

A warm welcome to Dr. Khurana and her family!



Aneesh playing with Teddy



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by Colleen Symanski, RN, Certified Diabetes Care and Education Specialist, Health Coach

Because Cancer Care is about More Than Medicine



A cancer diagnosis is overwhelming. There are treatment decisions to be made, appointments to schedule, and changes to our daily routine. People will be asking you what they can do for you. Most likely you are wondering how you are going to manage this diagnosis and thrive.

Too often we are not aware of services and support available while we are going through or recovering from cancer. Treatment can be overwhelming and leave you feeling alone.

I spoke with Carolyn Nelson, Executive Director of Friends After Diagnosis. She shared with me their history and the services they provide. Friends After Diagnosis is a local 501 (c) (3) organization dedicated to enhancing the lives of women

diagnosed with cancer. Friends After Diagnosis is supported by donors and volunteers. It is their hope and vision to see that women diagnosed with cancer and their loved ones have lives filled with wisdom, wellness, fellowship, and peace.”



Listed below is an overview of the services and support that Friends After Diagnosis provides.

Cancer Support Meeting:

Support meetings are open to patients and survivors as well as their loved ones and caregivers. All are welcome! Each month features a guest educational speaker. Support meetings are held on Tuesdays.

Direct & Personal Services available at no charge such as:

- | | |
|---------------------------------|----------------------------|
| a) Mental health referrals | d) Chemo kits |
| b) Financial and grant guidance | e) Head coverings and wigs |
| c) Concierge services | f) Mastectomy bras |
| | g) Breast prosthesis |

continued on next page





In addition Friends After Diagnosis, have various Wellness Programs which are often done in partnership with local businesses. Listed below are some of the wonderful Wellness Programs offered.

a) **Ride Beyond Diagnosis:** an equine assisted therapeutic program that provides the healing power of horses and cancer survivors.

b) **Row Beyond Diagnosis:** a crew rowing program designed to build mental resistance, physical strength and endurance, and emotional support

c) **Friends in Motion:** various fitness programs to help rebuild your physical strength

d) **Artsy Friends:** A therapeutic art program in a soothing and supportive environment.

e) **Aquatic Friends:** enjoy the benefits of gentle water exercise to improve fatigue and enhance physical and symbological Wellness

If you are newly diagnosed, in remission, or have a reoccurrence I urge you to reach out to them. The knowledge and experience these women have to share is amazing. If you are not sure, call and schedule a one-on-one appointment. Their telephone number is 772.770.9700.

You can drop-in and visit them on Mondays, Wednesdays, and Thursdays from 10:00 am to 2:00 pm. Personal care services are by appointment only. They are located at 3404 Aviation Boulevard, Vero Beach, FL 32960. Their website is : www.friendsafterdiagnosis.com. If you are not up to seeing them yet, ask a loved one or friend to stop by for you.

Save or share this article. Consider a donation of any amount to support Friends After Diagnosis or ask them how else you can help." ... Comprehensive cancer care is about more than medicine."

 **Friends**
After Diagnosis



Vitamin C

Vitamin C (ascorbic acid) is a water-soluble vitamin, which means it needs replenishing. Our bodies absorb vitamin C quickly for immediate use. The excess leaves during urination. Our bodies do not store the excess so keeping up with our vitamin C intake is a good idea.

An effortless way to boost your vitamin C is through food. Even if you get IV nutrition therapy you want to support it after a day or so through your diet. High doses of vitamin C can cause an upset stomach or diarrhea as well as effect blood sugar. Foods particularly high in vitamin C include, but not limited to:

- Kakadu plums • Acerola cherries • Rose hips
- Parsley (about 2 TBLS. – use in cooking or healthy drinks/ “smoothies.”)
- Guava, kiwi, and papaya • Yellow bell pepper
(even red and orange ones) • Mustard spinach and kale

Fresh fruits, including citrus and berries, tomatoes, cauliflower, and broccoli are also good choices. Vitamin C can be destroyed by heat and light. High-heat cooking or prolonged cook times breaks down vitamin C. Plus some of the C can seep into the water and be lost unless eaten. Cook quickly via low heat methods such as stir-frying or blanching. Otherwise there are plenty of choices to eat raw.

Are you at risk for low vitamin C levels? The answer is probably “yes” if you smoke, have certain GI conditions, have cancer and are on chemotherapy. Scurvy is caused by a lack of vitamin C but thankfully it is not that common today. There seems to be agreement that 200 mg of vitamin c is about all the body can naturally and normally absorb.

Health Benefits of Vitamin C

Boosts antioxidant levels and immunity, lowers B/P, protects against gout attacks, improves iron absorption, reduces heart disease, and dementia risk. Fights infections. Helps in wound healing. Helps our body make collagen. Promotes eye health.

Myth Buster:
Mega dosing of vitamin C does not prevent against getting a cold.

Great News:
There are promising benefits of high dose IV Vitamin C with physician oversight for certain cancers and illnesses!

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True Colors
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Volunteer Appreciation Luncheon

The mission of the Alzheimer & Parkinson Association is to "To improve the quality of life for individuals and families in Indian River County who are affected by memory and movement disorders through support, education, and connections." A key word in our mission statement is CONNECTION, and our volunteers are critical for us to succeed in that mission. We were delighted to honor our volunteers at a luncheon on May 23rd, graciously hosted by Northern Trust.

It's been several years since we have had our Volunteer Appreciation Luncheon and recognized a Volunteer of the Year, so it only seemed fitting to recognize THREE wonderful volunteers this year!!! Shout out to Susan Large, Sue Hill and Sue Schadt for this special recognition. Volunteers are always needed for

office help, memory screenings, social respite groups, Dementia Experience, fundraising, publicity, community outreach, activity kits and Project Lifesaver. To learn about our organization, visit alzpark.org or call 772-563-0505.

Front: Courtney Sanchez and Peggy Cunningham. Back/Standing: Susan Micheel, Charles Brashears, Bubs Baird, Mindy Servis, Gabby Mishler, Roger Holder, Maria Springer, Kathy Ricci, and Lorette Morello



Mindy Servis
and Beth
Livers



Barbara Cahoy, Charles
Brashears, and Miriam Marrero



Eileen O'Donnell, Kenny Borchers, and Amy Lore



Susan Large,
Peggy Cunningham,
Sue Hill, and
Sue Schadt



Nancy Bryant and
Susan Micheel



Bubs Baird, Lynne Wiley, and Sandy Stauffer



Navy Seal Museum Volunteer's Wish Comes True Through VNA's Project Wish Program

Every Sunday for the past several years, retiree Bill Lloyd volunteered at his favorite place in the world, the Navy Seal Museum, in Fort Pierce, Florida. Although not a veteran, he was the military's biggest fan, explained his wife, Enedina: "We have a lot of family that's in the military, and when we lived in (New) Jersey, we used to host veterans for Thanksgiving dinner. We always did things like that."

When Bill became sick with cancer, all that changed. He became too weak to make the weekly sojourn and thought he'd never have the opportunity to visit again. Fortunately, he turned out to be wrong, but at the time, he couldn't



CDR (SEAL) Grant Mann, USN (Ret), Executive Director, thanks Bill Lloyd for his years of dedication to the museum.

When Bill returned home, he went on hospice with the Visiting Nurse Association (VNA). "The VNA came to help me take care of him," said Enedina. "It was unbelievable. There were aides and a social worker and even the doctor

know that as all his energy was going into his fight to survive.

Initially, he was put in a hospital for treatment, and his health improved. He was then discharged, but his symptoms recurred, and he returned to the hospital. His oncologist wanted to try chemotherapy, but all Bill wanted to do was go home. After a few tests, his oncologist realized he was not a good candidate for this aggressive type of therapy and authorized his final discharge.

came the first time. Everybody was so nice."

Bill's hospice care included pain management, which is a cornerstone of VNA Hospice and was of the utmost importance to him – and his wife. "Bill could not swallow pills anymore and they had to give him liquid morphine and they told us what to do and how to keep him comfortable," said a grateful Enedina.

During a visit, his social worker learned about his passion for the Navy Seal Museum and relayed that to the VNA Volunteer Department. In only a few days, the department organized a beautiful afternoon at the museum for Bill that included transporting him to and from the museum in a van that could accommodate the wheelchair that he relied on to move around. "All the guys that knew him were there and they had a little ceremony," said Enedina. "It was beautiful."

Amanda Morgan, the VNA Volunteer Services Manager who helped organize the day, concurred. "The sparkle he had in his eyes when he arrived made for a great experience. The Navy Museum honored him and gave him a beautiful challenge coin that brought tears to everyone's eyes," said Amanda.

The afternoon was made possible through Project Wish, a VNA & Hospice Foundation supported program that grants wishes to end-of-life patients and was undoubtedly a huge success. According to Enedina, Bill, who passed away a week after the outing, couldn't have been happier, as was she. "It was amazing. And I couldn't have done it without you guys," she said. "People ask me who would you recommend. I'm like, the VNA. Everyone that walks through that door from the VNA is totally awesome."

About the VNA

To find out more about the Visiting Nurse Association and any of its programs, including hospice, visit www.vnatc.com. Project Wish is one of several donor-supported programs of the VNA & Hospice Foundation. To learn more about this program or to donate to help us in fulfilling more wishes, visit <https://vnatc.org/project-wish/>.



Bill Lloyd and his daughter, Helen, enjoy a chat with a Navy Seal Museum volunteer.

Drug Administration in 2006. He also has trained over 100 surgeons in the complex procedure as Director of Cleveland Clinic's Training Center for Hip Resurfacing.



Peter Brooks, MD, FRCSC

Robotic joint replacement

While not the only treatment option for joint wear and tear, joint replacement surgeries are among the most common elective surgeries in the United States. More than 1.2 million knee and hip replacements are now performed annually and that number is projected to reach 3.5 million by 2030. Today more and more of these surgeries are being performed with the aid of robotic technology.

"Significant advances in robotic technology in the past decade have allowed orthopedic surgeons to take joint replacement surgery to a new level of personalized care," says Dr. Greeson, who was an early adopter of robotic-assisted joint replacement surgery. "This type of surgery can result in less bone removal and tissue damage, smaller incisions, and reduced blood loss. It also allows us to customize joint replacement surgery to a patient's unique anatomy."

When Dr. Greeson joined the Indian River team in 2019, fewer than 5% of hip replacements nationally involved a robotic approach. By 2030, it is projected that two-thirds of these surgeries will be performed with robotic technology. Studies have shown that robot-assisted surgery can restore natural movement, avoid leg length discrepancies, maximize range of motion, and reduce risk of dislocation.

Complex revision surgery

As a result of the large, and growing, population of individuals with hip and knee replacements, some patients will outlive their implants and require revision surgeries. Revision joint replacement is a more complex and challenging surgery that requires detailed planning and specialized implants and tools.

"Our orthopaedic surgeons across the Florida region, including here in Vero Beach, have extensive training and experience in revision total joint surgery," says Dr. Harter. "As a result, Cleveland Clinic in Florida is a leading destination for patients with failed implants who need complex revision surgery."

Advanced non-surgical care

In addition to their surgical expertise, the Indian River Hospital team also employs many non-surgical methods to care for patients with musculoskeletal conditions and sports-related injuries. A growing array of advanced joint preservation treatments are used to improve function and reduce pain without surgery.

"We also care for patients with cartilage and ligament tears, sprains and strains, and concussions," notes Dr. Greeson, who serves as Section Head of Sports Medicine at Indian River Hospital. "I often work closely with Dr. Kitchell to help athletes of all ages get back into the game."

Combined expertise

Since joining Cleveland Clinic Indian River Hospital, Dr. Harter has noted a rapid cohesion and high level of collaboration among the orthopaedic and sports medicine specialists and with the clinic and hospital teams that work together to care for patients.

"Every day I see patients who benefit from the combined expertise of our specialists," he says. "It's very gratifying to know that the orthopaedic and sports medicine program we are building together is making a difference in the community I'm now proud to call my home."

To schedule an appointment with a Cleveland Clinic Indian River Hospital orthopaedic or sports medicine specialist, call 772.271.5084 or visit ClevelandClinicFlorida.org/OrthoIRH to learn more.



1000 36th Street • Vero Beach, Florida, 32960 • (772) 567-4311

The Wonders of Water



Water is essential for hydration, boosts energy and is essential for many body functions, such as helping digestion, preventing & removing constipation, and carrying oxygen to our cells. Water helps flush out our kidneys.

I love drinking water from my triple under-the-counter filtration system; I also use the water for cooking. (Tap water is reserved for doing dishes and cleaning.) Not everyone likes water though; however, there are other types of water to try. You

may find one that changes your mind.

I still buy bottled water or order it when eating out. There are many different options. They all provide hydration. Let's take a look at commonly found bottled water in the United States.

Alkaline water

Alkaline water has a higher pH level than normal tap water. It contains alkaline minerals. Naturally occurring alkaline water comes from water that flows down a mountain stream and flows over the minerals in the rocks and soil allowing the water to absorb the minerals. Artificial alkaline water is created by ionizing machines that make the water alkaline. There are precautions to be aware of when alkaline water is your main drinking water source. It can cause digestion problems and hamper kidney function.

Mineral Water

Mineral water typically comes from reservoirs and other underground sources. It is full of beneficial minerals such as sulfur, sodium, magnesium, manganese, and calcium. It provides minerals our body doesn't create on its own. (We can also get these from food sources, but mineral water provides a little boost. It also helps with digestion. It is costly compared to tap water.

Purified water

Purified water is usually tap or groundwater treated to remove harmful substances like bacteria, fungi, and parasites. This means that drinking it is pretty much guaranteed to be safe. This is water that has been run through a filtration system (either in the home or prior to bottling), which removes the majority of naturally occurring contaminants, and some people prefer the taste. It's more expensive than drinking tap water. Filtration removes fluoride from water. Like distilled water, purified water is a great option if your immediate water source is contaminated.

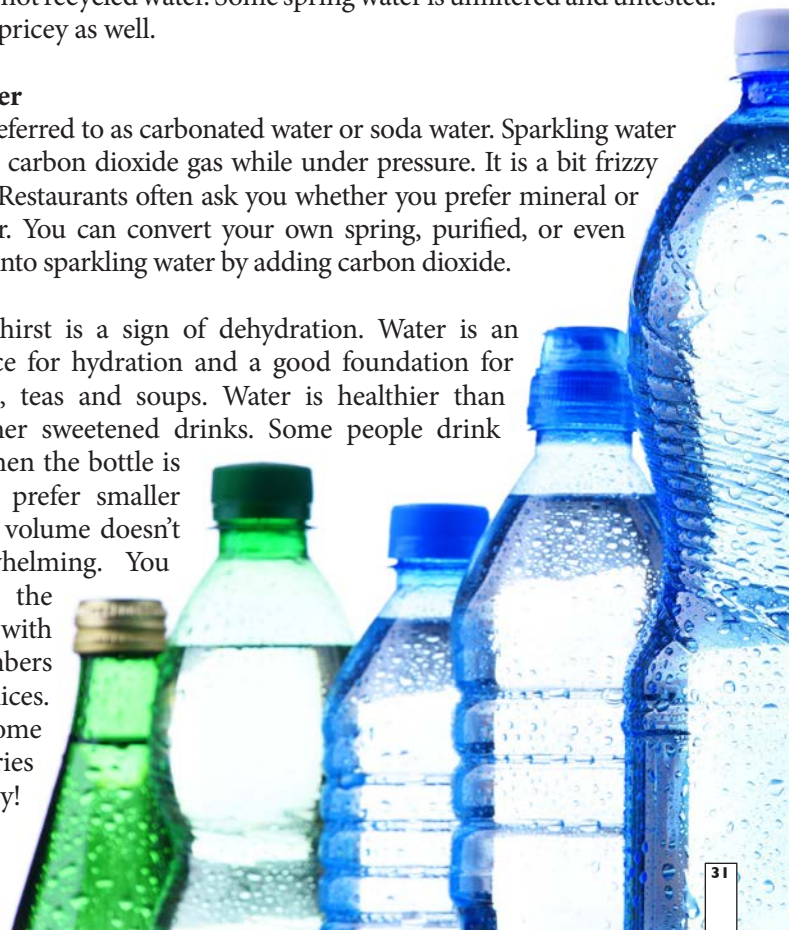
Spring or Glacier Water

Spring or Glacier Water are waters claimed to be bottled at the source from where the water flows, either from a spring or glacier. Thought to be relatively clean and free of toxins. Spring or glacier water also contains some minerals. Spring water is not recycled water. Some spring water is unfiltered and untested. It can get a bit pricey as well.

Sparkling water

Sometimes referred to as carbonated water or soda water. Sparkling water is infused with carbon dioxide gas while under pressure. It is a bit fizzy like sodas are. Restaurants often ask you whether you prefer mineral or sparkling water. You can convert your own spring, purified, or even mineral water into sparkling water by adding carbon dioxide.

Reminder: thirst is a sign of dehydration. Water is an excellent choice for hydration and a good foundation for making coffee, teas and soups. Water is healthier than sodas and other sweetened drinks. Some people drink more water when the bottle is larger. Others prefer smaller bottles, so the volume doesn't appear overwhelming. You can enhance the flavor of water with a few cucumbers or lemon slices. Perhaps add some water or berries for flavor. Enjoy!



Meals on Wheels Needs Volunteers to Deliver Food to Hungry Seniors

Did you know that there is a waiting list of seniors desperately hoping to receive Meals on Wheels? That's right, hundreds of older adults in Indian River County wait for a call that provides hot, home-delivered, nutritious lunches.

Senior Resource Association (SRA) operates Indian River County's Meals on Wheels program and is serving nearly 450 hot meals every weekday. But more seniors need their help. Many cannot afford food while others physically cannot shop for or prepare their own meals.

SRA is looking for volunteers to drive short, local, weekday delivery routes to bring food to older adults in need.

"On any given day, 300 to 350 seniors are on the waitlist to receive meals, milk and fruit delivered to their doors," states Karen Deigl, President and CEO of SRA.

Thanks to support from generous donors and grant-making organizations like Impact 100, SRA is able to feed more seniors than ever before but more volunteer drivers are needed in both Sebastian and Vero Beach.

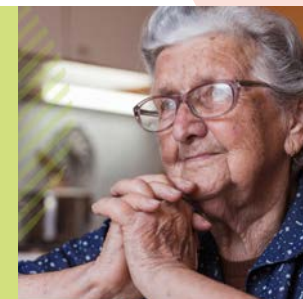
Meals on Wheels routes take less than two hours to complete, between 10 a.m. and 2 p.m., Monday through Friday. Volunteers can choose their day and how often they drive. Some deliver one day a week; some drive only once a month. Still others give multiple days each week.

Deliveries are clustered geographically for convenience. A handy, free smart phone app contains pertinent delivery info and gives directions from one stop to the next. Hot and cold bags are provided by SRA to maintain safe food temperatures. Volunteer supplies also include Meals on Wheels identification,



HUNGRY SENIORS NEED YOUR HELP!

- Many cannot afford food - 87% eat only once or twice a day
- More than half live totally alone
- 65% need meals 7 days/week and another 20% need meals 5 days/week
- Many cannot stand or walk to shop for or prepare a meal



vehicle magnets, and print materials. Background screening is required.

"The need for nutritional support among local seniors is exceptionally high," notes Deigl, "but these isolated older adults may need even more help."

Daily visits from SRA's Meals on Wheels also shine a light on other challenges homebound and health-challenged seniors face. As SRA's "eyes and ears" during their deliveries, volunteers can notify the SRA team of concerns they observe or that are shared by those they visit. Perhaps a senior needs help managing his medication or with

laundry. Someone unsteady on her feet may need a free walker or wheelchair.

SRA, a 501(c)(3) nonprofit organization, is the designated lead agency on aging in Indian River County, providing essential services and support to older adults and their families since 1974. Promoting independence and dignity for all, other SRA programs include DayAway Adult Enrichment and Respite, In-Home Services, Public Guardianship, door-to-door transportation, and IRC's no-fare public bus system.

"Our seniors are fortunate that generous supporters in our community recognize their plight and continue to help us meet the ever-increasing need," says Deigl. "Now, we're also hoping volunteers will join us for a couple of hours each week to ensure these isolated, hungry older neighbors get the food they need."

To volunteer or donate to SRA, please call 772-569-0760, email info@sramail.org or visit www.SeniorResourceAssociation.org.




Senior Resource
ASSOCIATION
Promoting Independence in Our Community

772.569.0760

VERO BEACH: 694 14th Street
SEBASTIAN: 815 Davis Street

Sensorium: Multi-Sensory Integration



Sensorium is a new way to help people better engage with their environment. Especially for people with autism, ADD, ADHD and other communicative disorders. It is a multi-sensory integration room with specific equipment and therapy activities to benefit those with various sensory processing needs for children and adults. Visual stimulation, tactile input, proprioceptive input, vestibular input and soothing sensory-friendly lighting combine to give you the sensory tools you need to help improve attention, auditory and tactile awareness, emotional regulation, visual tracking and interaction.

Elements of the Sensorium include:

- Visual stimulation – dynamic color changing bubble columns and fiber optic light strands located in various stations throughout the room and a rotating projector that displays various scenes onto the wall.
- Olfactory stimulation – an aromatherapy station to engage the olfactory senses for increasing or decreasing arousal.
- Auditory stimulation – 3 separate receivers with FM radio and CD capabilities to play music or ambient noises.
- Tactile stimulation – a vibroacoustic rocker, bench, and water bed can all use vibration to help calm individuals while a set of textured steps help to activate one's tactile senses and draw awareness to one's feet during therapy. Color-changing ball pit can increase tactile awareness for a person with hypersensitivity.
- Vestibular stimulation- a large vibroacoustic rocker allows a person to be rocked at various speeds to provide vestibular input for calming and regulation as needed.
- Proprioceptive stimulation- selection of weighted blankets and weighted vests in varying sizes to provide deep pressure input for calming and regulation.

Sunshine Physical Therapy Clinic's state-of-the-art sensorium is one of only a few of its kind in the state of Florida. It provides an undeniable benefit to those who need it; we are so happy to be able to provide this multi-sensory therapeutic experience to our patients! Sunshine Physical Therapy Clinic is a non-profit 501(c)3 organization. We are located at 1705 17th Avenue, Vero Beach, FL 32960. Our telephone number: 772-562-6877. Visit our website at: www.sunshineptc.org to learn more about the quality services we provide.



Sunshine
PHYSICAL THERAPY CLINIC

Massage is Beneficial for Self-Care and Healthso we asked Courtney at True Color Salon & Spa to share with us

The history of massage therapy dates back to 3000 BCE. Early cultures used touch and various massage techniques to alleviate pain and reduce stress. Massages were considered sacred for natural healing. Today, massage therapists can be found in some medical offices, spas, and salons. Massages can help with various conditions such as anxiety, headaches, back and nerve pain, soft tissue and sports injuries.

Massage therapy offers a range of health benefits for both the body and the mind. Here are some of the key advantages:

Relaxation and Stress Relief: Massage therapy promotes deep relaxation by reducing the levels of stress hormones like cortisol while increasing the release of endorphins, which are natural mood enhancers.



Muscle Tension Relief: Massages can help alleviate muscle tension and stiffness, easing soreness and reducing the risk of muscle-related injuries. Techniques such as kneading, stretching, and deep tissue work can target specific areas of discomfort.

Improved Blood Circulation: The pressure applied during a massage stimulates blood flow,

enhancing circulation throughout the body. This can improve the delivery of oxygen and nutrients to the tissues and aid in the removal of waste products.

Pain Management: Massage therapy can be effective in managing several types of pain, including chronic conditions like fibromyalgia and arthritis. By targeting specific areas and releasing muscle tension, massages can help alleviate pain and promote a sense of well-being.

Enhanced Flexibility and Range of Motion: Stretching and manipulation techniques employed during massages can improve flexibility and increase the range of motion in joints. This is particularly beneficial for athletes and individuals recovering from injuries.

Lowered Blood Pressure: Regular massages have been shown to help reduce blood pressure levels. By inducing relaxation and reducing stress, massage therapy can contribute to better cardiovascular health.

Improved Sleep Quality: Massages can aid in improving sleep patterns and addressing sleep disorders. The relaxation and stress reduction benefits of massages can help individuals achieve deeper, more restful sleep.

Boosted Immune System: Some studies suggest that massage therapy can enhance immune system function by increasing the activity of natural killer cells and lymphocytes, which play a vital role in defending the body against pathogens and infections.

It's important to note that while massages can offer numerous benefits, they should not replace medical treatment for specific conditions. If you have any health concerns, it's best to consult with a healthcare professional first.

There are diverse types of massage therapy. You can discuss them when making an appointment so you get what will work best for you. Our telephone number is: 772-569-4247. Also visit our True Color Salon and Spa's website to discover the various massages available to you. (<https://www.truecolorssalon.com>)



For general tune-ups, consider scheduling a massage every four to 8 weeks. If you have a chronic condition or specific areas of strain and tension, consider scheduling a massage every one to three weeks. Remember to drink water and try to relax after your massage. Avoid vigorous activity and eat a light and healthy meal later.

MM20623

WALK TO REMEMBER

November 4, 2023

Registration begins at 7:30 AM - Walk begins at 9:00 AM RIVERSIDE PARK, VERO BEACH

Presenting Sponsors: Coastal Concierge Services · Walter Borisenok Family Foundation



**100% OF ALL WALK PROCEEDS STAY
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ROCKS TO REMEMBER

Paint a rock or dedicate a painted rock to someone you know and love who has memory loss! Place your special rock around town, place of business, or in your home! Painted rocks will also be displayed at our main office location and at the Walk in November. It's a great way to honor your loved one!



2023 Walk to Remember

Keep up-to-date on all the latest at:
www.walktoremembervero.org

Call (772) 563-0505
to find out how you can be involved.

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| <input type="checkbox"/> Clay Greeson, M.D. | <input type="checkbox"/> Massage | <input type="checkbox"/> True Colors Salon Spa |
| <input type="checkbox"/> Colin Kitchell, M.D. | <input type="checkbox"/> Meals on Wheels | <input type="checkbox"/> Vero Beach Com |
| <input type="checkbox"/> Colleen Sanders Symanski, RNCDE | <input type="checkbox"/> Music Matters | <input type="checkbox"/> VNA |
| <input type="checkbox"/> Encompass Health Hospital | <input type="checkbox"/> Perkins Medical Supply | <input type="checkbox"/> Walk to Remember |
| | <input type="checkbox"/> Peter Brooks, M.D. FRSCS | <input type="checkbox"/> Wonders of Water |

Heartbeat of the Treasure Coast

Solution on page 47

Achieve Optimal Health when taking the New Diabetes Weight Loss Medications

There is little doubt about the effectiveness of the new diabetes and weight loss medications. Such as Ozempic, Mounjaro, and Wegovy. They gained popularity quickly for weight loss, and possibly a bit too quick. Simply stated, these medications reduce your sense of hunger and make you feel full for a longer period of time. They also slow the rate your food is digested and emptied from your stomach. You will gain back most of the weight you lost once you stop these medications. Unfortunately much of this weight gain only takes a few months.



The decision to take these lifelong medications requires more than saying yes to the injection. While you are on these medications there are common and adverse side effects that you need to know about; these can change over the years. There are common side effects of these medications for people who have type

2 diabetes and those who do not. There are also side effects that are different if you have type 2 diabetes.

For optimal health you need more than just taking the medications. You also need comprehensive knowledge, support, and the skills for long term success and peak health. This is how I advise, coach, and support you. I am a board-certified diabetes care and education specialist and a health coach.

You want to carefully select food choices since your appetite is reduced and opt for foods that are easily digestible. This will help with GI side effects of your weight loss medication. Make meals and drinks that are delicious and nutritious. Avoid eating sweets or fried or greasy foods especially if they are experiencing nausea. Mindful eating and easy meal planning promotes better health. Food is individualized. There is no one-size plate or "diet" that fits all. Maintain hydration. There are healthy options to incorporate other than water that are worthy of consideration.



As you lose fat and weight you need to implement a physical activity program that you can progress with for building muscle, flexibility, and strength. If you are older and not physically active, you are prone to shrinkage of muscle mass. This increases the risks of falls, weakness, and functional decline. There are progressive approaches that evolve as you do. Your fitness routine should also be based on your health status and ability. It needs to be enjoyable.

We will fill in the gaps on injection technique and prevention of injection site complications. You can discuss other topics that may have contributed to your obesity. Such as sleep habits and how you manage stress and depression. I am knowledgeable in resources so I can help you with referrals.

Congratulations on your commitment to weight loss. Here's to long-term success! Call and schedule an appointment to see me no matter where you are on your journey. My telephone number is (772) 501-0598. My email address is colleenforahealthierme@gmail.com. Our website is www.ahealthiermeverobeach.com. I look forward to being a part of your health and wellness team!

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www.ahealthiermeverobeach.com



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Scan with
camera to go to
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October 19th 12-1:30pm

Watch on any of these facebook pages:

IRCWalktoRemember - MusicMattersMT - VNATC

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UROLOGY

New treatment for enlarged prostate

Benign prostatic hyperplasia (BPH) causes your prostate to increase in size. It's the most common prostate problem in men affecting almost all of them as they age. Symptoms include difficulty urinating and a sudden need to urinate. Traditional treatment typically includes medications, surgery and minimally invasive procedures.



What is Aquablation® therapy?

Aquablation therapy is an effective treatment for patients suffering from lower urinary tract symptoms due to an enlarged prostate from BPH. An incisionless procedure, Aquablation therapy involves using a heat-free waterjet controlled by robotic technology to remove the prostate tissue causing symptoms.

The procedure combines a camera (called a cystoscope) with ultrasound imaging, giving the surgeon the ability to see the entire prostate in real time. As a result, Aquablation therapy is precise, consistent and predictable, and provides long-term relief no matter how large your prostate is.

Why choose Aquablation therapy?

There are numerous surgical treatment options for BPH. Aquablation therapy is a different kind of surgical procedure, and there are three reasons it may be right for you:

- **Low rates of complications.** In clinical studies, men who had Aquablation therapy had a very low rate of incontinence, ejaculatory dysfunction and erectile dysfunction.
- **Confidence in procedure.** Aquablation therapy is the only procedure that removes prostate tissue with a robotically controlled waterjet. This robotic technology minimizes human error in removing prostate tissue and ensures the prostate tissue is removed precisely, consistently and predictably.
- **Long-term relief.** In clinical studies, relief from Aquablation therapy has continued to be provided at three years.

TALK WITH AN EXPERT

Cleveland Clinic Indian River Hospital is a leader in the treatment of urologic disorders. Call 877.463.2010 to schedule an appointment with a Cleveland Clinic Indian River Hospital urologist and learn more about Aquablation therapy.

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CINNAMON

**Know the Difference Between
Cassia and Ceylon Cinnamon?**
Your health might depend on it!

Cassia cinnamon is usually what you find in most stores. It is widely used in baking and adds flavor to teas and other delights. Cassia cinnamon contains a lot of coumarin, which can be toxic. Exceeding the upper limit for coumarin is easy to do, especially if you use a lot of it. Just 1 to 2 teaspoons can cause toxicity. Especially if you also take cinnamon supplements. Cassia cinnamon can damage the liver and kidneys as well as interfere with blood thinners.

What is Ceylon cinnamon and why is it healthier? It is more expensive and typically comes from Sri Lanka. It has a lighter, brighter and spicier flavor. The health benefit is that Ceylon cinnamon has about 63 times less coumarin than cassia.



Ceylon Cinnamon



Cassia

Emergency Preparedness Checklist: For You & For Your Pet

"If you aren't prepared for emergencies then neither are your pets. Both you and your pets need a plan that includes supplies, important contact and evacuation information. Preparing for your needs and theirs will help you and your pets to stay together, healthy and safe."

Prepare Plan Recover	
For You	For Your Pets
Communication/Contacts <ul style="list-style-type: none"> <input type="checkbox"/> Key contact information for family, friends, colleagues, neighbors <input type="checkbox"/> Out-of-state contact <input type="checkbox"/> Nearest hospital <input type="checkbox"/> Medical group or physician 	Communication/Contacts <ul style="list-style-type: none"> <input type="checkbox"/> Key contact information for family, friends, colleagues, neighbors who can help with pet if you are not home <input type="checkbox"/> Pet-sitter <input type="checkbox"/> Nearest veterinarian <input type="checkbox"/> Veterinarian outside of your area <input type="checkbox"/> 24 Hour animal hospital
Important Documents <ul style="list-style-type: none"> <input type="checkbox"/> Important documents in a waterproof container <input type="checkbox"/> Personal identification <input type="checkbox"/> Social Security Card <input type="checkbox"/> Passport <input type="checkbox"/> Medical card and health information <input type="checkbox"/> Insurance information <input type="checkbox"/> Photo of household members <input type="checkbox"/> Inventory of valuable household items 	Important Documents <ul style="list-style-type: none"> <input type="checkbox"/> Important documents in a waterproof container <input type="checkbox"/> Pet identification <input type="checkbox"/> Pet license/registration <input type="checkbox"/> Microchip information <input type="checkbox"/> Vaccination documents (especially rabies) <input type="checkbox"/> Medical records <input type="checkbox"/> Detailed information about special health needs (medicine, feeding schedule) <input type="checkbox"/> Recent picture with owner <input type="checkbox"/> List of your pets hiding places
Supplies <ul style="list-style-type: none"> <input type="checkbox"/> Water and food (3 day supply) <input type="checkbox"/> Medicines (if needed) <input type="checkbox"/> First aid kit/supplies <input type="checkbox"/> Special items (hearing aids, eye glasses, contacts, diapers, baby formula/food, wheelchair, canes, walkers) <input type="checkbox"/> Flashlight and radio <input type="checkbox"/> Cash and small bills <input type="checkbox"/> Personal hygiene items 	Supplies <ul style="list-style-type: none"> <input type="checkbox"/> Water and food (one week supply) <input type="checkbox"/> Medicines (if needed) <input type="checkbox"/> First aid kit/supplies <input type="checkbox"/> Carrier or cage for each pet <input type="checkbox"/> Leash and muzzle <input type="checkbox"/> Bedding <input type="checkbox"/> Comfort items: toys, blankets, treats <input type="checkbox"/> Sanitation items: paper towels, newspaper, plastic trash bags, household bleach



Bay Street Pharmacy

Independently 2nd generation owned and serving the greater Sebastian area since 1984



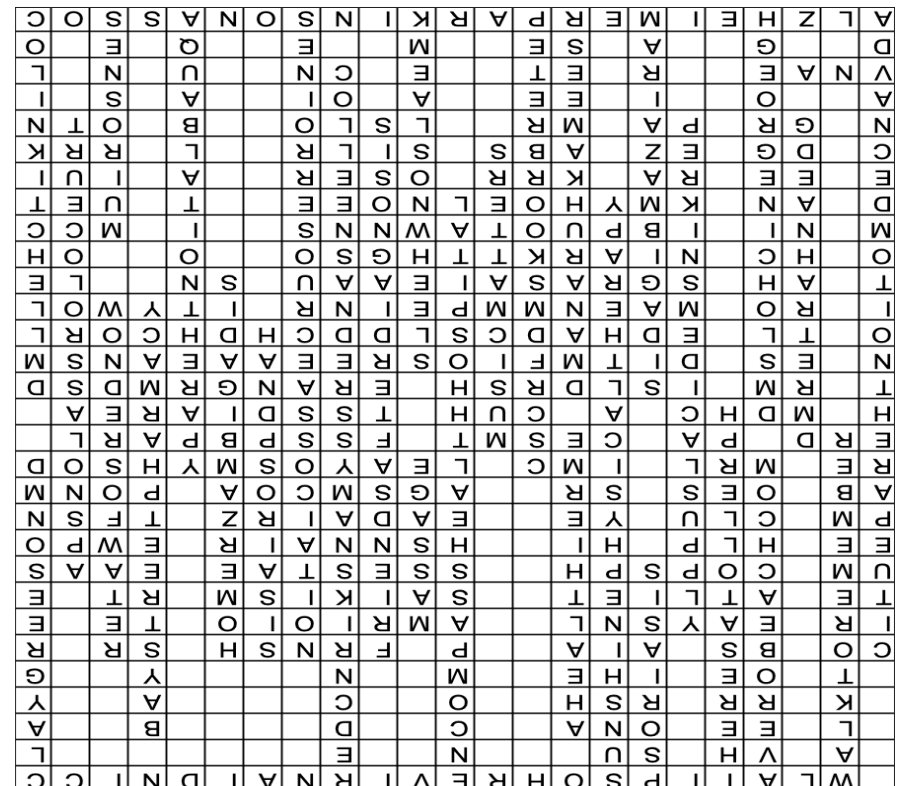
Services we offer:

- Complete prescription services including compounding
- Compliance (bubble) packaging of monthly medications
- Delivery available from Grant to Fellsmere to Vero Beach
- Short wait times and always 2 pharmacists on duty to answer your questions
- Affordable on-site cholesterol and A1C testing with results in 5 minutes
- FREE monthly diabetes class on the 3rd Thursday at 8AM - call for details
- Complete vaccine services including shingles, pneumonia, flu, and others
- Full line of medical equipment - bathroom, walkers, lift chairs, hospital beds
- Respiratory services - CPAP, oxygen, nebulizers and supplies
- Young Living Essential Oils and Bariatric Advantage vitamins



Theresa Tolle, R.PH OWNER Honoring most insurance. We bill Medicare and private insurance.

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OVER FORTY YEARS OF SERVING THOSE WITH MEMORY AND MOVEMENT DISORDERS, AND THEIR CAREGIVERS.

All of our programs are offered **FREE OF CHARGE** due to the generosity of the local community. We are not affiliated with any national organization.



DEMENTIA EXPERIENCE

772-563-0505 | AlzPark.org

- Social Respite
- Educational Classes
- Memory Screening
- Movement Programs
- Support Groups
- Project Lifesaver



**100% OF ALL
DONATIONS STAY LOCAL!**

WALK TO REMEMBER

November 4, 2023

Registration begins at 7:30 AM - Walk begins at 9:00 AM RIVERSIDE PARK, VERO BEACH

**SEE OUR FULL PAGE AD INSIDE THIS
ISSUE FOR ALL THE WALK DETAILS!**



**Free
ACTIVITY
KITS for
your loved
ones to do
at home!**