



## SERVICE DIRECTORY



50 Barracuda Lane • Key Largo, Florida 33037 • [www.mcor.org](http://www.mcor.org)

## SERVICE DIRECTORY

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The Medical Center at Ocean Reef  
 50 Barracuda Lane  
 Key Largo, Florida 33037  
 305-367-2600 • 305-367-4573 facsimile  
[www.mcor.org](http://www.mcor.org)

**Emergency DIAL 911**





## OUR MISSION

IS TO PROVIDE CARING AND PROFESSIONAL MEDICAL SERVICES AND HEALTH EDUCATION TO THE OCEAN REEF COMMUNITY.

## OUR VISION

IS TO PROVIDE EXCEPTIONAL ON-SITE HEALTH CARE TO THE COMMUNITY OF OCEAN REEF AND TO MINIMIZE THE NEED TO LEAVE OCEAN REEF FOR NON-LIFE THREATENING MEDICAL SERVICES.

We are committed to enhancing the health of the community by providing:

- Excellent clinical care from our dedicated physicians and staff.
- A broad spectrum of visiting physician specialists.
- A comprehensive Private Medicine Program.
- A vigorous community education program.

We will facilitate off-site medical services when needed and provide collaboration and partnership with leaders in specialty fields.



## THE MEDICAL CENTER'S FOCUS IS PRIMARY CARE DEDICATED TO PROVIDING THE BEST POSSIBLE CARE TO THE OCEAN REEF COMMUNITY.

Our clinical staff is comprised of four full-time physicians, a nurse practitioner, two physical therapists and several registered nurses. Other clinicians, including lab and imaging technicians, give us the ability to provide a number of expanded services year round.

Some of the services offered are:

- Provider coverage 24 hours a day
- Private Medicine Program
- Private Medicine Plus Program
- Executive Physicals
- Siemens MRI
- Philips CT Scan
- Ultrasound
- Cardiac Rehabilitation
- Siemens Digital X-ray
- Electrocardiograms
- A Lab with advanced testing supported by Quest Diagnostics
- Physical Therapy and Sports Medicine
- Bone Densitometry and body composition analysis
- Limited minor surgical procedures
- Blood pressure checks
- Pre-operative testing (blood testing, chest X-ray and EKG)
- Suturing
- Wound care
- Prompt triage
- Respiratory and hydration therapy
- Limited intravenous medications
- Pulmonary function testing
- Coolsculpting®





OUR PHYSICIANS, NURSES,  
PHYSICAL THERAPISTS AND SUPPORT STAFF  
ARE HERE FOR YOUR GOOD HEALTH.

RENE FERNANDEZ, MD  
MEDICAL DIRECTOR



Dr. Fernandez has been a resident physician with the Center since 2003. He is board certified by the American Board of Internal Medicine and most recently re-certified in 2013. He was selected to join the Phi Beta Kappa honor society and graduated Magna Cum Laude from the University of Miami in 1986. He achieved his medical doctorate at the University of Florida College of Medicine in 1990 and served his internal medicine internship and residency at UM/Jackson Memorial Hospital. He has broad experience in emergency and acute care medicine, having worked for many years as an emergency room physician at several South Florida hospitals.

Dr. Fernandez serves as Medical Director and is the Director of the Private Medicine Program, a subscription/concierge preventative health care program.

The Private Medicine Program focuses on individualized attention to lifestyle planning, as well as acute and chronic illness and management. The annual comprehensive physical examination includes extensive risk factor assessment and analysis.



## THOMAS F. MANN, MD, FACP DIRECTOR PRIVATE MEDICINE PLUS



Dr. Mann hails originally from West Virginia and attended medical school at West Virginia University, graduating Summa Cum Laude. He completed his Internal Medicine internship and residency at the Charleston Area Medical Center in Charleston, West Virginia, and is Board Certified by the American Board of Internal Medicine and the American Board of Hospice and Palliative Medicine.

For those of you who have benefited from the Executive Physical program at the Greenbrier Clinic in White Sulfur Springs, West Virginia, Dr. Mann may be a familiar face. He formerly was Medical Director and a Preventative and Diagnostic Medicine Physician for Executive Health at the Greenbrier.

Some of his primary interests in internal medicine are early detection and disease prevention, executive health, atherosclerosis imaging, lipid disorders, medical genomics and end-of-life care.

Dr. Mann will head up the Medical Center's Private Medicine Plus, a self-funding extension of Private Medicine which serves a smaller group of individuals who have opted for or require more medical follow-up care and services.

As with Drs. Fernandez and Romeo, who are the Private Medicine Program physicians, Dr. Mann will see patients at-large and share in the off-hour "on call" coverage. This will greatly assist all the Medical Center providers during the especially busy holiday season. Additionally, Dr. Mann will be the physician advisor to the Ocean Reef Parkinson's Support Group.



## SUZANNE ROMEO, MD



Dr. Romeo is Board Certified in Internal Medicine and specializes in diagnostic and preventive medicine. She joined the Medical Center at Ocean Reef in 2013.

In 1985 she received her B.S. in Human Nutrition & Foods with certification in clinical dietetics from Virginia Tech in Blacksburg, Virginia. She earned her MD at West Virginia University School of Medicine in Morgantown, and then trained at West Virginia University Hospital for internal medicine and became Chief Resident in 1996. She is a member of Alpha Omega Alpha Medical Honor Society.

Dr. Romeo was initially certified with the American Board of Internal Medicine in 1996 and then recertified in 2016. Other training includes Functional and Integrative Medicine courses through The American Academy of Anti-Aging Medicine (A4M) and previously certified as a clinical bone densitometrist.

Her professional experience includes a private practice in Internal Medicine and over 13 Years in Executive Health & Wellness at the Greenbrier Clinic.

Dr. Romeo is a member of the American College of Physicians and the American Academy of Anti-Aging Medicine. Dr. Romeo is available to see patients in primary care as well as The Private Medicine Program.



## CARLOS SMITH, MD



Dr. Smith joined the Medical Center in February of 2007. He is board certified by the American Board of Internal Medicine and is a graduate of the University of Miami School of Medicine. He completed his internship and residency at Jackson Memorial Hospital, University of Miami in 2002. Prior to medical school he attended the University of Florida where he was selected to join Phi Beta Kappa and graduated with Honors in 1994.

After finishing his residency he worked as a hospitalist physician (specializing in the care of hospitalized patients) at Baptist Hospital, South Miami Hospital and Homestead Hospital. He was involved in several committees and advisory positions including as Physician Advisor for Performance Improvement, the Pharmacy and Therapeutics Committee and the Medical Staff Quality and Peer Review Committee at Homestead Hospital. While at Homestead Hospital he consistently maintained patient satisfaction scores above the 90th percentile nationwide as measured by Press Ganey.

His most recent position prior to joining the Medical Center was as Director of Emergency Department Triage at Homestead Hospital where he diagnosed and treated a wide variety of medical conditions in addition to his capacity as an administrator.





## MARA CAKANS, ARNP, FNP



Mara is a Nurse Practitioner who is Board Certified as a Family Practitioner by the American Nurses Credentialing Center.

She joined the Medical Center team in 2005.

Mara sees patients from all ages and is able to diagnose and treat patients independently, and has a special interest in diabetes and cardiology.

She attended the University of Wisconsin-Madison for her undergraduate work and earned a Masters in Nursing from Florida International University with Honors. She has worked in urgent care in Family Medicine at Marshfield Clinic in Minocqua, Wisconsin.

The Medical Center is very pleased to have a nurse practitioner as a part of our experienced clinical team.



## DIAGNOSTIC IMAGING AND SCREENING SERVICES

The Medical Center offers the following on site state-of-the-art services:

- 1.5 Tesla Siemens MRI
- 64-Slice Low Dose Philips CT Scan
- Siemens Digital X-ray (foot plate available)
- Bone Densitometry (Bone Density testing)
- Full Optics Technology (Retinal Scanning and OCT Fields Testing)
- Audiometric Testing
- Ultrasound
- Pulmonary Function Testing
- Titmus V4 Digital Vision Screener



## PHYSICAL THERAPY AND SPORTS MEDICINE

The Medical Center's Physical Therapy and Sports Medicine Department offers various types of rehabilitation; including neck and spine, back dysfunction, joint and shoulder therapy and sports injury rehabilitation, to name a few. Our physical therapists and physical therapist assistant are certified in the McKenzie Method and Graston Technique. Various clinics are held throughout the season including balance and functional mobility, along with a graduate program designed for patients who have successfully completed therapy but would like the security of having a licensed clinician present. Our experienced and well trained therapists are here to help you return to good health.

Miguel Gonzalez, P.T.A. and  
Christine Langley, P.T.





## CARDIAC REHABILITATION

Cardiac Rehabilitation is a customized program of exercise and education. Your doctors may recommend a cardiac rehab program to help you return to better health when you've had a heart attack or if you have certain other heart conditions. The goals of cardiac rehabilitation are to help you regain strength, prevent your condition from worsening and reduce your risk of future heart problems.

A thorough evaluation helps your health care team assess your physical abilities, medical limitations and other conditions you may have. Your team explores what risk factors you may have for such cardiovascular diseases as stroke or high blood pressure. All of these findings help tailor a cardiac rehabilitation program to your individual situation, making sure it's safe and effective.

Cardiac rehabilitation helps you rebuild your life, both physically and emotionally.





## PRIVATE MEDICINE

*A healthier, more rewarding lifestyle.*

### LIVING WELL AT OCEAN REEF THE PRIVATE MEDICINE PROGRAM

The Medical Center offers a comprehensive Private Medicine program designed to help you achieve optimal health and aging. Starting with a thorough medical history, including lifestyle habits, physical exam and extensive testing, the skilled clinical team works to determine an individual's state of health and disease risk, and how to best address any health care needs.

A subscription service, annual renewals include year round access to our Private Medicine staff of doctors, nurses and a dedicated concierge to ensure everything is proactively managed for you.



You receive a detailed report of all findings with written recommendations as well as a portable electronic copy of your medical records.

As part of our actively managed care you will receive periodic contact from our Private Medicine concierge, checking on your progress or to remind you

of needed follow up appointments. If hospitalized, we make contact with you during your stay and after arriving home. Communication is a key element between patient and clinical team.

Your medications are automatically renewed through our office as a convenience and courtesy to our patients.

Coordination with other physicians is an important part of managing your general health care. This gives us the “total picture”. We work with your other specialists to keep you on track for annual appointments with specialty physicians such as dermatology, mammogram and other routine annual exams or diagnostics.

We hope you will become a part of our Private Medicine Family. For further information call the Private Medicine Concierge at 305-367-6715.

## PRIVATE MEDICINE PLUS

*A Unique Way of Healthcare.*

### THE PRIVATE MEDICINE PLUS PROGRAM

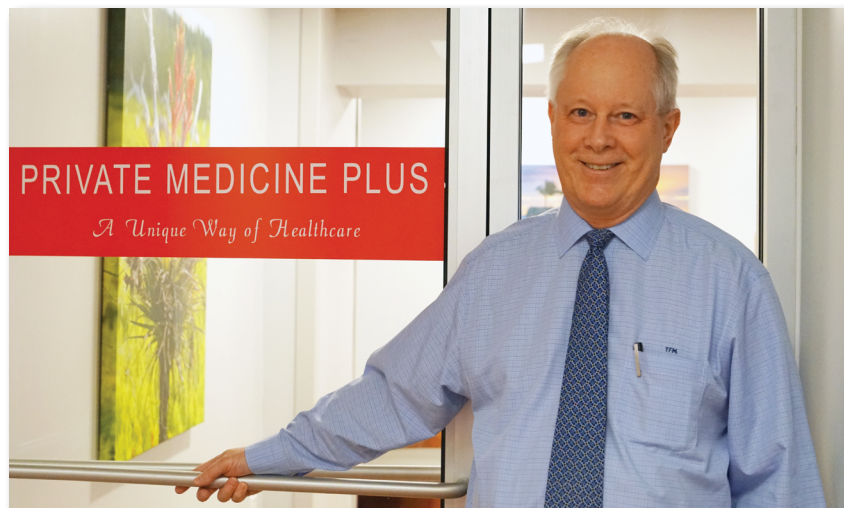
In the fall of 2016 The Medical Center launched the Private Medicine Plus Program.

The Private Medicine Plus Program is a small practice design (40 or fewer families) intended for individuals looking to expand their medical access, consultation and assistance.

The Private Medicine Plus Program includes the wide spectrum of services provided in the Private Medicine Program along with:

1. 24 X 7 on-call service
2. Your physician is available to attend specialist visits with you (when appropriate)
3. House calls (when appropriate)

We hope you will become a part of our Private Medicine Family. For further information call the Private Medicine Concierge at 305-367-6715.



Thomas F. Mann, MD, FACP

## COME TO OCEAN REEF, PLAY GOLF OR FISH AND HAVE YOUR EXECUTIVE PHYSICAL

The Medical Center offers a comprehensive health assessment and screening in conjunction with your visit to Ocean Reef Club. Stay and play at Ocean Reef while attending to your health care needs. Choose from Ocean Reef Club's many amenities while taking advantage of "special package pricing." \*

We can customize your annual physical to meet recommendations specific to your prior health history.

### Description of Services:

- A core physical exam by one of our highly qualified staff physicians
- Basic screening labs – CBC, CMP, Lipid panel, Cardio-CRP, UA, PSA (for men) TSH (women)
- Occult blood
- EKG
- A face to face discussion about your test results
- A written report and an electronic copy on a USB flash drive

Many à la carte services can also be arranged depending on recommendations and patient needs.

### Some of our additional services:

- Cardiac CTA with Calcium scoring
- Vascular ultrasound screenings
- Retinal imaging
- Audiometric testing
- Pulmonary function testing
- Chest X-ray
- Bone Density
- Vaccinations
- Fitness assessment
- Expanded laboratory testing
- Cardiac treadmill stress testing\*



\*Please call Ocean Reef Club (305-367-2611) for specific Health Assessment package pricing. The Medical Center will contact you for medical care specifics.

## MOHS SURGERY IS A HIGHLY SPECIALIZED METHOD OF SKIN CANCER REMOVAL THAT VERY FEW MEDICAL FACILITIES OFFER.



Arthur Colsky, MD, PhD

Arthur Colsky, M.D., Ph.D., founder of “The Skin Care Center of Miami” and his associate Theodore Giuffrida, M.D., bring this convenience to the Medical Center for our patients. In addition, Alysa Herman, M.D. will offer this procedure in our state-of-the-art Mohs laboratory.

Mohs surgery has been shown to be very effective in the treatment for certain types of skin cancer, with a cure rate of up to 99% for certain tumors. The Mohs procedure is micrographically controlled and provides the most precise method for removal of the

cancerous tissue, while sparing the greatest amount of healthy tissue. For this reason, Mohs surgery may result in a significantly smaller surgical defect and less noticeable scarring, as compared to other methods of skin cancer treatment. The Mohs procedure is recommended for skin cancer removal in anatomic areas where maximum preservation of healthy tissue is desirable for cosmetic and functional purposes. It may also be indicated for lesions that have recurred following prior treatment, or for lesions which have the greatest likelihood of recurrence.



Theodore Giuffrida, MD



Alysa R. Herman, MD





## COOLSCULPTING®

CoolSculpting® is an FDA-cleared treatment that uses controlled cooling to eliminate fat without surgery or downtime. With up to 95% customer satisfaction\*, patients are loving the results of CoolSculpting® every time they look in the mirror.

- The #1 non-invasive fat reduction treatment
- Results in just 1 -2 visits
- Requires no needles, surgery, or downtime

Call us today to schedule a free consultation with one of our CoolSculpting® Providers. Be sure to ask about our various promotions.



## PRESCRIPTION PICK UP SERVICE



The Medical Center provides for prescription pick up from Walgreens, Publix and CVS pharmacies in Key Largo.

All prescriptions will be delivered to the Public Safety building and patients will be notified for pickup. This service is offered to the Ocean Reef community by the Medical Center and Ocean Reef Public Safety.

For more information, please contact the Medical Center at 305-367-2600.





## FOUNDERS SOCIETY

The Medical Center's seasonal nature and our highly personalized medical care services cause us to operate at a significant annual deficit. As a result the Medical Center Founders Society was established in 1994 to provide an endowment fund to ensure the economic viability of the Medical Center's operation.

Since 1994, more than 600 residents in our community have become members of the Founders Society by agreeing to contribute a minimum of \$25,000. In addition, many have made additional contributions to become Super Founders (\$50,000+), Lead Donors (\$100,000+), Cornerstone Donors (\$250,000+), Guardian (\$500,000+) and Guardian Trustee (\$1,000,000+). All Founders are recognized with an inscription of their names in the Medical Center Lobby and participate in our Founders Society program. Pledges may be completed over a five year period, be accelerated or be in the form of securities. The Founders Society is open to all members of the Ocean Reef Community and we urge you to participate. You will be supporting an absolutely indispensable facility for the Community and a safety net for your own healthcare needs. With our Medical Center for "on the Reef care" and our Founders Benefits, we believe our Founders Society Members have the best medical package in the world.



Founders Portfolio Benefits Include:

**OCEAN REEF HOSPITALISTS -**  
Personalized access to Homestead Hospital and Baptist Hospital (main campus) on Kendall Drive through the on-site Ocean Reef hospitalist program. In the event of an emergency visit to either of these hospitals the Ocean Reef hospitalist will facilitate your emergency room visit in a number of ways.

## HEALTHNETWORK

**OCEAN REEF HEALTHNETWORK** - This service provides priority access to an extensive network of America's top hospitals to help with researching, networking and arranging your care.

As a member of the Founders Society you are enrolled free of charge in the Ocean Reef Healthnet basic service. Founder level members may elect to support the Healthnetwork Foundation through their GOLD card program. Founders Society members who have achieved Super Founder donor status by giving or pledging a minimum of \$50,000.00 to the Ocean Reef Medical Center Foundation are automatically upgraded to GOLD status.

**GLOBAL RESCUE** - Special group rates for this premier travel assistance. Global Rescue provides field rescue, medical evaluation and security extraction to members who are more than 100 miles from home. Whether you require hospitalization, a consultation with a physician or pre-trip intelligence about your destination, Global Rescue offers a full suite of services designed to help you travel safely.

For further information on becoming a Founding Member, please contact Jenny Rigby via email at [jennyr@mcor.org](mailto:jennyr@mcor.org) or by calling 305-367-6707.

