

# Today 4 TOMORROW

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SUMMER 2011



Take a Deep Breath for Life

## Emerald Coast Research Associates

### Timothy G. Moriarty, MD

#### Special points of interest:

- *ECRA is to begin a new COPD study in September*
- *Chronic constipation study enrolling*
- *2 enrolling COPD studies*

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## Catching Up.....

What's new?

Well, if you haven't been in the office lately, you might not know that Amanda is getting ready to give birth to her second son. We are wishing her a safe and easy delivery!

If you are in the office and find a new face, it is our latest addition summer intern, Rami Tabbaa.

We are currently having our website revamped by a local company called CyberSytes. We are excited about the design layout and look forward to your feedback. We are hoping to have the new site up very shortly. Until then you can look

for us at

[www.CenterWatch.com](http://www.CenterWatch.com) for new study postings or you can just pick up the phone.

The summer is here and it is HOT. We just wanted to take the time to remind our patients, especially respiratory patients, of a few safety tips for the summer months. Hydrate. Drink lots of fluids, especially water. Use your air conditioning. Plan your activities around the coolest parts of the day, the morning and the evening. Change your air filters. Humidity provides a great growth medium for most types of allergens.

Have a safe and Happy Summer!



Have a Beautiful Summer!

If you are reading this you most likely have participated in a study or inquired about a study. ECRA cannot thank you enough for being the face of clinical research. You truly are Medical Heroes. For more information on the CISCRP national Medical Heroes campaign, email Jessica

## New COPD Study to Begin Enrolling in September

This study will begin enrolling in September. It has 12 clinic visits and will last at least 54 weeks. This medication is a combination product that will be inhaled orally for chronic obstructive pulmonary disease or COPD.

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
- Daytime oxygen use over 1 hour a day
- Active tuberculosis



Peanut and shrimp allergies persist through adulthood. Milk and egg allergies may be transient.

## Food Allergies Linked to Asthma Risk

A new study shows that about 3 of every 100 people in the United States has at least one food allergy and this presence may increase their risk of asthma. Children are at a greater risk for food allergy than adults, and black male children are the greatest at risk.

This is causing a greater number of schools to call themselves “peanut-aware” or “peanut free” and requiring parents to provide information on their child’s food

allergy. School’s have moved to a more proactive approach to food allergies.

Researchers are not sure if there is an actual rise in food allergies or if there is more awareness.

The link-A recent study shows that people with food allergies were 3.8 times more likely to have asthma than those without. Also, people with allergies were around 7 times as likely to have been in the emergency room for an asthma attack in the year

before the study as people without food allergies.

Exactly how food allergies and asthma are connected is not fully understood. If you have food allergies discuss asthma risks with your allergist and if you have asthma, look into food allergies.

*We are all still  
masters of our fate.  
We are all still  
captains of our  
souls.  
-Winston Churchill*

## African Americans and Lung Cancer

Lung cancer is the number one cancer killer in America. Did you know that if you are African American, you are more likely to develop lung cancer than any other population group in the United States?

Despite lower smoking rates, African Americans are more likely to develop and die of lung cancer than whites. African

American men are 37% more likely to develop lung cancer than white men. Diagnosis tends to come later when cancer is more advanced in African Americans. African Americans are more likely to wait longer after diagnosis to seek treatment to refuse treatment, and likely die in the hospital after surgery.

While reasons are not completely clear, it is thought that workplace exposures, genetics, access to healthcare, social stress and discrimination play a role.

Solutions:

- Increase research funding
- Reduce tobacco use
- Improve access to healthcare

## New Blood Test for Uncovering Emphysema Shows Promise

A new research study sponsored by the US National Institutes of Health, has shown that early signs of emphysema-a mostly smoking related disease-can be uncovered with the help of a simple low cost blood draw. The test can be drawn without a Pulmonologist and has shown promise in early investigations. The blood draw can help spot

emphysema before symptoms begin showing up. It is chiefly designed to measure capillary debris in the bloodstream called endothelial microparticles or EMP. EMP is seen when there is damage to the lung’s air sacs known as alveoli. Researchers claim the simple blood draw is much easier than uncovering the disease the via current practice,

plethysmography. This is a lung function test that can be tiring for a patient with this disease. The blood test is not available yet and continues to be researched.



## Community Events

Pier Park Concert Series, 7PM-9PM, Every Thursday, Aaron Bessant Amphitheater

Groovin on the Green, 7PM-9PM, Every Monday, Carillon Beach-Village Green

Friday Fest, 6PM-10PM, Every First Friday of the Month, Downtown Panama City

Bay Point Invitational, July 6-10, Bay Point Marina

Summer Concert Series, 6:30 PM-7:30PM, Every Tuesday,

Sheffield Park, Lynn Haven

Type 2 Diabetes Support Group, July 20, 10AM-11AM, HealthPlex Community Room, Jo Colville 913-6913

Free Glucose Test, July 20 9AM-12AM, Bay Medical Diagnostic, Jo Colville 770-3518

Free Quit Smoking Now Class, July 20, Noon-1PM, Bay Med HealthPlex, Brigitta Nuccio 850-482-6500

Free HIV Test, July 27, 4:30PM-7PM, Bay County Health Department

Free Glucose Test, 8/17, 9AM-Noon, Bay Medical Diagnostic, Jo Colville 770-3518

Thunder Beach, 9/29-10/02

Sunset Yoga, 6PM-7PM, Every Tuesday, Behind Spinnaker Beach Club



## Primatene Mist with CFCs-No Longer Available December

Primatene Mist, the only over the counter asthma inhaler sold in the United States will no longer be available beginning December 31, 2011. This is part of an agreement to stop the use of substances that damage the environment. The medication is approved for the temporary relief of occasional symptoms of mild asthma. The FDA urges those who use this medication

to seek the guidance of a health care professional to switch them to another medication. Primatene Mist inhalers are being discontinued because they contain chlorofluorocarbons (CFCs) as a spray to move the medicine out of the inhaler so patients can breathe Primatene Mist into their lungs.

CFCs harm the environment by

decreasing the earth's ozone layer. This layer protects us from some of the sun's harmful ultraviolet radiation, which can increase the risk of skin cancers and cataracts. The United States and most other countries have signed an international agreement to phase out CFCs and other ozone depleting products.

*Your imagination is your preview to life's coming attractions.*  
-Albert Einstein

## Idling Towards Death

Sitting around too much in your time looks to increase your chance of dying, researchers found. Among more than 120,000 adults who sat more than 6 hours a day in their spare time were significantly more likely to die in a 14 year period than those who sat less than 3 hours. The association was higher in women. Findings

were independent of physical activity levels, body mass index, smoking and other factors contributing to mortality risks. Researchers think sedentary time may be related to risk because sitting is associated with other unhealthy behaviors such as overeating. Sitting too much could also have adverse metabolic effects. The risk of

dying was highest among those who sat the most and exercised the least. Broken down by cause, cardiovascular disease was significantly associated with both sitting time and physical activity levels in men and women. Cancer mortality was only related to sitting time and physical activity in women.



Don't be a couch potato!

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## Birthdays

**Amanda Currie-July 4th**

**Baby Currie-TBA**

**Erinn Moriarty-July 29th**

**Dr. Mo-July 31st**

## Citrus Summer Shrimp

### Ingredients:

- 2 oranges, zested and juiced
- 3 limes, zested and juiced
- 2 T olive oil
- 1/2 teaspoon salt, or to taste
- 3 cloves garlic
- 1 1/2 pounds large shrimp, peeled & deveined

### Directions:

1. In a food processor or blender, combine orange juice and zest, lime juice and zest, olive oil, garlic and salt. Be careful with salt. Cover and puree until smooth.
2. Place shrimp in a bowl and pour the citrus marinade over them. Marinate them for 20 minutes at room temperature.
3. Heat a non-stick skillet over medium-high heat. Fry the shrimp about 3 minutes per side, in

batches if necessary, until opaque. Spoon a little of the marinade in with them for extra flavor while cook, if you like.

Servings: 6

Calories: 199

Fat: 6.6g

Cholesterol: 173mg

Place over summer salad for an added treat.



This tasty recipe can be served over a bed of lettuce, rice or noodles.