

CLINIC View

Newsletter

Family Care Center Highlights

October 2022 Vol. 3, Issue 2

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- ❖ A Word from the Clinic
- ❖ Pink Friday October 7 4:30-6:30
- ❖ Breast Cancer
- ❖ Flu Shots

Important Date

- ❖ Clinic Closes @ 5 During Fall Break October 10-14

Clinic Hours

- ❖ Winchester Clinic 7am-2pm M-F
- ❖ Flicker Clinic 7am-6pm M-F

COVID UPDATE 22/23

- ❖ Positive cases isolate for a minimum of 5 days with pay
- ❖ Released from isolation after being fever free for 24 hours without fever-reducing medication
- ❖ Continue to wear mask for 10 days
- ❖ Employee will use employee portal to electronically self-report to provide your direct supervisor and payroll preparer with positive COVID-19 results
- ❖ Must show positive PCR test or Rapid test result

Prevention Through Diet

Maintaining a healthy weight is a key factor in breast cancer prevention. Eating a healthy diet might decrease your risk of some types of cancer, as well as diabetes, heart disease and stroke. For example, women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts might have a reduced risk of breast cancer.

The Mediterranean diet focuses on mostly on plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts. People who follow the Mediterranean diet choose healthy fats, such as olive oil, over butter and eat fish instead of red meat. Remember, you are what you eat.

For more information [click](#)



Breast Cancer

What is Breast Cancer

Breast Cancer is cancer that forms in the cells of the breast and is the most common cancer diagnosed in women in the United States.

Things that can decrease your risk:

- ❖ Self-breast awareness making not of any changes you notice in your breast
- ❖ Drinking in moderation lowers your risk

Keep an eye out for signs:

- ❖ Lumps or thickening in your breast
- ❖ Changes in the size or shape of your breast
- ❖ Changes in your breast skin

Early detection is your best defense.

For more information [click](#)



APPOINTMENT REQUIRED.

(901) 416-6079

THERE IS NO CHARGE FOR EMPLOYEES WITH THE CIGNA HEALTH PLAN.

THE CHARGE FOR DEPENDENTS AND NON-INSURED EMPLOYEES IS \$20.00.

SHELBY COUNTY AND METHODIST HEALTHCARE ARE TEAMING UP TO BRING YOU FLU SHOTS

STARTING OCTOBER 6- NOVEMBER 18 FRIDAY ONLY DURING THIS CAMPAIGN FROM 7 A.M. - 5 P.M.

COVERED DEPENDENTS AND NON-INSURED ARE WELCOMED. THE COST IS \$20.00

**FAMILY CARE CENTER | 130 FLICKER STREET MEMPHIS TN, 38104
APPOINTMENT LINE | 901-416-6079
WWW.SCSK12.ORG/EMPLOYEE**

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