

**CITY OF GULFPORT
EMPLOYEE HEALTH CLINIC**
Appointment Line: 863-6760
M-F 7:30-4:30 (Closed 12-1 Lunch)
3310 17th Street
Gulfport, MS



Sun Mon Tue Wed Thu Fri Sat

November is American Diabetes & Lung Cancer Awareness Month

NOTICE:
Due to a manufacturer back order, B-12 shots are not currently available. Check with your clinic for any remaining B-12s

¹ A normal blood sugar level should be between 70-100 mg/dl
Make an appt. to get your **FREE** Diabetes Screening (all month)



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FALL BACK

⁴ **RISK FACTORS FOR DIABETES:**
-Over weight
-Inactivity
-Family History
-Age & Race

⁵ **It's Flu Shot Season**
If you have signed up for a flu shot, call to schedule an appointment to get your shot soon



⁶ **If you have any of these symptoms...**
Frequent urination, unusual thirst, unusual weight loss, blurred vision, fatigue or extreme hunger...

⁷ ...Make an appointment with your Nurse Practitioner to be tested for diabetes



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Live Right—Save Sight!
A healthy lifestyle can reduce the risk of vision loss from diabetes

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¹¹ **CLINIC CLOSED**

VETERANS DAY

¹² **DID YOU KNOW?**
Weight loss and exercise can prevent or delay the onset of type 2 Diabetes



¹³ **Cold and Flu Season** is our busiest time of year—Appointments are strongly encouraged
REMEMBER: Walk-ins are by availability only!

¹⁴ Pick up your **FREE** diabetes recipe booklet in the clinic today (While supplies last)



¹⁵ For more information on diabetes go to:
www.diabetes.org



¹⁸ **It's a Fact!**
Smoking causes 80%-90% of all lung cancers. Talk with your NP on ways to quit smoking today

¹⁹ **Lung Cancer Risk Factors:**
-Smoking
-Radon gas exposure
-Asbestos exposure
-Family history
-Radiation therapy

²⁰ For more information on lung cancer go to:
AMERICAN LUNG ASSOCIATION.
www.lung.org

²¹ **NATIONAL GREAT AMERICAN SMOKEOUT**



²² **Did you know?**
There are more than 4,000 poisonous chemicals in a cigarette, such as arsenic, butane, ammonia, cadmium, methane, formaldehyde & carbon monoxide



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²⁵ **EVERYONE LOVES QUITTERS**

1-800-227-2345

²⁶ If you smoked one pack of cigarettes a day & you quit smoking, you would save about \$2,000.00 a year!
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²⁷ **DON'T FORGET!!**
You do not have to have insurance to use the clinic

HAPPY THANKSGIVING!



²⁹ **REMEMBER:**
Your spouse and legal dependents can also use the clinic

