

NOVEMBER 2023-2024

MEDICAL Information Guide

MEDICAL AND HEALTH INFORMATION RESOURCE



A SPECIAL SUPPLEMENT TO

Lake Okeechobee
News



Comfort, Dignity and Choice

VITAS brings all three to end-of-life care in Okeechobee County.

Near the end of life, most people want to choose where, when, how and from whom they'll receive care. VITAS® Healthcare, the nation's leading provider of hospice and palliative care, coordinates care around the wishes and goals of its patients and their families throughout Okeechobee County.

After enrolling with VITAS:

- You or your loved one receive care at home, wherever home may be—your private residence, a nursing home or an assisted living community.
- An interdisciplinary hospice team visits on a customized schedule to meet your unique needs, address your pain and manage your symptoms.
- Your family and caregiver have 24/7/365 access to phone support, and VITAS clinicians are on call to respond to symptom flare-ups whenever necessary.

When it's time to choose comfort over cure, choose the hospice provider that helps patients make the most of the time they have left. Choose VITAS.

VITAS[®]
Healthcare
SINCE 1980

800.723.3233 | VITAS.com    

“Caring Beyond Prescription”
Heartland Discount Pharmacy
Bringing Care Back to Healthcare



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**Serving the
 Community
 since 2010.**

Do not fill your prescription without verifying the price with Heartland Discount Pharmacy

The core values of Heartland Discount Pharmacy are Caring, Compassion and Empathy for our Patients



OUR GOAL IS TO MAKE HEALTHCARE MORE AFFORDABLE
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Does your pharmacy have spare time to discuss your health?

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Does your pharmacy handle SPECIALITY PRESCRIPTIONS and on demand COMPOUNDING?

We have ways to help Medicare patients not fall into coverage gaps or donut holes
Now...it's time to think about changing your pharmacy!

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The Fastest, Most Convenient & Friendliest Service in the Area!

Other Pharmacies

Heartland Discount Pharmacy



Thank you for choosing Heartland Discount Pharmacy
We are personally committed to providing the service and value you deserve. Thank you for trusting us with your healthcare needs.

— Family of Heartland Discount Pharmacy of Okeechobee

Preventative and routine eye exams help maintain good eye health

At Okeechobee Value S.P.E.C.S., we strive to provide comprehensive primary eye care for the whole family.

Preventative and routine eye exams are important to maintaining good eye health. Often, eye and vision problems do not have obvious symptoms or signs, but are easily diagnosed by a licensed optometrist. By diagnosing eye and vision conditions early on, our optometrist is able provide treatment options and in many cases restore or prevent vision loss. The American Optometric Association recommends yearly or bi-yearly eye and vision exams, depending on whether you are at-risk or not.

Eye Exam and Consultation

During an eye exam, Dr. Janna Parramore will ask you questions about any symptoms or issues you are experiencing, medications you are currently taking, any blurry vision, your work environment, and your overall health. Family history and previous eye or vision conditions will also be discussed during this part of the examination. Dr. Parramore will consider this information when determining any treatments or recommendations.

Vision Testing

Regular vision testing and evaluations ensure that you always have the clearest vision possible. Our Okeechobee optometrist provides regular vision acuity test as part of a comprehensive eye exam. Dr. Parramore will measure how each eye is seeing



by using a wall eye chart and a reading eye chart. The results of these tests are portrayed as a fraction, with 20/20 being the standard for normal distance and reading vision. Depending on the results of your vision test, Dr. Parramore may prescribe corrective glasses, contacts, or eye exercises.

Dr. Janna L. Parramore, pictured above with her family, is a fifth-generation resident of Okeechobee, who is a devoted wife, and mother to a beautiful little girl, Saylor. She and her husband, Kyle, have begun fulfilling their goal of raising a family in the town they dearly love.

Dr. Parramore loves to spend time with her family and friends. She enjoys traveling, especially to the Florida Keys each summer. Her favorite activities are boating, exercising, family/friend gatherings, and reading inspirational novels.

After graduating as Salutatorian from Okeechobee High School, Dr. Parramore obtained her undergraduate degree from the University of Florida, where she was a member of the professional sorority, Sigma Alpha. Her



optometry studies were completed at Nova Southeastern University, Fort Lauderdale, Florida, where she was a member of the Beta Sigma Kappa honor society.

Dr. Parramore maintained honors in clinics skills throughout her time as a student physician at Nova Southeastern University College of Optometry. Her clinical experience includes ocular disease, contact lenses, low vision and pediatric examinations. She was awarded the VSP/AAOF Practice Excellence scholarship, Student Award for Excellence in Low Vision, Eschenbach for Excellence in Low Vision, and The Dr. Lester E. Janoff Scholar award.

Dr. Parramore is a dedicated, humble, and optimistic physician who strives to provide optimal eye care to her hometown community. She prides herself on creating strong interpersonal relationships with each patient, and hopes the bond created will grow for many years to come.

Contact us at Value Specs at 863-357-2250 today to schedule a comprehensive eye exam. You can also book an appointment online at okeechobeevaluespecs.com

OKEECHOBEE VALUE SPECS

— South Parrott Eye Care Services —



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- Glaucoma Exams & Treatment -
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Most Insurances Accepted

1611 South Parrott Ave - Okeechobee, Florida - 863.357.2250



inside



MEDICAL Information Guide

WHO WE ARE:

The Lake Okeechobee News Medical Information Guide is published annually in October and features content related to health, wellness and the various medical fields of our advertisers. In addition to this in-print edition, this medical guide can be found online for one full year at southcentralfloralife.com/MIG.

The Lake Okeechobee News is published by Independent NewsMedia Inc, USA. Independent is owned by a unique trust that enables this newspaper to pursue a mission of journalistic service to the citizens of the community. Since no dividends are paid, the company is able to thrive on profit margins below industry standards. All after-tax surpluses are reinvested in Independent's mission of journalistic service, commitment to the ideals of the First Amendment of the U.S. Constitution, and support of the community's deliberation of public issues.

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A Conversation About End-of-Life Care

What You Need to Know When Selecting Hospice Services

When Vicky S. was exploring end-of-life services for her husband, she wanted someone who would provide high-quality and compassionate care while respecting his wishes and hers. Her husband lived a beautiful, meaningful life, and Vicky wanted his final days to reflect a life well lived.

Understanding a patient's wishes and values, and using that information as an individualized map to plan their care, are at the heart of patient-centered, end-of-life care. It's essential for patients and families to have options and the ability to select a caregiving team that will define a good death and identify what's most important to you and your family.

Research finds that a patient-centered approach to end-of-life care improves quality of life and even has the potential to prolong it.

Fortunately, you now have choices and opportunities to find personalized care at the end-of-life in Okeechobee County.

In 2019, VITAS® Healthcare opened offices in Port St. Lucie and Stuart, creating another hospice option to serve patients coping with serious illness throughout Okeechobee County and the Treasure Coast.

The VITAS Advantage

VITAS cares for a variety of patients – including those requiring high-acuity care or complex modalities that other hospices cannot or do not offer – at home, wherever the patient calls home.

“My husband was under continuous care for 12 days, and every single person that came to care for him was extremely competent and compassionate. The nurses are all truly angels. The end of my husband's life would have been so much harder without them. Thank you all so much for your love, compassion and commitment. You are truly providing a great service to this community.” —Vicky S., Treasure Coast

While VITAS is a new provider to Lake Okeechobee and surrounding communities, the company was founded in Florida in 1978 and was one of the nation's first hospice programs.

For families like Vicky, a key factor in choosing VITAS is access to an interdisciplinary hospice team, including a nurse, aide, social worker, physician, chaplain and volunteers. Vicky also embraced VITAS' ability to pair physical care with emotional and spiritual support, including:

- **Lavender Touch:** Gentle hand massage administered by trained volunteers for comfort and support
- **Paw Pals®:** Loving animals and their volunteer owners who visit patients to provide comfort
- **Life Bio:** A written, audio or video biography of a hospice patient, provided by specially trained volunteers
- **VITAS' award-winning veterans program**

VITAS is always available to help patients and families discuss their goals of care and end-of-life wishes and preferences, crucial components in ensuring you receive compassionate care on your terms at the end of life.

VITAS is honored to be a new partner in Okeechobee County and promises to be a committed healthcare provider to all community members.

VITAS[®]
Healthcare
SINCE 1980

800.723.3233 | VITAS.com    

We will help you save money & stay healthy



I started with Eckerd Drugs in 2002 and then CVS bought Eckerd Drugs and I stayed with CVS until 2010 when I moved to Okeechobee. Working in the corporate world limited me to help the community the way I wanted, so I opened Heartland Discount Pharmacy. Our goal as a team is to provide the fastest and friendliest neighborhood drugstore offering extraordinary quality customer service. I have a team with the highest ethics and integrity who are always willing to serve others.

In 2010 I dedicated myself to put health and well-being first. I wanted to offer free delivery solutions, free antibiotics and/or a \$3.99 generic program and the best cash price in town. Let us do a free price comparison and we will save you money. There have been lots of changes in the healthcare industry and we stay on top of these changes. We deliver the highest quality service, while keeping the cost as low as possible, example is non-sterile compounding.

We distinguish ourselves from other pharmacies and pharmacy chains by providing additional services, while maintaining the highest level of care and customer service to our customers. Our staff thrives to assist physicians by appropriately managing treatment regimens and maximize their therapeutic potential. One on-one in home education and counseling to patients is also available. As I mentioned earlier we offer free delivery, free antibiotics and/or \$3.99 generic program and the best cash price in Okeechobee, Heartland Discount Pharmacy is committed to providing customers the support,

programs, merchandise and care they need to make every day a better way of life. There is always enough staff to make sure that we are what we promise. We even provide bubble packing to customers who cannot keep up with their medications and we are the only pharmacy that puts pill images on the label. We offer flu, pneumonia, prev13 and the new shingle shot as precautionary measures to protect your health.

We will continue to serve our community, helping all customers with their pharmacy needs. We will keep up to date with the changes that are constantly happening in the medical industry while maintaining our high ethics and integrity.

My Philosophy on business and life is to make healthcare more affordable for our customers and help every customer get the best medication for their needs. For as long as I am helping people I am happy and fulfilling my dream.

Refill Reminder Service

Upon patient's request, Heartland Discount Pharmacy can add you

to our refill request list. Every time a prescription is due for a refill, a pharmacist or technician will call the customer to get authorization before filling a medication.

Flexible Payment Options

We accept cash, check and all major credit cards.

Immunization

Heartland Discount Pharmacy offers Flu-Shot immunizations.

E-Prescription Service

Heartland Discount Pharmacy, in partnership with your physician, offers e-prescribing services. This service minimizes any mistakes that could occur by the doctor or pharmacy. It also streamlines the process and reduces the wait time.

Blood Glucose Meter and Supply Services

Heartland Discount Pharmacy offers education and consultation services.

Extended Hours

We are open Monday thru Friday from 8 am to 8 pm and Saturday 9 am to 5 pm.

Dedication to...

Delivering the highest quality service

Compassion to...

Treat every customer with respect

Commitment to...

Exceeding patient and physician expectations

Pharmacy to...

Continually innovate and improve services

Harry Patel, Rph
Consultant Pharmacist



It's flu shot time.*

Get yours free* by walking in or scheduling
an appointment at publix.com/flu.

*No cost to you with most insurance plans. Restrictions apply. See pharmacy for details or visit publix.com/flu.

Questions about your current Health Insurance Plan? Want to make sure you aren't paying more than you should for Health Insurance?

As an Independent Health Insurance agent, I am here to help you find the best coverage that fits your needs. Health Insurance is not a one plan fits most. I represent multiple companies and can help you determine the best coverage that will work for you! I have several plan options for Medicare Advantage, Medicare Supplement Insurance, Prescription Drug plans, Individual Health plans, Dental/Vision/Hearing plans, and even some Health Insurance plans that pay money directly to you!

Give me a call to find out what plan works best for you!

Annette Hartman
Health Insurance Agent
863-634-5156

Annette Hartman

HEALTH INSURANCE AGENT

863-634-5156

annettehartmanhealth@gmail.com

- Medicare Advantage
- Medicare Supplement
- Prescription Drug Plans
- Dental/Vision/Hearing
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- Hospital Indemnity



ANNETTE HARTMAN
HEALTH INSURANCE AGENT

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Meet Niki, a local entrepreneur

Whether you're a first time home buyer, seller or an experienced investor, Remington Real Estate is there for you.

Our experienced team is here to offer above and beyond available services. Our in-house State Certified Building Contractor is available to assist you with repairs or maintenance to provide that excellent curb appeal or as a buyer to help tweak your new home. We charge NO upfront fees, all cost as agreed to by all parties is deferred to closing. For investors as well, our on staff Licensed environmental contractor is there to consult with you on prospective commercial properties.

We offer unique Buyer and Seller incentives well worth investigating. When it's time for real estate services, just remember the REALTOR works for you.

Of course, you get free donuts with the purchase or sale of a home!

Bringing hot, fresh handmade donuts to Okeechobee

Donuts are an American institution. Now, here in home sweet Okeechobee, the best donuts are waiting for you! We have your everyday glazed, frosted, dipped, and filled. Filled flavors include lemon, raspberry, Bavarian cream (vanilla or chocolate), cherry, blueberry, and NY raisin. Our donuts are round, square, with and without the holes, and they're frosted with chocolate, vanilla, strawberry, lemon, maple and more.

Be sure to try the famous Maple Bacon, and if you want to experience the rich and famous, the "dark chocolate with gold dust sprinkles" is just for you. Parties, weddings,

custom made to order — this donut shop is for you! Located in downtown Okeechobee at 121 SW Park St.

Call 863-532-9096 to verify hours. We open at 5:30 am.

Of course, a free house with the purchase of 300 dozen Golden Cristal Ube, champagne infused and topped with edible golden flakes,

a dozen will set you back \$1,200. ORDER AHEAD!!!

Got to have humor at 2 am, time to make donuts. Welcome to Niki's Dixie Donuts.



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6 days a week
Tuesday - Friday 5:30 to 2:00
Saturday & Sunday 8:00 to 3:00
Closed Mondays

121 SW Park Street
863-532-9096

Call for additional pick up orders

Treasure Coast Hospice Care Compassion Commitment

Treasure Coast Hospice was founded by local people who wanted their families, friends and neighbors to have access to compassionate, quality end-of-life care from a locally-based hospice provider. As a community-based nonprofit organization, they serve patients in Okeechobee, St. Lucie and Martin counties with the care that comes from “a hospice heart” and deep knowledge of the region and its residents.

A team of skilled professionals and dedicated volunteers is committed to fulfilling its mission: to provide access to compassionate, caring, expert and professional hospice and grief support services to patients and families at the end of life.

CARE WHEREVER YOU CALL HOME

Care is delivered wherever patients call home, whether that’s in a private home, the hospital, a nursing home, or assisted living residence. If a higher level of care is needed, three Inpatient Units are available.

CARE TEAM

A team of physicians, nurses, nursing assistants, social workers, chaplains and volunteers offers support and care to enable patients to live as normal a life as possible, pain-free and on their own terms. They bring skill and sensitivity in meeting physical, spiritual and emotional needs of patients and their families.

GRIEF SUPPORT

The comprehensive program provides grief counseling to patients, their families and anyone in the community who has experienced the loss of a loved one. They also offer the youth grief program Camp Good Grief, crisis response services, trainings and workshops.

PEDIATRIC CARE

The Little Treasures Pediatric Program focuses on enhancing the quality of life for children with a life-limiting illness and support for their families.

COMPLEMENTARY THERAPIES

This program utilizes music, massage and aroma therapies to reduce pain, anxiety and depression for



adult and children hospice patients. Complementary therapies can also improve cognitive responses for patients with dementia.

VETERANS PROGRAM

As a certified Level 5 We Honor Veterans partner, Treasure Coast Hospice is committed to caring for the unique needs of veterans as they age, providing them with the compassionate care they need as well as support for their families.

TREASURED PETS

Treasured Pets is a service offered by Treasure Coast Hospice to assist hospice patients with the care of their beloved pets. The volunteer-run program helps patients and families with veterinary and grooming visits; dog walking and active play; and delivery of pet food and supplies.

Thanks to the generous support of the community, the Treasure Coast Hospice Foundation is able to fund indigent hospice care, grief counseling, the Treasured Pets program and music, massage and aroma therapies.

Since 1982, generations of families have benefited from their hospice and grief support programs. Today, Treasure Coast Hospice continues to bring expert care, compassion and commitment to the Okeechobee community.

For 24/7 support, call 772-403-4500 or visit www.TreasureHealth.org.



Treasure Coast Hospice
A TREASURE HEALTH SERVICE



We're Here When You Need Us



HOSPICE CARE

Providing exceptional care to patients in their homes, hospitals, assisted living residences, and in our Inpatient Units.



GRIEF SUPPORT

Grief counseling for our patients, their families, and anyone in our community who has experienced the loss of a loved one.



PEDIATRIC CARE

Our specialized pediatric team helps families overcome the challenges of caring for a child with a serious illness.



Proudly Serving Okeechobee County

Treasure Coast Hospice has earned the Gold Seal of Approval® for hospice accreditation from The Joint Commission.



772-403-4500
www.TreasureHealth.org

425 SW Park Street
Okeechobee, FL

Licensed since 1982. Treasure Coast Hospice complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 772-403-4500. (Spanish) ATANSYON: Si w pale Kreyòl Ayisyen, gen sevis ed pou lang ki disponib gratis pou ou. Rele 772-403-4500. (French Creole).

Family Dentistry offers brighter, whiter, healthier smiles



Since their inception in 1971, Family Dentistry of Okeechobee has provided patients in Okeechobee, FL, with state-of-the-art dental care in a comfortable setting. Their full-service dental practice focuses on excellent patient care, cutting edge technology and compassion.

They serve to provide a peaceful, relaxing experience in a spa-like atmosphere.

Family Dentistry believes that many people neglect their dental health due to fear of procedures. In order to address that, their office offers many small touches to lessen anxiety. These include

headphones, essential oil diffusing, warm blankets, nitrous oxide sedation and oral sedation.

The two main dentists are Dr. Jennifer Laskey and Dr. Jennifer Shiflet.

From preventative care to full-mouth restoration, Family Dentistry of Okeechobee offers excellent dental care in a peaceful environment. Their modern in-house lab reduces wait times and maximizes the quality of the treatment you receive.

Make your appointment today to prioritize your dental wellness. The journey to a healthy smile begins with the first visit.



HONORED TO SERVE OUR COMMUNITY



OUR OFFICE IS DEVOTED TO GROWING AND DEVELOPING EVERY YEAR THROUGH PROGRESSIVE INNOVATION. WE PROVIDE STATE-OF-THE-ART CARE TO OUR PATIENT FAMILY. WE DESIRE TO CREATE A RIPPLE EFFECT THAT INSPIRES AND EMPOWERS OUR PATIENTS, OUR TEAM, THEIR FAMILIES, AND OUR COMMUNITY.

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Teeth Whitening
Nitrous Oxide Sedation
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Dr. Jennifer Laskey, DMD

Dr. Jennifer Shiflet, DDS

863.260.8956

 Check Out Our Recommendation Contest!



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YOUR SMILE SAYS IT ALL

Dr. David Wemmer, along with his daughter Dr. Jennifer Wemmer Schoenfeld, are a father-daughter team who are dedicated to helping you have a fun and effective orthodontic experience.



Improving your oral health and correcting problems with the bite doesn't have to be all work and no play. They specialize in providing the highest quality orthodontic treatment to all age groups. We have treated patients as young as 4 and as old as 83.

Dr. Wemmer's goal as an orthodontist is to change people's lives for the better by improving their smiles through the magic of orthodontics. He has practiced orthodontics since 1983, and he remains committed to participating in continuing education as often as he can.

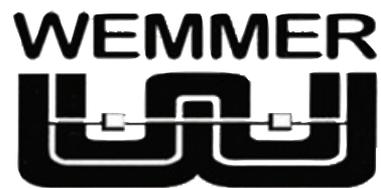
Tooth movement is accomplished by either fixed braces (we use the state of the art, low-friction, low force "Damon System") or removable, clear aligners ("Invisalign"). Treatment is also available for jaw growth disorders and TMJ (jaw joint dysfunction).

Wemmer Family Orthodontics treats everyone as if they were family by focusing on customer service and giving more than the patient expects.

Our highly trained staff provides technical expertise, professional and courteous service, and a happy fun environment. For all those we come in contact with, our goal is..." Making a difference - One smile at a time!"

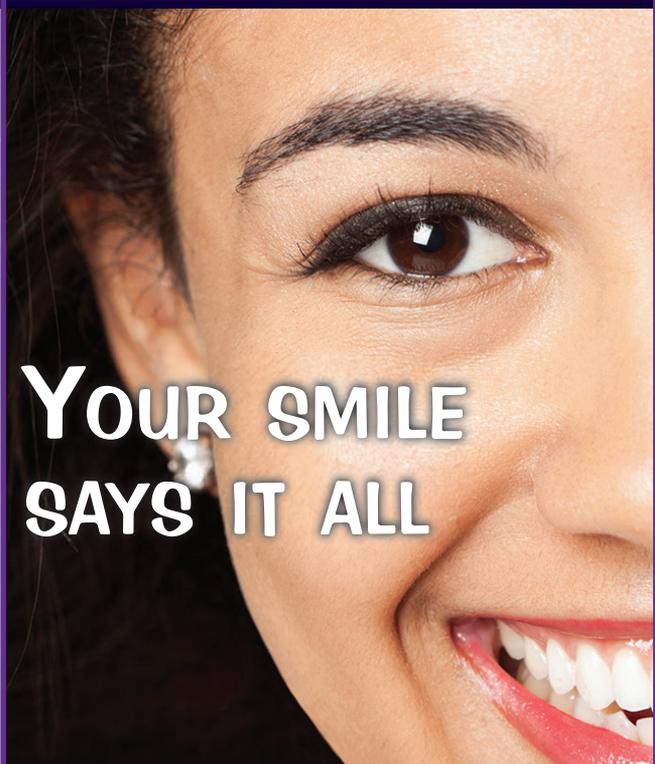
New patient exams are complimentary. Now is a great time to begin your journey to a new, beautiful smile.

Call Wemmer Family Orthodontics today to schedule your exam!



Family Orthodontics

Making a difference
one smile at a time



YOUR SMILE
SAYS IT ALL

We've been creating beautiful
smiles in Okeechobee for over 35
years. Isn't it time to see what we
can do for you?

2025 Hwy 441 North
863.467.2332

HRMC In-Patient Rehabilitation & Skilled Nursing Program

Maximizing Patient Functioning while Recovering Close to Home

Clewiston, FL (July 10, 2023) - Hendry Regional Medical Center's In-Patient Rehabilitation & Skilled Nursing Program provides comprehensive care and recovery services to individuals who require further medical attention after being discharged from an acute hospital stay. This program is designed to help patients maximize their level of functioning, regain independence, and achieve their optimal quality of life. With a warm and friendly environment, this program ensures that patients receive exceptional care close to home.

The In-Patient Rehabilitation & Skilled Nursing Program at Hendry Regional caters to a diverse range of medical needs, including wound care, IV therapy, stroke rehabilitation, joint replacement recovery, post-surgery care, amputation rehabilitation, and fractures like the hip just to name a few. By offering a multidisciplinary approach, the program's team of skilled healthcare professionals provides personalized treatment plans based on each patient's unique requirements.

"At Hendry Regional Medical Center, we are dedicated to delivering comprehensive healthcare services that meet the evolving needs of our community," stated R.D. Williams, CEO of Hendry Regional Medical Center. "Our In-Patient Rehabilitation & Skilled Nursing Program exemplifies our commitment to providing exceptional care close to home, ensuring that patients can access the specialized services they need for a successful recovery journey."

The program's experienced case manager works closely with patients, their families, and the interdisciplinary team to create individualized care plans that focus on rehabilitation, recovery, and improved functionality. With a patient-centered approach, the team collaborates to provide



physical therapy, occupational therapy, speech therapy, wound care management, pain management, and specialized nursing care, among other vital services.

"As case managers, our goal is to ensure a seamless transition from acute care to the In-Patient Rehabilitation & Skilled Nursing Program, enabling patients to receive the care they require in a warm and supportive environment," said Yesinia Ramos, Case Manager at Hendry Regional Medical Center. "We work closely with patients and their families to address their unique needs and goals, guiding them through their recovery journey and maximizing their potential for independent living."

By offering the In-Patient Rehabilitation & Skilled Nursing Program close to home, Hendry Regional Medical Center minimizes the need for patients to travel long distances, ensuring they can receive specialized care in a familiar and comfortable environment. The program's warm and friendly atmosphere fosters a sense of community and support, facilitating the healing process and promoting overall well-being.

Patients and their families who are interested in learning more about the In-Patient Rehabilitation & Skilled Nursing Program at Hendry Regional Medical Center can call 863-902-3003.



Hometown Healthcare providing personalized care in your own backyard

Hendry Regional Medical Center (HRMC) is a 25-bed critical access hospital delivering a personal touch through doctors and nurses whom you know and trust, in a warm and friendly environment.

Hendry Regional provides healthcare to the residents of Hendry, Southern Glades, and Western Palm Beach Counties. HRMC strives to meet the needs of the residents by incorporating modern technology with compassionate and competent medical staff to care for its patients. Convenient locations are available in Clewiston and LaBelle.

Hendry Regional Medical Center offers a modern emergency department, along with imaging services, surgery suites, laboratory services, and outpatient

services.

HRMC also has 6 additional facilities located throughout Hendry County. In Clewiston the Dr. James D. Forbes Family Care Center hosts a dynamic team providing Family Medicine, Pediatrics, and Internal Medicine. Corporate Health Services offers preventative health programs for employers and their employees including worker's compensation management, testing, screenings, site assessment's, and wellness education. Hendry Regional Rehabilitative Services offers a variety of rehabilitation and therapeutic services designed to evaluate and treat problems affecting mobility and function.

The Hendry Regional Convenient Care Center is located in the heart of LaBelle. The facility includes Family Medicine, Pediatrics, and specialty care including gynecology, surgery, and physical and occupational therapy services.

Hendry Regional Medical Center offers a wide array of specialty services for residents including cardiology, surgery, gynecology, and audiology.

Understanding the need of the community HRMC continues to add services and providers to its already expansive list. The most recent additions have been telehealth medicine, 3D Mammography, Infusion Services and additional Family Practice Providers.

At HRMC healthcare is a team effort. The staff is courteous, respectful, and enthusiastic in serving healthcare needs at any of the multiple locations. Hendry Regional has proudly been providing healthcare for over six decades, with roots that run deep within the community!

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Local surgical services in Hendry County reduce burden of travel



Common surgical procedures available at Hendry Regional Medical Center make recovery easier.

Traveling long distances can add to the stress and discomfort of surgery. The need to travel to and from a facility outside the community can also cause a burden for family members. Fortunately for Hendry County residents, common surgical procedures are available at Hendry Regional Medical Center.

The trusted medical team at Hendry Regional Medical Center is able to perform a number of surgeries here in the community, providing convenience and comfort for patients and their families

"Having your surgery performed in the local community is a smart decision," said Dr. Barry Davis, General Surgeon. "Knowing you are near home can provide peace of mind for your family and make the recovery process easier. The highly trained surgeons at Hendry Regional Medical Center can perform common general surgical procedures like tonsillectomy, laparoscopic cholecystectomy (gallbladder removal), hernia repair, and colonoscopy. In addition, our Specialists can perform gynecological procedures to include hysterectomies or cervical biopsy.



**Dr. Barry Davis,
General Surgeon**



**Dr. Darayes Mobed
General Surgeon**

Many common procedures can be performed with laparoscopes or endoscopes which enable the surgeon to see inside the body without having to make large incisions. Other benefits of these techniques include shorter hospital stays and faster recovery times.

According to Dr. Darayes Mobed, General Surgeon, patients sometimes delay having certain surgeries for various reasons, but doing so can prolong discomfort or raise the risk of complications. "Traveling for a surgical procedure can be inconvenient," Dr. Mobed said. "The need to travel can disrupt a person's life, so he or she may opt to wait. Having surgical services available locally makes it easier for people to get the surgeries they need, when they need them."

Dr. Mobed added that it is best to follow the recommendations of physicians when elective surgery is required. When a physician recommends surgery, choosing the right facility is also important. Dr. Mobed said that convenience is one of the reasons Hendry County residents choose Hendry Regional Medical Center.

Additionally, the convenience of local recovery services can make the transition from hospital to home smoother. The Swing Bed Program at Hendry Regional Medical Center allows patients, covered under Medicare who need extended care, to stay in a hospital setting without the need to change facilities. With a compassionate nursing

team on hand around the clock, recovering at the hospital following a surgical procedure can provide comfort to patients and their families.

"In many rural areas, qualified surgeons can be hard to come by," Dr. Barry Davis, General Surgeon said. "We are fortunate to have a team of highly trained physicians and medical providers in Hendry County. Having access to the medical care you need here in the community is a huge asset and can help you get back to your everyday life quicker.

Talk to your primary care provider about choosing the right facility for your surgical procedure. To learn more about Hendry Regional Medical Center services, please call the hospital at (863) 902-3000 or visit www.hrhc.us.

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Cleveland Clinic is Florida's destination for cancer care

After a century of caring for patients, including more than three decades in Florida, Cleveland Clinic knows what matters most to patients facing a cancer diagnosis. Patients want to have access to high-quality, comprehensive cancer services close to home.

Cleveland Clinic's five-hospital regional health system spanning southeast Florida is part of a global, physician-led organization that provides outstanding patient care guided by a "Patients First" philosophy. The nonprofit, multispecialty, academic medical center integrates clinical and hospital care with research and education.

Commitment to industry standards

Cleveland Clinic's three cancer centers in Florida include the Maroon Cancer Center at Cleveland Clinic Weston Hospital, the Robert and Carol Weissman Cancer Center at Cleveland Clinic Martin Health, and the Scully-Welsh Cancer Center at Cleveland Clinic Indian River Hospital. They work together to ensure patients receive the care they need, including access to leading treatment options and clinical trials.

The Florida-based cancer care team also harnesses the full resources of the Cleveland Clinic enterprise, including collaboration with the Taussig Cancer Institute in Cleveland, Ohio, which is one of the top cancer centers in the country and part of the NCI-designated Case Comprehensive Cancer Center.

Each Florida cancer center has independently earned recognition for providing quality cancer care, including accreditation by the American College of Surgeons' Commission on Cancer® and designation as Radiation Oncology Accredited Facilities by the American College of Radiology.

Collaboration across specialties

Comprehensive cancer care is delivered by experts and clinicians representing multiple specialties from medical oncology, radiation oncology, radiology, pathology, surgery and multiple subspecialties, plus experienced technicians, registered oncology nurses, social workers, patient navigators and support staff working together to provide patient-centered care.

Teams of specialists conduct weekly cancer conferences to review and discuss cases and develop personalized treatment plans that may include:

- Expert surgical care with access to minimally invasive and robotic-assisted approaches
- Chemotherapy or immunotherapy treatments delivered in infusion suites focused on patient safety and comfort



- Advanced radiation therapies using state-of-the-art technology, including intensity-modulated radiation therapy and intraoperative radiation therapy
- Participation in clinical trials and cancer research under the direction of leading physician scientists

Patient navigation services

Cleveland Clinic Florida has a team of specially trained patient navigators deployed across three cancer centers who work closely to support regional care coordination. They streamline care team communication and provide patients with step-by-step guidance. They enhance the patient experience and the delivery of cancer care by increasing cancer treatment adherence, reducing care delays, promoting education and lifestyle changes, and providing emotional and psychosocial support throughout a patient's cancer journey. Combined, they guide thousands of patients a year through their treatments for solid tumor and blood cancers.

Compassionate, holistic care

Cleveland Clinic patients across the Florida region also have access to an array of cancer support services that promote well-being during treatment and beyond. These services include:

- Arts in Medicine enrichment program
- Cancer support groups
- Medical nutrition therapy
- Patient resource and education center
- Psychosocial and spiritual support services
- Therapy dog encounters
- And more

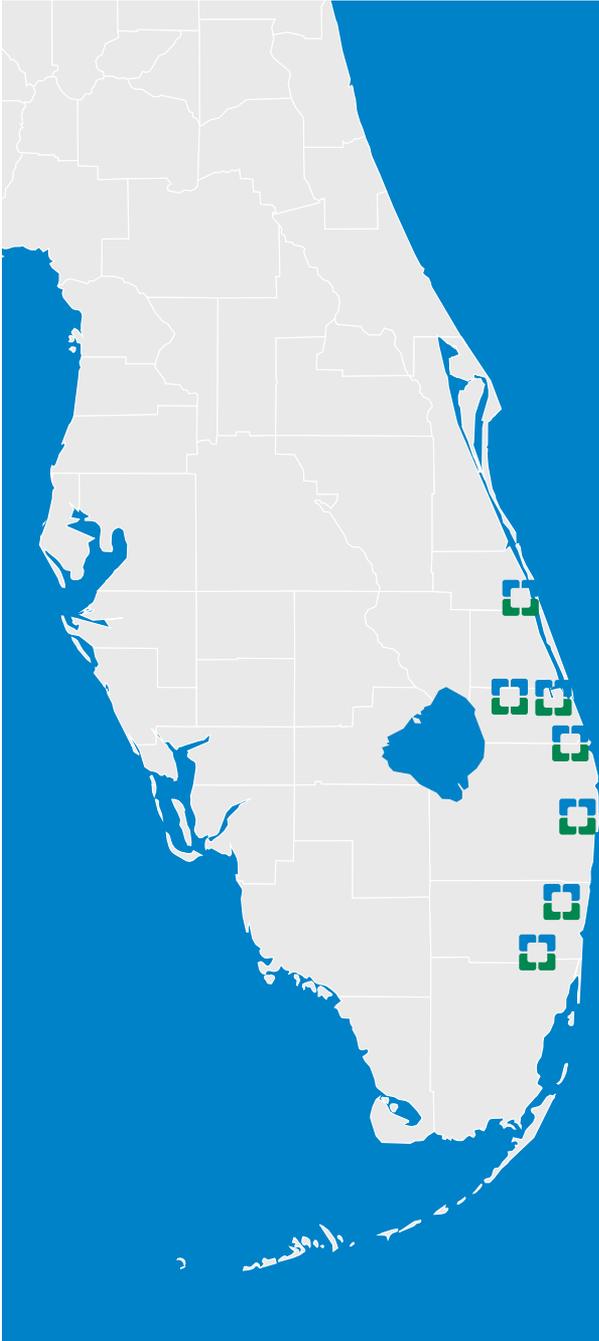
Advanced cancer treatments

Cleveland Clinic's multidisciplinary team of cancer specialists in Florida work together to address malignancies in virtually every part of the body using evidenced-based modalities and the latest research. They treat most forms of solid tumor and blood cancers, including:

- Breast cancer
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- GI cancer
- Gynecologic cancer
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As a leading cancer care team serving South Florida and the Treasure Coast, Cleveland Clinic provides patients the compassionate, comprehensive care they deserve close to home. And that makes all the difference. Call 877.463.2010 to schedule an appointment, or visit ClevelandClinicFlorida.org/Cancer to learn more.





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How to overcome mental fatigue



for many individuals.

Much like athletes need routine breaks from exercise to let their muscles recover, individuals need to look for ways to give their overworked minds a chance to recuperate from fatigue.

Each person is different, but these strategies can help people overcome mental fatigue.

Take breaks from the news. Overconsumption of news is one potential contributor to mental fatigue. That's especially so in the digital age, when the latest headlines

are never further than a smartphone away. The Johns Hopkins Women's Mood Disorders Center notes that limiting news consumption during stressful times can be an effective way to reduce symptoms of stress, including mental fatigue.

Schedule time to relax. The pressure to feel as if you should always be doing something, whether it's working, taking care of your family or tackling a to-do list around the house, can contribute to mental fatigue. Schedule time to relax and make a concerted effort to keep that time open. Avoid using scheduled relaxation time to work on household chores or check work emails. Instead, use this time to do something you find genuinely relaxing,

even if that activity feels like you're doing "nothing."

Spot the signs of mental fatigue. Another way to overcome mental fatigue is to learn to recognize its symptoms. Recognition of these symptoms allows individuals to use them as alarm bells that alert them when it's time to take a step back and unwind. WebMD notes that mental fatigue symptoms include mood-related issues like increased irritability or anger; difficulty concentrating that makes it hard to

finish tasks; zoning out; difficulty sleeping; and engaging in unhealthy behaviors, including overconsumption of alcohol.

The signs of mental fatigue may not be as instantly recognizable as the symptoms of physical exhaustion. But mental fatigue can be just as dangerous as physical tiredness if left unchecked.

Did you know?



A comprehensive review of research published between 1990 and 2020 studying the link between physical activity and mental health outcomes determined that nearly 90 percent of all peer-reviewed, published research reported a positive, statistically significant relationship between exercise/physical activity and mental health. Conducted by the John W. Brick Mental Health Foundation, the review found that 1,029 of the 1,158 experimental studies examined reported significant positive relationships between physical activity and mental health outcomes. General physical activity, a broad descriptor referring to the amount of daily or weekly physical activity people engage in irrespective of type, had the greatest number of positive studies of any type of physical activity, followed by cardiovascular and aerobic activity and yoga. Authors of the review concluded that their findings illustrate that exercise and movement can now be considered mainstream elements of mental health care.

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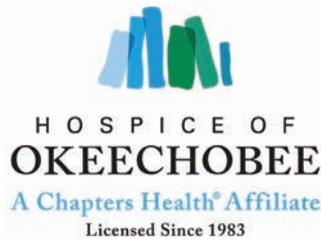
Hospice of Okeechobee: Dedicated to Enhancing Life for More than 40 Years

Nestled in the heart of the county, Hospice of Okeechobee stands as a beacon of caring and unwavering support. For more than four decades, the organization has been committed to providing exceptional care to individuals and families facing life-limiting illnesses. Every day is precious, and the mission is to ensure every patient feels comfortable and cherished in the place they call home.

Hospice of Okeechobee takes great pride in its team of dedicated professionals. They are not only highly skilled but deeply empathetic, offering a level of care

extending beyond the clinical needs. The organization understands that these moments are some of life's most difficult and its commitment to being there for you and your loved ones is steadfast.

As a community-based organization, Hospice of Okeechobee prioritizes its mission over profit. Its focus is squarely on enhancing the quality of life, providing comfort and tending to the emotional and spiritual needs of its patients



and their families. An environment has been cultivated where patients are not just recipients of care but

integral members of the extended Hospice of Okeechobee family.

Services are tailored to meet unique needs, whether it's expert pain management, emotional support or spiritual guidance. Hospice of Okeechobee is here to guide you through this journey, understanding that each person's experience is distinctive.

Hospice of Okeechobee is deeply ingrained in the local community and takes pride in its 40-plus years legacy of service. The commitment to delivering the highest level of care remains resolute and the organization will continue to serve Okeechobee with the same dedication and empathy for many more years to come.

In times of need, Hospice of Okeechobee stands as a source of comfort, support and a community of individuals who truly understand the value of life. For more information, please call 1.800.355.8170.

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To learn more about the special services we provide, call Hospice of Okeechobee at 1.800.355.8170 or visit www.chaptershealth.org.

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The dangers of belly fat

A desire to lose weight and look good compels millions of people to adopt healthy habits every day. But shedding fat is about more than looking good, especially when that fat has accumulated in individuals' abdomens.

Individuals may aspire to lose belly fat so they can fit into old outfits or look better in photos, and those are perfectly valid reasons to embrace healthy weight loss strategies. However, an even better reason to banish excessive belly fat is the link that such fat has to long-term health problems.

What's so bad about belly fat?

Seeing belly fat as a merely cosmetic concern overlooks the effects it has on overall health. According to the Mayo Clinic, belly fat is not limited to the extra layer of padding just below the skin known as subcutaneous fat. Belly fat also includes visceral fat, which means it extends to deep inside the abdomen and surrounds internal organs. Johns Hopkins Medicine notes that visceral fat in the belly is very close to the liver, which can turn it into cholesterol. From there, the fat goes through the bloodstream and may collect along the walls of the arteries, potentially contributing to a hardening and narrowing of the arteries known as atherosclerosis. The complications of atherosclerosis depends on which arteries are affected, but they can include an assortment of diseases that affect the arteries and a greater risk for aneurysms and chronic kidney disease.

Johns Hopkins Medicine notes that visceral fat is just as harmful for the heart as high blood pressure

and smoking. So while efforts to reduce belly fat may initially be embraced to improve appearance, individuals should know that reducing fat in their midsections also can reduce their risk for a host of conditions, some of which are deadly.

How much belly fat is too much?

No two individuals are the same, and some who are already at increased risk for heart disease and other ailments may be in greater danger than others if they have a significant amount of belly fat. But the National Institutes of Health notes that women with a waist that is more than 40 inches and men with a waist that is more than 35 inches may be more likely to develop health problems related to belly fat, including heart disease and type 2 diabetes, than their peers with smaller waistlines.

What are the best ways to decrease belly fat?

Individuals with substantial belly fat should work in concert with their physicians to develop a healthy regimen to decrease that fat. A combination of diet and exercise is generally recommended, but how much exercise and which foods to eat will depend on individuals' current conditions and medical histories. So it's imperative that individuals speak to their physicians before making any drastic changes to their diets



and fitness regimens.

Ample belly fat poses a significant threat to individuals' overall health. Embracing strategies to reduce belly fat through healthy means can help people slim down and improve their long-term health outlook.

Did you know?

The National Heart, Lung and Blood Institute notes that body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. Though BMI can be a useful tool in helping individuals determine their overall health, the Centers for Disease Control and Prevention warns that BMI does not diagnose the body fatness or health of an individual. Rather, BMI's usefulness rests in its usage as a screening tool. Doctors may measure an individual's BMI and then use that to determine if any further assessments are necessary, and what those assessments might be. Parents should know that BMI is interpreted differently for children and teens even though the same formula is used to calculate it. That's because the amount of body fat changes with age and it differs between girls and boys. Factors such as age and sex do not affect BMI ranges for adults.

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01 HEALTH

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Many serious eye diseases often have no symptoms. Glaucoma is an eye disease that causes vision loss with or without symptoms and is commonly known as the “sneak thief of sight.” Conditions such as macular degeneration or cataracts develop so gradually that you may not even realize your vision has decreased. Diabetic retinopathy is a condition that commonly affects diabetic patients. Early detection of these and other eye diseases is important for maintaining overall health and vision.

02 VISION

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03 QUALITY CARE

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04 STYLE

There is nothing wrong with having a little fun. While your exam is crucial for great vision, so is your eyewear. Big Lake Eye Care offers eyewear that keeps up with the latest fashions and most of all – quality. Lens-making technology continues to improve. If you haven’t updated your glasses in a while, you may be pleasantly surprised at the many new options available to you today. Sunglasses have also become a fashion accessory. Let our licensed optician and other associates help you make a selection that fits your lifestyle and personality.

Dr. Bartels and family are lifetime residents of Okeechobee. A graduate of Okeechobee High School, he continued his premed studies at the University of Florida, then attended Nova Southeastern University, where he received his degree as a Board Certified Optometric Physician. He values the importance of serving the community where he grew up.

05 INSURANCE

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- The financial elements of purchasing a house can be overwhelming. I’ll walk you through the many mortgages and home buying plans at hand.
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