

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

March 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h2>March is National Nutrition and Save Your Vision Month</h2> 			<p>NOTICE: Currently, there is a shortage of B-12 serum and 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 do not get your B-12 on the FREE day, it will cost \$5.00.</p> 		<p>2 Eat smaller portions throughout the day instead of three huge meals to help keep sugar levels stable</p> 	
<p>4 </p>	<p>5 Did you know? Skipping meals can actually contribute to weight gain</p>	<p>6 If you suffer from diabetes you <i>should not</i> be eating foods with a high starch or sugar content, and foods containing trans fats</p>	<p>7 If you have high blood pressure, talk with your NP about the advantages of the DASH diet</p> 	<p>8 If you have high cholesterol you should avoid eggs, organ meats, whole milk products, butter, ice cream, cream cheese & certain shellfish</p>	<p>9 For more tips on good nutrition go to: www.usda.gov</p> 	<p>10</p>
<p>11 Spring Ahead Daylight Savings Time Change</p> 	<p>12 Remember to always wear sunglasses when outside to block UV rays which can cause cataracts & retinal damage</p> 	<p>13 To help prevent age-related macular degeneration (AMD), stop smoking</p> 	<p>14 It's true, carrots are good for your vision and so are leafy green vegetables. Vitamin deficiencies can impair retinal functions</p> 	<p>15 See your eye care professional on a regular basis. Early detection can lead to better treatment for such diseases as glaucoma & AMD</p>	<p>16 Protect your eyes when working on a computer by using proper computer settings, position yourself correctly, reduce glare and take frequent breaks</p>	<p>17 Happy St. Patrick's Day!</p> 
<p>18 </p>	<p>19 DON'T FORGET Uninsured, part time employees and their dependents can use the clinic too</p>	<p>20 For more information on vision care go to: www.aoa.org</p>	<p>21 To prevent childhood obesity cut down on junk & fast foods, help kids choose healthy snacks & get them moving by limiting TV & computer time</p>	<p>22 FREE Body Mass Index (BMI) at the clinic today call for appointment</p>	<p>23 REMEMBER! If you have lab orders from your PCP, you can have them drawn at the clinic</p> 	<p>24</p>
<p>25 </p>	<p>26 Nutrition and exercise work together to create a well balanced body. Don't forget to exercise at least 15 to 30 minutes daily</p>	<p>27 Want to know the nutritional value of your favorite fast food? Pick up a free Fast Food Wallet Card at the clinic today (while supplies last)</p>	<p>28 Did you know? Foods rich in antioxidants may slow and even help prevent cancer . . .</p>	<p>29 . . . Good sources of antioxidants are berries, kidney beans, spinach, sweet potatoes, cinnamon and oregano</p>	<p>30 FREE B-12 Shots Today Only! <i>While Supplies Last!</i></p> 	<p>31</p>