

MEDICAL ANALYSIS HEALTH CLINIC













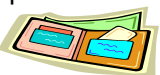


servicing
GULFPORT SCHOOL DISTRICT
LONG BEACH SCHOOL DISTRICT
CITY OF LONG BEACH

Appointment Line: 896-7144
 M-F 8:30-5:30 (Closed 12-1 Lunch)
 100 Perry St. @ Gpt High School



BEAUVIOR SPECIALTY SERVICES

Appointment Line: 388-2599
 MASSAGE THERAPIST: 8am - 5pm M-F
 DENTIST HOURS: 8am - 5pm M-F
 DENTAL HYGIENIST HOURS: 8-5 M-TH
 ANESTHETIST HOURS: 7-9AM & 4:30-6PM
 LEGAL HOURS: 1:30-5PM -2ND Mon ea month
 (Discounted Client Rates)
MED ANALYSIS PHARMACY HOURS: 9a-5p M-F
 250 Beauvoir Rd. Biloxi -Pharmacy Phone: 228-385-2550
MEDICAL ARTS PHARMACY HOURS: 9a-5p M-F
 120 Caillavet St. Biloxi -Pharmacy Phone: 228-432-7071

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
 <p>May is: National High Blood Pressure Education Month & Asthma & Allergy Awareness Month</p>						<p>Prevention of attacks is the key to successful asthma treatment. Talk to the NP about meds to control asthma.</p> 
2	<p>3 High Blood Pressure increases the risk for heart disease and strokes.</p>	<p>4 According to the CDC heart disease is the #1 cause of death in the U.S. and stroke is #3!</p>	<p>5 Asthma symptoms include: cough, chest tightness, fatigue, shortness of breath, & wheezing.</p> 	<p>6 Free Well-Male Exams & PSA labwork. Call for an Appointment!</p> 	<p>7 Allergy symptoms may include: hives, red itchy eyes, sneezing, runny nose, cough, or itching of the mouth and throat.</p> 	8
<p>9 Happy Mother's Day!</p> 	<p>10 A diet high in sodium (salt) increases the risk for high blood pressure.</p> 	<p>11 Pick up a FREE Mrs. Dash sample @ the clinic. (While Supplies Last.) A tasty alternative to salting your food!</p>	<p>12 Blood Pressure Checks are fast and free always at the clinic!</p> 	<p>13 A "Normal" Blood Pressure is : less than 120/80</p> 	<p>14 Exercise reduces stress and helps lower blood pressure.</p> 	15
16	<p>17 Free Well-Woman Exams/Paps Call for an Appointment!</p> 	<p>18 HIGH Blood Pressure is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.</p>	<p>19 An allergic reaction is a series of events in your body that occurs in response to an "invasion" by a foreign substance wrongly interpreted as a threat to your health. It is your body's attempt to protect itself.</p>		<p>21 Keeping windows closed at home and in the car can help keep allergens out.</p> 	22
23	<p>24 Allergies? See the NP for help</p>	<p>25 Pick up your free wallet card at the Clinic & keep track of your blood pressure readings</p> 	<p>26 B-12's Build Your Immune System</p> 	<p>27 Asthma Attacks: Can be triggered by dust, mold, pollen, pet dander, or smoke.</p> 	<p>28 If you have asthma try to learn to avoid your triggers and be sure to carry your rescue inhaler just in case!</p>	29
30	<p>31 Memorial Day: Clinic Closed</p>					