



The Schroeder Dental Group is providing outstanding oral care for people of all ages

Your smile is one of the first things, if not the first thing that someone notices about you. Whether you're meeting up with friends, or visiting with family, you want your smile to dazzle and shine for all to see.

However, for many, this isn't the case. Between chips, cracks, misalignment, discoloration, and missing teeth, your smile might not have the appearance you wish it could be. The good news is that you're not alone – many people experience some form of cosmetic or functional issue with their smiles throughout their lives. There's no need to worry. There are plenty of ways to achieve a more beautiful smile, and that can start with a visit to the **Schroeder Dental Group**.

In 2006, Dr. Schroeder graduated from the University of Florida's College of Dentistry with a Doctor of Medicine in Dentistry (DMD) and began her private practice that same year. For 18 years, she has faithfully served the needs of Apopka residents by providing exceptional oral health care for patients of all ages. Entire families come to the **Schroeder Dental Group** for their dental care needs. Her number one calling card is that she treats patients like people, not numbers. She delivers personalized treatment plans that are in the best interest of you, the patient, each and every time. You'll never feel rushed or overlooked.

The **Schroeder Dental Group**

offers everything from routine cleanings and fillings to complex dental work, such as root canals. Her patients have come to appreciate her kind, compassionate manner and her emphasis on patient education. She even writes books on dentistry in her spare time, two of which you can find on Amazon. She is committed to repairing and enhancing your smile by utilizing state-of-the-art techniques with long lasting results. Her and her staff's mission is to ensure that all of their patients are comfortable while they work on their great smile!

Dr. Schroeder emphasizes the need for regular dental visits. This will help keep your teeth and gums in good shape. Besides brushing and flossing, a biannual checkup might be the best thing you can do for your oral health. But, what you might not know is that there's a strong relationship between your oral health and your overall health.

Bacteria from untreated gum disease can actually spread infection to other parts of your body. Also, some non-dental conditions have symptoms that appear in the mouth. Dental examinations can reveal signs of vitamin deficiencies, osteoporosis, or more serious conditions such as diabetes or oral cancer.

The **Schroeder Dental Group** is Invisalign® certified. Invisalign® (braceless braces) is one of the latest offering for orthodontics. This is the ideal solution for patients who have

their permanent teeth. The product is virtually invisible and removable for meals, brushing, and flossing. They also offer Zoom! Whitening which can help you achieve that beautiful smile.

Dr. Schroeder uses the Waterlase MD Laser for both hard and soft tissues, such as teeth and bone. The Waterlase MD Laser can be used to treat cavities, in many cases without the patient having to receive the shots to be numb. Most patients only feel the cool water spray of the laser.

The Waterlase MD Laser can also be used for soft tissue procedures, such as reshaping the gum tissue for a more aesthetic appearance and periodontal procedures. One benefit of utilizing the laser for soft tissue procedures is minimizing post-operative discomfort.

The Diagnodent is a laser that can detect cavities at their very smallest size. By using this technology, **Dr. Schroeder** is able to target and treat all of your small problem areas before they turn into larger issues that require more complicated procedures.

The **Schroeder Dental Group** provides digital imaging with minimal radiation and immediate results. The digital images can be

seen from every patient room and be immediately available to the patient.

You can rest assured in knowing **Dr. Katrina Schroeder's** dental practice offers you a comprehensive approach to you and your family's entire dental care needs. Whether it's a routine check-up or an advanced procedure, her staff is trained in the newest dental techniques, and ensures your visit is a comfortable one. They have the most up-to-date dental technology and treatments and gladly accept most insurance plans. Plus, they offer a payment plan that allows patients without dental insurance to afford the best possible dental care.

Call the **Schroeder Dental Group** soon at 407-886-1611.

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Boost your diet with these powerhouse foods



A nutritious diet is a key component of a healthy lifestyle. That's an important thing to remember for people looking to turn over a healthier leaf and accomplish their long-term wellness goals.

Avoiding certain ingredients, like saturated fats and added sugars, and choosing foods known for their nutritional benefits is one way individuals can utilize diet to live healthier. Although such foods cannot entirely eliminate risk for certain diseases or make a person invincible, eating more of them certainly can benefit individuals' overall health.

· **Kale:** Kale long has had a place on healthy eating lists. Kale is a good source of vitamins A, C and K, and also contains alpha-linolenic acid, which is an omega-3 fatty acid. Studies show kale can help combat heart disease and cancer, and also boost eye health by reducing risk for cataracts and macular degeneration. Kale is not the only dark, leafy green vegetable that has earned superstar status. Swiss chard, spinach, collard greens, and turnip greens are equally beneficial.

· **Berries:** There is strong antioxidant capacity associated with berries that helps reduce the risk of heart disease and other inflammatory conditions. That's why blueberries, strawberries, blackberries, raspberries, and cranberries are so revered by nutritionists. They're also great sources of fiber, vitamins and minerals.

· **Honey:** This natural sweetener is a powerful ally to animals and insects. Honey is one of the most appreciated and valued natural products. Since ancient times, honey has been used therapeutically due to its antioxidant, antimicrobial, anti-inflammatory, and antiproliferative effects.

· **Walnuts:** Studies have found that those with higher nut consumption have improved cardiovascular risk factors and lower rates of cardiovascular disease. Nuts are an important part of the Mediterranean diet, which has been found to be heart healthy as well. Walnuts are a particularly good choice for lowering LDL cholesterol, triglycerides and apoprotein B (a protein linked to cardiovascular disease).

· **Legumes:** Legumes,

also known as pulses, include beans, lentils, peas, peanuts, and alfalfa. Legumes are full of nutrients, like minerals, protein, fiber, and B vitamins. Healthline notes legumes also improve feelings of fullness, which may help people eat less at each meal.

· **Teff:** Not too many people have heard of teff, which is a very small grain that is a dietary staple in parts of eastern Africa. Teff is high in the nutrients iron, magnesium, zinc, calcium, and vitamin C. Teff also contains ample protein and fiber. Teff also is gluten-free, so it can be ground and used in place of other flours in cooking.

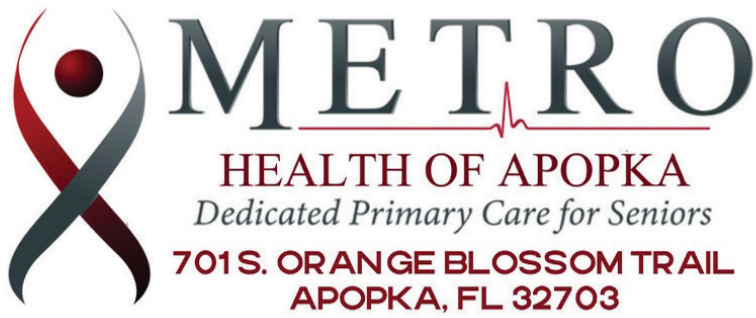
· **Kefir:** Fermented foods and beverages have garnered increased attention recently because of their effect on helping maintain gut health. Kefir is loaded with vitamins, minerals and nutrients. It is a fermented milk that boasts higher concentrations of probiotics than some other fermented foods, like yogurt. Kefir has approximately 12 active probiotic strains.

These nutrient-rich foods can make great additions to health-conscious individuals' diets.



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It's key to keep stress at a minimum for personal well-being. These strategies can help you avoid significant stress.

Stress is a significant public health challenge. The Centers for Disease Control and Prevention says mental health problems may occur as more adults deal with stress. In a recent report, more than 32 percent of adults in the U.S. reported having symptoms of anxiety or depression in the last two weeks.

The stress response gets a person through tough times, as the body rallies to evade a threat. Typically, when the danger subsides, the body can go back to business as usual. However, when stress is ongoing, it can cause harm like chronic inflammation. In addition, the constant activation

of the immune system raises the risk for many adverse health effects, including heart disease and stroke.

Men and women experience stress differently. In response to significant life stress, men are more likely than women to experience effects on the cognitive processes like memory. High job insecurity is a notable stress trigger for men.

It's key to keep stress at a minimum for personal well-being. These strategies can help.

1. Get active: Exercise will not make stress disappear, but it can relieve some of the emotional responses and clear thoughts to let

you deal with problems more readily.

2. Use laughter: Harvard Health says laughter reduces stress hormones and is a way to experience joy, optimism and hope.

3. Reduce loud noises: Sometimes loud noises can trigger a stress response. It can make it hard to think and take you away from being mindful. Avoiding loud scenarios or wearing earplugs or noise-canceling headphones can help.

4. Avoid unhealthy habits: Some people turn to alcohol or smoking to deal with stress. Overall, these habits can exacerbate stress and lead to additional health problems.

5. Meditate: The Mayo Clinic says attention is focused to help calm the thoughts in the mind and give a sense of peace and calm. Meditation can include guided imagery, mindfulness and visualization exercises.

6. Connect with others: Meaningful relationships can create feelings of belonging. Feeling cared for and supported can help people cope with stress and be more resilient. Building connections involves reaching out to community, family or friends. Sometimes just talking things out with others as a sounding board can alleviate stress, especially when others share that they

have experienced similar situations.

Stress can be detrimental to men's overall

health. Taking steps to reduce stress can improve quality of life.



Hunt Club Medical Care is dedicated to one very important thing, keeping you healthy

Primary care plays an integral part in your overall health. Wellness visits, disease prevention, illness diagnosis and chronic disease management all begin with a dedicated primary care team. At Hunt Club Medical Care, they make it their goal to provide the best care for every patient every day. They're passionate about what they do. You'll be treated by people who offer care with confidence and kindness.

Often voted #1 Best in Apopka, their goal is to deliver the highest quality primary care and urgent care to their community. They strive to be distinctive. It's the combination of their passion for their patients and a depth of knowledge of the human body that often sets them apart.

Selecting a primary care physician is one of the most pivotal health-care decisions you can make. Hunt Club Medical Care combines traditional primary care services with preventive care to ensure your overall wellness is being taken care of. Whether you're in for a sick visit or routine care appointment, they're here to keep you on the path to great health.

For over 45 years, Hunt Club Medical Care has been caring for people and improving the quality of life in the community they serve. Their aim is to deliver the highest quality health care available in the area, and they've cared for many of those for decades. Their doctors are board-certified physicians in Internal Medicine and Family Practice.

Hunt Club Medical Care offers family care, urgent care, same



day appointments, well-woman exams, chronic disease management, preventative medicine, annual physicals, and on-site lab and x-rays.

The Hunt Club Medical Care facility is privately owned and operated by Dr. Michael Gordon. The goal of this medical facility is to provide comprehensive care to their patients. On staff are Michael Gordon M.D., Pinida Toochinda M.D., Kristen Consiglio PA-C, Whitney Dailey PA-C, Elisabeth Duer PA-C, and Roshani Levister PA-C.

The staff at Hunt Club Medical Care assures that every patient has access to the highest quality care, and they genuinely care for the comfort and well-being of their patients by treating them with courtesy, dignity, and respect. They're comprehensive in the response to the needs of their patients and consider themselves to be partners with their patients in their health care.

Hunt Club Medical Care is a family practice medical office and urgent care facility. Staff consists of long-term employees who are highly skilled at providing patients with personalized, concerned care.

Their award-winning electronic medical records (EMR) system allows the clinicians to quickly locate and maintain each pa-

tient's most up-to-date health and examination records through a laptop computer station in every room. They also have in-house digital x-ray and EKG testing on-site. In addition to the medical care, the clinicians perform school sports physicals. They are pleased to have a team of female clinicians who perform well-woman exams, including pap testing. A number of local businesses have selected Hunt Club Medical Care to provide care for their employees, including pre-employment exams and treatment for work-related injuries.

For your convenience, they operate on a walk-in basis; no appointment is necessary. Or you can schedule appointments when needed. Hunt Club Medical Care is staffed with two or three clinicians on duty to minimize the waiting time for patients.

They're open every day: Monday through Thursday, from 8 a.m. to 7 p.m., Friday, from 8 a.m. to 6 p.m., and Saturday and Sunday, from 8 a.m. to 4 p.m. They are conveniently located at 3191 E. Semoran Boulevard, across from Colonial Shoppes of Bear Lake. Call Hunt Club Medical Care at 407-788-6500 for more information and to ensure of your medical needs.

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Promoting heart health

Resolving to be physically active is an important step towards heart health and overall well-being. Exercise is one of the most effective tools for strengthening the heart and avoiding various illnesses, including high cholesterol, that can affect cardiovascular health, according to Johns Hopkins Medicine.

Although any exercise can be beneficial, there is a fitness recipe designed to be the most effective for strengthening the heart and helping it to work to its full potential. Here are the guidelines recommended by the American Heart Association and Johns Hopkins Medicine.

- Get 150 minutes per week or more of moderate-intensity aerobic activity or 75 minutes per week of vigorous-intensity aerobic activity, or a combina-

tion of both. These activities can include running, cycling, swimming, and others that will get the heart pumping.

- Incorporate moderate- to high-intensity muscle-strengthening activity at least two days a week.
- Strength training should be designed to work the entire body. It doesn't have to be traditional weightlifting, either. Body weight exercises, yoga, Pilates, and even tai chi can build strength and offer additional benefits like improving balance.
- Consider HIIT exercises. HIIT stands for high-intensity interval training, which involves exercising as hard as one can for a short period, and then resting briefly before exercising hard again for a short period. While there are many different HIIT programs, a popular one

involves exercising hard for four minutes, followed by three minutes of recovery time, for four cycles total.

- While stretching, flexibility and balance exercises do not directly affect heart health, they do help one stay flexible and free from joint pain and other issues that can sideline a person from exercise. Doing what one can to protect against falls and reduce risk of being sedentary will benefit the heart in the long run.
- Don't discount everyday activities in relation to how they can enhance heart health. Walking, gardening, playing with children, or tossing a ball to a family pet are beneficial aerobic activities.

Heart health is something to take seriously, and exercise plays a key role to strengthen the heart.