



SERVICE DIRECTORY



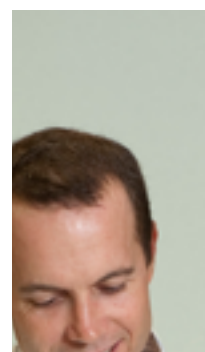
50 Barracuda Lane • Key Largo, Florida 33037 • www.mcor.org

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

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, two nurse practitioners, 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
- Day Clinic
- Siemens MRI
- Philips Spectral 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
- Limited intravenous medications
- Pulmonary function testing
- Coolsculpting®
- Vaccinations



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

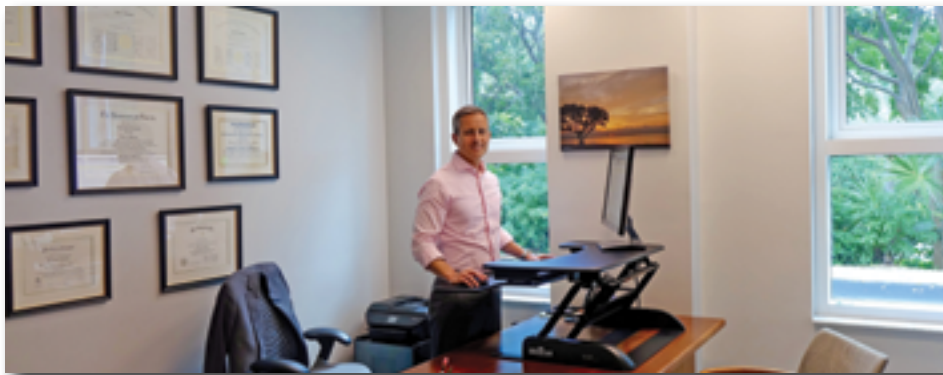
RENE FERNANDEZ, MD
MEDICAL DIRECTOR



Dr. Fernandez has been a resident physician with the Center since 2003. He is board certified by the American Board of Internal Medicine. 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.



RICK BAXLEY, MD, DIRECTOR PRIVATE MEDICINE PLUS



Rick Baxley, M.D. is a native of St. Augustine, Florida and a graduate of the University of Florida. He received his medical degree from the University of Miami Miller School of Medicine in 1985 and subsequently earned a Master's Degree in Public Health from Loma Linda University in California. He completed his family practice residency at Florida Hospital in Orlando and is Board Certified Fellow of the American Board of Family Practice.

He then entered Private Practice in Orlando and developed a very loyal following of patients who were appreciative of his personal approach to medical care. He also became the medical consultant for the Orlando Magic professional basketball team. He developed a unique practice that included general medical care and Executive Health.

His compassion to serve the underprivileged in his community let him to found Orlando's Health Care Center for the Homeless in 1993, which now serves more than 20,000 homeless individuals each year. In 1994, President Bill Clinton awarded Dr. Baxley the Presidential Volunteer Service Award in the Rose Garden at the White House.

Dr. Baxley's 30+ years of experience in practicing medicine and building relationships makes him uniquely qualified to lead Private Medicine Plus. He has been described by fellow physician as a "modern day Marcus Welby".

Dr. Baxley provides 24/7 personal access to medical care along with wellness planning and health coaching services to individuals looking to improve their overall health and well-being.



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. She is a certified Biote hormone replacement provider.

Her professional experience includes a private practice in Internal Medicine and over 13 Years in Executive Health & Wellness at the Greenbrier Clinic. She joined the Medical Center at Ocean Reef in 2013.

Dr. Romeo is a member of the American College of Physicians. She is accepting new patients in the Private Medicine Program.



CARLOS SMITH, MD



Dr. Smith is board certified by the American Board of Internal Medicine and specializes in diagnostic and preventive medicine. He joined the Medical Center in 2007.

He earned his MD in 1999 from the University of Miami Miller School of Medicine where he remained to complete 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 elected to join Phi Beta Kappa and graduated with honors in 1994.

After completing residency he practiced as a hospitalist at Baptist, South Miami and Homestead Hospitals followed by a position as Director of Emergency Department Triage at Homestead Hospital.

Dr. Smith is available to see patients in primary care and the Private Medicine Program. His interests include comprehensive preventive medicine, diagnostic medicine and weight management.



MARA CAKANS, APRN, 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.



JENNIFER PEREZ, APRN, FNP



Jennifer is a Nurse Practitioner who is Board Certified as a Family Practitioner by the America Nurses Credentialing Center. She joined the Medical Center at Ocean Reef in 2017 on a part time basis and became full time in 2021.

Jennifer sees all ages of the lifespan and is able to diagnose and treat patients independently, and has special interest in urgent need, emergency medicine and pediatrics.

She attended Marshall University, in Huntington, West Virginia, Post Master of Science in Nursing and graduated Family Nurse Practitioner with honors. Jennifer served 10 years in the US Army and she has worked in emergency medicine in West Virginia and Florida.

She is working with the Medical Center at Ocean Reef team to establish a Day Clinic for walk-in patients.

Jennifer enjoys being involved with the community concerning health education, injury and disease prevention.



DIAGNOSTIC IMAGING AND SCREENING SERVICES

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

- 1.5 Tesla Siemens MRI
- Philips Spectral CT
- 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., Supervisor
Meagan Starnes, D.P.T.
Adrianea Gonzalez, D.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.

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 Coordinator 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 Coordinator at 305-367-6715.



Rick Baxley, 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*



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

“The Skin Care Center of Miami” brings this convenience to the Medical Center for our patients. In addition, Alysa Herman, M.D. also offers 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.



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 at 305-367-2600 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 800 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 services.



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 hospital admission in a number of ways.

HEALTHNETWORK

HEALTHNETWORK FOUNDATION – 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 Healthnetwork. 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 jenniferr@mcors.org or by calling 305-367-6707.

