

Today 4 Tomorrow

VOLUME I, ISSUE 4

WINTER 2010



Take a Deep Breath for Life

Emerald Coast Research Associates

Timothy G. Moriarty, MD

Catching up.....

Special points of interest:

- *ECRA is enrolling for 2 asthma studies*
- *ECRA was 1st to enroll a patient in global asthma study*
- *COPD study enrolling*
- *New COPD study to begin first of the new year*

Where to begin? ECRA recently participated in several local health fairs. In November we were seen at Gulf Coast College at Care Givers for Alzheimers conference. Later that month we attended the Panama City Beach Senior Center Health Fair. Our latest endeavor is a LungWalk with the American Lung Association. The walk is being held February 19th at Aaron Bessant Park. You can read more about this on page 2. The lead sponsors are Dr. Moriarty and Dr. McKenzie. ECRA has formed a team to walk the day of the event. We thought long and hard on a name and decided on "Team AIR-heads". We hope our lung patients will appreciate this. You

can walk with Team AIRheads or support our team with a donation. Contact our office for more details.

As a 2011 approaches we would like to reflect on another great year. This year we added a new staff member, Mrs. Beth Childee. Jessica celebrated her 1st anniversary and we still can't pronounce her last name! ECRA participated in 14 speaking/health fair engagements. We began our participation in one of the largest mega trials for COPD to date that will have a duration of at least 3 years!

We value you as part of our team. We understand that research is a commitment. Our



jobs have meaning due to the people who walk through our doors every day, the people who trust us with their family and refer their friends. Thank you for another year.

Merry Christmas and Best Wishes to all in 2011!

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2nd Asthma Study Enrolling

We began enrolling a second asthma study in November. Visits are in the afternoon, this is similar to the asthma study discussed in the last newsletter. The medication under study is a combination product similar to a twice daily marketed product but the study medication will be

a once daily product.

Inclusion Criteria:

Male and Female >12 years old

Current or ex smoker with less than 10 pack year history

Demonstrated asthma through clinical testing

Exclusion Criteria:

Pregnancy

Respiratory infection

Night shift workers

Severe milk protein allergy



Fight for Air RUN/WALK gives you the power to improve the air we breathe.

2011 Fight for Air Run/Walk

The American Lung Association is proud to announce that it is hosting its very first annual Fight for Air Run/Walk in Panama City! This certified 5K course is at the beautiful Pier Park. It's a timed event offered to all age groups, children too!

Run or walk with us to raise money and awareness for the American Lung Association in Florida. Your support will aid a child suffering with asthma, fund research to treat and cure lung

cancer, assist those coping with COPD and protect your family from the harmful effects of air pollution and secondhand smoke.

We are all in this together, fighting for our right to clean air. You can help by walking, volunteering, or donating.

February 19, 2011

Aaron Bessant Park @ Pier Park

Schedule of Events:

February 19, 7:30-11AM

7:30 Registration Begins

7:55 Announcements Begin

8:00 Run/Walk Begins

For more information

1-800-LUNGUSA

Or FightForAirRunWalk.org

*You have got to get up every morning with determination if you are going to go to bed with satisfaction.
-Oscar Wilde*

Control Cholesterol Levels with a Healthy Diet

Part of a cholesterol-lowering diet includes knowing what foods you should eat as well as how much.

Daily calorie intake

Total fat: 25-35%

Saturated fat <7%

Trans fat <1%

Cholesterol 200 mg

Salt 2400 mg

Alcohol 1 drink/d women
2drink/d men

Lean meats: Skinless chicken, turkey, lean beef, pork loin or pork tenderloin.

Light dairy: Choose fat free or lowfat dairy like milk, cheese, cream and yogurt.

Fiber: Whole grain such as whole wheat bread, brown rice and whole wheat pasta. Fruits and vegetables-4to5 servings.

Fish: At least 2 servings per week

Don't fry. Bake, grill or broil. Use vegetable oils. Use fresh vs. canned or prepackaged.



Low Vitamin D Linked to Impaired Asthma Control

Vitamin D deficiency may be a key reason for a suboptimal response to inhaled steroids. This raises the thought that treatment with vitamin D could improve asthma severity and your response to your current treatment. A research study conducted by National Jewish Medical and Research Center found low levels of vitamin D

are associated with impaired lung function, and increased bronchospasm.

This is promising research. Vitamin D is inexpensive and there seems to be little harm in treating deficient patients.

A multicenter, prospective vitamin D supplementation study is being organized to see whether

it improves asthma control. This study is being conducted at National Jewish Health, Denver. Results are probably four years away.

Community Events

Jan 4-6, Computer Basics, FREE, Panama City Library, 9:30AM 522-2108

Jan 6, Quit Smoking Now, FREE, Bay Medical Center MOB, 7:30 AM, 1-877-848-6696

Jan 11&13, Introduction to Word, FREE, Panama City Library, 9:30AM 522-2108

Jan 12, Quit Smoking Now, FREE, Bay Medical Healthplex, Noon, 1877-848-6696

Jan 26, Glucose Screening, FREE, Bay Medical Diagnostics, 9AM-Noon, 913-6913

Jan 20, Better Breathers, FREE, HealthSouth Rehabilitation Center, 3PM

Feb 12-13, Strawberry Festival, Pier Park, info

@pcbstrawberryfestival.com

Feb 17, Better Breathers, FREE, HealthSouth Rehabilitation Center, 3PM

Feb23, Glucose Screening, FREE, Bay Medical Diagnostics, 9AM-Noon, 913-6913

Feb 25-26, St Andrews Mardi Gras, 850-763-6261

Mar 4-5, Mardi Gras on the Beach, Pier Park

Mar 17, Better Breathers, FREE, HealthSouth Rehabilitation Center, 3PM

Mar 23, Glucose Screening, FREE, Bay Medical Diagnostics, 9AM-Noon, 913-6913



New Cigarette Package Warning Labels

Each year more than 443,000 people die from tobacco. Each day 3900 children under the age of 18 will pick up their first cigarette; more than 950 will become regular smokers.

The United States Food and Drug Administration is proposing new warnings for cigarette packs. These new warnings will be stronger and for the first

time ever they would include a picture message that would cover the top half of the front and back of the cigarette pack.

These graphic style warnings are going into place to dissuade children from starting to smoke and encourage current smokers to get the help they need to quit. The Tobacco Control Act is requiring the FDA to make a

ruling on these images by June 20, 2011.

The warnings would include nine textual statements and show color graphics depicting the negative consequences of smoking.

<http://www.fda.gov/TobaccoProducts/Labeling/CigaretteProductWarningLabels/ucm2024177.htm>

Bad Habits Can Age You By 12 Years.....

Four bad habits—smoking, drinking too much, inactivity and poor diet—can age you by twelve years.

These are findings from a study that tracked nearly 5,000 adults for 20 years. Overall 314 had all four habits. Among those 91 or 29% died. Among the healthiest 387 people with none

of the habits, only 32 or 8% died.

Riskiest behaviors were: smoking, alcohol—more than 2 drinks/day for women and 3/day for men, less than two hours of physical activity weekly, and eating vegetables and fruits less than three times daily. These habits combined

increased risk of death and made people who engaged in them seem twelve years older says lead researcher Elisabeth Kvaavik of the University of Ohio.

This research suggests simple lifestyle modifications could extend your life and improve your appearance.....

*To laugh often and much; to win the respect of intelligent people and the affection of children... to leave the world a better place... to know even one life has breathed easier because you have lived. This is to succeed——
Emerson*

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BIRTHDAYS

Cindy Hurley March 11



Baked Pumpkin Bread

Ingredients:

- 1 1/2 cups all purpose flour
- 1 1/4 t baking soda
- 1 t salt
- 1/2 t ground nutmeg
- 1 t ground cinnamon
- 1 cup solid packed pumpkin puree
- 1 cup packed brown sugar
- 1/2 c buttermilk
- 2T butter, softened

Directions:

1. Preheat oven to 350 degrees F
2. Sift the flour, baking soda, salt, cinnamon, and nutmeg in a large bowl. Mix in the pumpkin, brown sugar, buttermilk, egg and butter until well blended. Pour into a 9X5 inch loaf pan and smooth to the top.
3. Bake 1 hour in the pre-heated oven, or until a toothpick can be inserted into the center and comes out clean.

Nutritional Information:

Servings: 12
Calories: 162
Cholesterol: 23mg
Sodium: 410 mg
Total Carbs: 32.3
Prep Time 10 minutes
Cook Time 1 hour

