



UPCOMING EVENTS

Flu Vaccines become available at CMH Wellness Wednesday 7am-10am September 7 – December

Pediatric Flu Shots (ages 3 and up) in Cannon Outpatient Department 9/29 & 10/25 5:30-7:30 PM

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

Community CPR
Friday, September 16 & October 14
Begins at 9AM
Acker Boardroom,
Outpatient Services Building

Heartsaver CPR/AED
Cost: \$45

Healthcare Provider CPR
Cost: \$50

Free Smoking Cessation Class
October 4, 11, 18, 25

Call 898-1153 to Register for:

Free Diabetes Education Class
2nd Thursdays of each month
3pm-4:30pm

NEED A PHYSICIAN?

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

Mammograms can be scheduled by calling Cannon Scheduling at 864-898-1153 for appointment without a physician's order.

Cannogram

September/October 2016

Fruits and Veggies—More Matters Month

Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough. This September, **Cannon Memorial** is proud to participate in Fruits & Veggies – More Matters Month.

Did you know that eating a healthy diet with plenty of vegetables and fruits can help the following:

- Lower your risk for heart disease and some types of cancer
- Type 2 Diabetes
- High blood pressure
- Maintain or reach a healthy weight
- Keep your body strong and active

Here are some ideas to help you and your family fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy where the whole family can see it.
- Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge your family to try a new veggie or fruit every week.
- Go for the vegetable first. As a general rule, fill about 1/2 your plate with salad and vegetables and then add other foods.

Remember, eating more fruits and veggies can be fun – and it's worth it!



Moroccan-Style Cauliflower

1/3 cup low-sodium vegetable broth or chicken broth
4 cups cauliflower florets
2 medium cloves garlic, minced
1/4 tsp. powdered turmeric

2 Tbsp. extra virgin olive oil
1 Tbsp. fresh lemon juice
Salt and freshly ground black pepper
1-2 Tbsp. finely chopped fresh cilantro

Directions

Pour broth in large skillet over medium-high heat. When broth begins to steam add cauliflower, garlic and turmeric. Stir to combine and cover. Cook cauliflower 4-5 minutes for al dente or 5-6 minutes for more tender.

Remove skillet from heat and transfer cauliflower mixture into medium bowl. Add oil, lemon juice and salt and pepper to taste. Gently toss to combine well. Sprinkle on cilantro and gently toss. Serve warm or at room temperature.



October 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 October, 7 AM– 10 AM.

Bring this ad in to Wellness Wednesday and receive 10% off any individual tests in September or October. The additional 10% cannot be used for October Wellness Special.



An Affiliate of



CMH Wellness Department
P.O. Box 188
Pickens, SC 29671

Find out more about Cannon!
www.cannonhospital.org or
Like us on Facebook
Sign up for Cannongram email:
wellness@cmhsc.org



Breast Cancer Awareness Month at Cannon

October is **Breast Cancer Awareness Month**. Patients wishing to have a mammogram are no longer required to have a physician's orders to schedule one with Cannon Radiology. Patients may call **Cannon Scheduling *directly*** at **864.898.1153** to set up a time for a convenient appointment. A physician from Cannon Surgical will receive the results of the mammogram and follow up with patients, if needed. Records will also be available to you to share with your personal physician. All mammograms are performed digitally with computer aided detection (CAD), and are read by board certified radiologists with Diagnostic Radiology from Anderson, South Carolina.



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

Contact Cannon Memorial Hospital to schedule a flu clinic for your church, business, or organization today!
CANNON WELLNESS DEPARTMENT
864.898.1331

