



COMPASSIONATE CONCIERGE CARE IN THE HEART OF VERO BEACH



HELLO, SUMMER! LET'S TALK MEN'S HEALTH, MOVEMENT & STAYING PREPARED

Summer is officially here in Vero Beach—and with the sunshine comes a mix of opportunity and responsibility. June brings us longer days, Father's Day celebrations, and, yes... the start of hurricane season.

BEFORE WE DIVE INTO HEALTH TIPS, LET'S DO A QUICK REMINDER:

Now is a great time to make sure you're prepared for any storm-related emergencies. Double check your medication refills, keep a basic emergency kit ready, and ensure we have your most up-to-date contact information on file. If you have any special care needs, let us know how we can support you in advance.

Now, onto something we're deeply passionate about: supporting men's health and aging well—not just in June, but all year long.

[READ MORE](#)





Ask Dr. Wy...

Richard Wyderski, MD, FACP

Dr. Wy, why does my doctor say I have hepatitis from too much fat? I eat a low fat diet!

I suspect your doctor noticed that one or more of your liver blood tests was abnormal, and that led to a liver ultrasound demonstrating too much fat in the liver, a condition called Metabolic Associated SteatoHepatitis, or MASH for short. It's most common in obese people, but prediabetes, diabetes, high blood pressure and high cholesterol are also risk factors.

By definition it develops in people who drink little or no alcohol. In the US, about 1 in 3 people have it or a similar condition called MAFLD (Metabolic Associated Fatty Liver Disease) where the liver blood tests are still normal. It also isn't directly caused by dietary fat.

The danger of not treating it is that it can lead to permanent scarring of the liver, a condition called cirrhosis. Cirrhosis can lead to liver failure requiring a liver transplant and is a strong risk factor for liver cancer. That's why people at risk for it should be screened and get treated before complications develop. By the time MASH causes symptoms, the liver damage may be permanent.

The good news is that early treatment effectively prevents complications. Weight loss through diet and exercise with or without the weight loss drugs semaglutide or tirzepatide can normalize the liver cells and even reverse early fibrosis, a precursor to cirrhosis. If that fails, another option is a new medication called resmetirom that's currently indicated when stage 2-3 fibrosis is present.

If you're at risk for MASH or MAFLD, please talk to your doctor about getting screened. We all need healthy livers!

Have a question for Dr. Wy that you'd like him to answer?

Please submit to info@wyderskihealth.com.

What Is Calcific Aortic Stenosis?

Calcific aortic stenosis involves progressive narrowing and stiffening of the aortic valve, through which blood flows from the heart to the rest of the body.

Aortic stenosis affects 1% to 2% of adults older than 65 years and about 12% of those older than 75 years in the US. Worldwide, aortic stenosis causes 100 000 deaths annually.¹

Risk Factors and Symptoms of Calcific Aortic Stenosis

The most important risk factors for calcific aortic stenosis are a bicuspid aortic valve and aortic sclerosis. A bicuspid aortic valve has only 2 leaflets (instead of the usual 3 leaflets) and is present at birth in 1% to 2% of people worldwide. Aortic sclerosis (thickening of the aortic valve leaflets from mild calcification) progresses to aortic stenosis at a rate of 2% per year. Risk factors for aortic sclerosis include older age, male sex, high blood pressure, diabetes, high cholesterol, coronary heart disease, chronic kidney disease, and smoking.

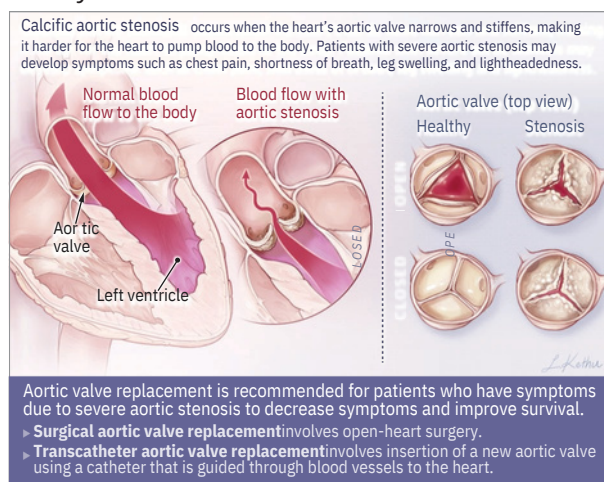
Patients with mild to moderate calcific aortic stenosis often have no symptoms, and even those with severe aortic stenosis can be symptom free for a few years. The most common early symptoms of aortic stenosis are decreased exercise tolerance and shortness of breath with physical activity. Patients with more severe aortic stenosis may have leg swelling, shortness of breath at rest and while lying flat, and extreme fatigue. Chest pain, lightheadedness, and fainting are less common but may occur with severe aortic stenosis.

Diagnosis and Management of Calcific Aortic Stenosis

Echocardiography, a noninvasive test that uses ultrasound to examine the heart, is the primary test for diagnosing aortic stenosis. Echocardiography can determine the aortic valve's structure and function and evaluate the severity of aortic stenosis. In some patients, additional tests such as heart catheterization, cardiac stress testing, or computed tomography (CT) may be needed.

Due to the chronic progressive course of aortic stenosis, patients should promptly report new or worsening symptoms to avoid treatment delays. Asymptomatic patients with aortic stenosis should undergo clinical examination and echocardiography at intervals from every 6 months to every 5 years, depending on their disease severity. Referral to a cardiologist is recommended for patients with severe aortic stenosis or those with symptoms of aortic stenosis and an abnormal aortic valve on echocardiography.

No currently available medications slow progression of calcific aortic stenosis. However, management of high blood pressure and



smoking cessation can help reduce risk of more rapid progression of aortic stenosis and decrease risk of coronary heart disease.

Aortic Valve Replacement

Aortic valve replacement (AVR) is recommended for patients who have symptoms due to severe aortic stenosis. There are 2 main approaches to AVR: • **Surgical AVR (SAVR)** involves open-heart surgery with removal of the aortic valve and replacement with a new valve that is either mechanical (typically composed of pyrolytic carbon) or tissue (typically derived from the heart of a pig or cow).

• **Transcatheter AVR (TAVR)** is a less invasive procedure in which a new aortic valve is inserted through a catheter, usually in the groin, and guided through the arterial system to the heart. Once placed, the new valve expands, and the old valve is pushed aside.

Patients with symptomatic severe aortic stenosis who do not undergo AVR have a 50% mortality rate at 1 year. However, patients who undergo either SAVR or TAVR have similar survival rates as people without aortic stenosis.

FOR MORE INFORMATION

• American College of Cardiology CardioSmart Hub

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1. OttoCM, NewbyDE, HillisGS. Calcific aortic stenosis: a review. *JAMA*. 2024;332(23):2014-2026. doi:10.1001/jama.2024.16477

What Is Bird Flu?

Bird flu (also known as avian influenza) is an influenza virus that originates in animals and can spread to humans.

Infection with bird flu is widespread among wild birds and poultry. Mammals such as dairy cows may also become infected. Bird flu can be transmitted to humans when viral particles from fluids and secretions of infected animals (saliva, mucus, feces, milk) are inhaled or get into a person's eyes, nose, or mouth.¹

Symptoms and Potential Complications of Bird Flu

Symptoms of bird flu, which typically develop 2 to 7 days after exposure to the virus, are often similar to seasonal influenza and may include fever, cough, sore throat, runny nose, eye redness (conjunctivitis), muscle aches, headaches, and fatigue. Complications of severe avian influenza include pneumonia, respiratory failure, and inflammation of the brain (meningoencephalitis).

Bird Flu Subtypes in Human Infections

Multiple subtypes of bird flu have been linked to sporadic outbreaks of infections among humans, with the H5N1 and H7N9 subtypes the most common causes. More than 925 cases of H5N1 infection have been reported in over 20 countries since 1997, and more than 1500 cases of H7N9 infection occurred in China between 2013 and 2017. Rare transmission between humans has been reported in bird flu outbreaks, usually occurring after prolonged contact with sick members in the same household.

Current Bird Flu Outbreak in the US

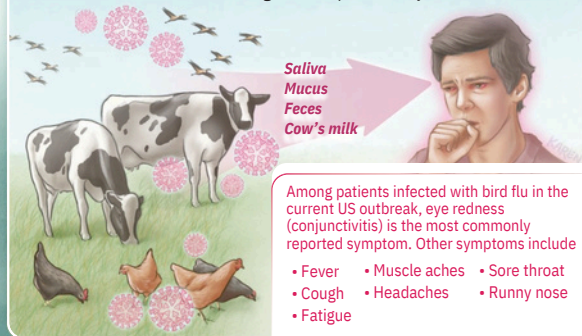
An outbreak of H5N1 in the US began in April 2024. As of January 6, 2025, there have been 66 reported confirmed cases of bird flu in humans, with most cases occurring among people exposed to sick or infected animals (eg, poultry and dairy workers). In the current US outbreak, most cases have been mild, but the first human death from bird flu was reported on January 6, 2025. Eye redness has been the predominant symptom, although respiratory symptoms and fever have also occurred. Currently, no human-to-human transmission has been reported in the US bird flu outbreak.

Who Should Be Tested for Bird Flu and How Is It Diagnosed?

People with signs and symptoms of influenza who have been exposed to animals or to a human with a confirmed or probable bird flu infection should be tested. The diagnosis of bird flu can be made by testing a swab of the back of the nose and throat or by using a combined nasal-oral swab. For patients with isolated symptoms of conjunctivitis, a swab inside of the eyelid is also performed.

Bird flu is an infection caused by avian influenza viruses that are common among birds and poultry and may infect mammals, such as cows.

Humans can become infected with bird flu when viral particles from infected animals are inhaled or get into a person's eyes, nose, or mouth.



Bird flu can be prevented by avoiding direct contact with sick or dead birds or dairy cows, and by not consuming raw milk. Early treatment with oseltamivir is recommended for all patients diagnosed with bird flu.

How Is Bird Flu Prevented?

Bird flu can be prevented by avoiding direct contact with sick or dead wild or domestic birds or dairy cows, and by not consuming raw milk. Personal protective equipment (PPE), such as gloves and masks, is recommended for individuals in contact with sick, dead, and confirmed or potentially infected animals. Sick or dead birds should be reported to local agencies for further investigation. Seasonal influenza vaccines do not protect against bird flu, although vaccines targeting bird flu are under development. Treatment with an antiviral medication (oseltamivir) may be considered for individuals with a confirmed exposure to bird flu depending on the type and duration of exposure, time since exposure, and whether the exposed person has a high risk of complications from influenza. Patients with bird flu should be isolated to prevent transmission to others.

How Is Bird Flu Treated?

Treatment with oseltamivir, twice daily for 5 days, is recommended for all patients with bird flu. Treatment should be started early (ideally within 48 hours of illness onset) to help prevent severe illness.

FOR MORE INFORMATION

www.cdc.gov/bird-flu/site.html

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Conflict of Interest Disclosures: None reported.

1. Centers for Disease Control and Prevention. Avian influenza (bird flu). Accessed January 6, 2025. <https://www.cdc.gov/bird-flu/site.html>

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DISASTER SUPPLY KIT CHECKLIST



General

- ☐ Two week minimum supply of medication, regularly used medical supplies, and a list of allergies
- ☐ A list of the style, serial number, and manufacturer information of required medical devices
- ☐ Batteries
- ☐ Flashlights *Do not use candles*
- ☐ NOAA Weather Radio *Battery operated or hand cranked*
- ☐ Cash *Banks and ATMs may not be available after a storm*
- ☐ Cell phone chargers
- ☐ Books, games, puzzles or other activities for children

Phone Numbers

- ☐ Maintain a list of important phone numbers including:
County emergency management office, evacuation sites, doctors, banks, schools, veterinarian, a number for out of town contacts, friends and family

Clothing

- ☐ Rain gear such as jackets, hats, umbrellas and rain boots
- ☐ Sturdy shoes or boots and work gloves

Special Needs Items

- ☐ Specialty items for infants, small children, the elderly, and family members with disabilities

First Aid

- ☐ First Aid Manual
- ☐ Sterile adhesive bandages of different sizes
- ☐ Sterile gauze pads
- ☐ Hypoallergenic adhesive tape
- ☐ Triangular bandages
- ☐ Scissors
- ☐ Tweezers
- ☐ Sewing needle
- ☐ Moistened towelettes
- ☐ Antiseptic
- ☐ Disinfectant wipes
- ☐ Hand sanitizer
- ☐ Thermometer
- ☐ Tube of petroleum jelly
- ☐ Safety pins
- ☐ Soap
- ☐ Latex gloves
- ☐ Sunscreen
- ☐ Aspirin or other pain reliever
- ☐ Anti-diarrheal medicine
- ☐ Antacid
- ☐ Laxative
- ☐ Cotton balls
- ☐ Q-tips

Food and Water

- ☐ Food
Nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary items to last at least 7 days
- ☐ Water
1 gallon per person per day
- ☐ Non-electric can opener
- ☐ Paper plates
- ☐ Napkins
- ☐ Plastic cups
- ☐ Utensils

Important Documents

- ☐ Insurance cards
- ☐ Medical records
- ☐ Banking information
- ☐ Credit card numbers
- ☐ Copies of social security cards
- ☐ Copies of birth and/or marriage certificates
- ☐ Other personal documents
- ☐ Set of car, house, and office keys
- ☐ Service animal I.D., veterinary records, and proof of ownership
- ☐ Information about where you receive medication, the name of the drug, and dosage
- ☐ Copy of Will

**Items should be kept in a water proof container*

Vehicle

- ☐ Keep your motor vehicle tanks filled with gasoline

Pet Care Items

- ☐ Pet food and water to last at least 7 days
- ☐ Proper identification
- ☐ Medical records/microchip information
- ☐ A carrier or cage
- ☐ Muzzle and leash
- ☐ Water and food bowls
- ☐ Medications
- ☐ Supplies for your service animal

Find more disaster preparedness tips at
FloridaDisaster.org



Men's Health Month: Take Charge Before It's Critical

Did you know men are statistically less likely to visit the doctor until something feels “really wrong”? And unfortunately, many health issues like heart disease, diabetes, high blood pressure, and prostate problems can be quiet until they're dangerous.

That's why Men's Health Month is so important. It's a chance to pause, check in, and take steps that protect not just your health—but your independence, quality of life, and peace of mind.

At Wyderski Health, we're here to change the script for our male patients. With longer visits, zero rush, and a calm, private environment, we make it easy to open up, ask questions, and take charge of your wellness.



Get Moving, Vero Beach! Your Body Will Thank You

One of the simplest and most powerful ways to support your heart, joints, and brain? Stay active. And you don't have to join a gym or run a marathon—especially not in the Florida heat. Here are some low-impact, senior-friendly favorites right here in our backyard:

- **Jaycee Park** – A flat, shaded boardwalk with ocean views
- **McKee Botanical Garden** – Take in natural beauty while moving at your pace
- **Beach Yoga at South Beach Park** – Gentle stretching with a sea breeze
- **Downtown Art Walk** – Culture + cardio? Yes, please
- **Pelican Island Refuge** – Peaceful nature trails, perfect for walking meditation Even 15–30 minutes a day of gentle movement can improve blood pressure, energy, balance, and mood.



Medication Refills: A Friendly Reminder

Please don't wait until you're out of medication to give us a call. To avoid delays, we ask that you request refills at least 7 days before you run out of any routine prescriptions.

We want to keep your care flowing smoothly—with no interruptions.





Summer Recipe Spotlight: Strawberry Nice Cream

This one's easy, healthy, and absolutely refreshing

You'll Need:

- 1 lb strawberries (frozen)**
- 2 ripe bananas (frozen)**
- 1 tbsp lemon juice**
- ¼ cup cold water (optional, for texture)**

Instructions:

- Let fruit thaw slightly.**
- Blend until smooth.**
- Serve immediately or freeze for a firmer consistency.**
- Heart-healthy, low sugar, and a sweet treat you can enjoy guilt-free.**

Here's What We Recommend for Every Man Over 50

Annual Wellness Visit – Let's check blood pressure, weight, labs, and review your medications

- **Heart Health Check** – We'll look at cholesterol, family history, and lifestyle
- **Diabetes Screening** – High blood sugar often hides in plain sight
- **Prostate Health Review** – We'll discuss screening and symptoms to watch
- **Mental Health Matters Too** – Stress, mood changes, and sleep are worth talking about Taking care of yourself doesn't have to be complicated.

**But it does have to be intentional. And
we're here every step of the way.**



Let's Get You Scheduled

Summer visits are booking up quickly! Be sure to call now if you're due for:

- A wellness checkup
- Blood pressure or cholesterol follow-up
- Medication reviews or renewals
- A general conversation about how you're feeling and aging

Call us at **772-742-3799**

or visit www.wyderskihealth.com to request your appointment online.

And as always—Dr. Wyderski is available after hours for medically urgent matters. Just call and select option 2.

Here's to strong hearts, sharp minds, and joyful movement this summer.

– Your Wyderski Health Team



Karen's Korner.

If you've had a great experience with our team, we'd love your help. Leaving a Google review not only encourages our staff—it also helps other people in our community discover the value of concierge care.

Many folks still don't realize that they can get personal, unrushed care from a board-certified internist without battling long wait times or rushed visits.

Just a few kind words can help someone else make an informed choice for their health.

[Click here to leave a review:](#)

Thank you for spreading the word we're grateful for your support.



Or Scan the QR code
to leave a review