

Hello Spring

Newsletter 2017



Interested in taking our patient survey? It's anonymous and we would love to hear from you! Ask the front desk for a copy.



For the month of April, like Junction City Medical Clinic's Facebook page and you will be entered into a drawing to win a prize!

Your Rx List

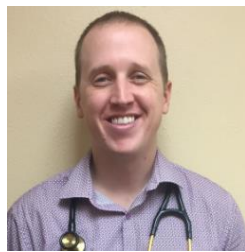


Keeping a complete list of your medications with you helps provide important information to your doctor, pharmacist and emergency personnel. Have a smart phone? There are apps you can download that will help you build your medication list where you will have easy access to it at all times.

Try This App:



Austin graduated from South Dakota State University with his Bachelors of Science in Nursing and Walden University in 2016



Austin Skelton, FNP

with a Master's Degree in Nursing. He recently moved to Oregon with his family and is excited to be able to visit the coast, eat seafood, fish, and watch the seals frolic. In his spare time he enjoys playing golf, cooking, crochet, and has recently picked up the art of finger painting. Austin enjoys all of the different aspects of practicing medicine and views medicine as both intrinsic and extrinsic with a focus on the person as a whole. He is eager to help any patient who is in need of his assistance!



Need to dispose of your outdated or unused prescription & over-the-counter medications?

Do it safely by taking them to the Junction City Police Dept. at 672 Greenwood St. and placing them in the drug drop box. Disposing of your medications properly is very important as it helps to reduce prescription drug abuse and reduce avoidable poisonings of children and pets.



There are actions you can take to reduce allergic reactions to pollen:

- Limit your outdoor activities when pollen counts are high.
- Keep windows closed during pollen season and use central air conditioning with a filter attachment.
- Start taking allergy medicine before pollen season begins.
- Bathe and shampoo your hair daily before going to bed. This will remove pollen from your hair and skin and keep it off your bedding.
- Wash bedding in hot, soapy water once a week.
- Wear sunglasses and a hat. This will help keep pollen out of your eyes and off your hair.
- Limit close contact with pets that spend a lot of time outdoors.
- Change and wash clothes worn during outdoor activities.
- Dry your clothes in a clothes dryer, not an outdoor line.

