MedLink GEORGIA

HEALTH CONNECTION NEWSLETTER

Spring Into Wellness: Marching Towards Health

MARCH 2024



Did You Know?

Did you know that MedLink offers **podiatry** services?

Taking care of your feet is crucial for your overall well-being, and seeing a podiatrist plays a vital role in maintaining foot health. Our MedLink podiatrists are trained specialists who can diagnose and treat a wide range of foot and ankle conditions, from common issues like bunions and ingrown toenails to more complex problems such as diabetic foot complications and sports injuries.

We offer podiatry in **7 locations**!

- MedLink **Cleveland** Family Foot Care
- MedLink **Colbert**
- MedLink **Commerce** Family Foot Care
- MedLink **Hartwell** Family Foot Care
- MedLink **Rabun** Family Foot Care
- MedLink **Toccoa** Family Foot Care
- MedLink **Winder**

Join Us!

MedLink will host a **podiatry seminar** this month! Come and learn more about foot health & play MedLink BINGO!

March 14 | 10am-11am
Hart Senior Center
139 Clay St, Hartwell, GA 30643

FREE FOOD!



Drive-Thru FOOD PANTRY

WHILE SUPPLIES LAST!

FRIDAY, MARCH 1
10AM-12PM
Hill's Ace Hardware
186 W Athens St
Winder, GA 30680

FRIDAY, APRIL 12
10AM-12PM
Danielsville Old Gym
Albany Avenue
Danielsville, GA 30633

FRIDAY, MAY 10
10AM-12PM
Royston Church of God
121 Freedom Church Rd
Royston, GA 30662

March is Colorectal Cancer Awareness Month



Colorectal cancer is the second leading cause of cancer deaths among men and women in the U.S. Colorectal polyps and colorectal cancer don't always cause symptoms, especially at first. That is why getting screened regularly, beginning at age 45, for colorectal cancer is so important. By knowing the risk factors and signs and symptoms, you can catch colorectal cancer at its earliest stage.

Colorectal cancer is preventable! Schedule an appointment to talk to your provider or to be screened. Regular screening is the key to prevention!

March Events

March 1
Winder Food Distribution
at Hill's Ace Hardware
10am-12pm

March 7
MedLink Mobile Clinic at
Hart County Clothes Closet
175 Colfax St.
Hartwell, GA 30643
1-5pm

March 8
Blood Drive
at MedLink White
10am-1pm

March 14
Podiatry Seminar
at Hart Senior Center
10am-11am

March 28
Blood Drive
at Piedmont Regional
Library in Jefferson
11am-4pm

March 29
Pictures with the
Easter Bunny
at MedLink Colbert
10am-12pm

Dental Health Tip of the Month

Chew on that!

Chewing sugar-free gum after meals can stimulate saliva production, which helps neutralize acids in the mouth and reduce the risk of cavities. Just make sure that its sugar-free gum!



Visit our Dental office in Danielsville!

Behavioral Health Tip of the Month

Take time each day to engage in activities that bring you joy and relaxation, whether it's reading a book, going for a walk, or spending time with loved ones. Remember to also practice self-compassion and be kind to yourself during challenging times, acknowledging that it's okay not to be okay sometimes.

We offer in-person and virtual behavioral health appointments. Schedule today at 706-521-3113.

Easy Egg Muffins

Prep Time: 15 mins | Cook Time: 25 mins | Yield: 12 servings



Ingredients

- 10 to 12 ounces frozen spinach
- 6 large eggs
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1 cup cottage cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup chopped roasted red pepper (from a jar), plus more for topping
- Fresh ground black pepper

Instructions:

1. Preheat oven to 375°F. Spray or grease a standard 12-cup muffin tin.
2. Place the spinach in a colander and let warm water run over it until it is thawed, about 1 minute. Then use your hands to squeeze out as much excess liquid as you can.
3. In a large bowl, whisk the eggs. Then stir in the oregano, salt, garlic powder, cottage cheese, grated Parmesan cheese, spinach, and roasted red pepper. Add a few grinds of fresh ground black pepper if you like.
4. Fill each muffin cup three-quarters of the way to the top with the egg mixture. Sprinkle the tops with additional chopped roasted red pepper.
5. Bake 22 to 24 minutes until set in the center and golden around the edges. Allow to cool for a few minutes (they'll deflate, which is expected), and then run a butter knife around the edges of each muffin to pop it out. Enjoy immediately or store refrigerated for up to 5 days: you can eat them cold, room temp, or re-warmed.

Meddy Bear's Kid Corner

One of the best ways to help support your child's immune system and overall health is by promoting good sleep habits.

Establishing a consistent bedtime routine, such as reading a book or taking a warm bath before bed, can help children wind down and signal that it's time to sleep. Limiting screen time before bedtime and ensuring the bedroom environment is quiet, dark, and comfortable can further support healthy sleep habits for children.

