

UPCOMING EVENTS

Call 898-1331 to register or to schedule for your company or business for the following:

Community CPR

Friday, July 15 & August 12
9:00am-12:30pm
Acker Boardroom,
Outpatient Services
Building

Heartsaver CPR/AED

Cost: \$45

Healthcare Provider CPR

Cost: \$50

Free Smoking Cessation Class

October 4, 11, 18, and 25

Free Diabetes Education Class

2nd Thursdays of
each month
3pm-4:30pm

*Call 898-1153 to
Register

Cannon's Healthy Outcomes Plan (HOP)

SC began a program 2 years ago to provide medical care for those who need it most. The HOP program helps low-income patients without a regular doctor and certain medical problems find medical care. The medical conditions are: diabetes, cardiovascular disease, hypertension, COPD, asthma, seizure disorder, and behavioral/mental health issues.

HOP's goal is to provide a family doctor and care to manage a patient's health.

To find out more, please contact the HOP program at Cannon Memorial Hospital
864.898.1331



An Affiliate of



WELLNESS SERVICES



Cannongram

July/August 2016

July 4 -10 2016 Sleep Awareness Week

Did you know that untreated sleep apnea could lead to heart disease, high blood pressure, and diabetes? It can also cause you to experience sleepiness during the day, an inability to focus and issues at work or driving. Do you have sleep apnea?

If you suffer from any of the following problems, talk to your personal physician and consider having a sleep study.

- * Excessive daytime sleepiness
- * Depression and irritability
- * Morning Headaches
- * Choking and/or gasping at night
- * Difficulty staying awake when sitting still, watching television or reading
- * Trouble falling or staying asleep

What to expect:

When it is time to go to sleep, our specially trained sleep technologists will attach sensors to monitor your body while you sleep. The light will be turned off and a low-light video camera will allow the technologist to see you from a nearby room. In the morning, the technologist will help you remove the sensors.

Within a few days, a board-certified sleep physician will review the results of your study to determine what kinds of sleep problem you have. The sleep physician will then follow up with both you and your referring doctor to offer treatment recommendations.

Learn More

If you think you may have a sleep disorder, visit www.anmedhealth.org/sleepquiz to take a free online assessment. You can share the results with your primary physician. Physician Referrals are required for the study. Qualified Pickens County residents can **specify AnMed Health Sleep Center at Cannon** as your preferred monitoring site for the sleep study if one is ordered by your physician.

Health Screenings

As part of Cannon's commitment to creating a healthier community, Cannon offers free and discounted health screenings at Wellness Wednesday. Screenings are held **EVERY** Wednesday of the month from 7:00-10am. Located at the **Cannon Wellness Annex**: Medical office building across from the hospital at the corner of Pendleton Street (Hwy 178) and Monroe Street in Pickens.

ALT/AST \$11

Lipid Panel \$20

PSA \$17

HgbA1C \$10

TD Vaccine \$32

Tdap Vaccine \$40

Hep B Vaccine (series of 3) \$50 each

Pneumonia Vaccine \$75

**CONTACT US NOW TO SCHEDULE A FLU CLINIC FOR YOUR
CHURCH, BUSINESS OR ORGANIZATION.**

Cannon Wellness Department 898-1133



An Affiliate of



Wellness Department

P.O. Box 188

Pickens, SC 29671

Find out more about Cannon!

www.cannonhospital.org or

Like us on Facebook

Cannon Memorial Hospital



August is Vaccine Awareness Month

Vaccines are recommended for all adults to help keep you healthy. They are especially important for those with chronic conditions who are more likely to develop complications from certain vaccine-preventable diseases.

The Center for Disease Control (CDC) recommends that all adults get the following:

- ◇ Influenza vaccine annually
- ◇ Td vaccine every 10 years to prevent tetanus
- ◇ Tdap vaccine once instead of Td vaccine to protect against tetanus and diphtheria plus pertussis (whooping cough)
- ◇ Other vaccines you need are determined by factors such as age, lifestyle, job, health condition, and prior vaccines. These additional vaccines include protection against: shingles, human papillomavirus (which can cause cancer), pneumococcal disease, meningococcal disease, hepatitis A and B, chickenpox, and measles, mumps, and rubella.

Not sure what you need? Talk to your doctor at your next appointment, and remember many of the vaccines are available at Wellness Wednesday at a reduced cost. Take the steps to protect yourself from a preventable illness and those you love.

Cannon Family Practice—Cannon 864-878-2435

Cannon Family Practice—Liberty 864-843-9213

Cannon Family Practice—Eastside 864-897-8280

Cannon Surgical—864-898-1360

Cannon Orthopedics -864-878-1231

Cannon Outpatient Rehab—864-898-1346

Cannon Radiology -Patients needing a mammogram can call Cannon Scheduling at **864-898-1153** for appointment. If you don't have a physician Cannon Surgical will follow up with your mammography results.

Are you looking for a doctor? Call Scheduling at 864.898.1153 and let us find a doctor convenient for you!



DO YOU NEED A VACCINE ?

Bring this ad to Wellness Wednesday during the months of July and August and receive 10% off on vaccines offered at Wellness Wednesday.