


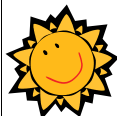















servicing
 GULFPORT SCHOOL DISTRICT
 CITY OF LONG BEACH
 ISLAND VIEW CASINO RESORT
 CITY OF PASS CHRISTIAN
 Appointment Line: 896-7144
 M-F 8:30-5:30 (Closed 12-1 Lunch)
 100 Perry St. @ Gpt High School

May 2012

APPOINTMENT LINE: 388-2599 (Closed 12-1 for Lunch)
 WELLNESS CLINIC HOURS: 7a-6p M-F
 MASSAGE THERAPIST HOURS: 8a-5p M-F
 AESTHETIC HOURS: Tues /Thurs
 LEGAL HOURS: 1:30-5p on 2nd Mon & 8a-11a on 2nd Tues ea month
 DENTAL CLINIC HOURS: 8a-5p M-TH (Closed 11:30-12:45 for Lunch)
 Appointment Line: 432-5222
 MED ANALYSIS PHARMACY HOURS: 9a-5p M-F
 1025 Division St. Biloxi Pharmacy Phone: 228-385-2550
 MEDICAL ARTS PHARMACY HOURS: 9a-5p M-F
 120 Caillavet St. Biloxi Pharmacy Phone: 228-432-7071

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>May is National Osteoporosis Awareness & ...</p> 		<p>1 Osteoporosis means <i>porous bone</i> and occurs when bones lose density, become weak & break</p> 	<p>2 What are the risk factors? -Not enough calcium -Not enough vitamin D -Not eating enough fruits & vegetables -Inactive lifestyle...</p>	<p>3 ...-Smoking -Drinking too much alcohol -Family history -Low body weight -History of broken bones -Menopause</p>	<p>4 If you have any of these risk factors, check with your healthcare provider about getting a bone density screening. It is non-invasive and painless</p>	<p>5</p> 
<p>6</p> 	<p>7 Exposing your skin to 10 to 15 minutes of sun two times a week is a good way to get Vitamin D. Since over exposure to the sun is a risk factor for skin cancer, use caution when in the sun</p>	<p>8 Don't FORGET! If you have a lab order from your primary care physician, we can draw it at the clinic at reduced rates & the results will be sent to your PCP</p> 	<p>9 Vitamin D is necessary for the body to absorb calcium. Some sources of Vitamin D are salmon, tuna, liver, cheese, egg yolks, & fortified milk</p>	<p>10 Want to stop smoking to reduce your risk of Osteoporosis or High Blood Pressure? Check with your NP to get some helpful tips</p> 	<p>11 Because our bodies don't make calcium, it is important to get plenty of calcium in your diet. Try dairy foods, green leafy vegetables, almonds & tofu</p> 	<p>12</p>
<p>13 <i>Happy Mother's Day</i></p> 	<p>14 Women under age 50 need 1,000mg of calcium & 400-800 IUs of vitamin D daily. Women age 50 & older need 1,200 mg of calcium & 800-1,000 IUs of vitamin D daily</p>	<p>15 Building strong bones for a lifetime starts in childhood, from ages 9-18. Children in this age range need 1300mg of calcium every day</p> 	<p>16 If you don't have enough calcium in your diet, are lactose intolerant or don't like dairy products pick up a free calcium supplement at the clinic today</p>	<p>17 FREE Bone Density Screening at the Division St. Clinic All Month Call for an appointment 388-2599</p> 	<p>18 To help prevent bone loss, try muscle-strengthening and weight-bearing exercises like walking, running, dancing, yoga or weight lifting</p>	<p>19</p> 
<p>20</p> 	<p>21 High Blood Pressure is known as the "Silent Killer" because there are no warning signs or symptoms, so get your blood pressure checked regularly</p>	<p>22 High Blood Pressure puts you at risk for heart disease and stroke. You can get your blood pressure checked anytime for free at the clinic</p>	<p>23</p>  <p>Island View Employees B-12s & Hep B Break Room 11-12</p>	<p>24 Some risk factors for High Blood Pressure are: -Obesity -Smoking -Alcohol use -Prehypertension</p>	<p>25 FREE B-12 Shots Today Only! <i>While Supplies Last!</i></p>	<p>26</p> 
<p>28</p>  <p>MEMORIAL DAY CLINIC CLOSED</p>	<p>29 <i>To help prevent high blood pressure you should:</i> -Exercise -Maintain a healthy weight -Limit alcohol use -Eat a healthy diet that includes fruits & vegetables...</p>	<p>30 ...-Stop smoking -Reduce the amount of sodium, saturated fats and cholesterol in your diet</p> 	<p>NOTICE: Currently, there is a shortage of B-12 serum & we only have a very limited supply until production resumes. Until then, B-12s will be given on a first come first serve basis. If you don't get it on the free day, it will cost \$5.00.</p> 		<p>...Blood Pressure Education Month</p> 