

Today 4 Tomorrow

VOLUME I, ISSUE 2

SUMMER 2010



Take a Deep Breath for Life

Emerald Coast Research Associates

Timothy G. Moriarty, MD

Welcome Back!

Special points of interest:

- COPD study currently enrolling
- Asthma study currently screening
- COPD study being considered

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We are glad to have you with us for the summer edition of our newly named newsletter. Please take note.

TODAY 4 TOMORROW

We hope that you will agree that this sums up the process behind clinical research. We are creating a healthier tomorrow through research today. Volunteers for clinical studies make all of this possible.

CATCHING UP... Where to start? Almost 200 people attended the Bay County Council on Aging Interagency Health Fair. ECRA helped coordinate and provided lung screenings April 30.

ECRA provided lung screenings

at the Bay County Council on Aging Health and Wellness Fair May 1.

Dr. Moriarty's speech at the Lynn Haven Senior Center was well received by 75 attendees on May 11.

The asthma fundraiser "Send a Kid to Camp" May 22 was a smashing success with over twice the funds raised as the last event.

ECRA provided screenings at the Elder Abuse Awareness Day Health Fair Jun 15 with proceeds benefiting the Meals on Wheels Program.

Dr. McKenzie spoke to the Health2You group at the Shaddai Shrine Temple on Pulmonary issues with ECRA June 16. 115



HAPPY 4th of JULY!!!!

people attended. The Navy Safety & Health Fair was attended by ECRA where we again provided free lung screenings Jun 17.

Panama City Living is covering ECRA and our efforts to promote awareness of volunteers for clinical studies and Medical Heroes. Check out the July/August issue! It is amazing!

In Case You Missed It— Electronic Cigarettes

Dr. Moriarty recently wrote an article, at the request of the Lynn Haven Ledger, regarding electronic cigarettes.

The article discussed the Food and Drug Administration's findings on these devices. This included the following statement

"No scientific evidence has been submitted to the FDA to support claims that these products are safe or that they can be used as a method to stop smoking."

As a center that performs clinical research, ECRA and Dr. Moriarty stand behind this

statement until further testing can be completed. While e-cigarettes may be considered a safer alternative than smoking conventional cigarettes, this has not been validated by any regulatory authority.

org



Meet our Newest Edition-Beth Childree

Beth is a rarity in many forms. First and foremost, she is a true native. She graduated A. Craw-

ford Mosley High School and plans to attend a reunion of an undisclosed year this summer.

She is married to a supportive and kind man, Donnie, together they own Bowlarama Lanes located at 2300 W. 15th Street Panama City. She has two won-

derful children, working on a third. Her son is getting married in July.

She has been working in the medical field for twenty seven years. Mrs. Childree has worked for Dr. Moriarty for the past fifteen years. Her professional experience includes medical office billing, bookkeeping and office management.

She joined ECRA as Director of Finances in September 2009. Mrs. Childree has been receiv-

ing extensive on the job training in financial software.

She attended her first Investigator Meeting in Atlanta, Georgia in April for an upcoming COPD study with Dr. Moriarty and Jessica Hochstetler. At this meeting she was introduced to study basics and how a research study moves from the meeting to the clinic. She was awarded her first certificate of attendance for a Good Clinical Practice lecture.

Every day do something that will inch you closer to a better tomorrow.
-Doug Firebaugh

www.AboutIBS.org is a website linked with the International Foundation for Functional Gastrointestinal Disorders (IFFGD) that is dedicated to Irritable Bowel Syndrome (IBS).

AboutIBS is a great resource for education on IBS. The website contains facts, symptoms, treatments, research, an online library, support groups and much

more.

Share your story or read the experience of others who suffer from IBS. You can take part in on line studies or search for research being conducted in your area. Become a member of IFFGD and be kept up to date on the latest research, care and treatment with the IFFGD quarterly publication Digestive

Health News. You will also receive substantial discounts in the learning library.

IBS affects about 1 out of 10 people. There is no cure and treatment is limited. ECRA has conducted 6 studies in this area with Dr. Maciej Tumiel. Thank you to all of our volunteers for working towards better medications for IBS.

Test Could Warn Smokers of Cancer Danger



Scientists are developing a test based on research which will tell which smokers are at the highest risk for developing lung cancer. The researchers are identifying patients with a genomic test with the promise of eventually reversing the chain reaction causing the mutation of the cells. This new information is coming from Boston University

School of Medicine.

Instead of focusing on the lung, the entire respiratory tract was analyzed and a pattern of gene activity was found here. The amount of lung cancer can't be estimated that comes from these genes yet. The benefit of early diagnosis is early treatment and a higher success rate.

Lung cancer killed nearly 160,000 people last year with cigarette smoke as the main cause, making lung cancer the leading killer. The risk of lung cancer depends in part on how much people smoke & how long ago they quit.

Source: Yahoo News

Community Events

St Andrews Towers Bake Sale
Benefiting the Towers July 3
11am-2pm 24 Harrison Avenue
Panama City FL

2010 Salute to Freedom July 4
2pm-10pm Downtown Panama
City FL

Better Breathers support group
July 15 3pm-4pm HealthSouth
Hospital 1847 Florida Avenue
Panama City FL

FREE Heart Health Seminar
July 15 2pm in the Community

Room at the HealthPlex. To
register call 747-6541.

FREE Female Urinary Inconti-
nence and Pelvic Prolapse
Seminar July 22 5pm in the
medical office building audito-
rium at Bay Medical Center. To
register call 747-6541

FREE Glucose Screening July
28 9am-12pm at Bay Med Diag-
nostics. No need to fast and no
appointment. Call 913-6913 for
more information.

Wewahitchka Medical Center
Health Fair July 30 1pm-4pm
255 West River Road Wewa-
hitchka FL

Better Breathers support Group
August 19 3-4pm HealthSouth
Hospital 1847 Florida Ave Pa-
nama City FL

If you have a community event
you would like to see here
email your submission to:
jesselkins@bellsouth.net



Do you know this masked
man?

New Treatment Offered to Patients with Severe Asthma

Bronchial thermoplasty is a
radical new treatment option
for patients with severe asthma.
This treatment is not for every-
one and even then it does in-
volve risk.

The new treatment requires
insertion of a wire through ei-
ther the nose or the mouth
down to the lungs to melt off
smooth muscle tissue that has

built up in thickness due to
repeated attacks.

A California based company,
Asthmatx Inc, produces the
Alair system which the Food
and Drug Administration ap-
proved late April.

The procedure is a half hour
procedure in which radiofre-
quency waves delivered via an
electrode melt the smooth mus-

cle. It takes 3 treatments a few
weeks apart to achieve the best
results.

Patients reported a major drop
in ER visits, improvement in
quality of life and fewer attacks.
Side effects included temporary
worsening in asthma, partially
collapsed lung and coughing up
blood.

Source: Yahoo health

*The future depends
on what we do
today.*

-Mahatma Ghandi

ECRA on FACEBOOK

ECRA created a page on FACE-
BOOK to keep you informed
and provide you with additional
resources that we could not
provide in a traditional manner.

By "liking" our page you can
link to other pages that we have
listed and found useful.

We post community events and
share other health related

events that might interest our
patients, our friends.

We post notes that have largely
been pulled from our new web-
site. These notes share valuable
information about our history
and frequently asked questions
regarding participation in re-
search. There will be more to
share.

You can comment on our posts
and pictures. We are not an
overbearing presence on
FACEBOOK but we will con-
tinue to keep the page updated
and current.

If you like what you see, invite
your family, friends and col-
leagues!



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Summer Birthdays

4th of July-Amanda Currie

31st of July-Dr. Moriarty

5th of August-Beth Childree

9th of August-Carol Moriarty

16th of August-Bradley Merritt



Whole Wheat Pasta Salad with Walnuts and Feta Cheese-Serves 4

Ingredients:

- 1/2 pound whole wheat fusilli or other spiral pasta
- 1/2 c walnuts
- 1/2 c crumbled feta cheese
- 1/2 c diced red onion
- 1/2 c chopped baby spinach leaves
- 2 T walnut oil
- 2 T red wine vinegar
- 1 clove garlic minced (about 1/2t)
- Salt
- Freshly ground blk pepper

Directions:

1. Cook pasta according to the directions on the package. Drain the pasta, rinse it under cold water, and put it in the refrigerator to chill.
2. In a dry sauté pan toast the walnuts over a medium-high flame until they are fragrant, about 2 minutes. Set the walnuts aside to cool then chop them coarsely.
3. In a large bowl, toss together the chilled pasta, walnuts, feta cheese, onion, and spinach. In a small

bowl whisk the oil, vinegar, garlic and mustard. Pour the dressing over the pasta salad and toss to combine. Season with salt and pepper.



Nutritional Information
Amount Per Serving
Calories 420 Total Fat 21.5g
Cholesterol 16.5mg