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JUNE | MIGRAINE & HEADACHE AWARENESS MONTH

To make our headaches go away, we spend over four billion dollars every year on over-the-counter pain relievers. The National Headache Foundation says that over 45 million Americans get chronic headaches. Headaches are one of the most common pain-related health problems in both children and adults.

Common causes of headaches include:

Muscle strain in the neck, back, or shoulders

Dehydration

Emotional Stress

Medications

Eating or drinking cold foods / fluids

Coughing or Sneezing

Eye Strain

Alcohol / Caffeine / Drug Withdrawl

Exposure to smoke / fumes

Dental Problems or Procedures

Upper Respiratory Infections

Fever

The most common types of headaches usually are not serious but may occur again and again.

Tension headaches

Most common type of headache and are often caused by stress and emotional strain. Most adults have tension headaches from time to time. They can cause pain in your upper back, neck, jaw, above the eyes, and other areas.

Cluster headaches

Occur in cyclical patterns or clusters, can cause deep, stabbing pain, usually around the temple or eye. Usually a rare form of headaches.

Migraine headaches

Cause severe throbbing pain or a pulsing sensation, usually on just one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Approximately one-third of people who have migraine headaches first began having them as teenagers.

If you are one of the 45 million Americans that have headaches and would like to gain control, please contact our Neurology department at 850.474.8353 to make an appointment with one of our board-certified neurologists or visit MedicalCenterClinic.com.

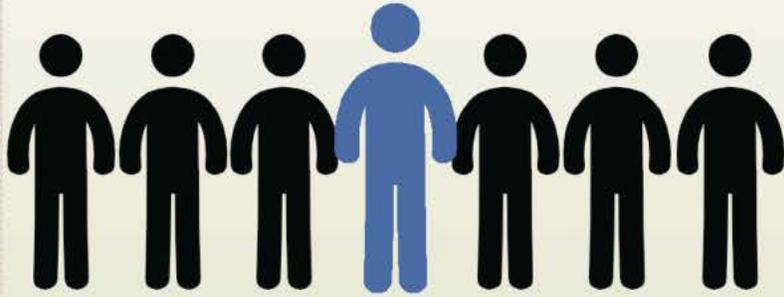


Kristin Davis, MD | Ethan Gore, MD
Ruth Henchey, MD | Roman Kesler, DO

APRIL | IBS AWARENESS MONTH

Symptoms of IBS can vary from person to person. The most common symptoms include:

1 IN 7 SUFFER FROM IBS



- Heartburn
- Early Feeling of Fullness
- Nausea
- Abdominal Fullness
- Bloating
- Upper Abdominal Pain
- Diarrhea
- Constipation

If you are experiencing any of these symptoms, make an appointment with one of our board-certified gastroenterologists today.



THE LATEST IN VISION CORRECTION - RAINDROP NEAR VISION INLAY

If you're at the age where you need reading glasses to see your phone or read a newspaper, menu, or computer screen, Jennifer Murray, MD with The Eye Institute at Medical Center Clinic has a better option: the new Raindrop procedure.

raindrop[®]
NEAR VISION INLAY

The Raindrop Near Vision Inlay is a safe way to treat age related near vision loss, or presbyopia. Presbyopia is a condition that causes your eye to lose the ability to change focus from distant to near objects. It is a natural part of aging that most people begin to experience after age 40.

Raindrop is the world's first inlay to change the shape of the cornea (the clear, front part of the eye) to improve near vision. Raindrop is incredibly small – about the size of a pinhead and less than half the thickness of a human hair – and is bioengineered to mimic the natural cornea. The outpatient procedure takes about 10 minutes and patients go back to most of their daily activities the next day.

"We've been following this remarkable Raindrop technology for some time, and I think it is a very effective solution designed for people who want to reduce or eliminate their reading glasses," said Jennifer Murray, MD. "If you're frustrated with the inability to see close-up, there's nothing to lose except your reading glasses."

Dr. Jennifer Murray has been practicing in ophthalmology for over 20 years. She is a board-certified ophthalmologist with subspecialty training in cornea, external diseases and refractive surgeries.



Jennifer Murray, MD
Ophthalmologist

eye INSTITUTESM
AT THE MEDICAL CENTER CLINIC | MCCEyeInstitute.com
EXCELLENCE IN EYE CARE

Medical Center Clinic



Ethan Gore, MD
Neurology

- Board-Certified Neurologist
- New Patient Appointments: 2-3 weeks
- Clinical Interests:
 - Dementia, Stroke, Behavioral, General
- *Building 1 | Floor 3 Phone: 850.474.8353*

- Over 16 years Chiropractic Experience
- Board-Certified Physiotherapist and Athletic Trainer
- New Patient Appointments: 1-2 Days
- Motor Vehicle Accident Patients Welcome
- Major Insurances and Self-pay Accepted
- *Building 1 | Floor 7 Phone: 850.474.8080*



Jason Hall, DC
Chiropractic



Mary Hurt, MD
Dermatology

- Board-Certified Dermatologist
- New Patient Appointments: 1-2 weeks
- Clinical Interests:
 - General & Medical Dermatology
- *Building 1 | Floor 1 Phone: 850.474.8386*

nic's New Providers



Matthew Kern, MD
Neurosurgery

- Board-Certified Neurosurgeon
- New Patient Appointments: 1-2 weeks
- Clinical Interests:
 - Brain Tumors, Artificial Disk Arthroplasty, Peripheral Nerve Surgery, General
- *Building 1 | Floor 10 Phone: 850.969.2226*

- Board-Certified Rheumatologist
- New Patient Appointments: 1-2 weeks
- On-site IV Infusion Available
- Clinical Interests:
 - General Rheumatology & Gout
- *Building 2 | Floor 2 Phone: 850.474.8387*



Andrew Meyerholz, MD
Rheumatology



Michael Zelig, MD
Gastroenterology

- Board-Certified Gastroenterologist
- New Patient Appointments: 1-2 weeks
- Open Access Colonoscopy Available
- Clinical Interests:
 - IBD: Ulcerative Colitis, Crohn's
- *Building 1 | Floor 2 Phone: 850.474.8428*

May is Better Speech & Hearing Month



The Hearing Center at Medical Center Clinic is pleased to offer free hearing screenings during the month of May.

“We are happy to provide free hearing screenings for the local area and answer any questions relating to hearing loss and prevention,” states Jennifer LaBorde, AuD, CCC-A.



TheHearingCenterMCC.com | 850.474.8328



Volunteer Staff & Physicians at
Our Lady of Angels Clinic

MCC GIVES BACK

In honor of Doctor's Day 2017, Medical Center Clinic has donated medical supplies to *Our Lady of Angels, St. Joseph's Medical Clinic*. This is a medical clinic located in downtown Pensacola that provides free healthcare to our indigent populations.

Our Lady of Angels, St. Joseph's Medical Clinic sees over 450 patients every month. Some of the various medical items in this donation included: bracing supplies, diabetic testing kits, otoscopes and ophthalmoscopes, blood pressure machines, bandages and medication among many other medical supplies. The items in this donation will help provide for the healthcare needs of those patients.

Medical Center Clinic is very excited to be able to give back to help support our local community.



MEDICAL CENTER CLINIC WELCOMES APRIL SHOWALTER, PA-C TO ALLERGY, ASTHMA & IMMUNOLOGY

"I chose to go into the field of allergy and immunology because of the benefits that I see my patients obtain every day. It's gratifying to see someone come into the office suffering from years of allergies and asthma and for me to be able to ease their symptoms. I educate them on not only their disease process but also on how to avoid and manage it. The most important thing that I do is to listen to my patients, then take the time to help them.

It's a joy to get to know my patients and their families and to watch them grow and develop as the years progress. I love my job and hope that I can continue to help those around me who suffer from atopic diseases."



April N. Showalter, PA-C
*Allergy
Asthma
& Immunology*

JUNE | PROPER POSTURE MONTH

Jason Hall, DC, of the Chiropractic Department at Medical Center Clinic gives the following tips for correct posture.

I routinely tell my patients to imagine they're a puppet that needs the strings to be pulled slightly to stand or sit 'nice and tall'. When bending, lifting or twisting, I recommend to act like a robot and use your legs more than your back. I also always recommend to wear a back support brace to help stabilize your spine and keep you safe.

How do I sit properly?



Keep your feet on the floor or on a foot rest, if they don't reach the floor.

Don't cross your legs.

Adjust the backrest of your chair to support your low and mid-back or use a back support.

Relax your shoulders and keep your forearms parallel to the ground.

Avoid sitting in the same position for long periods of time.

How do I stand properly?



Bear your weight primarily on the balls of your feet.

Keep your knees slightly bent.

Keep your feet about shoulder-width apart.

Stand straight and tall with your shoulders pulled backward.

Keep your head level. Do not push your head forward, backward, or to the side.

What is the proper lying position?



Find the mattress that is right for you.

Sleep with a pillow.

Avoid sleeping on your stomach.

Sleeping on your side or back is more often helpful for back pain. If you sleep on your side, place a pillow between your legs. If you sleep on your back, keep a pillow under your knees.

*Information provided by acatoday.org

About Jason Hall, DC

Dr. Hall graduated from Sherman College of Chiropractic in Spartanburg, SC. He joined Medical Center Clinic in March of 2017. Dr. Hall has over 16 years of chiropractic experience, both in private practice and the collegiate sports setting. He is also a board-certified physiotherapist and athletic trainer.

Dr. Hall has new patient appointments available within 1-2 days. He accepts most major insurances and self-pay. Dr. Hall sees motor vehicle accident patients, musculoskeletal complaints including stiffness, neck or back pain, headaches, extremity numbness or tingling, scoliosis, or sports injuries.

 **Chiropractic Center**
at Medical Center Clinic | 850.474.8080



Jason Hall, DC
Chiropractic