

2017

MEDICAL

Guide

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ER nurses are unsung *heroes*

No one wants to see the inside of an emergency room or medical center, but few people avoid occasional visits to the ER. When such situations arise, a top-notch trauma team can make all the difference.

One of the first people patients encounter inside an ER are the nurses who quickly assess life-threatening problems and begin to solve them on the spot. Although nurses can work in hospital emergency rooms, emergency nurses also may work in ambulances, urgent care centers, sports arenas, and other high-stress situations. ER nurses are registered nurses who work closely with doctors to help diagnose, stabilize and manage conditions. They also liaise between family members and other medical staff and educate patients about their conditions once an emergency situation is addressed.

Because ER nurses specialize in treating severely ill or injured patients or those in life-threatening situations, those considering a career in this field must be ready to adapt to many different situations. In a single day, ER nurses may encounter children with broken bones, patients with acute stomach pains and people injured in motor vehicle accidents, among many other potential situations. Patients of all ages come through trauma centers, and prioritizing emergencies can be part of the job description.

An ER nurse's day is frequently stressful and fast-paced. Some of the tasks to be expected, according to the nursing career resource Nurse Frontier, include:

- First aid
- Suturing
- Intubation
- Bag valve mask ventilation
- Administering medicine
- Basic life support
- Advance cardiac life support
- Transfusing blood

Prospective ER nurses must complete a nursing degree or diploma program. In Canada, since the late 1990s, the provinces and territories have moved from diploma entry level to baccalaureate entry level for RNs, says the Canadian Nurses Association. Both the United States and Canada require prospective ER nurses to pass the NCLEX-RN exam, which is administered by the National Council of State Boards. RNs receive state licensing in the United States. In Canada there is no national license; each province or territory licenses individually based on jurisdiction.

According to Johnson & Johnson's Discover Nursing, ER nurses are increasingly learning about tech, thanks to electronic medical records and point-of-care barcoding.

ER nurses have more responsibility than ever because of nursing shortages. That means there are plenty of opportunities to become leaders in the field. ER nurses and other nurses fill a much-needed responsibility in the medical field. A career as an ER nurse can be challenging but very rewarding.

Understanding, preventing and managing *osteoarthritis*

The most common chronic condition of the joints in both the United States and Canada, osteoarthritis affects roughly 30 million people in just those two countries alone.

While osteoarthritis, or OA, can affect people of all ages, it's most common in men and women over the age of 65. Understanding osteoarthritis and how to prevent and manage the disease can help men and women over the age of 50 reduce their risk and live more comfortably even if they develop OA.

What is osteoarthritis?

According to the Arthritis Foundation, healthy joints are covered by cartilage, a flexible connective tissue that covers the end of each bone. Cartilage facilitates motion of the joints and serves as a cushion between the bones. When a person has OA, cartilage breaks down, causing swelling and pain and affecting the mobility of the joint. Over time, OA can worsen and cause bones to break down and develop bone spurs, which form when bones meet each other in the joints. OA can even advance to a point where cartilage wears away and bone rubs against bone, creating even more pain while damaging the joints even further.

What causes osteoarthritis?

Once considered a byproduct of the wear and tear the human body naturally endures over a lifetime, OA is now viewed as a disease, notes the AF. The following are some potential causes of OA.

- **Genes:** The AF notes that certain genetic traits can increase a person's

likelihood of developing OA. Collagen is a protein that makes up cartilage, and, while rare, a genetic defect that affects the body's production of cartilage can lead to OA occurring in people as young as 20 years old. Researchers have also noted that the gene FAAH is more commonly found in people with OA of the knee than in people who don't have the disease. FAAH has been previously linked with pain sensitivity.



- **Weight:** Being overweight increases a person's risk for a host of ailments and diseases, and OA can be counted among them. Extra weight puts additional pressure on hips and joints, and over time those extra pounds can cause cartilage to break down more quickly than it would if the body was not carrying extra weight.

- **Injury:** Men and women who have suffered injuries to their joints may be at greater risk of developing OA than those with no such injury history.

- **Overuse:** Overuse of joints, tendons and ligaments can accelerate the breakdown of cartilage and increase a

person's risk of developing OA. Cartilage also can break down more quickly in the bodies of athletes and people whose careers require them to stand for extended periods of time, bend over frequently and/or lift heavy items.

- **Preexisting conditions:** Conditions such as rheumatoid arthritis, hemochromatosis and acromegaly may also contribute to the development of OA among people diagnosed with such disorders.

Prevention and management of OA
Men and women who maintain healthy weights and exercise regularly and appropriately may be able to prevent the onset of OA. Appropriate exercises include strength training that focuses on building muscles around the joints, even if those joints are already affected by OA. Strong muscles around the joints can reduce the pain associated with OA, while range-of-motion exercises can improve flexibility of the joints and reduce stiffness. Aerobic exercise also helps men and women maintain healthy weights while facilitating weight loss for those who are already overweight. Those already diagnosed with OA should speak with their physicians before beginning an exercise regimen, and such conversations can also include discussions about the various medications that can be used to reduce symptoms of OA.

More information about OA is available at www.arthritis.org.



DID YOU KNOW?

Lead is a naturally occurring element found in the earth's crust that can be toxic to both humans and animals. Lead can be found in air, soil and water, and human exposure to lead can often be traced to human activities, such as the one-time use of leaded gasolines and previous use of lead-based paints in homes. The U.S. Environmental Protection Agency notes that lead also may have been used in ceramics, pipes, plumbing materials, and even some cosmetics. Perhaps the most troubling aspect of lead is its potential effect on children. The still-developing brains and nervous systems of children are more sensitive to the harmful effects of lead because their bodies absorb more of it than the bodies of adults. The U.S. Centers for Disease Control and Prevention notes that the use of lead in house paint, on products marketed to children, including toys, and in dishes or cookware was banned in the United States in 1978. However, lead may still be found on toys imported from countries that have not yet banned lead. In addition, toys and collectibles that were produced prior to the ban in the United States may still contain lead that can be harmful to children and adults. Parents who suspect their children have been exposed to lead can speak with their youngsters' pediatricians, who may order blood tests to check for lead exposure.

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The differences between *hot and cold therapies*

Inflammation can affect anyone, and those who have battled it likely have nothing positive to say. But while few people may associate inflammation with something good, inflammation is actually a process by which the body's white blood cells and the substances those cells produce protect the body from infection at the hands of bacteria, viruses and other foreign organisms.

While inflammation is protective by nature, sometimes an inflammatory response is triggered by mistake. When that happens, the body's immune system, which is designed to protect the body, begins to damage its own tissues. The resulting symptoms of this faulty immune system response may include joint pain, joint stiffness, loss of function in the joints, and swelling of the joints. None of those symptoms are comfortable, and people suffering from them may be on the lookout for ways to alleviate their pain and suffering. While anyone battling persistent inflammation should speak with their physicians to explore their treatment options, a preliminary search of how to best treat inflammation will no doubt turn up information about heat therapy and cold therapy. The following breakdown should not replace a physician's advice, but it can help patients battling inflammation better understand both treatment options.

Heat therapy

According to the Merck Manual, a reference book for physicians and patients alike, heat works against inflammation by increasing blood flow and making connective tissues

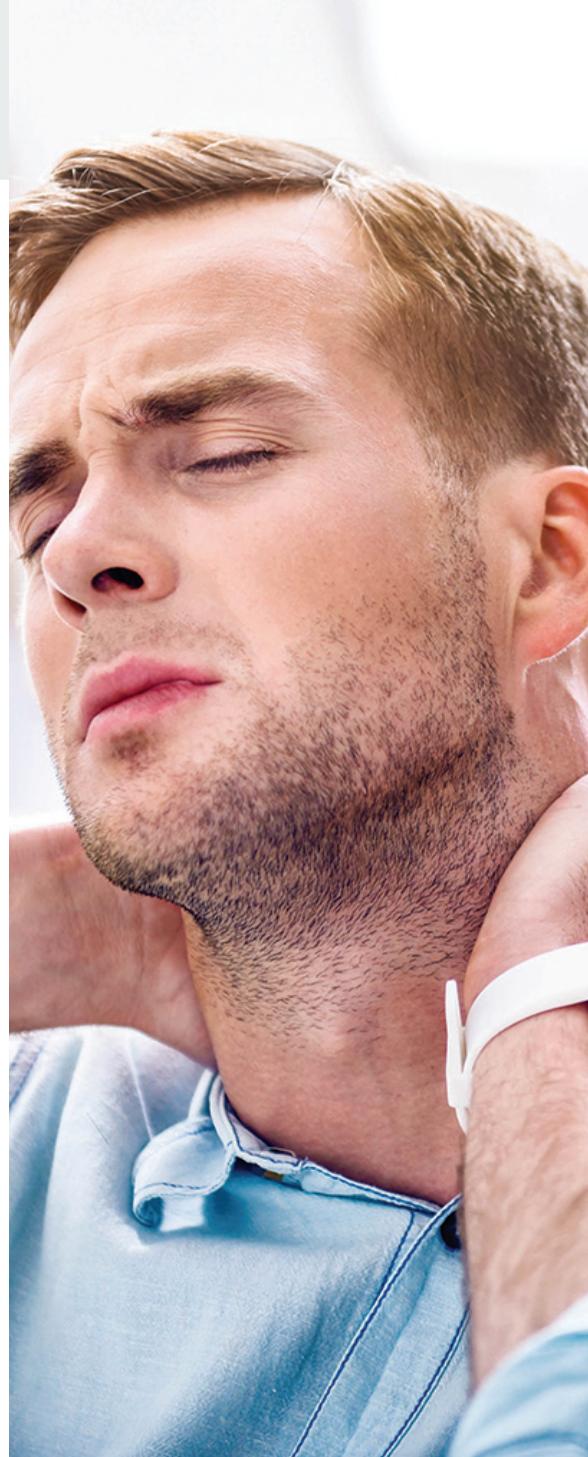
more flexible. Heat also can be used to combat edema, a condition characterized by an excess of fluid in the tissues of the body. Upon application, heat can temporarily reduce pain and alleviate stiffness in the joints. Heat also may temporarily relieve muscles spasms.

The Cleveland Clinic notes that heat can be effective at relieving pain associated with worn-away cartilage in the joints because it eases chronically stiff joints and relaxes tight muscles. In addition, moist heat can relax painful neck spasms linked to nerves or blood vessels in the head or pain emanating from muscles in the neck. Heat can be applied via hot packs, infrared heat, paraffin baths, and hydrotherapy.

Cold therapy

Cold therapy, sometimes referred to as "cryotherapy," can relieve pain associated with inflammation that has developed recently. Cold can help numb tissues and relieve muscle spasms and can also be used to alleviate pain associated with injuries. The Merck Manual notes that ice bags or cold packs can be used to apply cold. In addition, fluids that cool by evaporation, including ethyl chloride, may be applied topically. Some medicines may interact with ethyl chloride spray, so inflammation sufferers should consult their physicians before applying such sprays.

According to the Cleveland Clinic, ice can be used to calm flare-ups and numb pain associated with chronic, inflammatory arthritis. Ice also can ease



inflammation and numb pain linked to pulled muscles or injured tendons. Pain and inflammation resulting from the stretching or tearing of ligaments in the joints may also be eased by applying ice to the affected area.

Heat and cold therapies can effectively combat symptoms associated with inflammation, but such treatments should always be discussed with a physician before being instituted.

The most *frequently* diagnosed cancers



Certain cancers are diagnosed far more frequently than others. But cancers that are diagnosed most often are not necessarily the most deadly cancers, nor are they always the most treatable. They simply represent those cancers with the highest prevalence.

According to data from the American Cancer Society and the National Cancer Institute, excluding nonmelanoma skin cancers, the following cancers are those diagnosed with the greatest frequency.

Breast cancer: Topping the list in the number of diagnoses is breast cancer. An estimated 254,000 new cases occur each year. However, breast cancer that is caught early tends to be highly treatable.

Lung cancer: Lung cancer, including cancer of the bronchus, accounts for roughly 223,000 diagnoses each year. The fatality rate for lung cancer is much higher than it is for breast cancer, with an estimated 156,000 deaths from lung cancer each year.

Prostate cancer: Prostate cancer only affects men, making the number of cases even more striking. Prostate cancer diagnoses equal around 160,000 new cases annually. However, since prostate cancer grows slowly, treatment is often successful.

• **Colorectal cancer:** Estimates suggest new cases of colon cancer and rectal cancer will equal 135,000 in 2017, making cancers of the lower digestive system quite common.

• **Melanoma:** One of the deadliest forms of skin cancer, melanoma account for roughly 87,000 new cancer diagnoses each year.



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Signs and symptoms of *pancreatic cancer*



Statistics regarding the impact of pancreatic cancer may surprise people unfamiliar with this potentially deadly disease. According to Pancreatic Cancer Canada, the survival rate for people diagnosed with pancreatic cancer has not improved in the last 40 years, and 75 percent of people who have the disease die within a year of being diagnosed.

The pancreas is an organ that sits behind the stomach and stretches to roughly six inches long but less than two inches wide. But in spite of its modest size, the pancreas plays a significant role within the body, helping it to digest food and produce hormones such as insulin. Because of those important roles, it's imperative that men and women take steps to reduce their risk of developing pancreatic cancer.

The American Cancer Society notes that there is no way to prevent pancreatic cancer. Risk factors such as age, race, gender, and family history are beyond individuals' control. However, catching the disease while it is still localized within the pancreas can dramatically improve patients' chances of survival.

PCC notes that ignoring potential indicators in the early stages, when symptoms are typically mild, may allow the cancer to metastasize, at which point survival rates greatly decrease. As a result, learning the signs and symptoms of pancreatic cancer and not being shy about immediately bringing any issues to the attention of a physician can be the best defense against this often deadly disease.

- *Pain in the abdomen or upper back:* Do not discount pain in the abdomen or upper back, especially if it worsens when lying down or three to four hours after eating.
- *Jaundice:* Jaundice is marked by the yellowing of the skin or whites of the eyes. This yellowness occurs when there is an excessive amount of bilirubin in the blood, which can happen if a tumor is blocking the bile duct. The ACS notes that some studies have connected heavy alcohol use, which can contribute to jaundice, to pancreatic cancer, while others have questioned that link.
- *Loss of appetite:* Resist the temptation write off loss of appetite as something innocuous. While loss of appetite might not be indicative of pancreatic cancer, the two have been linked, and men and women who have noticed their appetites are not as strong as they once were should visit their physicians.
- *Weight loss:* PCC notes that unintended weight loss is often one of the first noticeable signs or symptoms of pancreatic cancer.

- *Changes in stool color:* Adults who notice their stool has changed color should bring this to the immediate attention of their physicians, as these changes are often a byproduct of a bile duct being blocked by a tumor. Stools also may produce an odd, strong odor or float because the fat content is too high.

Pancreatic cancer is a potentially deadly foe. Learning to recognize its symptoms and bringing those symptoms to the immediate attention of a physician can make the difference between life or death.

Understanding *inflammatory* breast cancer



Many women know that a lump, pain or some other abnormality in the breast may be indicative of breast cancer. But a rash, redness or swelling may also be linked to a rare form of breast cancer known as inflammatory breast cancer.

Inflammatory breast cancer, or IBC, accounts for roughly 1 to 5 percent of all breast cancers in the United States. The symptoms of IBC can differ from symptoms of other forms of breast cancer, and a rash-like appearance may be part of it, according to Healthline. The National Breast Cancer Foundation, Inc., says IBC is a fast-growing breast cancer that infiltrates the skin and lymph vessels of the breast. When IBC is present, no distinct tumor or lump can be felt and isolated in the breast. Instead, earlier symptoms include the appearance of a rash or small irritation that may be mistaken for an insect bite. Over time, the irritation can become more red, swollen and warm. Other changes to the breast skin may occur, including nipple inversion

or flattening, a pitted appearance to the skin or dimpling. This dimpling is caused by a buildup of fluid in the breast that's due to cancer cells blocking the lymph vessels. This prevents the fluid from draining normally.

IBC is a very fast-moving cancer. By the time symptoms are discovered, IBC may already have advanced to Stage 3, necessitating aggressive treatment. This usually includes a combination of surgery, radiation, chemotherapy, and hormone treatments.

Breast cancer comes in many different forms and can present in various ways. Never overlook any abnormality on or around the breast.

Dr. Frank Tortora



Dr. Kevin Khoudary



AUNC Associated Urologists of North Carolina, PA

Dr. Kevin Perry



Dr. William Kizer



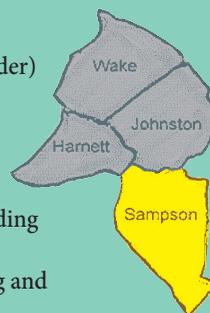
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What are *biologic medicines*?



A relatively recent wave of medications has provided significant advances in treating a wide range of illnesses, particularly those that are linked to auto-immune dysfunction or chronic ailments. Many people may be prescribed a biologic response modifier medicine at some point in their lives, and those who understand when and why such medications are prescribed may find such knowledge calms their nerves and reduces any confusion they might have about their conditions.

What are biologic response modifiers?

Biologics are derived from animal products. First-generation biologic

products included things like vaccines and blood components. However, a newer wave of biologic medicines has come to market over the last decade or so. These medications are manufactured through biotechnology and are complex proteins, sugars, nucleic acids, or a combination of these substances that are created from living cells. Cells may include yeast, bacteria or a widely used cell called CHO, which originated from hamsters in China. The U.S. Food & Drug Administration says biologics are often at the forefront of biomedical research and are continually evolving.

Why biologics are different

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are largely made from chemical components that follow a strict recipe for manufacture, many biologics are complex mixtures that are not easily replicated. According to the resource Everyday Health, when biologics are made, a specific gene is isolated and inserted into the host cell's DNA, where it will become permanent. The cell follows the instructions of the gene and how it was programmed and becomes a specifically functioning cell. This one reprogrammed cell is combined with others that have been made the same way.

The entire process of biologic manufacturing is complex, requiring state-of-the-art knowledge. It also requires entirely new biotechnology facilities and laboratories that employ top-notch scientists. These factors combine to contribute to the generally

high price tag of biologic medications.

How biologics work

According to WebMD, biologics are designed to inhibit specific components of the immune system that may cause a symptom of a disease. For example, in the treatment of rheumatoid arthritis, the medication would suppress inflammation, which is a central feature of the disease. Biologics target specific parts of the immune system rather than broadly treating the body.

Diseases that may be treated by biologics include rheumatoid arthritis, Crohn's disease, ulcerative colitis, psoriasis/psoriatic arthritis, multiple sclerosis, and even certain cancers.

Side effects of biologic medicines Because most biologics are administered intravenously, injection-

site irritation can be a common side effect. Biologics also carry a risk of infection. According to the Cochrane Database of Systematic Reviews, because biologics target the immune system, there is a risk for serious infection or disease.

Biologic medicines continue to evolve and can be used to treat a variety of medical conditions for which no other treatments are available or effective.



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Omega-3 fatty acids are a group of polyunsaturated fatty acids that play an important role in relation to many functions of the body. The fatty acids EPA and DHA are well-known and found in fatty seafood, such as tuna, salmon and some shellfish. These fatty acids may be added to different foods as well, including dairy products and infant formulas. Studies have shown that diets rich in omega-3s may reduce a person's risk for heart disease. Omega-3s have been associated with lower triglyceride levels, which can contribute to heart health. Consuming seafood

or fish oil supplements also may be helpful in curbing the joint pain and stiffness associated with rheumatoid arthritis. In addition, fatty acids may promote neurological health that can ward off depression and anxiety and may help people with ADHD manage their symptoms. Omega-3s also are crucial in the development of brain health for young children, which may translate into decreased risk of developmental delay and improved communication and social skills.

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What athletes should know about *shin splints*



Exercising more is a primary goal for many people, especially those interested in losing weight. Athletes also look to increase the time they spend exercising as new seasons draw near. While additional exercise can benefit many people, those who frequently perform weight-bearing

exercises or repetitive motions, such as running, dancing and jumping, may find themselves battling shin splints.

Also known as tibial stress syndrome, shin splints are a condition marked by pain in the shinbone, also known as the tibia. Shin splints are common among athletes and dancers who spend so much of their time on their feet. The Mayo Clinic says shin splints are caused by repetitive stress on the shinbone and connective tissues that attach muscles to the bone. Shin splints typically appear when there is a sudden increase in distance or intensity of a workout schedule.

Shin splints are characterized by tenderness, swelling, soreness, and/or

pain along the inner part of the lower leg. While the pain may stop when the body stops exercising, eventually that pain can transform into continuous pain.

Many cases of shin splints can be alleviated through rest, icing and other self-care methods. Wearing proper footwear and modifying exercise routines can help ensure that shin splints are not a recurring problem.

Should shin splints not clear up on their own, or if over-the-counter pain relievers prove ineffective at managing pain, then athletes should contact their physicians. Doctors will likely try to determine if the pain is caused by something other than shin splints.



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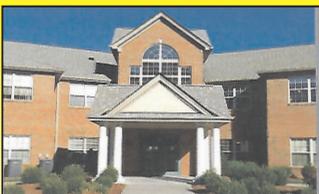


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How to improve overall *endurance*

Pushing oneself physically can be exhausting and demanding. But whether you're a seasoned athlete, a part-time fitness enthusiast or even someone who lives a largely sedentary lifestyle, you can find ways to dig down and improve your overall endurance.

Many athletes find pushing their bodies past certain boundaries to be empowering. Letting complacency set in is easy, but finding the motivation to press on and push ahead takes mental determination. The following are a handful of ways to push past physical glass ceilings and improve endurance.

- *Join a marathon.* The statistics reporting site StatisticsBrain.com states that only 0.5 percent of the U.S. and Canadian populations have ever run a marathon. Running on the treadmill at the gym or a couple of miles around the track is excellent exercise. Runners can take their passion a bit further by enrolling in any of the hundreds of marathons and half-marathons held annually. Crossing the finish line after running 26.2 miles is a rewarding feeling, and few activities do more to improve endurance than running a marathon.

- *Try a new gym class.* Pushing yourself physically may mean getting out of your comfort zone. Gyms typically offer an array of classes to appeal to as many members as possible. Take advantage of these group classes or personalized training sessions. Explore barre workouts, TRX® and ViPR®, which involve loaded movement and strength training paired with cardiovascular workouts.

- *Increase workouts gradually.* It can be daunting to think about greatly improving your endurance levels. But taking a gradual, incremental approach to improving endurance is both safe and effective. Also, when engaged, mentally divide the workout into smaller chunks of time. This way you have several smaller goals to accomplish, rather than one large goal. This can make it easier to digest a tough workout.

- *Use friends to keep you motivated.* Having friends workout alongside you can keep you motivated. Workout buddies may offer the encouragement necessary to keep pushing through. Another motivating factor is bragging rights afterward.

- *Have a good emotional connection.* A desire to have a great body may not be enough to motivate you to workout and push harder. If not, think of a better reason to exercise, and it may be the mind over matter you need. Many people find inspiration from family health history risk factors or through the goal of reversing negative health reports from doctors' offices. These motivating factors will help you press on and push harder.

Continuing to surpass fitness goals is something to include in this year's list of health resolutions.



Company Name	Phone Number	Address
3HC Home Health and Hospice Care, Inc.	910-592-1421	1023 Beaman Street Clinton, NC 28328
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
David Kunzman, DDS	910-592-3516	411 Fairview Street Clinton, NC 28328
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
Family Medical Supply	910-592-0449	329 N. Blvd. Clinton, NC 28328
Goshen Medical Center	910-592-1414	516 Beaman St. Clinton, NC 28328
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
Jeffrey G. Bell, DDS, PLLC	910-592-1883	204 Sampson Street Clinton, NC 28328
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
Matthews Health Mart	910-592-3121	408 N.E. Boulevard Jordan Plaza Clinton, NC 28328
Med First Urgent Care & Family Practice	910-592-4000	1515 Sunset Avenue Clinton, NC 28328
Mercy Care Inc	910-590-5151	416 Southeast Blvd. Clinton, NC 28328
Outpatient Diagnostics Center	910-592-2689	233 Beaman Street, Clinton 28328
Outpatient Rehabilitation Center	910-596-4244	405 Beaman Street, Clinton, NC 28328
Powell's Medical Clinic	910-525-4062	201 West Clinton Roseboro, NC 28382
Professional Eye Care	910-592-1908	124 E. Main Street, Courthouse Square Clinton, NC 28328
Quick Med Urgent Care	910-596-0093	340 NE Blvd. Clinton, NC 28328
Rest Assured Sleep Lab	910-596-4283	607 Beaman St. Clinton, NC 28328
Robert Sink, DDS	910-592-1478	412 Fairview Street Clinton, NC 28328
Ronald Honeycutt, DDS, PA	910-592-1766	705 Beaman St. Clinton, NC 28328
Sampson County Health Department	910 592-1131	360 County Complex Rd, Clinton, NC 28328
Sampson Home Health	910-590-5312	518 Beamon St. Clinton, NC 28328
Sampson Medical Group	910-590-0046	522 Beaman Street Clinton, NC 28328
Sampson Medical Group of Newton Grove	910-594-0003	301 Main Street Newton Grove, NC 28366
Sampson Radiation Oncology	910-590-2065	215 Beaman Street Clinton, NC 28328
Sampson Regional Medical Center	910-592-8511	607 Beaman St. Clinton, NC 28328
Sampson Regional Wound Care & Hyperbaric Center	910 590-8710	607 Beaman Street Clinton, NC 28328
Sampson Surgical Services	910-596-6113	603 Beaman Street • Suite 300 Clinton, NC 28328
Sampson Urology Associates	910-590-3569	417 Vance St. #B Clinton, NC 28328
Sampson Women's Center	910-590-8050	603 Beaman Street, Suite 100 Clinton, NC 28328
Sessoms Medical Associates, PLLC	910-596-2800	500 Beaman Street Clinton, NC 28328
Southeastern Medical Oncology Center	910-592-5727	211 Beaman St. Clinton, NC 28328
Speech and Language Rehabilitation Services, Inc.	910-299-0700	P.O. Box 1414 Clinton, NC 28329
The Center for Health & Wellness	910-596-5400	417 East Johnson Street Clinton, NC 28328
The Royal Home	910-525-5554	109 Clinton St. Salemburg, NC 28385
Theodore B. Thomas, III, DDS, PA	910-592-7161	450 McKoy Street Clinton, NC 28328
Total Health Internal Medicine, PLLC	910-596-0061	602 Beaman St. Clinton. NC 28328
U Care, Inc.	910-596-0931	P.O. Box 761 Clinton, NC 28329
Warren Eye Care	910-594-2020	320 Main St., Newton Grove, NC 28366



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