

# Today 4 Tomorrow

VOLUME I, ISSUE 3

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## EMERALD COAST RESEARCH ASSOCIATES

### Catching up...

#### Special points of interest:

- *New Asthma study enrolling!*
- *Long term COPD study enrolling*
- *ECRA considers new indications for studies*

We are proud to announce the release of the redesigned ECRA website. If you have not visited the site in a while, please log back on. Share the site with your family and friends.

[EmeraldCoastResearch.com](http://EmeraldCoastResearch.com)

ECRA participated in a health fair in Wewahitchka July 30 that drew close to 400 participants. Even Elmo made an appearance!

Currently ECRA is excited to be working with a major sponsor on one of the largest "Mega-Trials" to be conducted to date. The study will include 16,800 patients, span approximately 4 years and 55 countries. The study indication is COPD and

compares a marketed medication against a new delivery system. If you are interested in participation, please contact our team at 850-785-6550.

Due to the extreme time commitment involved with this study ECRA will be hosting social events for patients participating in this study. The next event for patients participating in the 205.452 study is scheduled for Friday September 17 at 3pm.

We love our patients and to show our appreciation we are making photo collages. We have two LARGE frames that need your faces. Wear a smile and take a moment to pose for a



**HAPPY HALLOWEEN!!**

photo op the next time you are in clinic. We would not exist without your smiling faces.

Please forward any comments or suggestions for story ideas to [jesselkins@bellsouth.net](mailto:jesselkins@bellsouth.net).

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### Asthma Study Enrolling

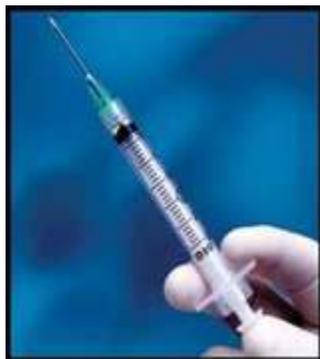
We are now enrolling for a new asthma study. Visits are in the afternoon, which is convenient for those of you who work. The medication under study is an anticholinergic. These medications are commonly used in COPD but have not been approved in asthma.

#### Inclusion Criteria:

- Male and Female 18-75
- Ex or never smokers with less than 10 pack year history
- Ability to perform all study related procedures

#### Exclusion Criteria:

- Pregnancy
- Cancer within 5years(Basal cell is OK)
- Significant Drug or alcohol abuse within the past 2 years



## New Flu Vaccine For Adults 65 Years and Older

On average in the United States it is estimated that 90% of the 36,000 annual flu related deaths and complications were in 65 years of age and older. This despite having the highest rate of immunization. Researchers are beginning to think they don't respond as well as younger adults. As people age their immune function tends to decrease, which makes older adults more susceptible to infections but also less responsive to vaccination.

In December 2009, the Food and Drug Administration (FDA) licensed Fluzone High-Dose Vaccine, which is designed to help generate a stronger immune response in people 65 years of age or stronger.

have included Fluzone High vaccine among the vaccine s recommend for adults 65 years of age and older. Fluzone High Dose vaccine is also a payable benefit under Medicare Part B.

The new 2010-2011 annual influenza recommendations issued by the US Centers for Disease Control and Preventions's Advisory Committee on Immunization Practices (AIP)

The American Lung Association recommends that you consult your healthcare provider to learn more and determine if it is the best option for you and your loved ones.

*Take Calculated Risks... This is Quite Different From Being Rash. -George S. Patton*

## Asthma Camp for Florida Children

### ASTHMA CAMP CAMP BOGGY CREEK

The mission of Camp Boggy Creek is to enrich the lives of children who have chronic or life threatening illness by creating camping experiences that are made memorable, exciting, fun, empowering, physically safe and medically sound.

Asthma Camp for the children of Florida takes place at Camp Boggy Creek in Eustis. Camp Boggy Creek is a permanent , year-round facility where children between the ages of 7-16 with chronic or life threatening illness can come at no charge to them or their families.

Fall Family Asthma Weekend— December 3-5 2010

Spring Family Asthma Weekend —April 2011

Summer Asthma Camp— August 2011

For more information about asthma camp and family weekends, call 1-800-LUNGUSA

Just join for the following events:

## COPD –Novel Lung Disease Sensor

Qinetiq has developed a new system for chronic lung disease that is currently being tested in England. The system works by measuring bio marker proteins whose concentration reflects the severity or presence of disease in saliva.

This system could monitor the everyday condition of patients

with serious lung conditions, especially during flare ups, which are the second biggest cause of emergency hospital admissions.

Early recognition of such impending flare ups could alert patients and caregivers to begin or change treatment regimes, decreasing urgent hospital ad-

missions.

Researchers are preparing for clinical trials on the system now. Developers of the device are looking to further miniaturize to produce a smart hand held device to allow patients to monitor their condition in the comfort of their own home.



## Community Events

Sept 1, Weight Loss Surgery Education Class FREE, Gulf Coast Medical Center, 8AM-10AM, 747-3600

Sept 3, Friday Fest, Downtown Panama City

Sept 16, FREE Prostate Cancer Screening Seminar, Bay Medical Office Building Auditorium, 747-6541 Carol Volpi

Sept 20, \$65 AngioScreen Cardiovascular Screening, Gulf Coast Medical Center, 8AM-

4PM, 747-3600

Sept 22, Glucose Screening FREE, Bay Medical Diagnostics, 913-6913 Jo Colville

Sept 23, Heart Health Seminar, HealthPlex-Community Room, 747-6541 Carol Volpi

Oct 1-2, Oktoberfest, Downtown Panama City

Oct 8-10, PCB Seafood, Wine & Music Festival, Frank Brown Park, [www.panamacitybeachfest.com](http://www.panamacitybeachfest.com)

Oct 9, Making Strides Against Breast Cancer 5K walk, Aaron Bessant Park, 8AM, 785-9205X3509 Mya Van Arsdale

Nov 5, Friday Fest, Downtown Panama City

Nov 5, Health Fair, Gulf Coast Community College, 8AM

Nov 13, Health Fair, PCB Senior Center, 1PM-4PM

Nov 30-Dec4, Rescue Mission Festival of Trees, Marina Civic Center



*There are three kinds of people in the world, the wills, the wonts and the cants. The first accomplish everything; the second oppose everything; the third fail in everything.*  
-Sydney Smith

## Foods to Fight the Common Cold

The cold season lasts from September until May and accounts for more doctor visits and missed days of work and school than any other illness. Viruses that cause the common cold and flu (also called influenza) don't respond to antibiotics and over the counter cold treatments do not shorten or prevent these viruses.

What can you do for the cold?

Develop and maintain a healthy immune system. Some foods can assist you. Five to seven servings a day of a diet rich in antioxidants found in fruits and vegetables. Look for the most colorful ones, such as tomatoes, bell peppers, squash, blueberries, eggplants and spinach to name a few. Foods that are rich

in vitamins A, B, C, E and in zinc, potassium and magnesium. Here is a top 10 list:

Avocado, Spinach, Tomatoes, Bell Peppers, Broccoli, Garlic, Grapefruit, Lean Meat and Yogurt.

Avoid foods that are high in sugar and excess milk products. Milk protein thickens mucous. Sugar decreases immunity.

## Prepare Kids with Asthma for School

The American Lung Association has tips to help you prepare to go back to school with asthma.

Wash up. Good hygiene is the first line of defense against any type of cold or flu.

Get vaccinated. All children, especially those with asthma should get a flu vaccination.

Asthma action plan. Update yearly and share with your child's school.

Visit the school nurse and teachers. Discuss triggers.

Know your school's asthma emergency plan. Ensure the school knows how to contact you in the event of an emergency.

Be an advocate. Students have the right to carry asthma medications to school. Learn the school's requirements.

Know about prescription assistance services. No one should have to go without their medications due to finances.

One resource: 1-888-4PPA-NOW.



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## FALL BABIES

11th October-Jessica Elkins  
Hochstetler

11th October-Bobbie McQuagge



## Delicious Ham and Potato Soup

### Ingredients:

- 3 1/2c peeled and diced potatoes
- 1/3c diced celery
- 1/3c finely chopped onion
- 3/4c diced cooked ham
- 3 1/4c water
- 2 T chicken bouillon granules
- 1/2t salt, or to taste
- 1t ground white or black pepper, or to taste
- 5T butter
- 5T all purpose flour

- 2c milk

### Directions:

1. Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper.
2. In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk so as not to allow lumps to form

until all the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.

3. Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

Prep Time: 20 minutes

Cook Time: 25 minutes

Ready in 45 minutes

Serves 8



Nutritional Information  
Amount per Serving  
Calories: 195 Fat: 10.5g Cholesterol: 30mg