



An Affiliate of



# WELLNESS SERVICES



Cannongram May/June 2016

## UPCOMING EVENTS

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

### Community CPR

Friday, May 13 & June 10

9:00am-12:30pm

Acker Boardroom, Outpatient Services Building

### Heartsaver

CPR/AED

Cost: \$45

### Healthcare Provider

CPR

Cost: \$50

### Free Smoking

Cessation Class

July 5, 12, 19, and 26

### Free Diabetes Education Class

2nd Thursdays of each month

3pm-4:30pm

\*Call 898-1153 to Register

### Wednesday Wellness

Every Wednesday 7AM-10:00AM

No appointments necessary, but fasting is recommended for most accurate results. Cannon Annex, is across from Cannon at the corner of Pendleton Street and Monroe Street in Pickens.

*\*Please note—Wellness Wednesdays follows Pickens County School Inclement Weather Policy.*

Call 898-1331 for information. Check, cash or credit card only.

## May Stoke Awareness Month

Stroke is a disease that affects the arteries leading to and within the brain. It is the #5 cause of death and a leading cause of disability in the US. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens part of the brain cannot get the blood and oxygen that it needs, so brain cells die.

Do you know the signs of someone having a stroke? F.A.S.T. is an easy way to remember the sudden signs of a stroke.

**F** : Face Drooping—does one side of the face droop or is it numb? Ask the person to smile. Is the smile uneven?

**A**: Arm Weakness—is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S**: Speech Difficulty? Is speech slurred? Is the person unable to speak or hard to understand? Ask them to repeat a simple sentence, like “The sky is blue.” Can they repeat this?

**T**: Time to call 911. If any of the above symptoms are shown, or even if they go away, call 911 to get the person medical attention. Check the time, so that you can give the EMS or medical staff what time the symptoms appeared.

### Beyond F.A.S.T. – Other Symptoms You Should Know & Call 911

- Sudden **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- Sudden **CONFUSION**, trouble speaking or understanding speech
- Sudden **TROUBLE SEEING** in one or both eyes
- Sudden **TROUBLE WALKING**, dizziness, loss of balance or coordination
- Sudden **SEVERE HEADACHE** with no known cause

More information on strokes and treatment can be found at [www.strokeassociation.org](http://www.strokeassociation.org)

### May Wellness Special at Cannon Annex

Cost for LAB: \$75

(\$500 Value)

Cash, check or card. No insurance accepted

Tests include: CBC, A1C, Lipid Panel, TSH, CMP (PSA \$17 extra)  
No appointment needed. Each Wednesday in May, 7 AM– 10 AM.

Bring this ad in to Wellness Wednesday and receive 10% off any individual tests in May or June. Additional 10% cannot be used for May Wellness Special.



An Affiliate of



Wellness Department

P.O. Box 188

Pickens, SC 29671

**Find out more about Cannon!**

**[www.cannonhospital.org](http://www.cannonhospital.org) or**

**Like Cannon Memorial Hospital  
on Facebook**



### June is Men's Health Month

Do you have a special man in your life? For Father's Day, encourage him to talk to his family physician or take advantage of some tests available at Cannon's Wellness Wednesday to be proactive for his health and get screened for valuable health information.

**Men should be screened for:**

\***Diabetes:** A fasting blood sugar level less than 100 mg/dl is normal, 100-125 considered pre-diabetes, and over 126 on two separate tests can indicate diabetes.

\***Body Mass Index: (BMI)** A BMI between 18.5 and 24.9 indicate a normal weight

\***Cholesterol:** - recommended every 4-6 years after age 20. May be more frequent if risk factors such as diabetes, tobacco use or high blood pressure are present.

\***Blood Pressure:** Recommended every time you visit your doctor. BP that has "top" systolic pressure over 130 or "bottom" diastolic over 85, needs to be checked regularly and let your doctor make lifestyle recommendations that may include diet, exercise, or medications.

\***Colonoscopy:** Most men should be screened at age 50, but those with a family history may benefit from earlier screening.

\***Prostate exam:** All men over the age of 50 should talk to their doctors about a PSA. PSA tests that measure a protein called prostate-specific antigen in the blood. It's important to know symptoms of enlarged prostate (urinating frequently or having trouble urinating) and talk to your physician if you notice symptoms.

### Are you looking for a doctor? Talk to a Cannon Practice today and find quality care in your neighborhood!

**Cannon Family Practice**—Cannon 864-878-2435

**Cannon Family Practice**—Liberty 864-843-9213

**Cannon Family Practice**—Eastside 864-897-8289

**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.

### Qualifications for a LDCT Lung Cancer Screening:

- Age 55-77 years old
- Asymptomatic (no signs of lung cancer)
- Tobacco smoking history of at least 30 pack-years
- Current smoker or one who has quit smoking within the last 15 years
- Has a written order for the screening

Cannon was the 4th American College of Radiology Accredited Lung Cancer Screening Centers in SC. This ensures patients receive a true "low dose" CT exam and quality mandated by CMS. Talk to your doctor today, and come to Cannon for your screening.