



Wyderski Health  
*Our why is you*

# COMPASSIONATE CARE FOR YOUR WHOLE HEALTH



## CONGRATULATIONS TO KAREN!

We're delighted to share that Karen Bolle Wyderski, BSN, RN has completed her Healing Touch program and is now a Level 5 practitioner! She is preparing for her certification exam in the coming months—a milestone similar to how nurses become certified in specialties such as cardiology or hospice care.

This advanced certification reflects Karen's professional expertise, experience, and dedication to providing exceptional care.

If you haven't yet scheduled your **complimentary Healing Touch session with Karen**, now is the perfect time! Experience for yourself how Healing Touch can promote relaxation, reduce stress, and support your body's natural healing process.

# Hurricane Season Reminders

**Hurricane season is here, and preparation is the best protection.**

**Please make sure your emergency supplies include:**

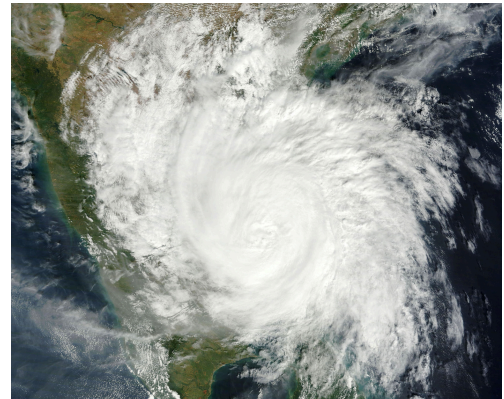
- Bottled water
- Canned staple goods
- Fresh batteries & lightbulbs
- Lanterns & flashlights
- Battery-operated fans
- A high-quality cooler for frozen goods



## **Emergency Prescription Refills – Know Your Rights**

**Florida law allows a 30-day emergency refill of prescriptions—even if you’ve recently refilled—if:**

- A hurricane warning is issued by the National Weather Service
  - The Governor declares a state of emergency
  - Your county activates its emergency operations center
  - Insurers must waive “refill too soon” restrictions during these times.
- Please keep at least a two-week supply of all medications, and include a written list of your prescriptions, dosages, and instructions in your emergency kit.



## **Storm Protocol & Communication**

**If a storm threatens our area:**

- Our office will close when travel is unsafe
- We will maintain phone contact while service is available
- If cell service is lost, we will not be able to communicate until restored
- In a medical emergency, call 911 and go directly to the hospital

**Please let us know your storm plan:**

- Will you stay home?
- Will you evacuate?
- Will you go to a special-needs shelter or hospital?

**Contact us as soon as possible so we can assist with any necessary documentation or post-storm care arrangements.**





# 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**

# End-of-Summer Healthy Recipe – Citrus Mint Refresher



## Ingredients:

- 2 cups chilled sparkling water
- 1 cup fresh orange juice
- 1 tbsp lemon juice
- 1 tbsp honey (optional)
- Fresh mint leaves
- Ice

## Directions:

In a pitcher, combine sparkling water, orange juice, lemon juice, and honey. Stir well. Add fresh mint leaves and ice before serving. This refreshing drink is hydrating, vitamin-rich, and perfect for warm Florida afternoons.





## Keep Active in Vero – Senior-Friendly Fitness Spots

Staying active is key to healthy aging! Here are a few safe, welcoming places in Vero Beach where seniors can enjoy movement:

- **Vero Beach Community Center** – Offers dance, low-impact aerobics, and social activities.
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- **Walking Trails at Riverside Park** – Shaded paths perfect for morning or evening walks.

Regular exercise helps maintain mobility, balance, and energy—plus, it's a great way to meet new friends in the community.

**From all of us at Wyderski Health, thank you for being part of our practice family. Wishing you a healthy, safe, and joyful September!**

# Ask Dr. Wy...

## Richard Wyderski, MD, FACP

***Dr. Wy, why hasn't my doctor prescribed me medication for my prediabetes?***

It's true that many people with DIABETES need to be on medications to keep their blood sugars controlled to prevent organ damage. Diabetes is defined by repeatedly having a fasting blood sugar over 125 mg/dL, a 2 hour post-meal blood sugar over 200 mg/dL, or an "a1c" of 6.5% or higher. The higher the a1c, the more quickly organ damage occurs.

PREdiabetes isn't diabetes, but may people with it later develop diabetes. 1 in 3 people in the US currently have it. The number definitions are lower: an "a1c" of 5.7-6.49%, a fasting blood sugar over 100 mg/dL, or a 2-hour post-meal blood sugar over 140 mg/dL. It doesn't lead to organ damage, but because it causes no symptoms those that DO develop diabetes can develop a lot of organ damage before they know it. When we find prediabetes, we do everything we can to prevent it from becoming diabetes.



It often does take a change in our daily habits to prevent it from getting worse and usually does not need medication. Exercising moderately at least 5 times a week for 30 minutes, losing 5-7% of our body weight, and eating a healthy low-carb Mediterranean diet all help!

People with certain risk factors should be checked for prediabetes regularly: age over 45 years, being overweight or obese, having a family history of diabetes, or eating an unhealthy diet or not exercising much. If we develop it, we need to get our blood sugar checked more frequently.

**Please get checked if you're at risk. You'll be glad you did!**

**Have a question for Dr. Wy?**

**Please submit it to [info@wyderskihealth.com](mailto:info@wyderskihealth.com)**



## Screening for Prediabetes and Type 2 Diabetes

The US Preventive Services Task Force (USPSTF) has recently published recommendations on screening for prediabetes and type 2 diabetes.

### What Are Prediabetes and Diabetes?

Prediabetes and diabetes are conditions in which **glucose** (sugar) is not metabolized normally, resulting in high blood sugar levels. The cause of this abnormal sugar metabolism is a problem with **insulin**, a hormone produced by the pancreas that helps regulate sugar level. In type 2 diabetes, the body stops responding properly to insulin (**insulin resistance**), and eventually the pancreas stops making enough insulin.

Prediabetes means a person has a blood sugar level that is higher than normal but not yet in the range of what is considered diabetes. Prediabetes increases the risk of developing diabetes, but it does not always progress to diabetes. Exercise, a healthy diet, and weight loss if you are overweight or obese are all effective ways to prevent diabetes. Risk factors for developing prediabetes and diabetes include being overweight or obese, older age, and having family members with diabetes.

Symptoms of diabetes result from a high blood sugar level and include being very thirsty and urinating more often. Over time, diabetes can lead to cardiovascular disease, kidney disease, and blindness. Besides lifestyle changes, diabetes can be treated with a variety of medications, including pills and injections (which include both insulin and noninsulin injections).

### What Test Is Used to Screen for Prediabetes and Diabetes?

Screening for prediabetes and diabetes is done by checking blood sugar level. There are several tests that can be used to assess blood sugar, including fasting glucose measurement, hemoglobin A<sub>1c</sub> measurement, and an oral glucose tolerance test.

### What Is the Population Under Consideration for Screening for Prediabetes and Diabetes?

This recommendation applies to nonpregnant adults aged 35 to 70 years who are overweight or obese and have no symptoms of diabetes.

### What Are the Potential Benefits and Harms of Screening for Prediabetes and Diabetes?

The goal of screening for prediabetes and diabetes is to identify and treat these conditions earlier rather than later to prevent progression of disease and adverse outcomes such as heart attack, kidney disease, impaired vision, and death. While there is limited direct evidence that screening for prediabetes and diabetes

### Screening for Prediabetes and Type 2 Diabetes

Diabetes affects an estimated 13% of adults in the United States, and prediabetes another 34%. Progression of prediabetes to diabetes can be prevented by lifestyle changes as well as medications.



#### Population

Nonpregnant adults aged 35 to 70 years who are overweight or obese and have no symptoms of diabetes



#### USPSTF recommendation

The USPSTF recommends screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who are overweight or obese. Clinicians should offer or refer patients with prediabetes to effective preventive interventions.

improves health outcomes, there is good direct evidence that interventions for newly diagnosed diabetes have a moderate benefit in reducing all-cause mortality, diabetes-related mortality, and risk of heart attack after 10 to 20 years of intervention. Furthermore, there is convincing evidence that lifestyle interventions such as diet and exercise in those who have prediabetes reduce progression to type 2 diabetes.

Potential harms of screening are small. These may include psychological stress from a diagnosis of prediabetes or diabetes, as well as potential side effects of treatment, such as low blood sugar level (**hypoglycemia**) or gastrointestinal side effects from metformin.

### How Strong Is the Recommendation to Screen for Prediabetes and Diabetes?

The USPSTF concludes with moderate certainty that screening for prediabetes and type 2 diabetes in adults who are overweight or obese and offering or referring patients with prediabetes to effective preventive interventions has a moderate net benefit.

#### FOR MORE INFORMATION

US Preventive Services Task Force

[www.uspreventiveservicestaskforce.org/uspstf/topic\\_search\\_results?topic\\_status=P](http://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P)

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# **Karen's Korner**

## **– Payment & Billing Updates**

To keep our practice running smoothly while continuing to offer flexible payment plans, we're making a few updates effective October 1, 2025:

### **Credit Card Convenience Fee:**

4% (avoid this fee by paying via check, bank payment scheduling, Zelle or autodraft with signed authorization).  
Late Fees: \$50 per person for accounts 30+ days late; \$75 per person for accounts 60+ days late.

**While many concierge practices now require annual payment in full, we will continue to offer monthly, quarterly, semi-annual, or annual payment options.**

**As always, if you experience a hardship, please call us—we are happy to work with you to find a solution.**

