



Wyderski Health
Our why is you

YOUR HEALTH, OUR PRIORITY

The Wyderski Health Family Newsletter



IT IS A PRIVILEGE TO WALK THIS HEALTH JOURNEY WITH YOU

Every season brings me back to the same feeling — deep, genuine gratitude. Gratitude for the trust you place in us, for the conversations we get to have, and for the privilege of knowing not just your health history, but your lives.

Primary care — and especially geriatric care — is about so much more than treating what ails you today. It's about understanding the full arc of who you are: where you've been, what matters to you, and where you want to go. That's the kind of medicine Karen and I chose to practice, and the Wyderski Health family makes it meaningful every single day.

As we head into summer, please read through this newsletter carefully. There are some important updates, a few policy changes, and reminders that — we promise — come from a place of wanting to serve you better. We are always in your corner. - **Dr. Wy**



Ask Dr. Wy

Dr. Wy, why should I get a CAT scan of my heart like they advertise on TV? It sounds like a scam!

I've recently written about using the PREVENT calculator to estimate one's 10-year risk of heart attack or stroke and checking a lipoprotein(a) level that if high doubles that estimate. But can we measure how much cholesterol is in our heart arteries? Yes, we can! The best tool we have is a CT scan of the heart that measures the amount of calcium in them.

This scan had been around for decades but hasn't been commonly used. It's now one of the methods recommended by the American Heart Association and American College of Cardiology in their 2026 guidelines to help people decide how to treat their cholesterol. A coronary artery calcium (CAC) score of 0 means there's no plaque buildup. If it's 1-100, there's mild buildup, 101-300 moderate, and more than 300 severe. As you might guess, a higher CAC score means a higher risk.

You might think that a "mild" score means a person isn't at risk, but that isn't correct. Heart attacks and strokes occur because a soft cholesterol plaque breaks open and forms a clot, and it's the clot that causes the heart attack. Statin drugs prevent plaques from getting worse, over years shrink plaques, and even make plaques less likely to form a clot. Statin drugs are not just one trick ponies!

Unless your CAC score is zero or your PREVENT risk is <5% with a CAC score more than 0, please strongly consider starting a potent cholesterol-lowering medication. We need all the stroke and heart attack prevention we can get!

Have a question for Dr. Wy? Please submit it to info@wyderskihealth.com
Wyderski Health · Concierge Primary Care · Vero Beach, FL

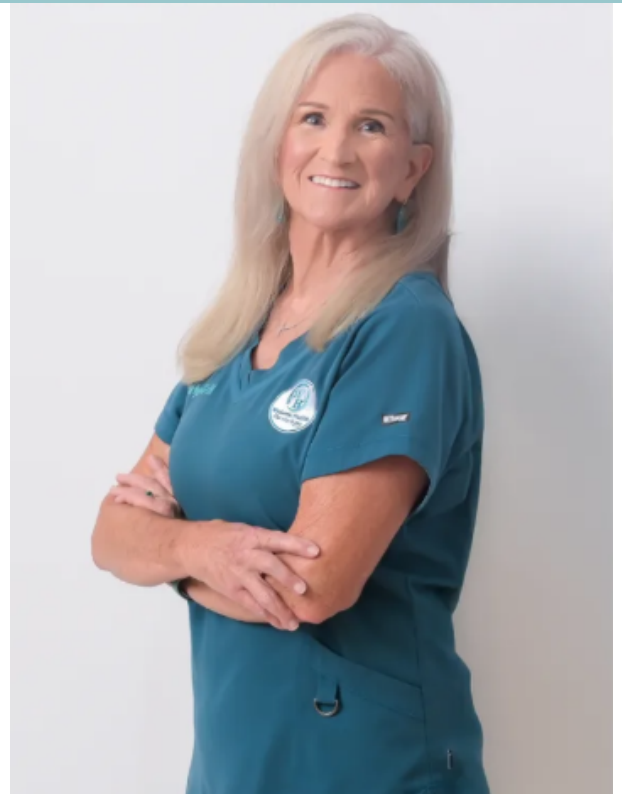
Karen's Korner

A Note From the Heart of Our Practice

This is the part of our newsletter where I get to talk to you as family — because that's exactly what you are to us.

"Some days, we have back-to-back missed appointments. Each empty slot is time that could have gone to someone who needed to be seen. Let's take care of each other."

We know life is unpredictable, and we extend grace freely. This is simply a loving reminder that staying on schedule helps us take the very best care of everyone in our community — including you.



Whether You're Staying or Heading North — We've Got You

As summer approaches and some of you make your way north for the season, please know this: distance doesn't change your access to care. Phone consultations, video visits, prescription guidance — we are still here for you exactly as if you never left Vero Beach.

For those staying put, hurricane season is upon us — and in South Florida, that means more than stocking up on bottled water. Medical preparedness during a volatile and unpredictable hurricane season is just as critical as having a go-bag by the door. Know your medications. Have enough on hand. Know when to call us and when to seek emergency care. A storm can disrupt access to pharmacies, labs, and urgent care for days. The time to prepare is right now, before a watch is ever issued.

Traveling Patients

Phone, video visits & prescription support available — just like home.

Hurricane Preparedness

Review Indian River County Disaster Preparedness resources now. Prepare before the forecast changes.



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 towellelettes
- 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

Our Upcoming Travel Dates — Save These Now

Rich and I are so looking forward to some long-overdue celebrations this year — two weddings, a medical conference, and Rich's and my birthday trips. Rest and renewal matter for everyone, including your doctors. And just as we encourage you to take care of yourself, we try to practice what we preach.

Please know: there will always be a doctor on call whenever Dr. Wyderski is unavailable, and Jill will be in the office coordinating every step.

Important Reminder

The on-call doctor handles acute medical issues only — not routine medication refills. Please review your prescriptions now and request refills before these dates.

Dates	Occasion
April 24–27	Dr. Wy's Birthday Trip
May 9–13	Medical Conference
June 27–July 5	Karen's 65th Birthday Trip
August 7–9	Wedding
November 13–18	Wedding

A Few Quick Things That Make a Real Difference

Please arrive 10 minutes early for all appointments.

If you arrive at or after your scheduled time, your appointment time cannot be extended — out of respect for patients coming after you.

At every check-in, please confirm:

- Your current email address

- Your mobile phone number

- Whether you use the patient portal (the best way to reach Dr. Wyderski directly)

If we don't have your correct contact info, you may miss appointment reminders — and this newsletter. And you don't want to miss this newsletter.

Billing: For those not on auto-pay or ACH — payments are due on or before the invoice date. Late payments take our attention away from patient care, and we know that's not what any of us want.

After-Hours & Weekend Calls — What They're For

Weekends and after-hours calls are reserved for medically urgent matters. Think: you have symptoms and genuinely don't know if you need urgent care or an ER. Bronchitis, UTIs, flu-like symptoms — Dr. Wyderski can often treat based on symptoms alone, even without STAT labs or imaging.

Routine refills and non-urgent check-ins need to happen Monday–Friday, 9:00 AM–4:00 PM. This keeps our urgent line clear for the moments that truly count.

Chest pain or shortness of breath? Unable to reach us during storms, power or phone outages? **Call 9-1-1 first.** Then notify Dr. Wyderski ASAP that you've done so. Every second counts.

Updated Cancellation & Missed Appointment Policy

\$75 Fee

Cancellations made less than 24 hours before your scheduled appointment.

\$200 Fee

Missed appointments, with exception for unforeseeable events (accidents, hospitalization, etc.).

Fees will be invoiced and due in full within 30 days. This policy exists because every open slot is someone else who needed to be seen. Thank you for understanding.

"Thank you for being part of our family. We don't take lightly that you've trusted us with something as precious as your health — and we never will."

Warmly — Karen & Rich Wyderski & the Whole Wyderski Health Team

Wyderski Health — Direct Primary Care

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772-742-DrWy (3799) · wyderskihealth.com

M–F 9:00 AM – 4:00 PM · Patient Portal available via website

For clinical emergencies, always call 9-1-1 first.