

Multi-Use Clinic Locations

1025 Division St., Ste. B, Biloxi, MS
Appt. Line: 228-388-2599

M-F 7-6 (Closed 12-1 for lunch)

9414 Three Rivers Rd., Ste. 1, Gulfport, MS
Appt. Line: 228-248-0058

M-F 8:30-5:30 (Closed 12-1 for lunch)

400 Security Square, Gulfport, MS
Appt. Line: 228-284-5291

M-F 7:30-5:30 (Closed 12-1 for lunch)

March 2018

DIVISION STREET SPECIALTY SERVICES

APPOINTMENT LINE: 388-2599 (Closed 12-1 for Lunch)

WELLNESS CLINIC HOURS: 7a-6p M-F

DENTAL CLINIC HOURS: 7:30a-4:30p 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

LEGAL SERVICES: Call 228-215-1367 for more information

Sun

Mon

Tue

Wed

Thu

Fri

Sat

March is National Nutrition and Colorectal Cancer Awareness



5 Nutrition and exercise work together to create a well balanced body. Don't forget to exercise at least 15 to 30 minutes daily

6 **Healthy Weight Tips:**
-Don't skip meals
-Watch portion sizes
-Exercise regularly
-Half your plate should be fruits & vegetables

7 **Did you know?**
Skipping meals can actually contribute to weight gain

8 Try to avoid foods with added sugars, refined grains like white bread, solid fats such as bacon, and sodium

9 **Mom was right!**
Carrots are good for your eyes, as well as sweet potatoes, spinach, & kale, which all contain beta-carotene



12 Eat protein low in saturated fat, such as beans, fish & poultry. Avoid red and processed meat

13 If you get hungry between meals, try drinking a full glass of water. Sometimes dehydration feels like hunger



14 **Don't Forget!**
Affordable Legal Services now available at the Division St. Clinic. For more information call 228-215-1367

15 To prevent childhood obesity cut down on junk & fast foods, help kids choose healthy snacks & get them moving by limiting TV & computer time

16 When selecting dairy products, choose low-fat or fat free milk, yogurt & cheeses. Skip the ice cream!



18
19 You are at a higher risk for colon cancer if you are over 50 years old. Get regular screenings.
It could save your life!

20 The best way to prevent colorectal cancer is to get screened. Health providers recommend getting a fecal occult blood test annually. Get your **free** test at the clinic all month

21 **You may be at risk for colon cancer if you have:**
-A family history of it
-Inflammatory bowel disease
-Certain genetic syndromes such as Lynch syndrome

22 
Island View Employees
B-12s & Hep B
Training Room 11-12

23 **Some symptoms of colorectal cancer may include:**
-Bloody stools
-Stomach pain & cramps
-Unexplained weight loss



26 **GREAT NEWS!**
We now offer full service dentistry and we see children as well! Call 432-5222 for more info

27 Fiber is essential for a healthy digestive system. Add more fruits & vegetables, whole grains, nuts & beans to your diet

28 Limit your intake of red meat, foods high in fat & processed foods to help prevent colon cancer

29 
Pick up your colon health product in the clinic today (while supplies last)



31