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Take a Deep Breath for Life

Emerald Coast Research Associates

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ECRA Welcomes You to the First Edition

Special points of interest:

- We are actively seeking patients for COPD trials.
- We are actively screening patients for an upcoming asthma trial.
- Visit our website at EmeraldCoastResearch.com for more information and updates on trials in all therapeutic areas

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Welcome to the first edition of the ECRA newsletter! We hope that you find this and future editions to contain useful as well as informative content. Without our patients, our community and your positive feedback, we would not exist. As our practice and technology grow, we are developing more ways to keep you up to date. However, do not let this stop those of you who like to drop in for the afternoon cup of coffee! Our office is always open to you.

CATCHING UP..

In November Dr. Moriarty and Dr. McKenzie tested via exam for a new certification, both were successful and hold Board Certification in Sleep Medicine.

March was extremely busy outside of the office. Dr. Moriarty was the guest lecturer at the Panama City Beach Senior Center March 8 during a Health Lunch to over 40 attendees. On March 11 Dr. Moriarty was a featured speaker to the Bay County Veteran's Council at the Lynn Haven American Legion Post #356 (Douglas Munro). Both lectures were well received with a lengthy question and answer session following. Topics included Asthma, COPD and Medical Heroes. Amanda Currie, Jessica Hochstetler, Beth Childree and Carol Moriarty accompanied Dr. Moriarty.

Ms. Currie and Ms. Hochstetler attended Interagency, Case



Manager and Health Task Force Meetings in the hopes of becoming more aware and involved in community based events. We will pass along community news as we learn about it.

Cindy Hurley of celebrated her Birthday March 11th. Make sure you mention it the next time you are in!

Community Outreach

We invite you to stop by and visit us at Friday Fest in Downtown Panama City April 2 in the Panama City Radio Group booth. We are currently advertising on BOB 94.9 FM and ARROW 95.9 FM radio and were asked if we would like to share the booth for the night.

Dr. Moriarty and ECRA were asked to present a lecture at the Carl J Luksic AMVETS Post 2298 on April 28.

ECRA will be a vendor at the Health Expo presented by Bay County Interagency on April 30. Please join us.

ECRA is scheduled to speak at the Lynn Haven Senior Center Health Lunch on May 11.

Dr. McKenzie will speak at the H2U lunch sponsored by ECRA at the Shaddai Shrine on June 16.

*You are happiest
when you are
making the greatest
contribution.
-Robert F. Kennedy*

Attention Veterans

DD FORM 214— SOCIAL SECURITY BENEFIT. Since 1957, if you had active duty, you paid Social Security taxes on these earnings. Since 1988, inactive duty services in the Armed Forces reserves has also been covered by SS. Under certain circumstances, special extra earnings for your military service from 1957-2001 can be credited for SS purposes.

FROM 1957-1967: Extra credits will be added to your record

when you apply for SS benefits.

FROM 1968-2001: Extra credits were automatically added to your record

AFTER 2001: No extra credits

EXTRA CREDIT BENEFITS

Service 1957-1977:

Credited with \$300 per each calendar quarter in which you received active duty basic pay.

Service 1978-2001:

For every \$300 active duty pay you are credited additional \$100 up to \$1200/year. If you enlisted after Sep 7, 1980 you may not be eligible

FREE TAX PREPARATION

Free tax preparation is available through the Volunteer Income Tax Assistance & Tax Counseling for Elderly programs. Call 1-800-829-1040 to find the nearest VITA or TTCE site to see if you are eligible.

Quitting Can Turn Back Time

A recent study showed that a year after kicking the habit smokers' arteries showed signs of reversing a problem that can set the stage for heart disease. Smoking is one of the top causes of heart disease and about 1/3 of smoking related deaths in the US are due to heart disease. In the study 1500 smokers were given 1 of 5 methods to quit: nicotine

patches, nicotine lozenges, the drug bupropion or a combination of patches and lozenges or the drug and lozenges. A 6th group used a dummy treatment. After 1 year 36 % had quit and it made no difference which method they used. Before the study started and 1 year after smokers quit doctors did an ultrasound to see how well

blood vessel linings relaxed and handled blood flow. Doctors found that artery function improved 1 %. It may not sound like much but research shows that translates to a 14% lower risk of developing heart disease.

The study will continue for 2 more years to see if patients continue to improve.

What Are The Benefits Of QUITTING?

When smokers quit, within 20 MIN of smoking that last cigarette the body begins a series of changes! 1)AT 20 MINS AFTER QUITTING: blood pressure decreases, pulse rate drops & body temperature of hands & feet increases 2)AT 8 HRS: carbon monoxide & oxygen levels in blood return to normal 3)AT 24 HRS: chance of heart attack

decreases 4)AT 48 HRS nerve endings start re-growing, ability to smell & taste is enhanced 5) THE 1st YEAR AFTER QUITTING: circulation is improved, walking becomes easier, lung function increases; coughing, sinus congestion, fatigue, shortness of breath decreases, excess risk of coronary heart disease is decreased of 1/2

that of a smoker 6)AT 5 YRS: stroke is reduced to that of non-smokers 7)AT 10 YRS risk of lung cancer drops to as little as 1/2 that of continuing smokers, risk of cancer of mouth, throat, esophagus, bladder & pancreas decreases, risk of ulcer decreases 8)AT 15 YRS risk of coronary disease is similar to people who never smoked .

Community Events

April 2: Friday Fest Downtown Panama City from 6-10PM more information can be found at www.pcfriidayfest.com

April 5-11: Public Health Week. April 7: Bay County Health Department is showcasing services offered by the Department of Health from 9-11:30AM at 597 W. 11th Street.

April 15: Better Breathers meets at 3PM. HealthSouth Hospital is located at 1847 Florida Ave.

They are a support group for family members, caregivers and patients with breathing problems.

April 15: Prostate Cancer Seminar and Free Screenings 5PM. Bay Medical Center Medical office building auditorium. Call 747-6541 for more information.

April 17: KidFest 10AM-4PM. Hosted by Early Education & Care at Gulf Coast Community College \$1 Child \$2 Adults

April 28: Free Glucose Screening 9AM-Noon at Bay Medical Diagnostics. No fasting or appt required. Call 913-6913 for more information.

April 30: Free Annual Health Fair 9AM-2PM at Community Life Center First United Methodist Church at 903 East 4th Street. Bay County Aging Interagency Council is hosting. Focus is on health screening, information and services from local health providers.



JACK CURRIE, AGE 5

Office Mascot, Research Supporter

Medical Heroes

Medical Heroes can be found in everyday places. A non-profit organization located in Boston called CISCRP, or the Center for Information and Study on Clinical Research Participation, is dedicated to educating and informing the public, patients, medical/research communities, media and policy makers about clinical research and the role each party plays in the process.

CISCRP honors those who have volunteered in the medical research process by calling them Medical Heroes and has started a campaign surrounding this thought. Without the millions of people who volunteer every day for clinical trials there would be no new medications.

Their website can be found at www.CISCRP.org. It contains information on what to expect if you are considering volunteering, where to find a trial, endless resources about clinical trials and an online community for clinical research volunteers. You can become a Medical Hero too. Call Emerald Coast Research Associates today! 850-785-6550

An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.

-Martin Luther King Jr.

A Quick Look At Asthma

In 2008, 23.3 MILLION Americans were estimated to have asthma.

That same year, asthmatic adults lost an estimated 14.2 MILLION days of work.

Approximately 64% of adult deaths attributed to asthma were in women.

Asthma is a reversible obstructive lung disease. It presents with acute exacerbations but is a chronic inflammatory disease of the airways. Exacerbations or "attacks" are brought on by triggers such as respiratory infections, allergens (pollen, animals, mold and mildew), chemicals, emotions and smoke.

During an attack, the lining of the airways swell, chest muscles tighten and mucus increases in the airways.

3 types of medications are used to treat asthma. Controller agents-either Leukotriene modifiers or steroids for inflammation and Rescue agents-like albuterol for attacks.



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DR. MORIARTY SPEAKS WITH ATTENDEE OSCAR PENNA, AFTER THE LECTURE AT PANAMA CITY BEACH SENIOR CENTER. THE HEALTH LUNCH PROGRAM WAS SPONSORED BY EMERALD COAST RESEARCH ASSOCIATES AND GENTIVA HOME HEALTH CARE.

Stuffed Peppers-Serves 2

Ingredients:

- 1 cup water
- 1/2 cup uncooked rice
- 2 green bell peppers, halved and seeded
- 1 T olive oil
- 2 green onions, thinly sliced
- 1 t dried green basil
- 1 t Italian seasoning
- 1 t salt
- 1 pinch ground blk pepper
- 1 tomato diced

- 1/2 cup crumbled feta cheese

Directions:

1. Preheat oven to 400°F. Lightly grease a baking sheet.
2. In a medium saucepan bring water to a boil. Stir in rice. Cook according to directions. Remove from heat, set aside.
3. Place peppers cut side down on the baking sheet. Roast 25-30 minutes in the preheated oven, or until tender and skin starts to

brown.

4. While peppers are roasting, heat oil in a medium skillet over med-high heat. Cook onions, basil, Italian seasoning, salt and pepper for 2-3 minutes. Stir in tomato, cook for 5 minutes. Spoon in the cooked rice and stir until heated through. Remove from heat, mix in feta cheese and spoon mixture into pepper halves.
5. Return to oven for 5 minutes. Serve immediately.



Nutritional Information:
Amount Per Serving
Calories 402 Total Fat 15.3g Cholesterol
33mg