

THE CLINIC CORNER

Spartanburg County Employee Health Clinic

258 North Church Street, Spartanburg SC 864-562-4436 Open M-F 7:30AM to 4:30PM (by Appt)

UPCOMING CLASSES / INFO:

OCTOBER: National Breast Cancer Awareness Month

NOVEMBER: American Diabetes Awareness Month

Great American Smoke Out: Nov. 15th

Contact BlueChoice @

www.bluechoicesc.com Go to Great Expectations for Health – Quit Smoking for lots of info and their smoking cessation program.

Smoking Cessation Classes will be offered here soon! One-on-One & Refresher Classes also available. Just call 864-562-4440 for more info.

DECEMBER: Holiday Stress: What can you do? *Watch for tips on how to handle increased stress this season.

THE COLD AND FLU SEASON

- ---is right around the corner. Important things to remember:
- **Handwashing, handwashing, handwashing!!**
- Get your flu shot!! Our clinic for flu shots is **Sept 20th and 21st. From 7 AM to Noon** at the **ADMIN BUILDING!**
- If I've prescribed Zyrtec (or Claritin or Allegra) please start taking it at the **very onset** of allergies and/or cold symptoms. The same thing with Flonase. Begin taking it too at the onset of nasal and/or sinus congestion.
- Most often, antibiotics will not work for allergies and colds. Sometimes these things have to run their course.
- **PRESCRIPTION REFILLS**
- When requesting med refills, please bring in your pill bottles with labels on them marked plainly with: name of medicine, dose and frequency. It is hard for me to know what medicine you are on, if *you* don't know!
- It's a good rule of thumb to write down your medicines, doses, and times you take them. We can provide you with a form here at the clinic to write this on, and keep with you at all times.
- We will not refill any controlled substance prescriptions: such as Xanax, Valium, Lortabs, etc. This will need to be done by your physician.
- Also, if it has been a year since having your annual labs done, these will need to be done prior to reordering prescriptions. Changes may need to be done on the dosing.
- **FAMILY DOCTOR:**
- We request that all employees have a family physician and try to see him/her at least twice per year. The clinic cannot replace your family doctor. We will be happy to assist with referrals, labwork, advice, and minor illnesses. We can fax lab results, etc. to your doctor's office.
- **LABS:**
- Unfortunately, we cannot always draw the labs your physician orders. We will ask you to fax any lab orders to 562-4433 for us to review prior to lab draw. Because we are not a fully equipped lab, some blood work will have to be done at Lab Corp where those full services are available. Call Clinic with any questions!
- **VACCINATIONS:**
- The only vaccination we give here at the clinic is the Tetanus (Td-Tetanus/Diphtheria) vaccine. We do not have the Tdap (Tetanus/Diphtheria/Pertussis). We can provide a prescription for the Shingles Vaccine as long as certain guidelines are met. Just call the Clinic for details/information.

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NOT ALL FLUIDS ARE CREATED

EQUAL, PEOPLE!!

You know the routine: You go the doctor when you're sick and they tell you "**drink plenty of fluids**". But do you know that not all fluids are created equal? The *best* thing to drink is **WATER**. It's a natural replacement for fluid loss and readily available. If drinking plain water is not easy to do, there are many flavor additives you can use to make it taste better.

Gatorade/PowerAde is generally also a very good fluid replacement choice. It is best to alternate water and Gatorade throughout the day if you can. Keep in mind, if you are diabetic, choose sugar free. Many people think that coffee, tea, sweet tea and sodas are things to replace fluid loss, but in fact, these can contain caffeine and act as a diuretic. This means that it pulls water from your body and makes you urinate more, thus making you even more dehydrated! Just because it's a fluid, it doesn't mean it is the BEST fluid choice.

As the flu season approaches, think about the fluid choices available to you. Remember to drink plenty of water to stay hydrated. Another rule of thumb if nauseated and vomiting: give your gut a rest for at least 20 minutes if you have vomited before eating/drinking anything. You will probably vomit it right back up if you do not rest your digestive tract. Sip on fluids, eat ice chips, eat very small frequent meals according to appetite and rest as much as possible. Try to avoid heavy meals/food like pizza, burgers or anything greasy. It's more important to stay hydrated than to eat during times of flu-like illnesses.

Crustless Pumpkin Pie Recipe

Nutrition Facts Per Serving:

- Servings Per Recipe: 8
- Calories: 95
- Protein(gm): 4
- Carbohydrate(gm): 20
- Cholesterol(mg): 1
- Dietary Fiber, total(gm): 2
- Sodium(mg): 59

Diabetic Exchanges

- Other Carb (d.e): 2

- 1 15 ounce can pumpkin
- 1/3 cup sugar or sugar substitute*
equivalent to 1/3 cup sugar
- 2 tablespoons honey
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
- 1 teaspoon vanilla
- 3/4 cup evaporated fat-free milk



1. Preheat oven to 350 F. Lightly grease an 8-inch spring form pan. In a medium bowl, combine pumpkin, sugar, honey, and pie spice. Add eggs and vanilla. Beat lightly just until combined. Gradually stir in evaporated milk. Pour into prepared pan and place on a foil-lined baking sheet.
2. Bake for 45 to 50 minutes or until center appears set when gently shaken. Cool for 1 hour on a wire rack. Cover and chill for at least 2 hours or up to 24 hours before serving.
3. To serve, loosen pie from sides of pan by running a thin metal spatula around the edge. Remove sides of pan. Cut pie into wedges to serve. Makes 8 servings (1 slice each).

***Sugar Substitutes: 4.** Choose from Splenda granular or Sweet'N Low bulk or packets. Follow package directions to use product amount equivalent to 1/3 cup sugar.

***Sugar Substitutes: 5.** Same as above, except 67 cal., 13 g carb. Exchanges: 1 carb. Carb choices: 1.

Don't forget to add your favorite toppings, like lite whipped cream, fruit, pecans!