

HeartbeatTM

OF THE TREASURE COAST



Interventional Cardiologist A Trail Blazer

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Cleveland Clinic
Indian River Hospital

.....

Compounded Medications

Personalized for you and
your pets too!

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Ulcerative Colitis

Listen to your body

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Living with Asthma

Breathe deeply and
with confidence

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by Theresa Tolle, R.PH, Owner Bay Street Pharmacy

Compounded medications – personalized for you and your pets too!



The profession of pharmacy has its origin in compounded prescriptions and, prior to the days of pharmaceutical manufacturing and mass production, is the only way that medications were prepared. One only has to see the Norman Rockwell painting “The Pharmacist” to conjure up the image of compounding. The definition of compounding is the mixture of chemicals prepared by a pharmacist based on a prescription for an individual patient’s needs. This “triad” of the prescriber pharmacist patient relationship is KEY to compounding. If a compounded medication is prepared and it is NOT specific to an individual patient or prescription, particularly if it is being prepared in large “batches”, it could be considered manufacturing. Many of the pharmacies that have been in the news over the past few

years for their compounding practices were actually in the latter category and were found to be manufacturing and not truly compounding.

Today there are still many instances where compounding makes sense and is even life saving! Medications can be prepared without colors, certain preservatives and even gluten-free so patients who have allergies or sensitivities and find that they cannot take commercially made products, can take a compounded medication. A second reason to use or take compounded medications is that they can be less expensive than brand name products. One example of this is commercial hormonal creams that are in high copay tiers on insurance plans, yet, often a compounded medication can be substantially less expensive – even if the insurance company does not cover it. Finally, your pet might benefit from a compounded medication. Pet medications need to be customized based on their weight and/or their favorite flavors. Bay Street Pharmacy often has to prepare a pet medication in a beef, chicken or fish flavor for a finicky pet to swallow! We even cater to more exotic pets such as reptiles or ferrets that might prefer banana or some other fruit flavor. And, we can often get chemicals that are no longer made in a commercial

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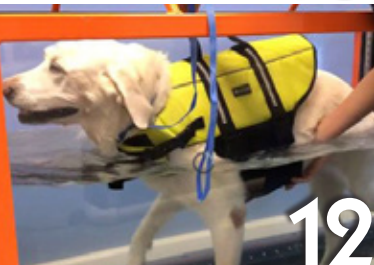
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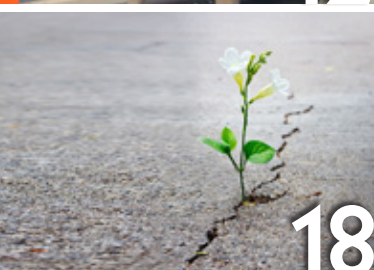
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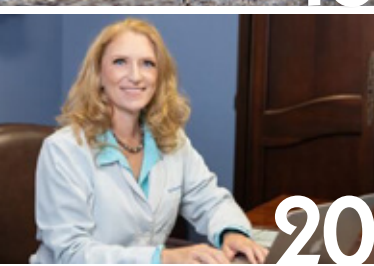
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Meet Cleveland Clinic
Indian River Hospital's
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Do you have a hobby, a talent, or a passion you can focus on that provides some peace of mind? But you don't make time for it or don't think you are good at it?

For over ten years I have found spending time in my patio garden therapeutic. I do not have a green thumb yet; through trial and error I have found plants and flowers that flourish. I learned how to pot them in a garden container and care for them. When they droop, I water them. When one gets spiny, I prune or fertilize. When they get too big, I know it needs a new home.

Cleaning the beds and rearranging them connects me with nature. Something is always in bloom; it provides sustenance for my well-being. There is a silence and peace. It allows me to tap into my carefree zone and take a break from deadlines and expectations (usually from myself).

You do not have to be an expert in everything. Just find something of interest to give your mind a break. Legal please. Gardening is therapy for me. But do not ask me the specific names of the plants.

I just enjoy them.

Cindy

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Heartbeat of the Treasure Coast

Cleveland Clinic Indian River Hospital's Interventional Cardiologist is a Trail Blazer

The road to becoming a board-certified, Harvard-trained interventional cardiologist began in middle school for Mistyann-Blue Miller, MD, when she volunteered at a community hospital in Miami, Florida, where her mother was a labor and delivery nurse. It was Dr. Miller's first look at the field of medicine and the interaction of the many professionals who deliver care.

"I knew early on I wanted to be a doctor," recalls Dr. Miller. "My mother and aunt, both nurses, were very supportive and encouraged me."

A Road Less Traveled

After earning her undergraduate degree from the University of Florida, Dr. Miller moved to Atlanta, Georgia, where she attended Morehouse School of Medicine. She had originally set her sights on being a surgeon, but the cardiology rotation during her residency in internal medicine at the University of Miami Miller School of Medicine sparked a new passion.

"I fell in love with interventional cardiology, a subspecialty that uses catheters to treat a variety of heart conditions," says Dr. Miller. Catheter-based procedures entail threading a long, thin, flexible tube from the wrist or leg veins to the heart as an alternative to traditional open-heart surgery.

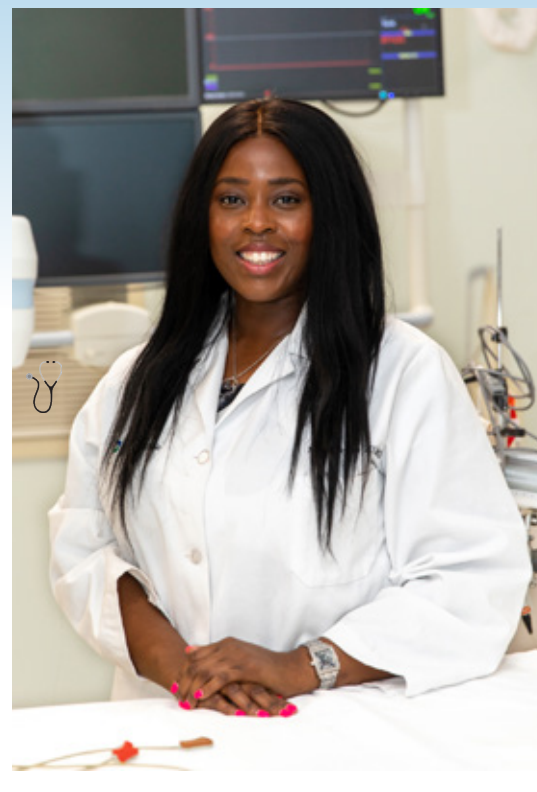
It was also during her cardiology rotation that Dr. Miller met her mentor, an interventional cardiologist based in Palm Beach County, who encouraged her to follow a road less traveled by female physicians. Women make up just over half of medical school students but account for less than 13 percent of cardiologists and a little more than 4 percent of interventional cardiologists.

Those statistics didn't discourage Dr. Miller. She went on to complete a cardiovascular disease fellowship at Drexel University College of Medicine in Philadelphia, followed by an interventional cardiology fellowship at Harvard Medical School's Beth Israel Deaconess Medical Center in Boston.

"I'm in an exciting field that's constantly evolving and benefiting from technological innovations," she says. "It's incredibly rewarding to see the immediate results achieved when performing emergency lifesaving procedures."

Delivering Innovative Care

In 2019, Dr. Miller returned to Florida to join the Welsh Heart Center at Cleveland Clinic Indian River Hospital. She specializes in coronary angioplasty



Mistyann-Blue Miller, M.D.

and stenting, coronary imaging, and percutaneous structural heart procedures, such as transcatheter aortic valve replacement (TAVR) and mitral valve repair.

"It's an honor to be part of a team offering new, innovative treatment options for patients in need of heart care," says Dr. Miller. These include transcatheter mitral valve repair using the MitraClip to treat degenerative mitral regurgitation and catheter closure of patent foramen ovale, a hole between the upper chambers of the heart that can increase the risk of stroke.

Dr. Miller is also highly experienced in the most advanced coronary imaging techniques, including intravascular ultrasound (IVUS) and optical coherence tomography (OCT). Both technologies allow the physician to look at the inside of the coronary arteries, which supply blood to the heart muscle.

"In the cath lab, where I do all my procedures, I can use IVUS and OCT to see how much plaque or calcium is present, determine if someone needs a stent, and choose the best size stent," Dr. Miller explains. "At the end of the day, having access to leading technology helps me achieve the best outcomes for my patients."

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by Jenna Katz Schwibner, DMD, FAGD

Sleep Apnea Treatment for the CPAP Intolerant



Dr. Jenna Katz Schwibner

Sleep Apnea affects approximately 20% of US Adults, of whom about 90% remain undiagnosed.¹ In my practice we screen for the signs and symptoms of Sleep Disordered Breathing (SDB) in an attempt to improve those numbers here on the Treasure Coast. Although most of the patients I have referred for a sleep study over my career have received a prescription for a Continuous Positive Airway Pressure (CPAP) device, the statistics show that up to 40% will not tolerate it and thus become noncompliant.

As an alternative, Dentists have been using Mandibular Advancement Devices (MADs) for over 20 years. MADs position the lower jaw forward, which in turn opens the airway and assists in natural breathing. However, the major disadvantage is that they only work when they are worn, which is typically at night while the patient sleeps – and we know that Apnea can also be an issue for many during the day.

On my journey to further evolve and modernize our practice I have continued to advance my training and knowledge on the relationships between dental, airway and overall health. In addition to being a Fellow of the Dawson Institute and provider of Healthy Start® for children, I have also completed a Mini-Residency on Airway Health Solutions™. Under the direct guidance of world-renowned SDB specialist Dr. Ben Miraglia, we implement expansive orthodontics for adults and children to combat sleep apnea and other milder SDBs. Treatment can range from removable or fixed appliances to full, clear aligner orthodontic programs. We are excited to offer this to our patients of all ages. If you or a loved one suffer from any form of SDB please call for a complimentary consultation to see if you are a candidate.

Dr. Schwibner, is the practice owner of Dental Partners, and Dental Buddies of Vero Beach. For additional information about this topic or any other topic related to dental care please call 772.569.4118 or visit VeroBeachDentist.com

1. "Sleep Med". Kevin J. Finkel, 2009.



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by Colleen Symanski, RN, CDCES

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Dr. Amber Callaway Lewis opened the center in December 2019. She is a Veterinarian and Certified Canine Rehabilitation Therapist. She is a member of the American Association of Rehab Veterinarians, International Veterinary Academy of Pain Management, and the International Association for Animal Hospice and Palliative Care. Dr. Amber and her staff provide the extra care for animals in need of rehab and fitness and keep in touch with your pet's primary veterinarian. Their specialized services include:

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by G. Grenier

Ulcerative Colitis

I have inflammatory bowel disease (IBD); also known as ulcerative colitis. The other type of inflammatory bowel disease is Crohn's Disease. I was diagnosed in 2007 about 8 weeks after my first flare. It happened at about 7 weeks postpartum and involved frequency and urgency coupled with 12 movements per 24 hours and extreme gas. In fairness, I was nursing so I may have had fewer movements if I was not waking every 2-3 hours to nurse my son. It lasted about 2.5 weeks.

I then had about 3 weeks with less symptoms but then it returned; even worse. I was having 20 movements per 24 hours and the final 3 days before the colonoscopy the movements were mostly just blood and mucous. Because I was down to almost 120 pounds (I was 140 pounds at my 6-week postpartum visit just before my first flare) and my symptoms were on the severe side, my gastroenterologist had me do my colonoscopy prep at the hospital on IV hydration.

Flair ups happen. For me, it's gas, extreme bloating, diarrhea, mucous-laden light-colored stools, frequency, urgency, nausea, and then a soreness of the bowels. It is a cascade effect. If you don't avoid your trigger foods



and work on eating a bland diet, eventually you can tell it is not going to get better without medical intervention. I take Lialda, which is a maintenance drug I take every day). If I need prednisone, I take very low doses but that is because I am super sensitive to prednisone; so it works for me at unusually low doses.

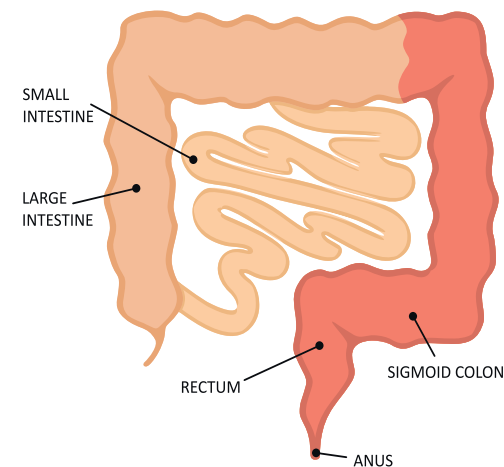
My triggers are sugar, dairy, gluten, chicory root, garlic, onions, beets, and asparagus. (That is what I can think of off the top of my head.) Mine seem to be linked to inulin; a type of soluble fiber found in many plants. Everyone is different. My ex could eat all the broccoli he wanted but iceberg lettuce was a trigger food for him.

Stress is a huge trigger. Also, large meals and snacking after 8pm. Insufficient and/or poor-quality sleep, too. I cannot drink alcohol because I can't metabolize it (also an effect of an unhealthy and inflamed gut). Anything that can cause inflammation can be a trigger food.

Take time to learn what works and does not for you. Listen to your body. Do NOT try to push through it, you will just make it much, much worse for yourself.

ULCERATIVE COLITIS

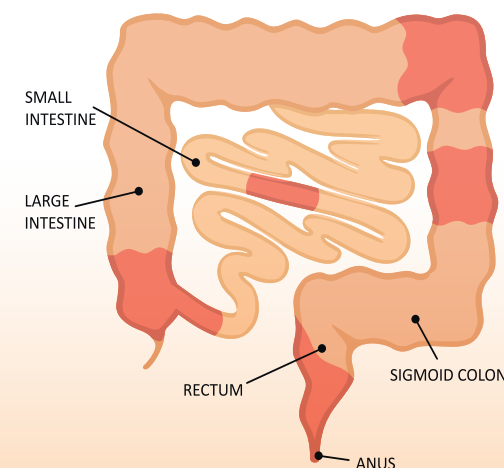
Continuous and Uniform Inflammation in the Large Bowel



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The world is changing, and we understand that there are many uncertainties for patients, especially when it comes to their health and safety as they navigate their healthcare journeys. Our hospital is here to provide your patients with the advanced therapy and care they need to return to independence.

Who needs treatment at a rehabilitation hospital?

Despite all the changes in healthcare at this time, people will still have strokes and other debilitating conditions or injuries that can benefit from the intense therapy and around-the-clock nursing that a rehabilitation hospital provides. These patients still need to seek medical care during this pandemic and many of them will still need rehabilitation afterwards to regain strength and independence.

Is it safe?

Our hospital has implemented protocols consistent with CDC guidelines and is assessing the situation daily to protect our patients and employees. We



have also ramped up our existing infection control protocols that are specific to a rehabilitation hospital. We are still having therapy in our gyms, but we are social distancing and thoroughly cleaning equipment after each use. When indicated, we are also conducting therapy within patient rooms.

Can rehabilitation wait?

Patients who need rehabilitation need a hospital level of care, and that care can't be postponed, even during a pandemic. After an acute hospital stay, patients will need help regaining their strength and, in many cases, their cognitive capabilities. That's what a rehabilitation hospital is for, and the sooner one receives that care, the more likely they can regain their independence and return to their communities, which is always our end goal.



For more information on Encompass Health's commitment to our patients during the COVID-19 pandemic, visit the Connect blog. For more information on how Encompass Health may be able to help your patients, find your nearest location by visiting encompasshealth.com/find-a-location.



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by Susan Long, RN, MS, LCSW, Terry Mindfulness & Long Wellness Center in Vero Beach

Resilience: Thriving against Adversity

Essentially, resilience means being able to continue functioning relatively normally in adversity. How do people become or act resilient? Some people define resilience as “bouncing back”, but it is not that simple. We receive messages in childhood that try to teach us resilience such as, “try, try again and again” or “pick yourself up, dust yourself off, and start right over again”. Sound familiar?

Lydia Denworth, a contributing editor for Scientific American magazine says, the science of resilience which investigates how people weather adversity, offers some clues. Harvard University psychiatrist George Vaillant writes that resilience resembles a twig with a fresh, green living core. “When twisted out of shape, such a twig bends, but it does not break; instead it springs back and continues growing.” The metaphor describes how about two-thirds of people manage to function during difficult and stressful times..

The COVID-19 pandemic has presented us with an ongoing disruption to our lives. It doesn’t mean that 2/3 of the people are going to breeze through it. The pandemic has not affected each person in the same way and with the same multiple wallops. The threat of disease, loneliness of isolation, loss of loved ones, repercussions of job loss and uncertainty of when the pandemic will end have become chronic stressors and wear us out. The resilient people cope well within their ability to endure. Resilience is sometimes used as a synonym for strength or health.

There is no data on whether there is a limit to resilience. It doesn’t seem to make much difference if it is one event or multiple events. People who were resilient are going to be resilient, according to George Bonanno, a clinical psychologist at Teachers College at Columbia University who has done much of the research on resilience and chronic stress. Resilience involves all our emotions: anger and tears, lying in bed one day and saying “I can’t do this”, asking for help and support, showing compassion toward oneself.

So how is resilience created? Some is in our control and some is not. Some resilience comes from having social support; a strong family or close knit community. Some from individual traits; the ability to figure out what is the best thing to do in the moment (flexibility), optimism, the ability to manage emotions, and having a sense of life purpose. Resilience comes from nature, nurture and culture.

Roberta Babb, clinical psychologist, thinks that your mindset has something to do with resilience. Such as being more willing and able to adapt and the ability to accept what is without judgment. You must mourn and let go of the idea of the future you thought would happen and accept the new normal even though it is different. Meditation helps us to become aware of negative thought patterns and allows us to monitor our self talk. We should eliminate negative self talk.

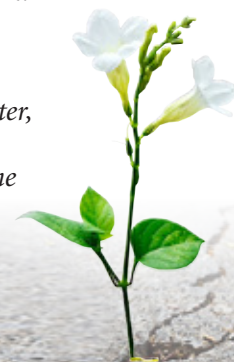
Self care helps us remain resilience. Sleep, exercise, healthy diet, and meditation are important. Also important is staying hydrated, cultivating calm, communing with nature, and connecting with others. A difficulty of the pandemic is our need to isolate ourselves and remain socially distant from others. This disrupts our inborn inclination to connect and touch each other. We are biologically programmed to want to reach out to others.

Anxiety and depression are by products of dealing with the pandemic. The fears associated with the virus can build to huge proportions. Wellness and personal safety are very important to reducing these fears and can add resilience. Practice safe behaviors until enough people are vaccinated. Wash hands frequently, wear a mask in public, avoid close contact with people. Call your doctor if you experience signs or symptoms associated with infection from the COVID-19 virus, such as dry cough, fever, muscle aches, fatigue and shortness of breath. Limit your exposure to media. Establish a regular time to go to bed and wake up. Practicing yoga, eating healthy foods and taking walks may help with sleep. Be sure to exercise regularly and stay hydrated.

Having compassion for yourself and others is a big part of getting through this pandemic. No one knows what the future holds, so practice mindfulness, staying in the moment. Hope for the best, prepare for the worst. This pandemic affects all of society, not just you. Be resilient.



Susan Long, RN, MSW, LCSW is a psychotherapist in Vero Beach. Her office, Terry Mindfulness & Long Wellness Center, is located at 3150 Cardinal Drive, Suite 201, Vero Beach, FL 32963. Her telephone number is 386-847-6435.



A Whole-Person Approach to Medicine

Dr. Nancy Baker is an amazing primary care physician and has opened 'Coastal Complete' so she can provide patients with a dramatically improved health-care experience. She believes in a direct physician-patient relationship that utilizes a whole-person approach to care. Dr. Nancy Baker offers patients services not found in many traditional primary care offices.

There is little to no wait time and unhurried office visits to address all of your concerns. You most likely will be able to get a same-day or next-day appointment. Video visits are also available which can prevent a trip to office or the emergency room. If a patient requires a home visit, Dr. Baker will make that happen. If you are in a nursing home or ALF, she can see you.

Dr. Baker believes in 24/7 direct communication via phone, text, or email and prompt return of phone calls, so you are not left waiting for answers. Her Direct Primary Care model utilizes a simple, flat, and affordable fee. There are no fee-for-service payments and no third-party billing. Many vaccines are available in the office can be billed to Medicare and other insurance. Dr. Baker is a health care advocate. She communicates with specialists her patients see so care is a team approach.

Visit Coastal Complete website at <https://coastalcompletedpc.com/> or give the office a call; the number is 772-494-5815. The staff are just as caring as Dr. Baker. They can also help you if you need information on being a new patient. The office is located at 908 E. Causeway Blvd. in Vero Beach. You will have a trusting and amazing relationship between you and Dr. Nancy Baker. Best of all, you have the opportunity to be in the best health and feel great!



Dr. Nancy Baker, MD

Mind & Mobility – A Lifestyle Approach to Senior Homecare

Do you want to retain or gain more independence? Preserve your cognitive function, or improve your mobility? MIND & MOBILITY can help you in your home as well as get you out and about. Their therapists treat a wide range of diagnoses that affect day-to-day life, such as balance, mobility, strength and flexibility, and cognitive abilities.

MIND & MOBILITY home care experts treat varying levels of Parkinson's disease and cognitive impairment. They know that early detection of physical decline or

memory loss and early treatment makes a difference. They offer their "Brain Gym"; their therapists use this cognitive tool to measure a patient's cognitive ability and address any areas for improvement. The therapists establish a baseline and evaluates progress so changes in therapy can be made quickly. This results in responsive treatment and better results.

They also provide private in-home senior care to help seniors with important daily tasks. Some of the most common day-to-day activities a MIND & MOBILITY caregiver can help seniors with include but are not limited to the following:

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continued on page 46

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by Edwin Rojas, NHA, Administrator Orchid Cove at Vero Beach

Communion at Orchid Cove at Vero Beach

This time last year, our social calendars were busy with activities. A new year and a new decade began and many of us were looking to the future with excitement. The same can be said for much of our residents. Days were planned around rehabilitation and meals for our short-term residents and a schedule of activities, arts & crafts, entertainers and religious services for our long-term residents. Then came COVID. All of the exciting activities for our residents were brought to a screeching halt.

However, as is everything we overcame and adapted. As Americans, we always find ways to make things happen. Despite having a lockdown in place but we were able to accommodate safe window visits and online video calls. We learned how to keep our residents stimulated. Visitations opened up but on a limited basis. Even then, visitors needed to keep a six-foot distance and wear a mask. While we were grateful our residents were able to see loved ones, we realized the personal and human touch that we all yearn for was missing.

The majority of our residents identify with a religious denomination. Many denominations visited residents on a regular basis for services and personal contact prior to the lockdown. It occurred to us while we cannot have a regular open activity program, we can still try to fulfill the basic need of a religious contact.

This is where the idea of offering the Sacrament of Holy Communion to our residents started. In the Catholic faith, the Eucharist is the source and summit of the faith. This is where they receive the body and blood of Christ. While we had live streaming and televised mass, the residents were not able to receive the Eucharist; the idea to have a staff member become an 'Extraordinary Minister of Holy Communion' was realized. The Extraordinary Minister brings Communion to the home bound and those who are sick in hospitals and rehabilitation centers.

As a regular attendant of Mass at St. Helen Catholic Church, I decided to review the rites on the Communion of the Sick and after receiving instruction, was appointed an Extraordinary Minister of Holy Communion. Each Wednesday, I bring Communion to our Catholic residents and pray with them. We also have other residents who, while they are not Catholic, ask and receive prayer. The opportunity to bring our Lord and Savior to others is overwhelming.

While this year brought unimagined difficulties, seeing the joyful reactions of our residents at receiving Communion makes all else disappear. Every Wednesday the residents look forward to this private moment with the Lord. The ability to



Edwin Rojas, NHA and Extraordinary Minister of Holy Communion with resident Blanche Serrano.

participate in prayer and religion brings calm to what has been a disordered year. Resident Blanche Serrano stated, "I feel safe when I receive communion. If I am not feeling well, receiving communion makes me feel safe." Other residents have also enjoyed the opportunity for prayer with someone else, thus bringing community and a sense of belonging to them as well.

An unanticipated result of having weekly Communion was the resident's request for confession. While still under the restrictions for visitations, the residents can receive visits while adhering to the mask and distance requirement. Several residents requested and received the Sacrament of Penance (Confession). One can see a sense of peace on the face of each resident as they returned to their room.

For months our wonderful and dedicated staff have provided the physical and mental component of care to our residents under difficult situations. The spiritual component of who we are is, in part, satisfied by community. The ability for community amongst the residents was fragmented by lockdown. Allowing this spiritual component for the residents has been a welcome addition to their routines. The communion with God that helps all to create the sense of community.



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SNF 148696

5 Facts About Hospice Everyone Should Know

Hospice is about living life, a quality life, at the end of your life. You, your caregiver and loved ones will be surrounded by a specialized team of professionals who are dedicated to your health care goals, wishes and desires so that you live the life you want, doing the things you want to do with the ones you love. Yes, that's hospice. There are a few facts everyone should know about hospice.



Hospice is a service, not a place

Hospice is a service for patients with a life-limiting illness who have chosen to forgo curative treatment. A highly specialized team is dedicated to pain and symptom management, comfort care and quality of life. Paid for by Medicare, Medicaid and most private insurance, services are provided wherever a person calls home whether assisted living facility, nursing home, hospital or a private residence.

Hospice is not only for the last few days of life

Hospice services are not just for the last few days of life. Electing hospice early means you and your loved ones have access to support and resources. In addition to the specialized team dedicated to pain and symptom management, patients, caregivers and families have access to counselors, chaplains, social workers, support groups and volunteer programs.

continued on page 34

Talk to learn more about home care and hospice, call 772-202-3972 or visit VNA online, www.vnatc.com/hospice.

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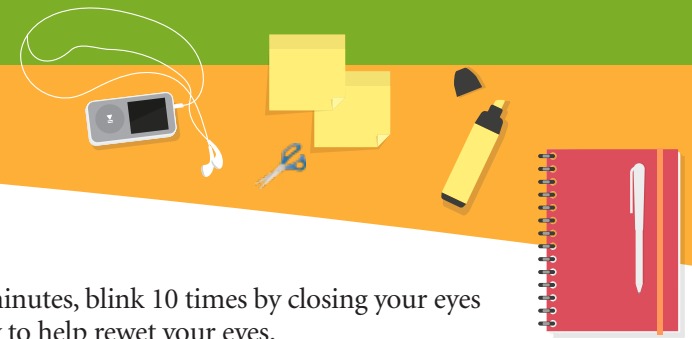
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Jenna Katz Schwibner, DMD, FAGD, Owner
Jordan V. Ma, DMD • Wei Yin Young, DMD
Altan Kihm, DDS, Pedodontist



Working from Home

Working from home means less commuting time and gives you more time to spend at home to create some extra perks. You can prepare a healthy lunch in your own kitchen and prep for dinner during a break. Chances are you are even more productive. It also means more computer screen time with virtual meetings and establishing the ideal workspace. Complaints of eye strain and neck and shoulder pain are on the rise. Posture is slumping. A blur of home and work boundaries can be stressful; especially if remote working is new to you.

If you are experiencing eye strain, muscle tension, or mental fatigue, you are not alone. Our mind, body, and social interactions are experiencing a lot of changes. Because our main source of information is via technology (including TV), pay attention to how you feel while working at home. Listed below are easy tips to include in your work routine.

Reduce Eye Strain and Muscle Tension

- Make sure your screen is at eye level, so you are looking at the middle of the screen. Position the computer screen so it is 20 to 24 inches from your eyes. If you do not have an adjustable desk station you can prop your laptop on a stand or even a pile of books. Perhaps use a separate desktop monitor and use the laptop as the keyboard.
- Sit up straight and make sure your feet are on the floor. If you do not have an ergonomic chair buy a lumbar support.
- Reduce glare. Consider installing an anti-glare screen or buy computer glasses to block the blue light. See your eye doctor to get the best glasses for your eyes.



- Every 20 minutes, blink 10 times by closing your eyes very slowly to help rewet your eyes.
- Look away from your computer at least every 20 minutes and gaze at a distant object (at least 20 feet away) for at least 20 seconds. Some eye doctors call this the “20-20-20 rule.” Looking far away relaxes the focusing muscle inside the eye to reduce fatigue.

Restorative Breaks

The prefrontal cortex, (PFC), is the thinking part of your brain. When you are doing goal-oriented work that requires concentration, the PFC keeps you focused on your goals. We use the PFC for logical thinking, executive functioning, and using willpower to override impulses. That is a lot of processing and the brain needs a restorative break; ideally every 90-120 minutes.

Restorative breaks improve productivity and problem solving. They reduce fatigue and restores attention and focus. Listed below are some ways to take meaningful breaks.

- Do nothing for 2 minutes. Doodle or daydream. Step outside. Enjoy nature.
- Laugh to reduce cortisol and increase feel-good hormones such as endorphin and serotonin.
- Make time for a 3 – 7 minutes express workout. Brief exercise or stretching helps with cognition, memory and reduces muscle tension.
- Take a few deep breaths. Deliberately taking slow, deep breaths and focusing on your breathing for 30 seconds is a mini-meditation that can relax your mind and body.
- Monitor yourself and learn what works best for you.

Consult with Ken and Colleen to create a personal approach to prevent the aches and strains that can occur from working from home. We offer evening and weekend appointments and make home visits. After all, we want you to celebrate being ‘A Healthier Me’.



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Ask Your Pharmacist *continued from page 2*


form and customize it according to what the veterinarian prescribes.

As you can see, compounding still holds a prominent place within pharmacy; even hundreds of years after it got its start. In fact, in some ways, it has come more full circle with many patients seeking compounded products as an alternative means to get both therapeutic and financial benefit. One final way that compounded products are seeing a surge is in the use of topical pain creams. Due to the scrutiny by the DEA and other agencies,

oral narcotic pain medications are being prescribed less. Many patients have turned to topical creams that reduce inflammation, muscle spasms, nerve transmissions and serve as anesthetics as very effective options to reduce their need for oral medications and to even eliminate them completely.


I hope this summary of compounding helps shed a new light on how beneficial this integral part of the profession of pharmacy is and how it can benefit many patients in need.

If we can answer any questions about this topic please contact us at 772-589-2043 or theresa.tolle@baystreetpharmacy.com.



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Pediatric Dentistry
& Orthodontics



Altan Kihm, DDS joins Dental Buddies and an affiliate of Dental Partners of Vero Beach. Dr. Altan, a pediatric dentist, specializes in comprehensive patient-centric care for infants, children, and teenagers. Our entire Dental Buddies team focuses on addressing concerns that impact oral health and everyday quality of life. "We are extremely excited that Dr. Kihm has joined our team", says Dr. Jenna Schwibner, DMD, owner of Dental Buddies, "our entire team and our pediatric patients are thrilled to have him here."

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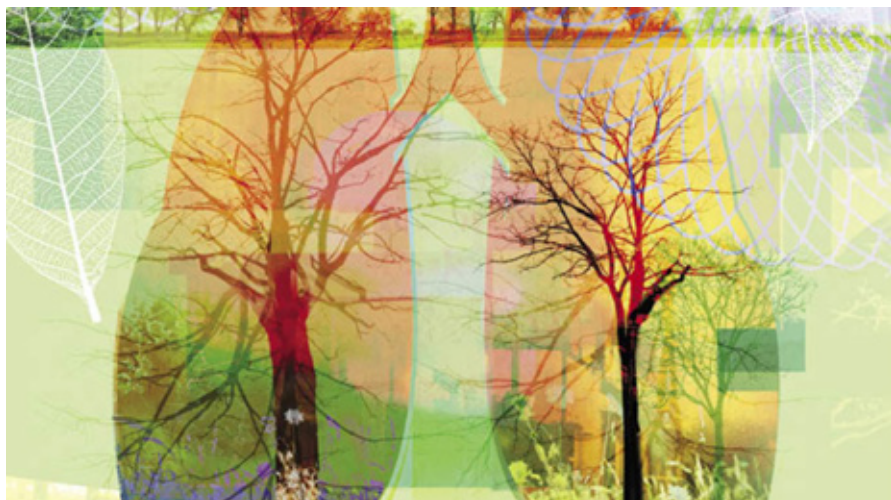
Renaissance Senior Living is a licensed assisted living and memory care community. Our Harbor is specifically designed to meet the special needs of residents who have Alzheimer's or other forms of dementia. We welcome you to call for a complimentary lunch & tour.

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AL #13068

by Colleen Symanski, RN, CDCES

Asthma... *it takes your breath away*



The purr of Max, my angora cat, is my earliest memory of being diagnosed with childhood asthma. Max was not purring; it was my lungs wheezing. Turns out that I wasn't just highly allergic to cats. My father was in the military which meant we travelled a lot. The adventures of new surroundings often included trips to emergency rooms to be treated for asthma attacks. Weather change and exposure to new blooms and grasses were and still are allergic triggers. The immune system is pretty good as a defense system, however for people with asthma, the immune system reacts strongly.

School PE left me on the side -lines as exercise- induced asthma was also a challenge. This is also known as exercise-induced bronchoconstriction. Exercise- induced asthma is due to sensitivity to low temperatures and dry air. During demanding activity people breathe more through their mouth versus through the nose. Air is usually warmed and humidified by the nose, but during exercise people breathe more through their mouths. This causes cold, dry air to reach the lower airways and lungs without passing through the nose, triggering asthma symptoms.

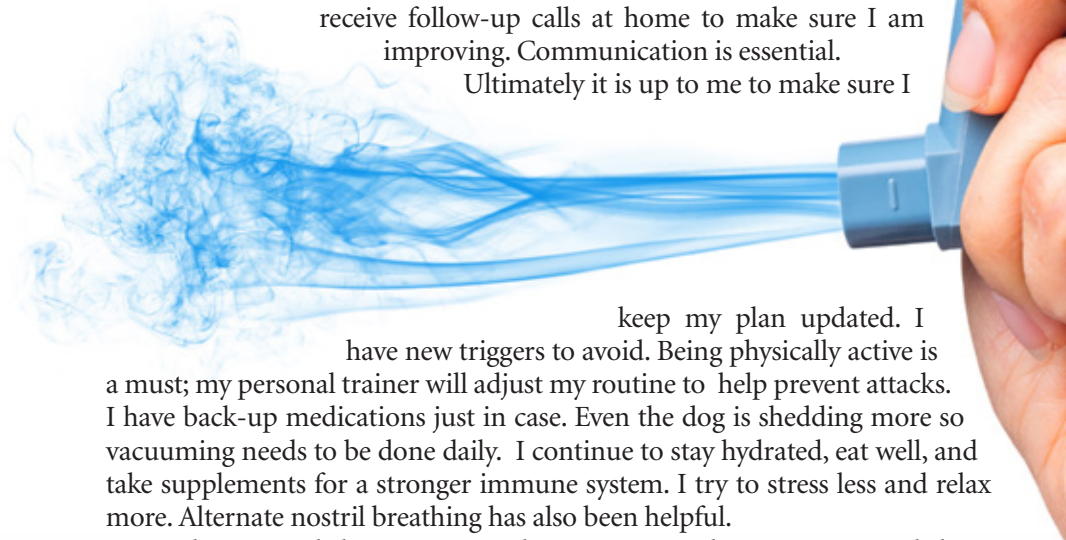
During an asthma attack the airways become smaller and inflamed. Less air gets in and out of the lungs. Mucous builds up and clogs the airways. The wheezing, chest tightness, and shortness of breath begin. These symptoms may be gradual, sudden, and even life- threatening. For me, most of the time they are sudden and severe.

This year, allergy and exercise-induce asthma hit me hard. The increase use of bleach-based disinfectants has been a potent trigger. I cannot remember when I was last in an ER for care. Over the years, I have had a few mild attacks that I was able to manage with a few nebulizer treatments. But in May I was taken to the ER for severe asthma with bronchial spasms. It took a while for me to bounce back. Six months later another acute attack struck. Luckily in between, I strengthened my medical care team.

In addition, to knowing my triggers I also have a great medical team to help me avoid re-hospitalization. COVID has certainly impacted access to care and choices. With luck, trial, and error, and dedicated medical professionals I have a great team to help me. It consists of a caring pharmacist, a responsive medical supply company, and an accessible quality primary care office. There are medications and nebulizer treatments needed, adjustments to be made, and oxygen on hand when O2 levels get too low. My primary care team sees me immediately, so I do not have to seek urgent care. They

know my history, what works and does not work for me. I receive follow-up calls at home to make sure I am improving. Communication is essential.

Ultimately it is up to me to make sure I



keep my plan updated. I have new triggers to avoid. Being physically active is a must; my personal trainer will adjust my routine to help prevent attacks. I have back-up medications just in case. Even the dog is shedding more so vacuuming needs to be done daily. I continue to stay hydrated, eat well, and take supplements for a stronger immune system. I try to stress less and relax more. Alternate nostril breathing has also been helpful.

2020 has certainly been an unusual year. I am not alone; 1 in 13 people have asthma. If you are one of them make sure you speak with your physician and pharmacist. Stay current on new treatments. Symptoms can be worse at night, so have medications on hand to avoid ER trips. Pay attention to pollen season and the weather. You may need to postpone outdoor activities. Extremely dry, wet, or windy weather can make asthma worse. Breathe deeply and with confidence. Don't let asthma take your breath away.



Morphine has benefits for hospice patients

Pain and symptom management at the end-of-life improves the quality of time a person has remaining. Rather than suffering through symptoms, morphine is used to help relieve pain and help relieve shortness of breath. End-of-life care focuses on helping patients live the best life possible for their remaining days. Used in such small doses, the risk of a hospice patient being addicted to morphine is very low.

Hospice is not expensive

Once your doctor determines you are eligible, Medicare, Medicaid and most private Insurances pay for hospice services which includes nursing care, medication, medical equipment and medical supplies including a hospital bed, social services, counseling, therapy and short-term respite care.

Hospice does not hasten death

Research shows that patients who receive hospice actually live longer than those not receiving services. Because the focus is pain and symptom management and comfort care, patients are more relaxed and able to enjoy a higher quality of life doing the things they want to do with the ones they love. Hospice is for living life!

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Senior Resource
ASSOCIATION

Promoting Independence in our Community

FOR MORE INFORMATION

772.569.0760

SeniorResourceAssociation.org

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Senior Resource Association and John's Island Foundation Help Hundreds of Seniors and Caregivers in Need



Lynn, a Meals on Wheels volunteer, delivers meals and wellness checks to homebound seniors every week.



Each month, SRA delivers more than 16,000 hot, nutritious meals to isolated seniors like Jeanette.

As Senior Resource Association (SRA) said good-bye to 2020, they also said thank you to those who helped them navigate the most unusual year in their 45-year history. When COVID-19 reached Indian River County last March and massively complicated the organization's ability to reach isolated and vulnerable seniors in need, they knew the crisis could be devastating to hundreds of families and their loved ones. What was surprising was the sharp increased rate of demand for SRA's services. By August, their clients had increased by 77% and another 1,000 individuals were on their Meals on Wheels, In-Home Services, and Caregiver Respite waitlists.

Local organizations like John's Island Foundation stepped up to lend a hand. Two grants awarded to SRA by the foundation provided funds to purchase a large-capacity freezer for their Meals on Wheels program and



With a capital grant from John's Island Foundation, SRA's Vero Beach DayAway center built a new kitchenette that was completed in December.

build a kitchenette at the organization's Vero Beach DayAway facility, the county's only licensed adult day care program. The grants are helping deliver more than 16,000 meals per month to food-insecure seniors, and hundreds of adults with dementia are receiving daily therapeutic services

and meals while their caregivers get respite. Caregiver burdens have been compounded throughout the pandemic, many of whom must work in addition to caring for their loved ones.

"I've always been impressed by our community's philanthropic spirit, but last year's outpouring of giving back to those in need was amazing," said Karen Deigl, CEO and President of Senior Resource Association. "We could not continue providing the increased demand for our services without the generous help from foundations, volunteers and donors."

The ability to pivot quickly, safely and efficiently is imperative to organizations during a crisis situation, and COVID-19 definitely challenged existing protocols for large organizations like Senior Resource Association who provide such a diverse mix of programs and services. In addition to Meals on Wheels for food-insecure seniors and DayAway programs for adults who can no longer stay home alone, SRA operates Indian River County's only mass transit system for all residents and visitors, and the only Public Guardian program for adults without adequate financial means to hire a private guardian.

To learn more, contact Senior Resource Association at **772-569-0760** or visit **SeniorResourceAssociation.org**.

772.569.0760
VERO BEACH: 686 14th Street
SEBASTIAN: 815 Davis Street
Monday – Friday; 7:30am to 5:30pm



A Sense of Community

Today Dr. Miller feels embraced by the Indian River community she now calls home. She also appreciates the opportunity to work with a great cath lab team and collaborate with Cleveland Clinic colleagues across the Florida region. But she never forgets the important role both her mother and her mentor had in encouraging her to pursue her passion.

“Having their support made all the difference, so now it’s my turn to pay it forward,” says Dr. Miller. She enjoys mentoring medical students starting out in their careers and encourages other women in medicine to follow their dreams.



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Launch of Clinical Trial to Test Multiple Therapeutics in the Early Treatment of COVID-19

The Pierone Research Institute: A Whole Family Health Center Initiative Announces Launch of Clinical Trial in Vero Beach Florida with a satellite location in Fort Pierce Florida to Test Multiple Therapeutics in the Early Treatment of COVID-19

WHAT: The ACTIV-2 Outpatient Monoclonal Antibodies and Other Therapies Trial is now open for enrollment. The primary goal of this clinical trial is to determine whether investigational agents may effectively and safely treat COVID-19 among adults who have it but aren't sick enough to be hospitalized. ACTIV-2 will first evaluate the monoclonal antibody LY3819253.

There is currently no proven treatment for people with COVID-who don't require hospitalization. The ACTIV-2 clinical trial has been uniquely designed to quickly identify treatments with the potential to radically alter the current pandemic landscape. This study is sponsored by the National Institute of Allergy and Infectious Diseases, a part of the National Institutes of Health.

WHY: COVID-19 treatments that can speed recovery and prevent people from progressing to advance disease, requiring hospitalization, and transmitting SARS-CoV-2 are desperately needed.

At least half of those enrolled in ACTIV-2 will have risk factors for progression to more severe disease, such as age over 55 or underlying conditions like chronic lung, kidney, or liver disease; obesity; hypertension; cardiovascular disease; diabetes; or moderate to severe asthma.

In addition, the trial will aim to enroll Black, Indigenous, Hispanic, and other communities of color who are disproportionately acquiring, being hospitalized with, and dying from COVID-19. The ACTIV-2 trial is committed to enrolling individuals from these communities and working closely with community partners to get information about the trial to those who have been under-represented in clinical research.

Clinical trials are vital to discovering medical treatments and they only work when enough people volunteer. Individuals in Treasure Coast Area who have been diagnosed with COVID-19 in the past week and aren't in the hospital can make a huge contribution by participating in the ACTIV-2 study.

The study website, www.activ-2.org lists where the study is enrolling and connects to a Contact Center where operators are available 24/7 to link those who seem eligible for the study to nearby study centers. Callers can also directly call the Contact Center at 877-345-8813

WHERE: The Pierone Research Institute: A Whole Family Health Center Initiative Vero Beach: 981 37th Place Fort Pierce: 725 North US 1

WHO: Dr. Gerald Pierone, Chief Medical Officer and Principal Investigator is available to interview via video and/or phone to discuss:

- The ACTIV-2 clinical trial, its goals, and study design
- The urgency of enrolling in this study – it must be started within seven days from when the COVID-19 test was done and within 10 days of first experiencing symptoms
- How to learn more, qualify, and enroll in the study



Research Director: Mona White
Chief Medical Director: Dr. Gerald Pierone
Phone: 1-877-345-9342
Email: mwhite@wfhcfl.org



Dr. Gerald Pierone Jr. is the founder and Research Officer of Whole Family Health Center. He also maintains a private practice in Vero Beach. Dr. Pierone is actively involved in clinical research efforts, though he holds a special interest in body shape changes and metabolic complications of HIV treatment. Dr. Pierone is actively involved in the management of facial lipoatrophy and has performed over 20,000 facial filler treatments. Dr. Pierone received his medical degree from the University of Florida in 1983, completed his internal medicine residency training at the University of Medicine and Dentistry in New Jersey, and trained in infectious diseases at the Mount Sinai School of Medicine in New York. He is board certified in Internal Medicine and Infectious Diseases and is a member of the Infectious Diseases Society of America.



LOCAL PEOPLE

Making a Difference!



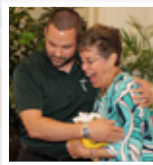
Mickey Barham Brubacker –
Owner, Penny Hill Subs

It is difficult to find people who quietly make a difference as they do so behind the scenes. They often go unnoticed. Mickey Barham Brubacker is one of those people. She owns a local small business and has an enormous heart for helping others. Mickey is the owner of Penny Hill Subs on Old Dixie Highway and 12th street. Want something special? They will make it. You get a great sub on freshly made bread and a dose of

her robust welcoming. If you find apples on your event tables for attendees or lunches for health care workers, chances are they are from Mickey. If she is “missing”, most likely she is doing a good deed for someone in need. She speaks highly of her employees and it is obvious that family is important to her. Mickey will not tell you, but over the years her pattern of giving comes together like a fine heirloom quilt.

Do you Know a Person Helping Others?

There are many people in our county who make a difference in the lives of others by helping. HeartBeat of the Treasure Coast would like to recognize them in our publication. Please let us know. Email Cindy Bryant at heartbeatofcfc@comcast.net.



Our local healthcare professionals making headlines and changing the world we live in.

Diane V
CAREGiver
of the Month –
September 2020
Home Instead
Senior Care



Diane is a great addition to our team. She is empathetic and shows true compassion to her clients. Her dedication and support have been noticed by many of her clients. One client's family member stated, “Diane is amazing with her wonderful insights and education on Dementia”.

Sandra D
CAREGiver
of the Month –
October 2020
Home Instead
Senior Care



Sandra is very dependable and shows true dedication to our team. Her upbeat and positive attitude reflects on her clients. One of her clients stated, “Sandra does a wonderful job and she makes all the differences in the world”. Sandra is a true asset to our team.

John C
CAREGiver
of the Month –
November 2020
Home Instead
Senior Care

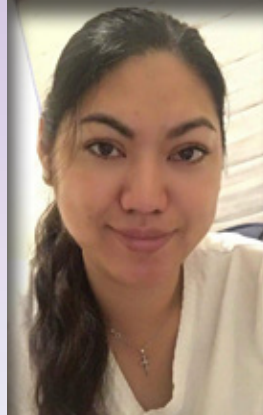


John has been an amazing addition to our Home Instead team. His professionalism and hardworking demeanor have built great trust with his clients. He can relate to the clients on their needs. Going above and beyond, he is on top of any changes and has great communication skills.

PULSE POINTS

Mind & Mobility Home Health & In-Home Therapy

Meet Lea Sanchez just one of MIND & MOBILITY'S Home Health Aides bringing 6+ years of dementia and geriatric experienced care to Vero Beach. Her client's cannot say enough of her warmth and heart. Welcome Aboard!



Blue Sky Billing Solutions



Debbie Drennan

Blue Sky Billing Solutions provides experienced certified billers and coders to physician offices so they can maximize their medical claims revenue. They follow every claim to make sure it is paid or applied to deductibles. Blue Sky has over 30 years' experience in the industry. The staff has reconciled over 385 million in adjudicated claims, managed multiple networks, and has achieved exponential growth using dynamic leadership in not only operations but also regulatory compliance.

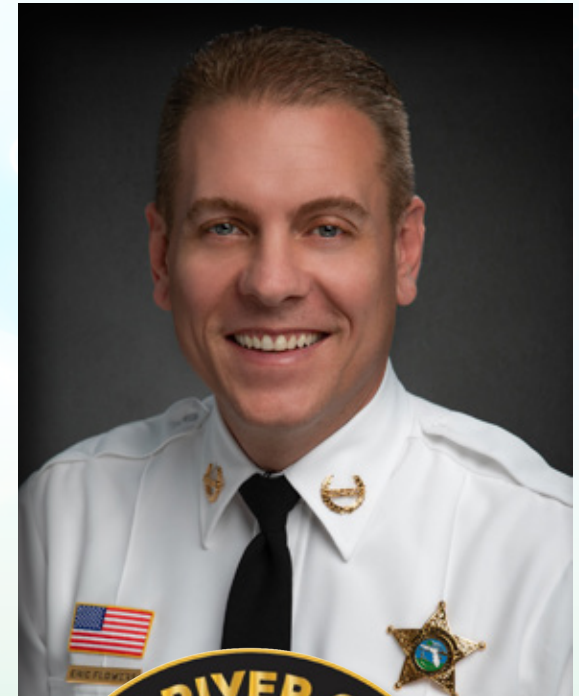
Debbie Drennan is the CEO of Blue Sky Billing Solutions, Inc. She started the company in 2008. Debbie has 25 years' experience in the medical and pharmacy industry. She also negotiates contracts with insurance companies and has a minus 2% rejection rate for the medical billing side of the company. Debbie has a special interest in making sure physicians get paid at the highest level possible using modifiers and she stays up to date on diagnosis and procedure codes.

Blue Sky Billing Solutions is located on Beachland Boulevard in Vero Beach. Visit their website for additional information: <https://blueskybillingsolutions.com/>.

Eric Flowers, Indian River County Sheriff

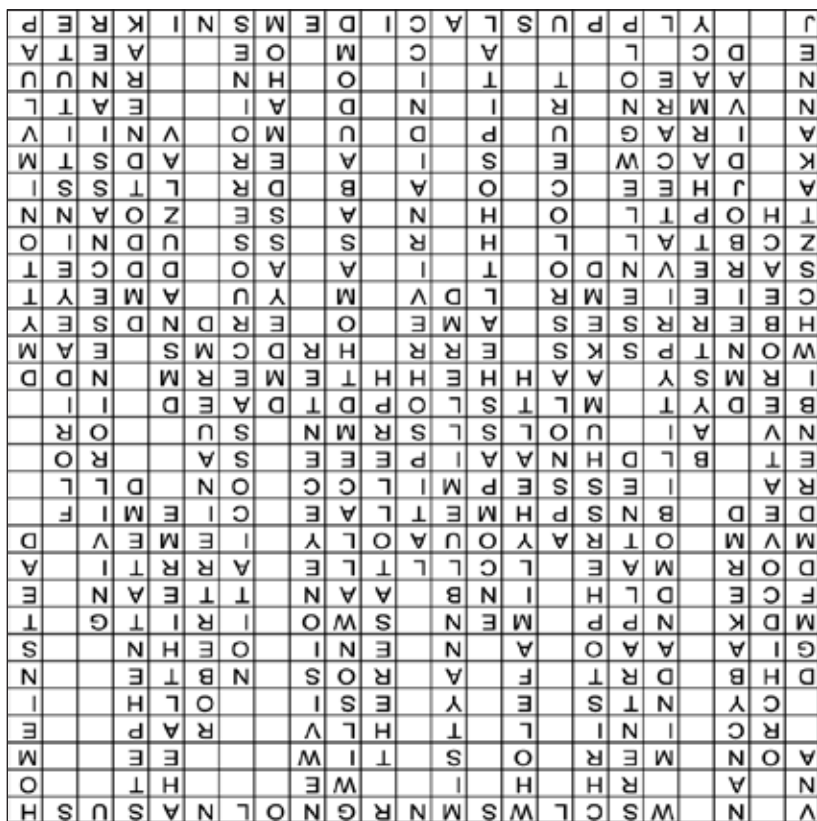
Congratulations to Eric Flowers on being elected to serve as Indian River County's 11th Sheriff. He has been with the Sheriff's Office since 2003; starting out in patrol and working diligently to become Major for the Bureau of Administration. As our new sheriff, he continues to focus on the safety of our community and customer service. Sheriff Eric Flowers recognizes how special the county is to all of us and is proud of the many employees and volunteers with the Sheriff's office.

The Sheriff's Office mission is to serve the public with dignity, integrity and professional service while enhancing their partnership with the community in order to protect life and property, prevent crime and solve problems. Sheriff Flowers will serve with open communication and a smile that resonates leadership and kindness.



MIND & MOBILITY provides services in your home, a hospital, nursing home, or an assisted living facility. They carefully select their therapists and caregivers so patient/client care is at its best. They recognize the importance of good communication with caregivers, clients, and family members. Keeping the mind alert and the body moving is pretty much something we all want to have and keep as long as possible.

MIND & MOBILITY accepts a variety of payment plans that include private insurances, Medicare, long term care insurance, veterans benefits and private pay. Teri Robotti, the Administrator can be reached by calling 772.532.2515. Her email address is Teri@mindandmobility.com. MIND & MOBILITY is a great resource and one that you may not know about. Schedule a free consultation for yourself or a loved one.



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