

Florida Wellcare Alliance, LC

A Peer Reviewed Physician Organization

Healthy Living

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Boost Your Energy in 10 Minutes or Less

- Eat breakfast.
- Have a drink of water.
- Eat a handful of almonds or peanuts.
- Dance.
- Sing.
- Exercise or do yoga.
- Take a walk.
- Hang out with upbeat friends.



Sleep...The Fifth Factor to Heart Health

Dacelin St. Martin, M.D.

Sleep is a critical component to a healthy lifestyle, but is often left off the checklist of risk factors for chronic disease. I want you to know, it should be on the list. It is widely known that not smoking, regular exercise, a healthy diet, and moderate alcohol consumption protects against cardiovascular disease (CVD). However, studies have recently found that sufficient sleep (defined as seven or more hours a night) further increases the heart benefits of these four traditional healthy lifestyle habits.

Not getting enough sleep can have profound consequences on a daily and potentially long-term basis for your health and well-being. A single night of poor sleep can affect a healthy person's ability to function well the next day, leaving them feeling fatigued, unable to focus, and moody. However, for a person with existing hypertension, a single night of inadequate sleep can cause elevated blood pressure throughout the following day. If sleep deprivation occurs on a regular basis, that person's blood pressure may become very hard to control, and their risk for stroke and CVD increases dramatically.

There is also growing evidence of a connection between obstructive sleep apnea and heart disease.

People who have apnea typically experience multiple awakenings each night as a result of the closing of their airway when they fall asleep. In addition to these sleep disturbances, apnea sufferers also experience brief surges in blood pressure each time they wake up. Over time, this can lead to the chronic elevation of blood pressure. Fortunately, when sleep apnea is treated, blood pressure may go down.

The human body needs adequate, restful, and restorative sleep in order to function properly. If you or someone you know has difficulty sleeping, exhibits signs of sleep apnea, or has difficulty to control hypertension, please talk to your physician. A consultation with a sleep specialist may help to identify an underlying sleep disorder that is easily treated, and that treatment can have a big impact on your overall health.

Dr. St. Martin is board-certified in sleep, internal, and pediatric medicine. He is medical director of Sleep Clinic of America in Lecanto, accredited by the American Academy of Sleep Medicine. Contact him at Sleep Clinic of America, 1980 N. Prospect Ave., Lecanto, FL 34461, 352-527-6673, or www.SleepClinicAmerica.com.

How to Talk to Your Doctor

Denis W. Grillo, D.O., F.O.C.O.O.

The oldest skill in the world – talking to one another – is easily the most important factor at a doctor's visit. Conversation and communication is the lion's share of what a successful doctor's office visit is about. Miscommunication puts a patient at greater risk of being misdiagnosed, mistreated and possibly a victim of preventable medical errors.

Most patients are knowledgeable and assertive and are empowered by the Internet. They can research almost any malady online but there are a lot of choices and options and they still need doctors to guide them, and doctors need the most accurate information possible. There are so many treatment options available, it can be rather daunting, so communication is more important than ever. As we all know, communication is a two-way street, so success and blame can be on both the patient's and the doctor's side. When you go to a doctor's office visit, think ahead and make notes if necessary, about what you are going to say and what type of questions you have, particularly if you already have a diagnosis and have done some research, so you do not waste your appointment time.

Express to the doctor in clear terms what your biggest concerns are. Do not wait until the doctor is walking out the door to say, "Oh, by the way, I have one last question." If it is important, get it out there. Ask your doctor to help you understand what is going on and what needs to be done. Even if you have been on the Internet and feel that you know everything about your disease process because you have had it for so many years, try to keep an open mind. Ultimately, if you do not like what the doctor says to you, you can always get a second opinion.

Sometimes doctors get technical when talking to patients and things can get lost in translation. Do not hesitate to ask for something to be repeated or explained so you can better understand a diagnosis and/or treatment plan. If you are timid, shy or unsure, you can take notes. If you prefer, bring a family member or a friend with you. Be mindful that office visits are limited and if you have further questions, a second appointment or communication by phone, letter or email might be helpful to answer any remaining questions.

Try to avoid anxiety, confusion and fear by being proactive. Ask questions. Be familiar with your patient rights. Bring an advocate with you during any visits and/or decision-making, and make lists of questions you want to ask the doctor. Make a list of all your medications so if any new medications are being prescribed, there is no confusion. Ask if the doctor has pictures and/or brochures or materials that are pertinent to your diagnosis and treatment that you can review so you can understand realistic goals for your problem. Do not forget online resources. Make sure you confirm with your physician that the online sites are portraying accurate information.

Your time and the doctor's time are very precious, so make the best of it and get the most out of it.

Dr. Grillo is Board Certified in Otorhinolaryngology and Facial Plastics. He has been practicing in Citrus County since 1998 at Crystal Community Ear, Nose and Throat in Crystal River.



Stress

Stress is a normal reaction to the demands of life and most people experience stress at some point. Your body has a built in system for your protection: When your brain perceives a threat, it signals your body to release hormones to fuel your ability to respond. Once the threat is gone, your body should return to a normal relaxed state. Unfortunately, the nonstop stress of modern life means that your body is always on high alert.

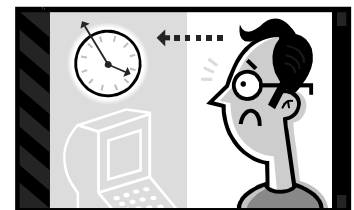
Stress management is a skill, and gives you the tools to reset your system. Many people juggle multiple responsibilities, work, home life, care giving and relationships. Over time, high levels of stress can lead to serious health problems. Don't wait until stress has a negative impact on your health, relationships or quality of life. Learning to identify problems and to implement solutions is the key to successful stress reduction. Start practicing stress management techniques today.

The first step is changing how you manage stress. The next step is identifying your stress triggers. Job pressures, relationship problems, financial difficulties, daily hassles and demands, such as commuting, arranging day care or being over committed at work all contribute to your stress level. Positive events also can be stressful. If you got married, started a new job and bought a new house in the same year, you could have a high stress level. While negative events in general are more stressful, be sure to also assess positive changes in your life.

Once you've identified your stress triggers, you can start dealing with them. Turn off the TV when the evening news is too distressing. When you can't avoid a stressful situation, try to find ways to reduce the irritation. Ask for help and support from family and friends.

Relaxation techniques are an essential part of stress management. Almost everyone can benefit from learning them. Many people practice tai chi, yoga, or meditation. They help to slow your breathing and to focus your attention on the here and now rather than being worried about what could happen in the future. Walking outdoors or participating in a sports activity can be relaxing. It doesn't matter which of these activities you choose. What matters is that you select a technique that works for you and that you practice it regularly. Relaxation is invaluable for maintaining your health and well being, and repairing the toll that stress takes on your mind and body.

Stress will not disappear from your life, and stress management isn't an overnight cure. With practice, you can learn to manage your stress level and increase your ability to cope with life's challenges.



WELCOME NEW MEMBERS

Alex J. Dickert, M.D.
Nishant Nerella, M.D.

ANESTHESIOLOGY

Janaki Koka, M.D.
6410 W. Gulf to Lake Hwy.
Crystal River, FL 34429
352 563-2450

CARDIOLOGY/CARDIOVASCULAR DISEASE

Mohammad Ansari, M.D.
Luis Delfin, M.D.
Javier Gonzalez, M.D.
Hari Kannam, M.D.
Bose Manyam, M.D.
Vinod Miryala, M.D.
Nishant Nerella, M.D.
Suman Pasupuleti, M.D.
Abel Rivero, M.D.
Brian Saluck, D.O.
Stephen Stark, M.D.
Gisela Trigo, M.D.
Dennis Walker, M.D.
Citrus Cardiology Consultants, PA
308 W. Highland Blvd.
Inverness, FL 34442
352 726-8353

5606 W. Norvell Bryant Hwy.
Crystal River, FL 34429
352 795-9266

910 Old Camp Rd, #210
The Villages, FL 32162
352 751-3356

R. Prasad Potu, M.D.
11527 W. Emerald Oaks Dr.
Crystal River, FL 34428
352 794-6090

CLINICAL LIPIDOLOGY

Mariananda Kumar, M.D.
Nature Coast Family Medicine
3400 N. Lecanto Hwy. 405 N. Central Av.
Beverly Hills, FL 34465 Inverness, FL 34453
352 746-2227 352 341-2400

CRITICAL CARE

Vikram Shah, M.D.
Sunoj Abraham, M.D., F.C.C.P.
Oliver Sevilla, M.D.
Citrus Pulmonary Consultants and Sleep
Disorders Center
5616 W Norvell Bryant Hwy 131 S Citrus Av.
Crystal River, FL 34429 Inverness, FL
352 795-1999 352 795-1999

EAR, NOSE & THROAT - FACIAL PLASTIC

SURGERY - ALLERGY
Denis Grillo, D.O.
Crystal Community ENT
790 S.E. 5th Terrace
Crystal River, FL 34429
352 795-0011

Jeffrey Marcus, M.D., F.A.C.S.
821 Medical Court East
Inverness, FL 34452
352 726-3131

V. Rama Nathan, M.D., F.A.C.S.
820 S. Bea Ave.
Inverness, FL 34452
352 637-1919

FAMILY PRACTICE

Charles Li, M.D.
7647 W. Gulf to Lake Hwy.
Crystal River, FL 34429
352 795-1718

FAMILY PRACTICE

V.R. Alugubelli, M.D. F.A.A.F.P.
Beverly Hills Medical Clinic
3737 N Lecanto Hwy 511 W Highland Blvd
Beverly Hills, FL 34464 Inverness, FL 34452
352 746-1515 352 746-1515

Shirish Patel, M.D.
Hernando Medical Clinic
2669 N. Florida Av.
Hernando, FL 34442
352 637-2550

Catherine S. Navarro, M.D.
3733 E. Gulf to Lake Hwy
Inverness, FL 34450
352 341-5520

10489 N. Florida Av. 7991 S. Suncoast Blvd.
Citrus Springs, FL Homosassa, FL
352 489-2486 352 382-8282

Hasibul H. Khan M.D.
West Florida Medical Associates
3775 N. Lecanto Hwy 213 S. Pine Ave.
Beverly Hills, FL 34465 Inverness, FL 34452
352 746-0600 352 560-3000

4363 S. Suncoast Blvd.
Homosassa, FL 34446
352 503-2011

Alex J. Dickert, M.D.
Meadowcrest Family Physicians
6199 W. Gulf to Lake Hwy.
Crystal River, FL 34429
352 795-0644

GASTROENTEROLOGY

Johannes Martensson, M.D.
Citrus Gastroenterology, P.A.
3653 E. Forest Dr.
Inverness, FL 34452
352 344-8080

Purnachander Bikkasani, M.D.
Paul A. Hellstern Jr., M.D.
Anil Ram, M.D.
Lakshmi pathi Reddi, M.D.
Sreekanth Chandrupatla, M.D.
Gastroenterology Associates
6410 W. Gulf to Lake Hwy.
Crystal River, FL 34429
352 563-2450

Fernando Bueno, M.D.
214 S. Pine Ave.
Inverness, FL 34452
352 726-9006

GENERAL & VASCULAR SURGERY

William Dixon, M.D. (Member Emeritus)

Hari Iyer, M.D.
3475 S. Suncoast Blvd.
Homosassa, FL 34446
352 628-7672

Shaun F. Saint, M.D.
11533 W. Emerald Oaks Dr.
Crystal River, FL 34428
352 563-9912

Adnan Mohammadbhoj, M.D.
6196 W. Gulf to Lake Hwy.
Crystal River, FL 34429
352 794-6056

GERIATRIC MEDICINE

V. R. Alugubelli, M.D., F.A.A.F.P.
Beverly Hills Medical Clinic
3737 N Lecanto Hwy 511 W Highland Blvd
Beverly Hills, FL 34464 Inverness, FL 34452
352 746-1515 352 746-1515

GYNCOLOGY

Scott Redrick, M.D. FACOG
Suncoast Obstetrics & Gynecology, PA
582 SE 7th Ave.
Crystal River, FL 34429
352 564-8245

HOSPITALIST

Chakradhar Desaraju, M.D.
Rama Kompella, M.D.
West Florida Medical Associates
6201 N. Suncoast Blvd.
Crystal River, FL 34428
352 795-8490

INFECTIOUS DISEASES

Gustine O. Liu-Young M.D.
Citrus Infectious Diseases LLC
828 US Hwy 41 South
Inverness, FL 34450
352 417-0238

INTERNAL MEDICINE

Bhadresh Patel, M.D.
West Florida Medical Associates
3775 N. Lecanto Hwy. 213 S. Pine Ave.
Beverly Hills, FL 34465 Inverness, FL 34452
352 746-0600 352 560-3000

4363 S. Suncoast Blvd.
Homosassa, FL 34446
352 503-2011

Alex Villacastin, M.D.
3733 E. Gulf to Lake Hwy
Inverness, FL 34450
352 341-5520

10489 N. Florida Av. 7991 S. Suncoast Blvd.
Citrus Springs, FL Homosassa, FL
352 489-2486 352 382-8282

Carlene Wilson, M.D.
Internal Medicine & Pediatrics Wellness Center
6038 W. Nordling Loop
Crystal River, FL 34429
352 563-5070

Alexander Liu, M.D.
2 West Lemon St.
Beverly Hills, FL 34465
352 746-2525

Blessilda Liu, M.D.
942 E. Norvell Bryant Hwy.
Hernando, FL 34442
352 419-8924

Dacelin St. Martin, M.D.
PedIM Healthcare
1990 N. Prospect Av.
Lecanto, FL 34461
352 527-6888

Meena Nathan, M.D.
Vikas Kamat, M.D.
Meena Nathan Medical Clinic
840 S. Bea Av.
Inverness, FL 34452
352 637-6300

INTERNAL MEDICINE**Venugopala Reddy, M.D.****Mariananda Kumar, M.D.**

Nature Coast Family Medicine
3400 N Lecanto Hwy. 405 N. Central Av.
Beverly Hills, FL 34465 Inverness, FL 34453
352 746-2227 352 341-2400

Ulhas Deven, M.D.

West Florida Medical Associates
11707 N. Williams St. 41 N. Inglis
Av. Dunnellon, FL 34432 Inglis, FL 34449
352 465-1919 352 447-2122

Rajendra Bellam, M.D.

Bellam Medical Clinic
11011 N. Williams St. 41 N. Inglis
Av. Dunnellon, FL 34432 Inglis, FL 34449
352 465-1199 352 447-3031

Anu Tatambhotla, M.D.

4049 S. Ohio Av.
Homosassa, FL 34446
352 628-1000

Felix Agbo, M.D.

Sinai Internal Medicine Specialists, PA
910 Old Camp Rd. Suite 144
The Villages, FL 32162
352 753-2224

Neal Lumapas, M.D.

12030 S. Ohio St.
Dunnellon, FL 34431
352 465-3730

Gira S. Shah, M.D.

203 S. Seminole Av.
Inverness, FL 34452
352 726-7800

Nolan C. Toth, D.O.

216-A S. Apopka Ave.
Inverness, FL 34452
352 726-1770

NEPHROLOGY**Padma Reddy, M.D.**

Sanjiv Shah, M.D.
Citrus Nephrology Associates
7415 W. Gulf to Lake Hwy.
Crystal River, FL 34429
352 795-1415

NEUROLOGY**Gopal Tatambhotla, M.D.**

534 N. Lecanto Hwy.
Lecanto, FL 34461
352 527-9500

Bharat Parikh, M.D.

Citrus Neuroscience Institute
5596 W. Norvell Bryant Hwy.
Crystal River, FL 34429
352 795-6999

ONCOLOGY & HEMATOLOGY**William V. Harrer III, M.D.**

Citrus Hematology & Oncology Center
770 SE 5th Terrace 801 Medical Court E
Crystal River, FL 34429 Inverness, FL 34452
352 795-6674 352 637-4490

Sunil G. Gandhi, M.D.

Gustavo Fonseca, M.D.
Cancer & Blood Disease Center
521 N. Lecanto Hwy.
Lecanto, FL 34461
352 746-0707

OPHTHALMOLOGY**H. Christopher Ward, D.O.**

Ward Eye Center
8490 W. Homosassa Trail
Homosassa, FL 34448
352 628-0123

Dan Montgomery, M.D.

Carl Rosebrough, M.D.
West Coast Eye Institute
830 Medical Court East
Inverness, FL 34452
352 726-6633

Kyle Parrow, M.D.

John Rowda, D.O.
West Coast Eye Institute
240 N. Lecanto Hwy.
Lecanto, FL 34461
352 746-2246

ORTHOPEDICS**Andrew Petrella, M.D.**

Eric Hirsch, M.D.
Citrus Orthopaedic and Joint Institute
950 N. Avalon Way
Lecanto, FL 34461
352 746-2663

Thomas Bendowski, M.D.

Gulf to Lake Orthopedics
6480 W. Gulf to Lake Hwy.
Crystal River, FL 34423
352 795-4422

Jeremiah Hubbard, D.O.

Nature Coast Orthopaedics
2236 Hwy. 44 W.
Inverness, FL 34453
352 344-2663

PAIN MANAGEMENT**Bradley H. Ruben, D.O.**

Citrus Hills Medical Center
2484 N. Essex Av.
Hernando, FL 34442
352 746-1358

Murali Angirekula, M.D.

Citrus Pain Clinic
4065 N. Lecanto Hwy, Ste 100
Beverly Hills, FL 34465
352 527-2500

PAIN MANAGEMENT**Robert Ulseth, M.D.**

Comprehensive Pain Management
305 S. Line Av.
Inverness, FL 34452
352 344-4791

Mark Fallows, D.O.

Pain Institute of Central Florida
70 N. Lecanto Hwy.
Lecanto, FL 34461
352 527-4444

Mark Hashim, M.D.

Interventional Pain Institute of West Florida
3737 N. Lecanto Hwy. 7412 Community Ct.
Beverly Hills, FL 34465 Hudson, FL
352 513-4862 727 861-1000

PATHOLOGY**Jon Frankel, M.D.**

Diagnostic Pathology
407B West Highland Blvd.
Inverness, FL 34452
352 726-3531

PEDIATRICS**Komala Bhushan, M.D.**

Naturecoast Pediatrics
512 N. Lecanto Hwy.
Lecanto, FL 34461
352 527-2244

Carlene Wilson, M.D.

Internal Medicine & Pediatrics Wellness Center
6038 W. Nordling Loop
Crystal River, FL 34429
352 563-5070

Dacelin St. Martin, M.D.**Lilia Shammas, M.D.**

PedIM Healthcare
1990 N. Prospect Av.
Lecanto, FL 34461
352 527-6888

Uday Hiremath, M.D.

West Florida Pediatrics
3733 E. Gulf to Lake Hwy 10489 N Florida Av
Inverness, FL 34450 Citrus Springs, FL
352 746-3338 352 746-3338

PSYCHIATRY**Parmanand Gurnani, M.D.**

3787 E. Gulf to Lake Hwy.
Inverness, FL 34453
352 726-3950

John W. Grace, M.D.

6226 W. Corporate Oaks Dr.
Crystal River, FL 34429
352 795-2246

PULMONARY MEDICINE**Manoj Shukla, M.D.****Vikram Shah, M.D.****Sunoj Abraham, M.D., F.C.C.P.****Oliver Sevilla, M.D.**

Citrus Pulmonary Consultants and Sleep
Disorders Center
5616 W Norvell Bryant Hwy 131 S Citrus Ave
Crystal River, FL 34429 Inverness, FL
352 795-1999 352 795-1999

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RADIATION ONCOLOGY

C. Joseph Bennett Jr., M.D.

Timothy Brant, M.D.

Robert Boisseneault Oncology Institute

522 N Lecanto Hwy 605 W. Highland Blvd.
Lecanto, FL 34461 Inverness, FL 34452
352 527-0106 352 726-3400

Ocala, FL The Villages, FL
352 861-2400 352 259-2200

Jayanth Rao, M.D.

Ravichandra Sandrapaty, M.D.

21st Century Oncology

3406 N. Lecanto Hwy 3201 SW 33rd Rd.
Suite A Ocala, FL 34474
Beverly Hills, FL 34465 352 291-2495
352 746-1100

RADIOLOGY

Kamalesh Amin, M.D.

Scott Fisher, M.D.

Citrus Diagnostic Center

922 N. Citrus Av.
Crystal River, FL 34428
352 795-9200

Riccardo DeGirolami, M.D.

Charles Zachar, M.D.

Inverness Medical Imaging

2105 Highway 44 West
Inverness, FL 34452
352 637-6100

Jeremy Havas, D.O.

3144 N. Barton Creek Circle

Lecanto, FL 34461
352 270-8748

Michael K. Herron, M.D.

Sugar Mill Diagnostic Imaging

8303 S. Suncoast Blvd.
Homosassa, FL 34429
352 628-9900

SLEEP MEDICINE

Vikram Shah, M.D.

Sunoj Abraham, M.D., F.C.C.P.

Citrus Pulmonary Consultants and Sleep

Disorders Center

5616 W Norvell Bryant Hwy 131 S Citrus Av.
Crystal River, FL 34429 Inverness, FL
352 795-1999 352 795-1999

Dacelin St. Martin, M.D.

Dacelin St. Martin Sleep Clinic of America

1980 N. Prospect Av.
Lecanto, FL 34461
352 527-6673

SPINE SURGERY

James Ronzo, D.O.

Frank Bono, D.O.

Gulfcoast Spine Institute

2300 E Norvell Bryant Hwy 7101 Mariner Blvd
Hernando, FL 34442 Brooksville, FL
352 341-4778 352 592-7772

Constantine A. Toumbis M.D.

Citrus Orthopaedic and Joint Institute

950 N. Avalon Way
Lecanto, FL 34461
352 746-2663

UROLOGY

Paresh Desai, M.D.

Udaya Kumar, M.D.

Advanced Urology Specialists

3475 S. Suncoast Blvd.
Homosassa, FL 34448
352 628-7671

Michael Desautel, M.D.

Manuel Seneriz, M.D.

Advanced Urology Specialists

609 W. Highland Blvd.
Inverness, FL 34452
352 726-9707

WOUND CARE/HYPERBARIC MEDICINE

Thomas Hendrick, M.D.

Wound Care Consultants

131 S. Citrus Ave.
Inverness, FL 34452
352 341-6000

**Florida Wellcare Alliance
1245 E. Norvell Bryant Hwy.
Hernando, FL 34442
352 419-4859**

Chairman of the Board:

Sreekanth Chandrupatla, M.D.

CEO: Dominick J. Passalacqua, M.D.

Healthy Living Editor:

Dominick J. Passalacqua, M.D.

Copy & Layout: Natalie Armitage

Email: Natalie@floridawellcare.com

Website: www.floridawellcare.com

The Florida Wellcare Alliance (FWA) is a limited liability partnership comprised of over 100 Citrus County physicians representing multiple medical specialties.

Each partner of the Florida Wellcare alliance commits to the principles of excellence to which the Alliance adheres. Every partner receives approval by a committee of his peers, and participates in an annual peer review evaluation of the Alliance partners.

Arthritis Increases Chance of Falls

A new CDC study of adults 45 years and older shows that adults with arthritis were more likely to fall and have a fall injury compared with adults that did not have arthritis. For this study, a fall injury is defined as a fall causing a person to limit regular activities for at least one day or go see a doctor. Older adults (ages 65 and older) and middle-aged adults (ages 45 and older) with arthritis had a greater chance of falling or having a fall injury.

Compared to adults without arthritis, adults with arthritis were more than twice as likely to report two or more falls or an injury related to a fall. At least 30% of adults with arthritis in 46 states and DC said they had one or more falls in the past 12 months.

If you have arthritis, you can reduce your risk of falling by exercising or receiving physical therapy that improves your walking speed, balance, and lower body strength. These types of fall prevention interventions are effective at reducing fall risk.

Courtesy of CDC



Crohn's Disease Research Trial

Crohn's Disease affects many Americans. Physicians in your area are currently seeking volunteers to participate in a clinical research study evaluating an investigational medication for people with Crohn's Disease. You may be eligible if you

- Are between the ages of 18 and 75
- Have a diagnosis of Crohn's Disease by a physician
- Have taken OR could not tolerate OR have not had an adequate response to an anti-TNF medication (such as Humira®, Remicade®, Enbrel®, Cimzia® or Simponi®)
- Have not had bowel surgery within the past 3 months

Qualified participants may receive study related medication and study related medical exams at no cost for up to 11 months. Compensation for time and travel is available for qualified participants.

For more information call:

Nature Coast Clinical Research—Inverness
352 341-2100



**Your anxiety grows
when the bathroom is
OCCUPIED**

If you've been diagnosed with Irritable Bowel Syndrome with Diarrhea (IBS-D), you can help local doctors evaluate an investigational medication as part of the IRIS study.

To be pre-qualified for this study, you must be:

- A female at least 18 years of age
- Have a diagnosis of IBS-D, with:
Onset of symptoms of IBS-D at least 6 months ago
Recurrent abdominal pain or discomfort for at least 3 days per month in the last 3 months
Loose or watery stools sometimes or most of the time/always in the last 3 months
More than 3 bowel movements per day sometimes or most of the time/always in the last 3 months

All study-related visits, tests, and medications will be provided at no cost. In addition, reimbursement for travel-related expenses may be provided.

**To learn more, please contact:
NATURE COAST CLINICAL RESEARCH
Inverness
352-341-2100**

www.irisstudies.com



Do you currently suffer from moderate to severe Ulcerative Colitis?

Ulcerative Colitis (UC) is a lifelong condition that can seriously affect quality of life for thousands who suffer from this painful condition. Unfortunately, current treatments only help manage the symptoms—not the disease.

We are currently looking for volunteers to participate in a clinical research study to evaluate treatment and safety of an investigational medication compared to placebo (*an inactive look-alike substance*) in patients who have not received or not responded to other therapy in relieving moderate to severe UC.

All study medication, placebos (*an inactive look-alike substance*) and study-related examinations and procedures are provided at no cost. Qualified participants may be eligible for reimbursement for time & travel.

You may be qualified to participate if you:

- are between 18 and 65 years of age
- have a positive histological diagnosis of ulcerative colitis
- are willing to participate in the study, complete participant assessments and attend scheduled clinical visits
- satisfy all of the eligibility requirements

*For more information, please contact:
Nature Coast Clinical Research*

*Inverness
(352) 341-2100*





Nature Coast Clinical Research, LLC.

ENCouraging COmmunity Research and Education

Nature Coast Clinical Research has two locations serving Citrus County:

NCCR Inverness Office
411 W. Highland Blvd.
Inverness, Florida 34452
Phone: 352 341-2100
Fax: 352 341-0363

NCCR Crystal River Office
6122 West Corporate Oaks Dr.
Crystal River, Florida 34429
Phone: 352 563-1865
Fax: 352 563-2169

www.naturecoastresearch.com

CONTACT THE OFFICE NEAREST YOU FOR MORE INFORMATION!

Clinical Trial Information Form

Please call me with more information about...

INVERNESS OFFICE

CRYSTAL RIVER OFFICE

- Chronic Constipation
- Chronic Liver Disease/Liver Cirrhosis
- Constipation Induced by Pain Medication
- Crohn's Disease
- Diabetic Gastroparesis
- Diabetes—Type 2
- High Cholesterol
- High Triglycerides
- Irritable Bowel—Constipation
- Irritable Bowel—Diarrhea
- Ulcerative Colitis
- Weight Loss with Cardiac History

- Acute Coronary Syndrome (ACS) (post heart attack treatment)
- C-diff* Vaccine Prevention
- Chronic Obstructive Pulmonary Disease (COPD)
- Constipation Induced by Pain Medication
- Endometriosis
- Glaucoma
- Gout
- High Cholesterol
- High Triglycerides
- Hot Flashes
- Irritable Bowel—Diarrhea
- Oral Contraceptives
- Weight Loss with Cardiac History

COMPLETE AND MAIL THIS FORM

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