

Today 4 Tomorrow

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Take a Deep Breath for Life

Emerald Coast Research Associates

Timothy G. Moriarty, MD

Special points of interest:

- *New COPD study!*
- *Second new COPD study!*
- *Chronic constipation study enrolling*
- *Asthma study continues with enrollment*
- *ECRA is scouting for a new asthma study*

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Fall, At Last!

Welcome back! We are glad to have you with us for our fall edition.

We would like to invite you to extend a warm welcome to ECRA's newest coordinator in training, Finn Chandler Currie. Finn was born July 13 weighing in at 8lbs 14oz! Congratulations to proud parents Tim and Amanda Currie.

The new website is available at www.emeraldcoastresearch.com

You can read more about the website on page 3. Email Jessica (jesselkins@bellsouth.net) for comments or story suggestions.

As we all know, it is getting that time of year again. Are you ready for your flu vaccine? ECRA is

ready for you! Current research participants will not be charged for flu vaccinations. Vaccines are scheduled to arrive on site soon but we do not begin vaccinations until mid October to ensure you are covered for the entire flu season. Injections can be given during clinic visits or scheduled.

As we enter flu season, please remember hand washing basics.

Germs are microscopic and can live on surfaces such as door knobs, shopping cart handles and pens, for 2-8 hours. Do not sneeze or cough into your hands. Use a tissue, throw it away immediately and wash your hands or use hand sanitizer.

If you do not have a tissue, cough or sneeze into your arm.



Happy Halloween and
Happy Thanksgiving!

Avoid touching your eyes, nose or mouth with your hands.

Studies show that people can remain contagious from one day before they appear sick to 24 hours after the fever is broken.

Do not go to school or work if you are sick, this will reduce the chances of the virus spreading.

Get vaccinated!

Have a happy and healthy fall.

FDA Will Regulate E-Cigarettes as Tobacco

5/2011-The FDA will regulate electronic cigarettes the same way it regulates other tobacco products.

Representatives for the FDA ruled that e-cigarettes and other products made or derived from tobacco can be regulated as

"tobacco products".

The controversy began when an Arizona based company sued the FDA after the agency ruled it's products were "unapproved drug/device combination products" and refused to allow the company to sell them in the

United States.

A new proposal by the FDA would include "other categories of tobacco products that meet the definition of "tobacco products, which would include electronic cigarettes.



Always carry a quick relief inhaler!

Fall Asthma Triggers-How to Avoid Them

Tips from the American Lung Association for making fall activities more asthma friendly.

Stay inside if the pollen count is high between 10AM-3PM.

Make sure you have a quick relief inhaler on hayrides, haunted houses and trick-or-treating.

Leaves in fall are drier and mold spores buried in leaf piles can be stirred when raking or playing in leaves. Wash clothes quickly,

wear long sleeves and pants to keep mold off of skin.

When raking leaves, wear a mask to avoid breathing mold spores. Wear gloves.

Don't burn leaves. This can irritate the eyes, nose, throat and lungs. The tiny particles can cause respiratory infections.

When camping out, make sure you have a quick relief inhaler and use it at the first sign of worsening asthma.

Temperature changes can be an asthma trigger. If our Florida weather takes a turn for the worse, wrap a scarf around your mouth and nose to warm the air you breathe.

The biggest tips to remember are:

1. Know your triggers
2. Keep a quick relief inhaler handy at all times
3. Seek treatment at the first symptoms of infection

*In Honor of
Halloween:
"Do One Thing
Every Day that
Scares You."
-Eleanor Roosevelt*

Dr. Maciej Tumiel-Panama City Gastroenterology

Did you know that Emerald Coast Research is working on a chronic constipation study with Dr. Tumiel? Dr. Tumiel has been working with ECRA as a Principal Investigator on all gastroenterology studies since 2001. Other experiences with our team include multiple Irritable Bowel Disease studies.

Dr. Tumiel began his medical training in Dublin, Ireland and continued training for licensure in the United States in Boston, MA and Burlington, VT.

Dr. Tumiel's private practice, Panama City Gastroenterology has been in business since 1995.

To read more about Dr. Tumiel, you can visit his bio on

our website or his practice website at:

www.maciejtumielmd.com

If you are searching for a GI doctor, call Dr. Tumiel's office 850-784-8007. If you wish to participate in a GI study, call our office 850-785-6550.

"Devastating" Cost of COPD



A new survey reports patients who suffer from COPD or chronic obstructive pulmonary disease lose around \$1800 of their income each year due to their condition.

The study reports that nearly one in five 45-67 year olds with COPD are forced to retire prematurely. This increases their

healthcare costs which in return reduces their personal tax and pension contributions.

The survey, called COPD Uncovered, involved 2,426 participants from six countries. Inclusion criteria: Physician based COPD diagnosis, greater than 10 pack year history of smoking and use of medications

for the condition.

Suggestions for prevention of this loss included prevention based work-based programs, such as smoking cessation classes.

COPD is thought to affect 210 million people worldwide. It is estimated that only half of those have been diagnosed.

Community Events

Oktoberfest, September 30-October 1, Friday 5P-10P and Saturday 11A-10P, Downtown Panama City, FREE

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

Cholesterol and Diabetes Screening, October 3, 1P-6P, Winn Dixie Pharmacy-Fort Walton Beach, FREE

Diabetes Screening, October 4, 11A-4P, Kmart Pharmacy,

Panama City, FREE

Cholesterol and Diabetes Screening, October 5, 1P-6P, Winn Dixie Pharmacy-Crestview, FREE

Amplified Phone Distribution, October 7, 10A-Noon, Jackson County Public Library, Mariana, FREE

Making Strides Against Breast Cancer 5K Walk, October 15, 7A registration and 8A walk, Aaron Bessant Park-Pier Park,

www.putonyourpinkbra.com/panamacity

Glucose Screening, October 19, 9A-Noon, Bay Medical Diagnostics, contact Jo Colville 850-770-3518



Hayley Harbin

Happy Hayleyween!

COPD and Depression

Numerous studies over the years have shown that patients with COPD tend to be more prone to becoming clinically depressed than individuals with other conditions.

In a recent study it was noted that an increased risk for depression is not the result of having a chronic disease but is specific for COPD.

COPD is a condition that makes it more difficult to breathe. It can cause coughing fits which lead to more mucus, wheezing and chest tightness. Excessive smoking is the main cause of COPD.

Depression is a condition in which patients display dejection and despondency that result in a feeling of inadequacy and

hopelessness.

There are treatment options for depression and reduced mood. By treating these issues patients often have a decrease in dyspnea, or shortness of breath. This is the number one complaint of COPD patients.

COPD patients, take a moment to think about this. You are not alone.

*“Living at Risk is Jumping off the Cliff and Building your Wings on the Way Down”
-Ray Bradbury*

Website Upgrades-www.EmeraldCoastResearch.com

If you don't want to wait for quarterly newsletters, we have an answer -Log on!

Our new website, hosted by CyberSytes, is up and running. The address is the same but the layout and design are incredibly new.

Information contained on the site can now be updated by

ECRA. This feature allows us to provide you with the most accurate and current data in a timely manner.

Examples include:

Studies will be updated as we receive them.

Current events will be updated on a more regular basis.

You will learn of additions to our staff as they occur.

Current and archived copies of our newsletter can be found on the site.

Please feel free to refer your friends and family to the site if you feel they could benefit from our services.



EMERALD COAST
RESEARCH ASSOCIATES

221 East 23rd Street
Suite B
Panama City Florida 32405
Phone: 850-785-6550
Fax: 850-785-6804
Email: jesselkins@bellsouth.net



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Fall Birthdays

October 11– Jessica Elkins
Hochstetler

October 11– Bobbie McQuagge



Southwestern Stuffed Acorn Squash-6 Servings

Ingredients:

- 3 acorn squash
- 3/4-1 lb each
- 5 oz bulk turkey sausage
- 1/2 med chopped red bell pepper
- 1 chopped small onion
- 1 minced garlic clove
- 1 T chili powder
- 1 t ground cumin
- 2c chopped tomatoes
- 1 15oz can black beans, rinsed
- 1/2 t salt
- Hot red pepper sauce to taste
- 1c shredded Swiss cheese

Directions:

1. Preheat to 375°. Lightly coat baking sheet with cooking spray
2. Cut squash in half horizontally. Scoop out seeds and discard. Place cut side down. Bake until tender, about 45mins
3. Lightly coat a large skillet with cooking spray; heat

over medium heat. Add sausage, stirring and breaking with a wooden spoon until lightly browned, 3-5min. Add onion and bell pepper, cook 3-5min. Add garlic, chili powder and cumin. Cook 30sec. Stir in tomatoes, beans, salt and hot sauce. Cover, reduce heat and simmer 10-12mins.

4. When squash are tender, reduce oven temp to 325°. Fill squash halves with turkey mixture, top with cheese. Bake until filling is heated through and cheese is melted, 8-10min.



Nutritional Information

Amount Per Serving

Calories 259 Total Fat 7g

Cholesterol 29mg