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INDEPENDENT

September 2016

2016

MEDICAL GUIDE

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Growing out of pediatric care

Know when and how to transition to adult care doctors

Pediatricians provide valuable health care to children from the moment the children are born until they reach young adulthood. But there comes a time in each child's life when he or she is ready to make the transition from pediatric care to adult health care. This decision can become even more challenging if the child is being treated for a serious illness like cancer.

According to the American Academy of Pediatrics, ideally children should transition to an adult-oriented health practice between the ages of 18 and 21. But that transition can occur even earlier if the patient feels comfortable

doing so.

Transitioning to a new doctor might be difficult for young people coping with cancer. However, children and parents can work together to make the transition go smoothly, and parents should encourage youngsters to voice any concerns they have as they switch physicians.

Parents can begin the transition by involving their children in the search for adult care doctors. Young adults may want to use the same doctor their parents see, though some may feel more comfortable visiting a different practice. A patient-doctor connection is important, so parents can

encourage their children to find a doctor who has the right credentials but also a demeanor they're comfortable with. Pediatricians may refer doctors they know and trust, and that can be handy when patients require a doctor with specific experience or one who understands the particular challenges of cancer treatment.

Insurance coverage will also play a role in choosing a new doctor. When looking for a new physician, make sure each prospective physician accepts your insurance; otherwise, you may pay substantial out-of-pocket expenses.

Doctors can take steps to facilitate the transition as well. They can work together to transfer health records. With regard to cancer treatment, doctors will need to discuss maintenance medications and cancer therapy options that can impact overall health.

Parents, doctors and patients can work together to make sure the transition from pediatrician to adult doctor goes as smoothly as possible, even when a disease such as cancer threatens to complicate that transition.

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Explaining atrial fibrillation

In late 2013, the World Health Organization released results from a data analysis that examined atrial fibrillation and its prevalence across the globe. The results were troubling, indicating that 33.5 million people worldwide have the condition.

If those figures don't raise an eyebrow, that's likely because few people are familiar with atrial fibrillation, in spite of its prevalence. A broader understanding of atrial fibrillation, often referred to as AF, may help people reduce their likelihood of developing the condition.

What is atrial fibrillation?

The National Heart, Lung and Blood Institute notes that atrial fibrillation is the most common type of arrhythmia, which is a problem with the rate or rhythm of the heartbeat. AF occurs when rapid, disorganized electrical signals cause the heart's two upper chambers, known as the atria, to contract very quickly and irregularly.

What happens when a person has atrial fibrillation?

The heart is not functioning properly when a person has atrial fibrillation. That's because blood pools in the atria when a person has AF, and because of that pooling, the blood is not pumped completely into the heart's two lower chambers, which are known as the ventricles. As a result, the heart's upper and lower chambers do not work in conjunction as they do when the heart is fully healthy.

Are there symptoms of atrial fibrillation?

Some people with AF do not feel symptoms and only learn of their condition after physical examinations. That highlights the importance of scheduling annual physicals for all people, but especially for people with a personal or family history of heart trouble.

According to the American Heart Association, the most common symptom of AF is a quivering or fluttering heartbeat, which is caused by abnormal firing of electrical impulses. Anyone who feels such a symptom or suspects their heartbeat is abnormal should consult a physician immediately.

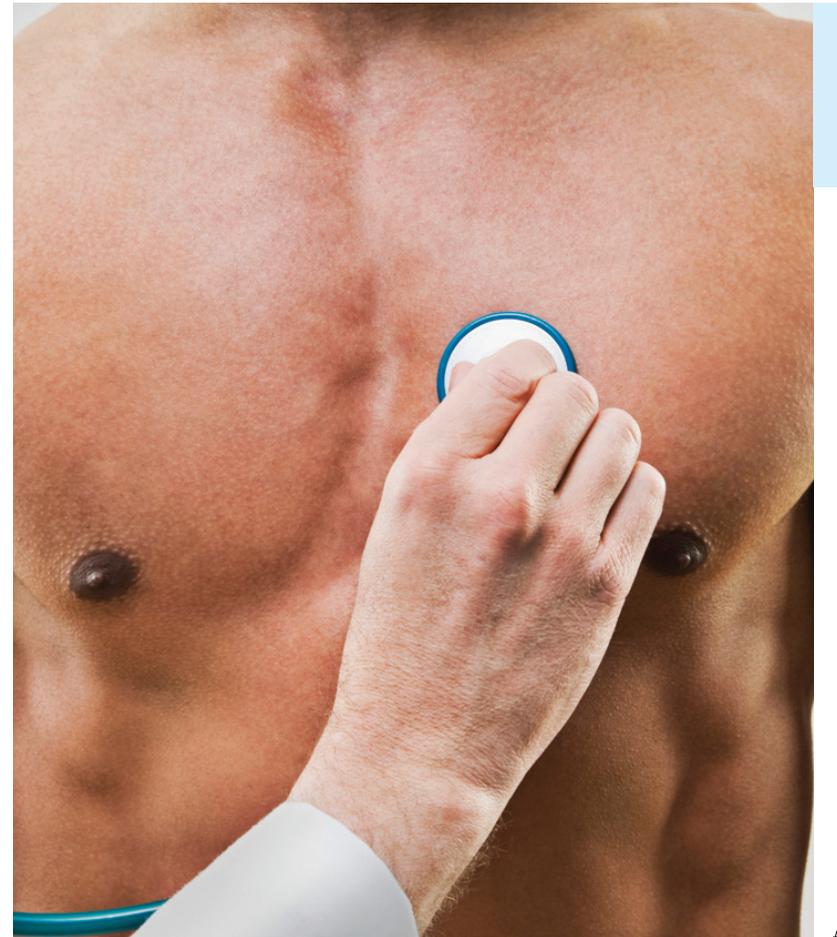
In addition to a quivering or fluttering heartbeat, the AHA notes that people with AF may experience one or more of the following symptoms:

- General fatigue
- Dizziness
- Shortness of breath and anxiety
- Weakness
- Faintness or confusion
- Fatigue when exercising
- Sweating
- Chest pain or pressure

The AHA warns that people experiencing chest pain or pressure are having a medical emergency that requires immediate medical attention. Whether or not symptoms of AF are detected, the condition can still increase a person's risk for serious medical problems, including stroke.

Who is at risk for atrial fibrillation?

No one is immune to atrial fibrillation, though risk



of developing the condition rises as a person ages. Men are more likely than women to develop AF, which the NHLBI notes is more common among whites than African Americans or Hispanic Americans.

People suffering from hyperthyroidism, a condition characterized by excessive amounts of the thyroid hormone, are at greater risk for AF than those without the condition. In addition, people who are obese and those who have been diagnosed with diabetes or lung disease are at greater risk for AF than those without such conditions.

The NHLBI also notes that AF is more common in people who have:

- High blood pressure
- Coronary heart disease
- Heart failure
- Rheumatic heart disease

- Structural heart defects
- Pericarditis
- Congenital heart defects

Can atrial fibrillation be prevented?

There is no guaranteed way to prevent AF, though certain lifestyle choices can reduce a person's risk for the condition. A heart-healthy diet that's low in cholesterol, saturated fat and trans fat and also includes daily servings of various whole grains, fruits and vegetables can lower a person's risk for AF. Daily physical activity, maintaining a healthy weight and not smoking also can lower a person's risk.

Atrial fibrillation is a rising threat across the globe. More information about AF can be found at www.heart.org.

Oral health impacts overall health

A healthy mouth is good for more than just a pretty smile. Oral health can affect the entire body, making dental care more than just a cosmetic concern.

Many people know that poor oral hygiene can lead to gum disease, tooth decay and even lost teeth. But are you aware that failing to brush or visit the dentist regularly also can lead to more serious health issues? According to Colgate, recent research suggests that there may be an association between oral infections, particularly gum disease, and cardiovascular disease and preterm birth. Gum disease also may make diabetes more difficult to control, since infections may cause insulin resistance and disrupt blood sugar.

Your mouth also can serve as an infection source elsewhere in the body. Bacteria from your mouth can enter the bloodstream through infection sites in the gums. If your immune system is healthy, there should not be any adverse effects. However, if your immune system is compromised, these bacteria can flow to other areas of the body where they can cause infection. An example of this is oral bacteria sticking to the lining of diseased heart valves.

Other links have been found between oral health and

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Coffee and colon health

Coffee compels many people to rise out of bed every morning. While individuals have many reasons to drink caffeinated beverages, the most notable is often the pep such beverages provide. But coffee, tea and other caffeinated beverages actually may provide additional benefits, including helping to fend off disease, including colorectal cancer.

The American Cancer Society estimates that, in the United States, more than 95,000 new cases of colon cancer and 39,000 new cases of rectal cancer will be diagnosed in 2016. Colorectal cancer is the third most common cancer diagnosed in men and women. However, coffee may help reduce instances of colon cancer.

A study titled “Coffee Consumption and the Risk of Colorectal Cancer,” which was published in the journal *Cancer Epidemiology, Biomarkers & Prevention*, found that regular coffee consumption inversely correlates to colorectal cancer risk. Coffee has been identified as a protective agent against colorectal cancer, as several of its components affect the physiology of the colon and can make cancerous cells less likely to take root there. The *Journal of the National Cancer Institute* also substantiates these claims. Frequent coffee consumption has been associated with

a reduced risk of colorectal cancer in a number of case-control studies — for both men and women.

Drinking coffee may not only help keep cancer at bay, it may boost the survival rate from colon cancer, too. Information from a study published in *The Journal of Clinical Oncology* stated that colon cancer patients who are heavy coffee drinkers have a far lower risk of dying or having their cancer return than those who do not drink coffee. Significant benefits start at two to three cups per day. People who consumed four cups of caffeinated coffee or more a day had half the rate of recurrence or death than non-coffee drinkers.

Other data indicates caffeine alone may not be behind the reduced cancer risks and rates — it may be the coffee itself. Researchers at the University of Southern California Norris Comprehensive Cancer Center of Keck Medicine found that decreased colorectal risk was seen across all types of coffee, both caffeinated and decaffeinated. According to Dr. Stephen Gruber, the author of the study, coffee contains many elements that contribute to overall colorectal health, which may explain coffee’s preventive properties. Caffeine and polyphenol can act as antioxidants, limiting the growth of potential colon cancer cells. Melanoidins generated during the



roasting process have been thought to encourage colon mobility, and diterpenes may prevent cancer by enhancing the body’s defense against oxidative damage.

Although data continues to suggest that coffee can help reduce colorectal cancer risk and survival rates, additional information is still needed before doctors can start recommending coffee consumption as a preventative measure.

DENTAL

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overall health. In 2010, researchers from New York University who reviewed 20 years of data on the association concluded that there is a link between gum inflammation and Alzheimer’s disease. Researchers in the UK also found a correlation. Analysis showed that a bacterium called “*Porphyromonas gingivalis*” was present in brains of those with Alzheimer’s disease but not in the samples from

the brains of people who did not have Alzheimer’s. The *P. gingivalis* bacterium is usually associated with chronic gum disease and not dementia.

Researchers also have found a possible link between gum disease and pancreatic cancer. Harvard researchers found that men with a history of gum disease had a 64 percent increased risk of pancreatic cancer compared with men who had never had gum disease, based on studies of men from 1986 through 2007.

While oral health issues may lead to other conditions over time, symptoms also may be indicative of underlying conditions of which a person is unaware. Inflammation of gum tissue may be a warning sign of diabetes. Oral problems, such as lesions in the mouth, may indicate the presence of HIV/AIDS. Dentists may be the first people to diagnose illnesses patients don’t even know they have.

An important step in maintaining good overall health is to include dental

care in your list of preventative measures. Visit the dentist for biannual cleanings or as determined by the doctor. Do not ignore any abnormalities in the mouth. Maintain good oral hygiene at home by brushing twice a day and flossing at least once per day. Mouthwashes and rinses also may help keep teeth and gums healthy.

Oral health and other systems of the body seem to be linked. Taking care of your teeth promotes overall health.

Help your body bounce back after cancer treatment

Cancer treatments like chemotherapy and radiation therapy can take a toll on patients' bodies. Though the side effects vary depending on the type of cancer and the treatment being administered, cancer patients may experience both short- and long-term consequences related to their treatments, leaving many with some work to do once their treatments have proven successful.

Fatigue, bruising and bleeding and skin irritation are some of the more common short-term side effects associated with cancer treatments. But cancer patients may also experience long-term side effects. For example, Susan G. Komen®,

a tax-exempt organization that aims to address breast cancer through various initiatives, notes that early menopause is a potential long-term consequence of breast cancer treatments.

Helping their bodies recover after cancer treatment is a primary goal for many cancer survivors. While cancer survivors should work with their physicians to devise a post-treatment recovery plan, the following are some helpful tips for survivors to keep in mind as they get back in the swing of things.

- Recognize the importance of exercise. Cancer survivors who did not exercise much prior to their diagnosis should recognize the important role that exercise can



play in their lives going forward. According to the Mayo Clinic, cancer survivors who exercise may benefit from improved mood and sleep, and many report feeling less anxiety than they did during or prior to treatment. And the American Cancer Society notes that some evidence

suggests that maintaining a healthy weight, eating right and being physically active may reduce the risk of cancer recurrence and other serious, chronic diseases.

- Take it slow. Cancer survivors should approach their post-treatment recovery

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How women can combat high cholesterol

High cholesterol can dramatically affect a person's long-term health. According to the Centers for Disease Control and Prevention, people with high total cholesterol have approximately twice the risk of developing heart disease as people whose cholesterol levels are ideal. And contrary to what many people may think, women are no less susceptible to high cholesterol than men.

Cholesterol can be a confusing topic. Though cholesterol has a bad reputation, that stature can be somewhat misleading. That's because there are two types of cholesterol, one of which actually reduces a person's risk for heart disease and stroke. High-density lipoprotein, often referred to as "HDL" or "good" cholesterol, absorbs low-density lipoprotein, or "bad" cholesterol, or "LDL," and carries it back to the liver, which then flushes it from the body. HDL accounts for a minority of the body's cholesterol. Unfortunately, the majority of cholesterol in the body is LDL, high levels of which can contribute to plaque buildup in the arteries, increasing a person's risk for heart disease and stroke.

A 2015 report from the American Heart Association indicated that more than 73 million American adults have high LDL cholesterol. The 2013 Canadian Health Measures Survey found that, between 2009 and 2011, the number of Canadians with unhealthy levels of LDL increased significantly with age, with 40 percent of men and women between the ages of 40 and 59 suffering from unhealthy LDL levels.

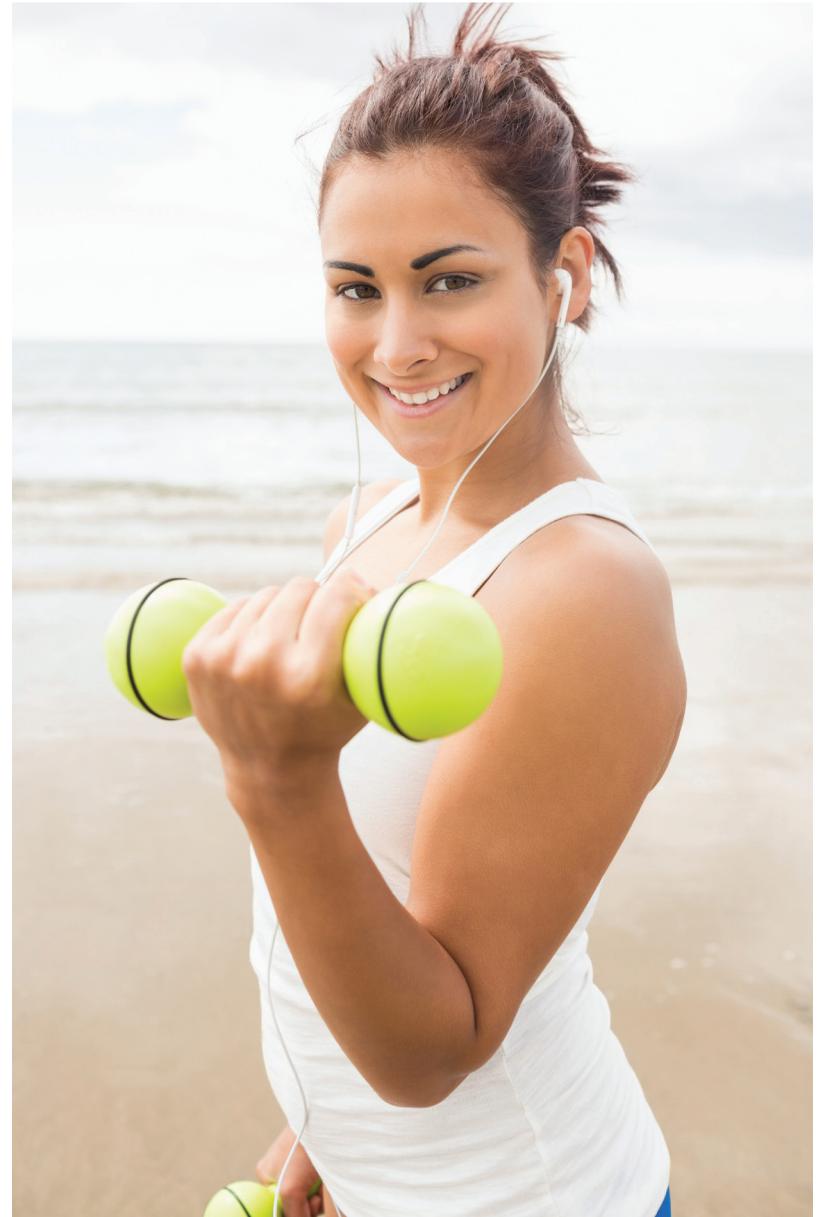
Women may think that the

presence of the female sex hormone estrogen can positively impact their cholesterol levels. While estrogen tends to raise HDL levels, its presence alone does not mean women are out of the woods with regard to cardiovascular disease, including heart disease and stroke. In fact, the CDC notes that heart disease remains the leading cause of death among women.

High LDL cholesterol levels do not mean women will automatically develop heart disease, but women who receive such a diagnosis should take the following steps to lower their LDL levels so they can live longer, healthier lives.

- **Eat right.** Avoid foods that are high in fat, especially saturated fats and trans fats. The AHA notes that foods that contain saturated fats contribute to high levels of LDL. Fatty beef, lamb, pork, poultry with skin, lard and cream, butter, and cheese are just a few of the foods that contain saturated fats. Those foods all come from animal sources, but many baked goods and fried foods are also high in saturated fat and should be avoided. Fruits, vegetables and whole grains are heart-healthy foods that can help women lower their LDL levels and reduce their risk for cardiovascular disease.

- **Exercise regularly.** Routine physical activity can help women lower their LDL levels, especially when such exercise is combined with a healthy diet. The Office on Women's Health recommends women get two hours and 30 minutes of moderate-intensity aero-



bic activity each week, or one hour and 15 minutes of vigorous-intensity aerobic activity each week. Speak with your physician to learn which exercises are most appropriate for someone in your condition. Women who want to do more than aerobic activity can still meet their exercise requirements by combining moderate and vigorous cardiovascular exercise with muscle-strengthening activities two or more days per week.

- **Quit smoking.** Smoking can accelerate the damage already being done by high cholesterol. While research does not indicate that smoking directly impacts LDL levels, the toxins produced and inhaled from cigarettes can modify existing LDL, making it more likely to cause inflammation.

Cholesterol does not discriminate, and women need to be just as mindful as men when monitoring their total cholesterol levels.

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slowly at first as they reacclimate their bodies to regular exercise. According to the ACS, cancer survivors should aim for at least 30 minutes of exercise five or more days per week. As the body grows more accustomed to exercise, survivors can increase the intensity and duration of that exercise. But some low-intensity yet routine exercise once treatment has ended is a great first step on the path to recovery.

- Don't downplay feelings of fatigue. While fatigue is generally a short-term side effect of cancer treatment, survivors should not downplay any feelings of fatigue that linger even after treatment has run its course. On days when cancer survivors lack the energy for vigorous physical activity, a walk around the block or something similar can take the place of more strenuous activities. Report prolonged feelings of post-treatment fatigue to your physician.

- Focus on nutrition. The ACS notes that a healthy diet can help cancer survivors regain their strength and rebuild tissue. The ACS recommends that cancer survivors try to eat at least 2 1/2 cups of fruits and vegetables each day and include plenty of high-fiber foods in their diets. In addition, the ACS suggests limiting red meat intake to no more than three to four servings per week.

Bouncing back from successful cancer treatments may take survivors some time, but staying committed to exercise and a healthy diet can help survivors regain their strength and potentially reduce their risk of recurrence.



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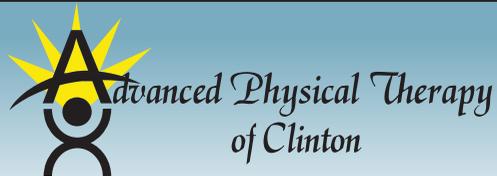
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Pros and cons to detox cleanse diets

Detox diet adherents tout the benefits of cleansing their bodies. The detox craze can be confusing, and misinformation regarding the best way to proceed with a cleanse only illustrates the emphasis men and women considering detox diets must place on learning as much about them as possible.

Detoxing involves changing one's diet for a predetermined period of time for the purpose of ridding the body of unhealthy, potentially toxic substances. While there may be some immediate weight loss associated with detoxing, losing weight is not the main purpose of detoxing.

Men and women have various detox options to choose from, including some that target specific areas of the body or others that aim to improve overall health.

Detox diets tend to be restrictive diets, which may not make them practical for everyone — particularly those who may have health ailments or specific dietary needs. Consult with a physician prior to beginning a detox diet to ensure it will not interfere with any treatments. In addition, it can help to weigh the advantages and disadvantages of detox diets to determine if doing a cleanse is the right choice for you.

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Pros

- **Eliminate poor eating habits:** Cleanses may help you to take better inventory of your eating habits and encourage you to make healthy choices in the process. Detox diets require that their adherents eliminate particular foods for a period of time, and in many instances, these off-limits foods are overly processed items that may not be the best food choices in the first place.

- **Increase vitality and energy levels:** Detox diets can sometimes increase one's energy and stamina. This can translate into more motivation to exercise or be active.

- **New foods:** A detox may require you to increase consumption of whole foods and participate in "clean eating." Eating cleanly is about selecting the healthiest options in each of the food groups. You may be exposed to new ingredients and discover healthy options you love.

- **Benefit the immune system:** You may find that healthy eating has positive effects on your immune system. This may make it easier to fend off illnesses or improve recovery time on those occasions when you get sick.

Cons

- **Potential for nutrient deficiency:** Restrictive eating may deprive the body of certain nutrients it needs to remain in optimal shape. Nutrient deficiency can be dangerous, so it's important to proceed with caution.

- **Weight loss concerns:** If your goal is to lose weight, do not expect detox diets alone to produce permanent weight loss. Many people experience weight gain after they stop a detox, says the health resource Everyday Home Remedy. Weight loss is better achieved gradually and through consistent healthy eating and exercise than through a cleanse.

- **Potential to overextend detox diets:** Some people extend a detox for longer than is recommended in an effort to experience greater gains. They may feel that two or three weeks of a cleanse may be doing more good than simply one week. This is not a good idea because you can deprive your body of the balance of foods it needs to thrive.

Detox diets can be short-term dietary options that bring about renewed vigor and health. Speak with a doctor and nutritionist to determine if a cleanse is best for you.

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Sunburn and skin cancer

Sunburn can be a painful, unsightly consequence of too much unprotected time spent in the sun. But sunburn is more than just a temporary nuisance. According to the Skin Cancer Foundation, sunburn can cause long-lasting damage to the skin and increase a person's risk of developing skin cancer.

Sunburn tends to be so common, particularly during the warmer months of the year, that many people may consider it a relatively harmless byproduct of spending time outside under the sun. But the United Kingdom-based charitable organization Cancer Research UK notes that getting painful sunburn just once every two years can triple a person's risk of developing melanoma, the most dangerous form of skin cancer. A better understanding of sunburn and its relationship with skin cancer may encourage more people to prioritize protecting their skin when spending time in the sun.

What is sunburn?

Sunburn occurs when the DNA in skin cells has been damaged by UV radiation. Many people associate sunburn with skin that peels or blisters, but any skin that turns pink or red in the sun has been sunburnt.

Am I always vulnerable to sunburn?

Though many people may only get sunburns on hot days, that's not because the skin is not susceptible to sunburn year-round. In fact, sunburn can occur any time of year because it's caused by ultraviolet radiation, which has noth-

ing to do with the temperature. Many people only spend time outdoors on hot days; hence, the reason they may only suffer sunburn in late spring and summer. Since sunburn can occur at any time of year, it's imperative that skin is covered up and sunscreen is applied regardless of what time of year a person is enjoying the great outdoors.

Am I out of the woods once my skin peels?

People who have experienced sunburn may have noticed their skin peeling in the days after they were burned, though not every sunburn victim's skin peels. Peeling is how the body rids itself of the damaged cells that can lead to cancer. But just because a sunburn victim's skin peels post-sunburn does not mean that person has necessarily dodged the skin cancer bullet. Some damage may remain after skin peels, and that remaining

damage can still make sunburn sufferers vulnerable to skin cancer.

I've been sunburned. Now what?

A sunburn, even a particularly bad sunburn, does not guarantee a person will develop skin cancer. But frequent sunburns increase a person's risk of the disease, so people who have been sunburned, whether it's just once or several times, should revisit what they're doing to protect their skin before going back out in the sun. Wearing protective clothing, including long sleeve shirts and protective hats, and applying strong sunscreen with a minimum sun protection factor, or SPF, of 30 are just a couple of ways to protect skin from sun damage.

More information about sunburn and skin cancer prevention is available at www.skincancer.org.



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Diabetic vision changes

Diabetes affects 23.6 million people in the United States and close to three million people in Canada. While diabetes can be accompanied by many different symptoms, some people are surprised to learn that diabetes can affect the eyes and vision.

Changes in vision are sometimes the earliest warning signs of the presence of diabetes or prediabetes. Diabetic eye disease is its own stand-alone condition, and the National Eye Institute points out that diabetic eye disease comprises a group of eye conditions that affect people with diabetes. These may include retinopathy, macular edema, cataracts and glaucoma. All forms of eye disease can potentially cause severe vision loss or blindness.

Those with diabetes also can experience xanthelasma, or yellowish collections of cholesterol around the eye area. What's more, diabetes can put individuals at risk of developing conjunctival bacterial infections (pink eye), as well as corneal erosions, corneal defects and subsequent dry eyes.

Routine eye examinations can help doctors diagnose diabetes early. Such examinations also are important in the management of the disease and the prevention of vision loss.



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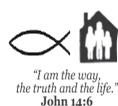
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This year, we are pleased to announce that all flu vaccine given at the Clinton Medical Clinic will be quadravalent vaccine. Unlike trivalent vaccines, the quadravalent vaccine has been formulated to provide protection against four strains of influenza.

Please call the office of your Clinton Medical physician and schedule an appointment.

Appointment times are as follows:

Morning Appointments: 8:30 am – 12:30 pm
Afternoon Appointments: 2:00 pm – 4:30 pm

Dr. Apolinaro:	590-0801	Dr. Smith:	590-0609
Dr. Newton:	590-0615	Dr. Conway:	590-1201
Dr. Bauman:	592-0808	Dr. Watts:	590-0611
Dr. Palmer:	590-0603	Dr. Yang:	592-0803
Dr. Carr:	590-0607		

VISION

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According to the American Diabetes Association, people with diabetes are at a 40 percent greater risk of suffering from glaucoma than people without diabetes. The longer someone has had diabetes, the more common glaucoma is. Diabetics also are 60 percent more likely to develop cataracts. Vision checkups and care are an important part of living with diabetes.

Routine eye examinations can head off potential vision problems and have been known to alert doctors to the presence of diabetes before patients know they have it. During a comprehensive dilated eye exam, eye doctors will examine all areas of the eye to check for illness. Pressure on the eye will be tested, as glaucoma can cause elevated pressure. The doctor also will check for any clouding of the eye lens.

When an eye is dilated, doctors can examine the retina at the rear of the eye. Points that will be checked include:

- changes to blood vessels, including any leaking blood vessels or fatty deposits
- swelling of the macula
- damage to nerve tissue
- health of the retina, and whether there are any tears or detachments

While many of the vision loss problems associated with

diabetes are irreversible, early detection and treatment can reduce the risk of blindness by 95 percent, advises the NEI. Controlling diabetes slows the onset and worsening of visual symptoms. People with diabetes may need to see their eye doctors more frequently and have a greater number of dilated exams to ensure eyes are still in good health.

To keep diabetes in check, follow a doctor-recommended diet, monitor your blood-sugar levels and get plenty of exercise. Eye doctors and primary care providers can work together to ensure that all symptoms of diabetes — whether visual or otherwise — are treated effectively.



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Advanced Physical Therapy of Clinton	910-592-8525	317 North Blvd Clinton, NC 28328
Allcare Uniforms & Embroidery	910-592-8525	324 Northeast Boulevard Jordan Plaza Clinton, NC 28328
AUNC Clinton Urology	910-592-7129	358 Northeast Blvd. Clinton, NC 28328
Caring Hearts Professional Counseling Services, PLLC	910-299-0848	312 College St. Clinton, NC 28328
Carolina Eye Care Professionals	910-592-5379	340-A Northeast Boulevard Clinton, NC 28328
Carolina Heart Physicians	910-590-1081	512 Sunset Avenue Clinton, NC 28328
Carolina Pain Center	910-596-4288	518 Beaman Street Clinton, NC 28328
Carolina Therapy Service, Inc.	910-892-0027	111 S. Railroad Street Dunn, NC 28334
Carolina Urology Healthcare, PLLC	910-590-0037	417 Vance St., Suite B Clinton, NC 28328
Clinton Drug Company	910-592-8444	307 Beaman Street Clinton, NC 28328
Clinton Family Dentistry	910 596-0606	320 Northeast Blvd, Clinton, NC 28328
Clinton Medical Clinic, Inc.	910-592-6011	403 Fairview Street Clinton, NC 28328
Clinton Surgical Associates	910-592-8711	Woodside Professional Bldg. Clinton. NC 28328
Clinton Urgent Care	910-592-9113	1004 Beaman Street Clinton, NC 28328
Clinton X-Ray Associates, PA	910-592-8070	409-C Cooper Dr. Clinton, NC 28328
CommWell Health Clinton/Building Bridges	1-877-935-5255	306 Beamon St. Clinton, NC 28328
CommWell Health Harrells	1-877-935-5255	194 Tomahawk Hwy. Harrells, NC 28444
CommWell Health Newton Grove/Spivey's Corner	1-877-935-5255	3331 Easy St. Dunn, NC 28334
CommWell Health Salemburg	1-877-935-5255	500 S. Fayetteville St. Salemburg, NC 28385
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Deborah B. Broyles, DMD, PA	910-592-3613	603 Beaman St # 101, Clinton, NC 28328
DermOne	910-590-1049	603 Beaman St Clinton, NC 28328
Doctors Perrine & Wiley & Potts, P.A.	910-592-8901	202 Sampson Street Clinton, NC 28328
Eastern ENT Sinus and Allergy Center	910-592-9993	504 & 506 Balsey St. Clinton, NC 28328
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Graybar Chiropractic	910-596-2222	600 Beaman Street Clinton, NC 28328
Howerton Family Medicine, P.A.	910-525-5848	304 West NC Highway 24 Roseboro, NC 28382
Huff Orthopedics & Sports Medicine	910-596-5633	520 Beaman Street Clinton, NC 28328
Infinity Healthcare Services	910-592-0006	513 Raleigh Rd. Clinton, NC 28328
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Joseph J. Leinwand, O.D.	910-592-3152	100 Warsaw Rd. Clinton, NC 28328
Kosterman Chiropractic Center	910-592-2250	401 Cooper Drive Clinton, NC 28328
Liberty HomeCare & Hospice	910-592-8367	208 Beaman Street Clinton, NC 28328
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Med First Urgent Care & Family Practice	910-592-4000	1515 Sunset Avenue Clinton, NC 28328
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The Royal Home	910-525-5554	109 Clinton St. Salemburg, NC 28385
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