

WELLNESS

AUGUST 2023

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Avery*



WELCOME

to the Floridacare Family

Prevention rather than cure should be the watchword of each person for their health care, in order to avoid risk factors that can lead us to suffer from a disease. We must promote a healthy physical and mental lifestyle, and that is the objective of this magazine, that whoever reads it, can know the importance of preventive health.

You can start using your plan right away, but please note that you must present your membership card and photo ID at the time of service to verify your eligibility. For general questions, appointment assistance, or customer service, call 305-294-9292, between 8:30 am to 5:00 pm. We encourage our new members to take a moment and familiarize themselves with this booklet so that you can better understand how Floridacare works. The more informed you are about the excellent services and exclusive prices that Floridacare offers you, the better your experience will be. Remember that your health is the most precious gift you have. Thank you for trusting Floridacare to protect your family's health.



Why is wellness important?

Over the past year, we have all experienced new challenges that have affected our physical, mental, and social well-being. Many of us have felt tired and stressed, which is why wellness and self-care are more important than ever. Below, we share some new ideas to achieve your well-being in all its dimensions and you can nourish your mind and body.



1. Do exercises
2. Drink water regularly.
3. Track your fitness.
4. Take multivitamins.
5. At the office, stand up every 30 minutes.
6. Go outside
7. Get enough sleep.
8. Eat organic food if possible.
9. Practice gratitude.
10. Read books.
11. Eat more fruits and vegetables.
12. Correct your posture.
13. Take a daily probiotic.
14. Get vaccinated.
15. Minimize sugar intake.
16. Meditate.
17. Listen to music.
18. Share with friends and family.
19. Do not abuse electronic equip

HEAT WAVES CAN BE HARD ON THE HEART

Soaring temperatures increase risks for heart attack and stroke.

It's not just heat stroke you have to worry about on extremely warm days. Experts say high heat can increase your risk for an actual stroke, as well as a heart attack and other cardiovascular issues. In fact, research suggests the number of deaths from cardiovascular disease (conditions affecting the heart or blood vessels) may double or triple when heat reaches extreme temperatures.

A big reason: The heart has to work harder when it's hot out. It has to pump more blood as the body works to cool itself down. When you're hot, the blood in your body gets routed away from the internal organs to just under the skin, where it releases heat — much like a radiator. The body also demands more oxygen when it gets overheated, and it's the heart's job to deliver it.

Dehydration from heat can put additional stress on the heart, since water helps the heart pump blood through the blood vessels. When you're dehydrated, the tank is just emptier. And so with a less full tank, your heart has to work even harder to meet all that metabolic demand.

In the U.S., an average of 702 heat-related deaths occur each year, federal data shows.

Patricia Best, M.D., an interventional cardiologist and associate professor of internal medicine and cardiovascular diseases at Mayo Clinic, estimates that at least a quarter of these deaths can be attributed to cardiovascular disease.

Hot temperatures + pollution = a dangerous combination



A study published July 24 in the journal *Circulation* found that the risk of a fatal heart attack among older adults in Jiangsu province, China, was 18 percent higher during two-day heat waves with heat indexes at or above the 90th percentile (ranging from 82.6 to 97.9 degrees Fahrenheit). Risks were 74 percent higher during four-day heat waves with heat indexes at or above the 97.5th percentile (ranging from 94.8 to 109.4 degrees Fahrenheit).

The most dangerous days, however, were those of extreme heat and high levels of air pollution — a heart-health risk in and of itself. The researchers estimated that up to 2.8 percent of heart attack deaths may be attributed to the combination of extreme temperatures and high levels of fine particulate pollution, which comes from sources like factories, cars, trucks and wildfires.

And unfortunately, it's becoming much more common these days when you have the confluence of wildfires and high temperatures. When it comes to stroke, studies suggest that extreme temperatures — both hot and cold — can increase risk. What's more, research presented at the American Stroke Association's 2020 International Stroke Conference found that spikes in temperatures may influence the severity of strokes. The researchers found that for every 9-degree increase in average temperature range over three days, the severity of strokes increased by 67 percent.

Risks for these heat-related cardiovascular events are not the same for everybody. Precautions are especially important for people with an underlying heart condition, high blood pressure or obesity. Individuals without access to air conditioning and shelter during high-heat days are also at greater risk.



Staying safe in the heat

The takeaway is to be aware of the risk so you can work to minimize it. Many people don't recognize that this could be life threatening.

Find a cool place to stick out the hot days — whether it's at home or at a nearby cooling shelter. (Find them listed by state at the National Center for Health Housing.)

Being in an environment where temperatures are regulated is of the utmost importance. What's more, running your air conditioning during unhealthy air quality days can help to filter out pollutants and reduce the number of harmful particles in the air you breathe.



A few other tips:

Time it. If you have to go out in the heat, try to go out in the early or late parts of the day when the sun isn't as strong. And don't be afraid to take regular breaks: Find some shade and rest for a bit. In some areas of the country, the temperatures are high even in the evening. On those days, minimize all of your time outside.

Stay hydrated. Some people with cardiovascular conditions are used to being told to watch their fluid intake and not overdo it, Harzand says. "But hydration is important," he adds. People with high blood pressure and heart failure who are fluid-sensitive should talk to their doctors about the best ways to stay hydrated on hot days.

Dress for the heat. Wear lightweight, light-colored clothing, Harzand says. And don't forget sunglasses, a hat and sunscreen.

Don't stop taking your medications. "Don't try and make changes to your medications because you think it's better or safer to not take a certain medicine when you go outside," Harzand says. If you have any concerns about your medication regimen and the heat, talk to your doctor.

Be on the lookout for warning signs of heat illness. Older adults are among those at higher risk for heat-related illness. Signs of heat exhaustion include heavy sweating, cold and clammy skin and weakness, among others. Heat stroke symptoms include red, hot and dry skin (no sweating); a fast and strong pulse; confusion, dizziness and nausea; and a throbbing headache.



4 REASONS YOU SHOULDN'T SHY AWAY FROM A COGNITIVE SCREENING

You check your blood pressure and cholesterol — why not check your brain function too?

1. The no-frills tests are quick

Evaluating a patient's cognition — how one thinks, learns, understands, remembers, reasons and makes decisions — may sound complicated, but screenings done in the doctor's office don't require high-tech tools and take only a few minutes to complete.

There isn't one standard test that's given. Rather, your physician might choose one (or a few) from several that are commonly used to check various brain functions.

A health care provider might recite three words and then ask the patient to repeat them back to gauge attention and short-term learning. A few minutes later, the patient may be asked to recall those words again.

Another common test during a routine assessment is to have the patient draw the face of a clock and even draw the hands to a specific time. This task requires several skills, from abstract thinking to visual construction, Kremen explains, but overall it shows how well a person can organize and execute a plan.

A simple math problem or question on current events may make its way into the screening. The screening could be even more informal: The health care provider may simply observe the patient or talk to their spouse or caregiver about changes in day-to-day abilities.

These tests don't provide a definitive diagnosis, but they could signal that a more thorough evaluation is necessary.



2. Symptoms may be treatable

If an initial screening raises some red flags, a follow-up will help your provider get a better idea of what's causing the thinking and memory issues. It could be dementia, or it could be something else entirely.

Depression, sleep disturbances, a vitamin deficiency — even an infection — can cause symptoms that mimic cognitive impairment or early dementia, like trouble concentrating, remembering and learning new things. Unlike dementia, however, some of these causes are eminently reversible once they are identified and treated, meaning the memory can actually get better.

Medications are another big contributor to cognitive complications. Common culprits include opioid painkillers, benzodiazepines (tranquilizers) and over-the-counter drugs that contain antihistamines. The American Geriatrics Society keeps an updated list of drugs that older adults should avoid for this reason and others.





3. An early diagnosis opens more doors

Some people avoid screenings due to fear of diagnosis. But if you do have dementia — and about 1 in 7 Americans (13.9 percent) over the age of 70 do — diagnosing it early is best.

One reason: A handful of medications may be able to help to temporarily improve your dementia symptoms, and you want to have those medications on board early, to better your chances of benefiting from them.

What's more, ongoing research shows that drugs being tested to hopefully stop or slow the progression of Alzheimer's disease, the most common form of dementia, aren't helpful in the moderate and more advanced stages. The chance of these things working is going to be at the beginning. So it's going to really behoove everybody — potential patients, primary care doctors — to jump on this early.

A confirmed diagnosis also means access to medical benefits, more opportunities to participate in clinical trials, and a chance to plan ahead with friends and family. Early detection is a very positive thing. It's when we don't bring this up and we let it languish for our own fears, when we give in to those, [that] it actually becomes damaging.



4. You can learn how to reduce risks

Bringing up brain-health concerns with your doctor paves the way for a conversation about how to reduce your risks for developing dementia in the first place. A few of dementia's big risk factors are out of an individual's control — take age and genetics, for example. But research has revealed that there are numerous things individuals can do — or stop doing — that may impact their odds of developing the disorder.

We are used to a silver bullet, a medication that we'll be able to take and it'll reverse things. And this is a little bit different. Here, the emphasis really needs to be on prevention because we don't have a cure.

Some of these lifestyle changes include:

- Controlling high blood pressure
- Managing blood sugar
- Maintaining a healthy weight
- Eating a healthy diet
- Staying mentally and physically active
- Staying connected with family and friends
- Treating hearing problems
- Sleeping well
- Preventing head injuries
- Drinking less alcohol
- Staying away from tobacco.



3 SHOTS THIS FALL?

What to Know About Getting the RSV, Flu and Covid vaccines.



Experts are hopeful the combination will lessen the likelihood of a repeat tripledemic

This fall, many older adults will be encouraged to get not one, not two, but three vaccines to protect against three common respiratory viruses that sicken millions of Americans each year and become increasingly dangerous with age.

Most are familiar with the annual flu shot — roughly half of adults rolled up their sleeves for one last year. The same can be said for the COVID-19 booster, which is once again getting an update in time for fall. New to the menu this year, however, is a vaccine for RSV, or respiratory syncytial virus, which is often associated with young kids, but sends as many as 160,000 adults 65 and older to the hospital each year, and kills as many as 10,000.

It has been learned over the last 20 years that year in and year out, [RSV] probably causes as much illness as influenza. RSV hit the U.S. especially hard last fall — right around the same time COVID-19 and flu cases gained steam. (Early estimates show the flu killed as many as 58,000 Americans in the 2022-2023 season; meanwhile, COVID-19 sent tens of thousands of people to the hospital each week during the fall of 2022.) This led some to dub the viral convergence a tripledemic.

This year, though, there's a new tool to help fight back: a vaccine for RSV — the first ever.

Two versions were approved by the Food and Drug Administration (FDA) in May and are expected to be available by the fall; both are for adults 60 and older.



When should you get the RSV vaccine?

Health officials are encouraging older adults to talk to their doctor to see whether the RSV vaccine is right for them. If that answer is yes, there's no need to delay.

The RSV season generally starts in the fall and peaks in the winter, but last year's struck a bit early. "So, it is recommended to get the RSV vaccine as soon as it's locally available.

Pfizer, the manufacturer of one of the RSV vaccines, expects its shot will be available in the late summer or early fall; GlaxoSmithKline, the manufacturer of the other, is working on a similar timeline. And there's little difference between the two approved shots, so again, it comes down to what's on hand.

One thing you will want to consider is spacing the RSV vaccine out from your flu and COVID vaccines. Studies have shown the influenza antibody response was better when the flu and RSV vaccines were given separately, though more information on RSV vaccine co-administration is expected soon. That said, the COVID-19 boosters and flu shots can be given together — and last year, often were — so there's no need to make separate trips for the clinic or pharmacy for those.

How often will you need the three vaccines?

The influenza vaccine is one you need every year, ideally by the end of October, the Centers for Disease Control and Prevention (CDC) says. And remember: Adults 65 and older should get the high-dose version for stronger protection. (The CDC estimates that 70 to 85 percent of flu-related deaths occur among adults 65 and older.)

The COVID-19 vaccine schedule is still in flux, though many experts are in favor of moving to an annual shot in the fall as the virus settles into a more seasonal pattern. For now, older adults should pay attention to recommendations from health officials and stay up to date on their boosters. The CDC recently gave the OK for adults 65 and older to go back for a second dose of the bivalent booster.

As for RSV, Schaffner says the duration of protection from the vaccine has yet to be determined. "Early data indicate that the protection may extend beyond one year," he said, meaning an annual shot might not be necessary. "That said, stay tuned for further developments."

If getting three shots this fall seems like a lot, consider the alternative, Presti says. A vaccine is "a whole lot less of a stress on your immune system" than getting infected and seriously ill from one, or all, of these common viruses. "I understand that people are tired of it, but it's sort of something we should think about getting used to as just a way of preventing disease and keeping ourselves healthy."



5 WELLNESS RETREATS

For The
*Sandwich
Generation*

Consider these destinations for holistic relief

For the 36 percent of American adults in their 50s that the Pew Research Center identifies as caught between the demands of aging parents and financially dependent kids, the idea of taking a wellness break may seem like a pipe dream. But even if sandwich heroes have just a few days to sneak away, there are a smorgasbord of options for transformative wellness retreats designed to soothe the mind, body and/or spirit.

Sure, you can always book a getaway at a fancy resort and indulge at the on-site spa for a day or two. But those in need of a more comprehensive wellness reboot might be better off choosing an immersive wellness resort. These are places that ooze wellness, from the environment in which they are located (the more nature, the better) to the food they serve, to the activities they offer.

Unlike resorts that just happen to have spas, calm is the backdrop at wellness resorts. Since all guests are seeking their zen, these Xanadus are places where you can unwind among the like-minded.

A wellness pilgrimage to Quebec City



One doesn't have to don a habit to stay at Le Monastère des Augustines in Quebec City. But a visit to the historic Canadian home base of the Augustinian order of nuns may make you change a few of your worst ones. Indeed, this wellness hostelry is the apotheosis of transformational travel.

A typical day at Le Monastère des Augustines begins by putting away cellphones, as they are not allowed in public spaces. That task accomplished, it's off for a meditative walk through Old Quebec. In search of sustenance, head back to indulge in a silent breakfast at Le Vivoir. In the afternoon, options include a contemplative walk through the gardens, a yoga session or a holistic health consultation. Happy hour entertainment? Listen to an octet of octogenarian nuns (still living on site) singing Vespers in the chapel. After a healthy dinner, tuck into bed. For simplicity, stay in an authentic room, a converted nun's cell. These are cozy nooks spruced up with antique pine furniture and a single bed covered by hand-sewn quilts. The contemporary rooms have larger beds and en-suite bathrooms. Rooms start at less than \$200 a night double occupancy, a small price to pay for a heaven-sent retreat.



CIVANA

Located in the Sonoran Desert near Scottsdale, Arizona, CIVANA is a wellness playground offering regeneration through movement, nourishment, mindfulness, outdoor adventure and the creative arts. During a typical day, a CIVANA guest can choose from a range of up to 30 classes, featuring everything from yoga (including options such as face yoga and aerial yoga), meditation and sound healing to more intensive activities such as kayaking, total body barre classes and HIIT with Pilates. All classes, plus wellness lectures, are included in the room price, which ranges from around \$300 to \$500 a night.

CIVANA's state-of-the-art spa includes an Aqua Therapy Circuit. It includes a Kneipp hydrotherapy walk, which alternates between hot and cold water, and a cold deluge shower. A wide variety of body treatments are available at the spa as well.



MOHONK MOUNTAIN HOUSE

While Mohonk Mountain House is better known as one of those classic Catskills family resorts, the fact is, the place is the embodiment of a true wellness resort. Its backdrop is the Shawangunk Mountains in New York, designated by the Nature Conservancy as one of Earth's "last great places." The resort, family owned since 1869, includes Lake Mohonk, a deep glacial lake perfect for swimming or cold-water plunges.

While Mohonk Mountain House does have a lovely spa, there's no need to step foot into it to experience wellness. Instead, Margaret Lora, the spa director, has developed Wellness in the Wild programs, full days of curated activities set in nature.

A Wellness in the Wild experience might start off observing the sunrise from an Adirondack chair. For a more active jump-start, morning yoga, a leisurely amble or a challenging rock scramble are options. Other outdoor offerings include guided forest bathing, birdwatching excursions, archery classes and pickleball. Come nightfall, after watching the sunset, there is a hike with the resort naturalist, followed by an outdoor Yin Yoga session under the stars. Activities change with the season. In winter, guests can take part in polar plunges and mindful snow walks.

The programs are complimentary for overnight guests, but note the nightly rate for two people (double occupancy) hovers around \$1,200, which covers all meals, gratuities and most activities.

CASA ALTERNAVIDA



Just 29 miles from San Juan, but a world away, sits Casa Alternavida, a dedicated wellness retreat located at the doorstep of the El Yunque National Forest. The name comes from melding the Spanish words for alternative and life. That is intentional, as the goal here is creating alternative (as in, healthier) ways to achieve balance in life. Prior to arrival, guests fill out a comprehensive questionnaire, which digs deep into issues that may need attention. Based on a survey analysis, Casa Alternavida's staff designs a personalized program. It includes morning movement classes; guided nature experiences in the El Yunque rainforest and at the beach (adapted to an individual's level of fitness); and three organic meals a day. Casa Alternavida guests also can book private sessions with life coaches, energy works and art instructors.

While accommodations are modest, they are cozy and light filled. Each room has a nature theme, which inspires its furnishings and its hand-painted wall mural. The daily rate for an individualized retreat starts at \$525, including room, board and daily programming.



Karlovy Vary and Mariánské Lázně



The Czech Republic is home to the UNESCO-designated spa towns of Františkovy Lázně, Karlovy Vary and Mariánské Lázně. Each of these Western Bohemian burghs developed centuries ago around natural mineral water springs.

Karlovy Vary and Mariánské Lázně offer a variety of medical spas and accommodations. The selection may depend on one's budget (daily prices for a four-star hotel with treatments start at less than \$130 a day; five-star properties are a bit pricier) or the ailment being treated. Some medical spas, for example, cater to those with osteoarthritis, while others focus on those with skin or respiratory problems.

At both facilities, upon checking in, a guest has an in-depth conversation with an English-speaking doctor. The doctor develops a daily course of treatment, which may include massages, electro-stimulation, applications of therapeutic mud or mud baths and physical therapy. A guest is also prescribed a specific regimen for drinking the curative mineral waters. At the end of the stay, the guest has a follow-up visit with the doctor and leaves with suggestions for keeping up the regimen.

Healthy Food

PHILLY CHEESESTEAK LETTUCE WRAPS



YIELDS:
4 servings

PREP TIME:
10 min

TOTAL TIME:
30 min

CAL/SERV:
446

INGREDIENTS

- 2 tbsp. vegetable oil, divided
- 1 large onion, thinly sliced
- 2 large bell peppers, thinly sliced
- 1 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 1 lb. skirt steak, thinly sliced
- 1 c. shredded provolone
- 8 large butterhead lettuce leaves
- 1 tbsp. freshly chopped parsley

DIRECTIONS

1. In a large skillet over medium heat, heat 1 tablespoon oil. Add onion and bell peppers and season with oregano, salt, and pepper. Cook, stirring often, until vegetables are tender, about 10 minutes. Remove peppers and onions from skillet and heat remaining oil in skillet.
2. Add steak in a single layer and season with salt and pepper. Cook until steak is seared on one side, about 2 minutes. Flip and cook until the steak is seared on the second side and cooked to your liking, about 2 minutes more for medium.
3. Add onion mixture back to skillet and toss to combine. Sprinkle provolone over steak and onions then cover skillet with a tight-fitting lid and cook until the cheese has melted, about 1 minute. Remove from heat.
4. Arrange lettuce on a serving platter. Scoop steak mixture onto each piece of lettuce. Garnish with parsley and serve warm.

7 sneaky

SOURCES OF SODIUM

and What to Eat instead

High levels of salt may be hiding in food that seems healthy

It's easy to think we're making healthy choices when we reach for "low-fat" or "high-protein" foods. But here's a surprise: High levels of sodium may be lurking in some of our favorite low-calorie staples.

"A lot of times, people think that most of their salt intake is coming from the salt we use at home. But it actually comes from a lot of those packaged foods that we eat," says Dolores Woods, a registered dietitian with the University of Texas Health Science Center in Houston.

As we munch through the day, even the smallest bites can accumulate into a hefty intake of sodium that adds up faster than we might realize.

Why is too much sodium bad?

Consuming too much salt or sodium can increase our blood pressure and lead to more severe chronic illnesses such as cardiovascular and kidney disease, Woods says. Sodium draws water into our veins, which increases blood flow and raises blood pressure. Over time, high blood pressure can cause the arteries to stretch and accumulate plaque, which can pose the risk of a blockage.

How much sodium should older adults consume?

On average, Americans consume a whopping 3,400 mg of sodium each day, far over the federal recommendation of a maximum of 2,300 mg (about one teaspoon of table salt). Those with hypertension should consume between 1,000 and 1,200 mg of sodium a day, Woods says.



Which low-calorie foods are high in Sodium?

Condiments

From mayonnaise to salad dressing, condiments tend to be packed with high levels of sodium. Ketchup, barbecue sauce and soy sauce are some of the worst offenders.

The serving size is so small, so it really adds up because most people aren't actually using measuring cups or tablespoons to measure those out.

A tablespoon of ketchup can contribute to 8 percent of your daily sodium intake, while the same amount of soy sauce reaches a staggering 38 percent. Using just 2 tablespoons of your typical barbecue sauce can take up 13 percent of your daily recommended value of sodium.

What to eat instead: Woods recommends using spices such as smoked paprika and other flavor enhancers to add taste without increasing sodium intake. Alternatively, you can opt for low-sodium condiment options and practice moderation when using them, especially when no other alternatives are available.



Processed Cheese

Despite being low in calories and high in protein, half a cup of cottage cheese contains a surprising 350 mg of sodium, which amounts to 16 percent of the recommended daily maximum sodium intake. Other examples of processed cheese include American cheese, cheese spreads, canned and spray cheese.

What to eat instead: Milk, yogurt, cream cheese and mozzarella are better ways to satisfy your dairy cravings without excessive salt intake.

Cereal

Before reaching for cereal, you might want to reconsider. While some brands advertise cholesterol-lowering benefits and a low calorie count of only 140 per cup, be aware that it also contributes to 9 percent of the daily recommended value of sodium.

What to eat instead: Try plain oatmeal, which has zero sodium, but be aware that anything you add to it may contain salt.



Which low-calorie foods are high in Sodium?



4. Vegetable juice

While it may provide you with a serving of vegetables, vegetable juice is not as healthy as it seems. Just 8 ounces is loaded with approximately 28 percent of the recommended daily sodium intake. What to eat instead: Opt for low-sodium vegetable juice, which typically accounts for about 6 percent of the recommended daily value. And you can't go wrong with eating fresh fruits and vegetables instead.

5. Canned goods

Canned vegetables are great because they're cheap and have a long shelf life, but the trade-off comes in the form of an unnecessary amount of sodium you'll consume. For instance, just half a cup of canned green beans will account for 13 percent of the recommended daily sodium intake.

What to eat instead: For those who prefer canned food, choose low-sodium or salt-free varieties. Additionally, rinsing your canned veggies or beans removes about 20 percent of the sodium that would otherwise be eaten, Woods says.

Frozen vegetables also have a long shelf life and typically don't have added salt, Woods says. Just make sure they aren't packaged with a sauce or cheese.



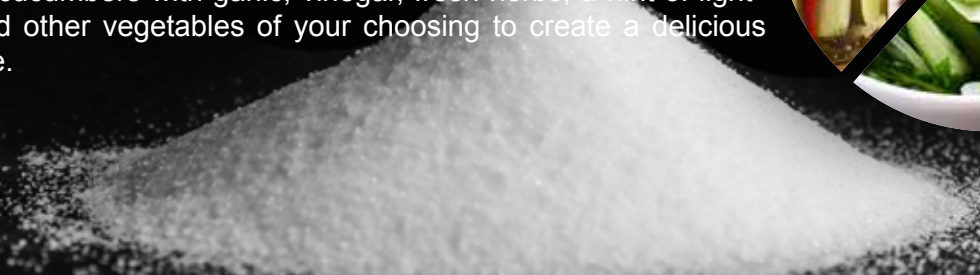
6. Frozen meals

Frozen meals can vary significantly in terms of calories and fat content. However, one common factor among frozen entrees is their high sodium content. For instance, a frozen entree with only 320 calories and 4 grams of fat may contain a whopping 790 mg of sodium, 34 percent of the daily value.

What to eat instead: Consider prepping your own food to have better control over the amount of salt in your meals.

7. Pickles

Believe it or not, about three-fourths of a pickle spear packs 260 mg of sodium (11 percent of the daily value) while only having 5 calories. What to eat instead: Consider making a cucumber salad that maintains a satisfying sour flavor and offers a refreshing taste. Combine cucumbers with garlic, vinegar, fresh herbs, a hint of light sugar, and other vegetables of your choosing to create a delicious alternative.





GREATEST SCIENTISTS

Oswald Theodore Avery

- Born: 1877, Halifax, Nova Scotia
- Died: 1955, Nashville, Tennessee

Oswald Theodore Avery was born in 1877 in Halifax, Nova Scotia. Avery attended Colgate University, where he excelled in literature, public speaking, and debate, earning his BA in the humanities in 1900. In the absence of any scientific background or prior evidence of interest, after college Avery chose a career in medicine and entered the Columbia University College of Physicians and Surgeons in New York. He received his medical degree in 1904.

Avery moved in 1907 to laboratory work at the Hoagland Laboratory in Brooklyn, the first privately endowed bacteriological research institute in the United States. Avery initially worked on the bacteriology of yogurt, but soon developed an interest in tuberculosis after his mentor, Benjamin White, contracted a case. It was during this time that Avery established what his biographer René J. Dubos called the pattern of his career, the “systematic effort to understand the biological activities of pathogenic bacteria through a knowledge of their chemical composition.” In 1923 he became a faculty member at the Rockefeller Institute, where he worked until his retirement in 1948. Avery was one of the first molecular biologists and was a pioneer in immunochemistry, but he is best known for his discovery in 1944 with his co-workers Colin MacLeod and Maclyn McCarty that DNA is the material of which genes and chromosomes are made. The Nobel laureate Arne Tiselius said that Avery was the most deserving scientist not to receive the Nobel Prize for his work. A lifelong bachelor, Avery moved to Nashville, Tennessee in 1949 to be near his brother, Roy, a bacteriologist at Vanderbilt University, and family, and died there of pancreatic cancer in 1955. He is buried in Nashville’s Mount Olivet Cemetery.

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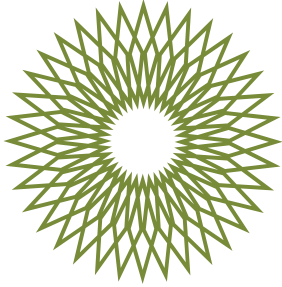
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