



Community Health Highlights March/ April 2016

Wade Family
Medical
7118 Main St.
Wade, NC 28395
(910) 483-6694

Wade Family Medical DT
2409 Murchison Rd.
Suite B
Fayetteville, NC 28301
(910) 488-4525

Stedman Family
Dental
6540 Clinton Rd.
Stedman, NC 28391
(910) 483-3150

In the Community

March 11th:

Women's Day Health Fair

3:00 pm – 5:00 pm

John Wesley Church

March 17th:

**Cumberland International Early
College High School Health Fair**

5:30 pm – 7:30 pm

Fayetteville State University

Every Thursday Afternoon:

Better Health Farmers Market

5:00 pm – 6:00 pm

1422 Bragg Blvd.

Fayetteville, NC 28301

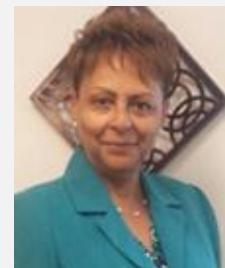
Upcoming Closings

Offices will be closed on Friday,
March 25, 2016.

A Message from Our Behavioral Health Consultant

Dear Patients,

Wade Family Medical Center and Wade Family Medical Center- Downtown now offers Behavioral Health Services to all patients who may need new ways of taking care of their physical health when unhealthy habits, behaviors, or emotions prevent you from reaching your goal of better health and healthy living practices. I will work with you to come up with a plan on how to care for yourself and I will include your provider in the progress you are making. If you feel this is where you need to begin, please call the office and schedule an appointment- Remember, Good health is a Good choice!



- Ms. Patti Jordan, Licensed Clinical Social Worker

Ms. Jordan's Tips for Healthy Living

Being able to manage your emotions and have health relationships is vital to your emotional wellness. Keeping these five tips in mind can help you achieve emotional balance in your daily life.

1. **Awareness of Thoughts and Feelings:** Journal or spend time alone to really get to know yourself without distractions or interference.
2. **Stay Positive:** Notice how often you say negative things and work on limiting the amount of negative thoughts and speech you use every day.
3. **Ask for help:** If you are suffering from emotional distress, it is okay to ask for help.
4. **Keep Boundaries:** advocate for yourself and your emotional needs. This will keep you from feeling overwhelmed by other people's expectations and behaviors.
5. **Self-Acceptance:** Give yourself a break and let self-judgment and self-doubt go.

Need Health Coverage?

You may qualify for a Special Enrollment Period to sign up for affordable health insurance.

Stedman- Wade Health Services provides FREE in-person assistance to help you explore your options.

**For more information contact
Khristian Curry:**

(910) 483-6694 Ext. 7002

Access your health record online by visiting the patient portal: www.swhs-nc.org



Statewide Primary Elections

March 3: Early voting begins

March 12: Last day to vote early

March 15: Election Day

We can help you register and update your voter registration!

Call: (910) 483-6694 Ext. 7002

Healthy Eating



Turkey-Cranberry Wraps Recipe

Ingredients

- 1 cup whole berry cranberry sauce
- 1 tablespoon Dijon mustard
- 4 (10-inch) whole wheat flour tortillas
- 4 romaine lettuce leaves, ribs removed
- 8 ounces sliced low-sodium turkey breast

Instructions

Stir together cranberry sauce and mustard. Place 1 tortilla on a flat surface. Spread about ¼ cup cranberry mixture evenly over tortilla. Top with 1 lettuce leaf and 2 ounces (about 2 slices) turkey; roll up. Repeat with remaining tortillas, cranberry mixture, lettuce and turkey. Cut wraps in half at a diagonal.

Help North Carolina Close the Medicaid Coverage Gap!

North Carolina has the 3rd greatest number of individuals lacking access to insurance because the state chose to opt out of covering low-income populations.

If you make too much to qualify for Medicaid and too little to afford private insurance, you can help close the coverage gap in our state by completing a simple form that we will mail to NC lawmakers.

For a copy of the form, please ask a representative at the front desk.

For more information, please contact Amanda Alexander at

(910) 483-6694 Ext. 7015

The Zika Virus: What we know

Zika is a mosquito-borne virus that is currently causing a large outbreak in Brazil, including reports of pregnant women giving birth to babies with birth defects. The virus can spread from mother to her fetus during pregnancy. Isolated cases of Zika virus transmission through blood transfusion and sexual contact have been reported. Zika can be detected in saliva and urine. However, exposure to these fluids has not been linked to transmission.

Zika is not currently found in the US. However, the mosquitoes that can carry Zika are found in some areas of the US. Zika is spread mostly by the bite of an infected *Aedes* species mosquito. These mosquitoes are aggressive daytime biters. They can also bite at night. Because the mosquitoes that spread Zika virus are found throughout the tropics, outbreaks will likely continue. There is no vaccine or medicine for Zika. However, rest, fluids, and use of acetaminophen can be used to treat the symptoms.

Colorectal Cancer Awareness

- Colorectal cancer is cancer that occurs in the colon or rectum.
- Among cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the U.S.



HIV/AIDS Awareness

- About 50,000 people get infected with HIV each year.
 - The effects of HIV/AIDS vary based upon age, race, gender, and method of transmission.

(All disease awareness statistics are sourced from the CDC)



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