

**MEDICAL ANALYSIS  
EMPLOYEE HEALTH CLINIC**

servicing

**CITY OF LONG BEACH  
ISLAND VIEW CASINO RESORT  
CITY OF PASS CHRISTIAN**

Appointment Line: 284-5291  
M-F 7:30-5:30 (Closed 12-1 Lunch)  
**NEW ADDRESS STARTING DEC. 10**  
1918 15th St., Gulfport, MS  
(just east of the Federal Court House)



**NOVEMBER 2018**

**DIVISION STREET SPECIALTY SERVICES**

WELLNESS CLINIC HOURS: 7a-6p M-F  
Appointment Line: 388-2599 (Closed 12-1 for Lunch)  
DENTAL CLINIC HOURS: 7:30a-4:30p M-TH  
Appointment Line: 432-5222 (Closed 11:30-12:45 for Lunch)  
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  
EYEDOK LLC VISION CARE HOURS: 9a-4p Tue. & Wed.  
Appointment Line: 228-875-3318 (Closed 12-1 for Lunch)

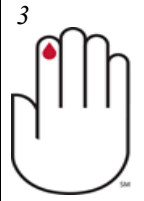
Sun Mon Tue Wed Thu Fri Sat

**November is Diabetes and Lung Cancer Awareness**

**NOTICE:**  
We are currently experiencing a manufacturer shortage of B-12. Until production increases, a limited supply will be given on a first come, first serve basis

**1 If you have any of these symptoms...**  
Frequent urination, unusual thirst, unusual weight loss, blurred vision, fatigue or extreme hunger...

**2...Make an appointment with your Nurse Practitioner to be tested for diabetes**  
  
*Free Glucose Screenings all month*



**5 Type 2 diabetes** is the most common form where the body does not produce enough insulin or the body's cells ignore the insulin

**6 DIABETES GUIDE**

Diabetes Fasting: 126+  
Pre-Diabetes Fasting: 100-125  
Normal Fasting: 70-99

**7 Risk Factors:**  
-High Blood Pressure  
-High Cholesterol  
-Smoking  
-Sedentary Lifestyle  
-Overweight & Poor Diet  
-Age & genetics

**8 Diabetic Complications:**  
-Diabetic Retinopathy  
-Glaucoma/Cataracts  
-Diabetic Foot Ulcers  
-Heart Attack/Stroke  
-Peripheral Artery Disease  
-Peripheral Neuropathy  
-Diabetic Nephropathy

**ATTENTION SECURITY SQUARE CLIENTS:**  
**We Are Moving!**  
Starting Dec. 10 we will be seeing patients at:  
1918 15th St., Gulfport, MS 39501  
For Information, Call the Clinic  
228-284-5291

11

**12 A healthy diet** for diabetics should include: High fiber foods, whole grains, protein, fresh fruit, vegetables low in starch, foods low in sugar & fat

**13 Diabetes & Your Feet**  
Properly managing diabetes will reduce your chance of developing complications that can lead to foot problems and/or amputation

**14 You've only got 2 feet.**

Take care of them!

**15 Great American SMOKEOUT**

**16 Did you know?**  
There are more than 4,000 poisonous chemicals in a cigarette, such as arsenic, butane, ammonia, cadmium, methane, formaldehyde & carbon monoxide...



**19 Cold and Flu Season** is our busiest time of year—Appointments are strongly encouraged  
**REMEMBER: Walk-ins are by availability only!**

**20**

**Get your flu shot!**

**21 In observance of Thanksgiving, the clinic will close today at noon & reopen Mon., Nov. 26**

**22 happy thanks giving**

**23**

**November EAT HAM MONTH!**



**26** If you smoked one pack of cigarettes a day & you quit smoking, you would save about \$2,000.00 a year!

**27 Lung Cancer Risk Factors:**  
-Smoking  
-Radon gas exposure  
-Asbestos exposure  
-Family history  
-Radiation therapy

**28 Here's the Facts!**  
Smoking causes 80%-90% of all lung cancers. Talk with your NP on ways to quit smoking today

**29 ISLAND VIEW CASINO RESORT**  
  
Island View Employees  
B-12s & Hep B  
Training Room 11-12

**30** Pick up your **FREE** Diabetes Patient Education Kits at the clinic today (While supplies last)