

Today 4 Tomorrow

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SPRING 2011



Take a Deep Breath for Life

Emerald Coast Research Associates

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Spring FEVER

Special points of interest:

- *ECRA is enrolling for 2 new COPD studies*
- *ECRA continues to enroll for an asthma study*
- *Chronic constipation study enrolling*

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Catching UP.....

Spring is upon us.

Thank you for your support of the Lung Walk held at Pier Park February 19th. ECRA along with Dr. Moriarty and Dr. McKenzie were the primary sponsors for the event. If you missed the event you can check out some snapshots on our Face Book website.

Did you know that we work with Dr. Hulon Crayton? ECRA is evaluating a new study for rheumatoid arthritis. Six IV infusions will be completed over 12 weeks for Part I of the study. Part II is given subcutaneously to patients who received and re-

sponded to study medication in Part I. There is also a follow up period of twelve weeks. We hope to begin this study in the fall.

We have a lot going on around this office. Take the time to check our study listings on our website or watch for postings on Face Book if you are interested in participating in a study. You can also simply pick up the phone or drop by the office. Our doors are always open.

If you haven't taken the time to "like" ECRA on Face Book, do it now! It is a great way to receive information about events and activities in real time. We try to



Spring has SPRUNG!!

post weekly.

On a personal note, baby boy Currie is due to make his arrival in July. Big brother Jack is very excited. We are too!

New COPD Study to Begin Enrolling

ECRA began enrolling in a new COPD study late March. This study has 9 clinic visits and will last 27 weeks. Patients will be required to use a hand held diary between clinic visits. This medication is a combination product that will be inhaled once daily.

Inclusion Criteria:

- Male and Female >40 years old
- Current or ex smoker with more than 10 pack year history
- Demonstrated COPD through clinical testing

Exclusion Criteria:

- Pregnancy
- Cancer not in remission for 5 years
- Active tuberculosis
- Alpha-1 Antitrypsin deficiency



*“When one door closes another opens. But often we look so regretfully upon the closed door that we fail to see the one that has opened for us”
-Helen Keller*

Avoiding Spring Allergies

Limiting your exposure to pollen can drastically reduce allergy symptoms. Here are some tips:

Eliminate your yard from pollen producers-ragweed, sagebrush, lamb’s quarter, English plantain or tumbleweed.

Ask an allergy free friend or family member to mow grass. If you must mow, wear a mask.

Remove dead and decaying leaves from near your home.

They are mold magnets.

Pollen count is highest between 5-10AM. Minimize activity at this time.

Keep car windows closed.

Don’t hang freshly washed clothes out to dry on a clothesline.

Stay away from tobacco and wood smoke.

Place washable area rugs at all entryways to your home to stop

outdoor allergens and dirt at the door. Wash them weekly in hot water.

Wash away dust and pollen from your hands and face, especially your hair after coming inside from gardening.

Allergenic pollen is produced by oak, elm, hickory, pecan, box elder and cedar trees. If you have a window near these trees, keep it closed.

Summer Heat and COPD

Chronic Obstructive Pulmonary Disease and summer heat can be a dangerous combination. When airways are already inflamed and irritated, breathing hot air can make it worse. Exposure to extreme temperatures causes our bodies to work harder to try to maintain our normal body temperature, 98.6°F. This extra energy expenditure causes a

demand for more oxygen. So, it is not uncommon to experience more shortness of breath when exposed to extreme temperatures.

The Center for Disease Control reported there were 8,015 deaths from 1979-2003 related to heat. This was more than reported for tornadoes, lightning, floods and

earthquakes combined during this same time frame.

Steps you can take:

1. Drink plenty of fluids regardless of your activity level.
2. Wear appropriate clothing - lightweight and light colored. Wear sunscreen everyday.



Antibiotic for IBS Rejected by FDA

The antibiotic Xifaxan has failed to receive approval from the US FDA. The medication was to be marketed for the treatment of non-constipation irritable bowel syndrome and IBS-related bloating. During two Phase II studies significant improvement for adequate relief of IBS symptoms IBS-related bloating, abdominal

pain and stool consistency was seen. Patients enrolled in the trials completed a 14 day course of therapy.

The FDA letter stated further information on the medication was needed to consider approval

Salix Pharmaceuticals, the maker of Xifaxan, requested a meeting with the FDA to discuss

the next steps.

Xifaxan was first approved in the US in 2004 for the treatment of traveler’s diarrhea and for a complication of liver disease.

Community Events

April 4, Angio Screen, Gulf Coast Medical Center-Diagnostics, 8AM-3PM, \$75, 747-3600

April 5, Bariatric Surgery Seminar, 8AM-10AM, FREE, Gulf Coast Medical Center-Learning Center, 747-3600

April 6, Quit Smoking Now Class, Noon-1PM, Bay Medical HealthPlex, 482-6500

April 7, 5PM-6PM, Quit Smoking Now Class, Bay

Medical-Medical Office Building, 482-6500

April 13-17, Seabreeze Jazz Festival, Pier Park - Amphitheater

April 16, Kidfest, 10AM-4PM, Bay County Fair Grounds

April 20, Glucose Screening, Bay Medical Diagnostic, FREE, 913-6913

April 21, Better Breathers, 3PM-4PM HealthSouth hospital-lunchroom

April 27-May1, Thunder Beach

May 6, Friday Fest, 6PM-9PM, Downtown Panama City

May 7, Gulf Coast Triathlon

May12-14, Under the Oaks Bluegrass Festival, www.undertheoaksfestival.com

May19, Better Breathers, 3-4PM, HealthSouth Hospital-lunchroom

June 25, Panhandle Women's Expo, 10AM-5PM, PC Mall



"Happiness does not depend on outward things, but on the way we see them"

-Leo Tolstoy

Nothing to Sneeze at.....

Around 40 million Americans have the genetic tendency to have seasonal allergies. Some plants have beautiful, scented flowers that attract insects that will spread pollen as they move from plant to plant. Other plants produce ugly, unscented flowers that do not attract any insects; instead these plants rely on the wind for pollen movement. If you are one of the 40

million this could be the cause of a major illness. Common seasonal allergies include: grass, airborne mold spores, ragweed, pine and palm.

Common allergy symptoms include: sneezing, runny nose, sore and itchy throat, wheezing, coughing and fatigue.

It is important to get tested to determine your allergen. See

your physician or an allergy specialist to be evaluated.

Treatment usually begins with avoidance of triggers. If this seems impractical or is not working, medications are available. Antihistamines, nose sprays, eye drops and allergy shots are all effective forms of treatment.

Chronic Constipation Study to Start

ECRA is pairing once again with Dr. Maciej Tumiak for a chronic constipation study that is about to begin enrollment. IBS is not an exclusion in this study as it was in previous constipation studies.

The study has up to a 28 day lead in and the actual treatment time is 8 days. The study is

comparing a marketed medication in both trade and generic form.

Inclusion Criteria:

Males and Females 18 years of age or older meeting bowel movement symptom criteria

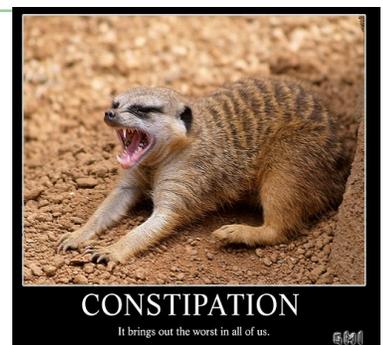
Negative pregnancy test

Exclusion Criteria:

Pregnancy

Inflammatory Bowel disease, Chron's Disease, Ulcerative Colitis

Narcotics, Calcium Channel Blockers and use of Tricyclic Antidepressants are not allowed



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BIRTHDAYS

Amanda Currie-July 4th

Baby Currie—TBA

Erinn Moriarty-July 29th

Dr. Mo-July 31st

Fruit Salsa and Cinnamon Chips

Ingredients:

- 2 kiwis, peeled and diced
- 2 golden delicious apples, peeled, cored and diced
- 8 ounces of raspberries
- 1 pound of strawberries
- 2 T white sugar
- 1 T brown sugar
- 3 T fruit preserves, any flavor
- 10 (10inch) flour tortillas
- Butter flavored cooking spray
- 2 T cinnamon sugar

Directions:

1. In a large bowl mix kiwis, apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
2. Preheat oven to 350°F
3. Spray each side of flour tortilla with cooking spray. Cut into wedges & arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.

4. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Servings: 10

Calories: 312

Fat: 5.9g

Cholesterol: 0mg

Prep Time: 15 min

Cook Time: 10 min

Ready In: 45 min

