



WELCOME



South Central Gastroenterology
A South Central Clinic



Dr. Andre Fialho is now accepting patients, and Dr. Andrea Fialho will begin accepting patients in late October.

ANDRE FIALHO, MD & ANDREA FIALHO, MD
1203 Jefferson Street Laurel, MS | 601.649.2863 | scrmc.com

The complex block contains a "WELCOME" header in a dark blue box. To the right is the South Central Gastroenterology logo and name. Below this is a photograph of two doctors, Dr. Andre Fialho and Dr. Andrea Fialho, both wearing white lab coats. To the right of the photo is a bold announcement about their new patient acceptance. At the bottom right is a dark blue box with their names and contact information.

The healthcare providers and employees at South Central Gastroenterology welcome Andrea Fialho, MD, and Andre Fialho, MD, to the South Central Health System.

Dr. Andrea Fialho and Dr. Andre Fialho completed their residency in gastroenterology at the University of Florida - Jacksonville.

Dr. Andrea Fialho and Dr. Andre Fialho join the healthcare providers at South Central Gastroenterology. To better serve you, South Central Gastroenterology now offers care from 7 providers. The clinic provides comprehensive gastrointestinal care for patients. Services provided by our staff include diagnosis and treatment of digestive diseases in adults in the esophagus, stomach, small and large intestines, rectum, liver, pancreas and biliary system. To learn more about services available or to make an appointment, call 601-649-2863.





ACTIVEkids
Presented by the South Central Sports Performance Center.

**A FUN EXERCISE REGIMEN
JUST FOR CHILDREN
7-12 YEARS OF AGE.**

Class size is limited to the first 12 children who are registered to ensure that each child receives individual supervision during their time with us.

South Central Wellness Center | 601-399-0530 | Cost \$75 for 6 Weeks

South Central Sports Medicine & Sports Performance+ will host ACTIVEkids.

ACTIVEkids is a 6 week program designed for kids ages 7-12. ACTIVEkids is a unique, kids-only fitness program that will give your child access to gym equipment and exercises designed specifically for them. Our gym offers a safe environment that will boost your child's health and wellness. Our coach will be there every step of the way to teach proper technique and encourage those participating in this fitness class which promotes:

- Functional Movement
- Proper Body Mechanics
- Improved Flexibility
- Teamwork
- Increased Physical Strength
- Improved Coordination
- Cardio Exercise

Classes are Monday, Tuesday, Thursday for 6 weeks from 4:45 p.m. - 5:35 p.m. Cost is \$75 for 6 weeks. Register by calling 601-399-0530.



Healthy Skin Begins Within!

Get faster, longer-lasting results from your skincare and beauty regimen with Jane Iredale Skincare Supplements, designed to improve the health and appearance of the skin by nourishing it where topical creams can't reach.

new skincare supplement

the COSMETIC & PLASTIC SURGERY CENTER
OF SOUTH CENTRAL MISSISSIPPI

SKIN COMPLETE
SKIN YOUTH BIOME™
SKIN ULTIMATE SKIN-HAIR-NAILS
SKIN VIBRANT

The Cosmetic and Plastic Surgery Center is excited to announce SKINCARE SUPPLEMENTS by Jane Iredale.

Get faster, longer-lasting results from your skincare and beauty regimen with our Skincare Supplements, designed to improve the health and appearance of the skin by nourishing it where topical creams cannot reach. Find your personal supplement solution exclusively available at the Cosmetic and Plastic Surgery Center.

The Cosmetic and Plastic Surgery Center in Laurel offers a full line of elective cosmetic procedures for both men and women. Hossein Nasajpour, MD, Cosmetic and Plastic Surgeon and Brandi Tynes, FNP, provide services for all patients. The Cosmetic and Plastic Surgery Center of South Central Mississippi provides free consultations and on-site financing for all patients. Medicare, Medicaid and most commercial insurance plans are accepted.

To learn more or to schedule a free consultation at the [Cosmetic and Plastic Surgery Center in Laurel](https://www.scrmc.com), call (601) 425-7522 or visit [scrmc.com](https://www.scrmc.com).





"UroLift is appropriate for anyone who has an enlarged prostate," said [Jens Graversen, MD, Urologist](#) at [South Central Urology](#). "Essentially men over the age of 50 who have symptoms such as getting up at night to go to the bathroom, frequently needing to urinate throughout the day, having to strain to void or having a sensation of not emptying to completion are candidates for this procedure. We've had men who've had other forms of minimally invasive procedures who did not respond, and when they had UroLift, they noticed a significant difference almost immediately." For more information, visit scrmc.com.

FALL IN LOVE
with your skin

15% off
POWER DUOS

BOOST & BRIGHTEN \$140
Koji Serum & Cega Serum or Emolugel
Brightens & smooths skin texture and reduces the appearance of skin discoloration

REPAIR & BRIGHTEN \$130
Koji Serum & Retinol Serum or Emolugel
Reduces the appearance of fine lines, wrinkles, & skin discoloration

SEPTEMBER - OCTOBER

South Central Dermatology Clinic
A South Central Clinic

It's time to fall in love with your skin. South Central Dermatology is offering 15% off our power duos during the months of September and October.

- [Boost and Brighten Package](#) Available for \$140 - Brightens and smooths skin texture and reduces the appearance of skin discoloration.

- Repair and Brighten Package Available for \$130 - Reduces the appearance of fine lines, wrinkles and skin discoloration.

Specials available September 1 - October 31, 2019.

South Central Dermatology specializes in the following areas of service: MOHS Surgery, Skin Cancer, Skin Infections, Psoriasis, Treatment of Acne and all conditions related to Skin, Hair and Nails. Amy Adams, DO, Dermatologist and Ashlynn Martin, FNP, provide services for all patients. South Central Dermatology is accepting new patients. Medicare, Medicaid and Most Commercial Insurance Plans are accepted.

For more information or to purchase a product, contact South Central Dermatology Clinic at 601-425-4860 or visit scrmc.com. South Central Dermatology is located at 1410 Jefferson Street in Laurel.



Ways to Fit Exercise into our Everyday Routines

Regular exercise has many benefits. It can improve our overall health and fitness, reduce our risk for chronic conditions such as diabetes or heart disease and boost our mental and emotional well-being.

Adults are encouraged to get at least 150 minutes of moderate-intensity exercise - or 75 minutes of more vigorous physical activity each week. For children and teens, experts recommend 60 minutes of exercise daily, with most of it being moderate-intensity aerobic activity.

The challenge for many of us is how to make physical activity part of our regular routine without it feeling like a chore. The following tips can help us stay on track:

- Make small, simple changes. Every bit of extra activity helps. Try taking the stairs instead of the elevator, walk over to a co-worker's desk instead

of sending an email, or park further away from where you are going and walk the rest of the way.

- Find a buddy or group. Having someone to exercise with can provide motivation and make activities more enjoyable. Consider joining a group exercise class, walking club or recreational sports team.
- Keep track of your progress. Being able to see how far you have come can help you stay motivated and allows you to celebrate your successes. Personal fitness devices make it easier than ever to track your daily activity.
- Change things up. Keep things fresh by trying different activities, or listen to music to keep from getting bored.
- Plan for bad weather. Join a gym you can use when you need to exercise indoors, or find a shopping mall where you can walk year-round.

South Central Wellness Center offers opportunities for adults, children and senior citizens to get active and stay active. To learn more about programs available, visit scrmc.com or call 601-399-0530.

PRIMARY CARE PROVIDER	URGENT CARE	EMERGENCY ROOM
<ul style="list-style-type: none"> Check-ups and regular screenings General medical and behavioral health questions Questions or concerns about medications Cold and Flu symptoms Mild fevers Mild to moderate pain or discomfort Management of a chronic condition 	<ul style="list-style-type: none"> Sprains and strains Mild allergic reactions Mild to moderate asthma symptoms Moderate pain or discomfort Mild burns Minor cuts or wounds requiring prompt attention Animal or insect bites 	<ul style="list-style-type: none"> Babies needing immediate care Significant difficulty breathing Broken bones Severe pain, especially in the chest or stomach Severe burns Possible drug overdose or poisoning Thoughts of suicide or self-harm

WHEN TO GO WHERE TO GET THE BEST CARE
PRIMARY CARE PROVIDER, URGENT CARE, OR EMERGENCY ROOM

AMBULANCE

SOUTH CENTRAL REGIONAL MEDICAL CENTER

Where to Get the Best Care and When to Go
South Central Regional Medical Center offers Primary Care Clinics, an Urgent Care Facility and an Emergency Department

Some decisions are easy like where to buy groceries or when to add gas to your car, but when it comes to healthcare, the choice is not always so clear.

When you are feeling sick or are injured, there are several key places you can go for medical care: a doctor’s office, an urgent care center or the emergency room. Here is a quick guide to help you know where to go based on the urgency of your condition.

Doctor’s Office: Your primary care doctor should be your first call in non-emergency situations. Your doctor knows you and your health history, including what medications you are taking and what chronic conditions might need to be considered in your treatment. This option can also help you avoid the long wait times typically found in an emergency room. Even if your doctor is unavailable or not an expert in the area of care you need, he or she can refer you to a specialist or another medical professional.

If you do not have a primary care doctor, take some time to review the options available at South Central Clinics by visiting scrmc.com/clinics.

Urgent Care Center: If you need care outside of regular office hours, urgent care centers are a good option. South Central Urgent Care is staffed by nurse practitioners and physician assistants and is designed to treat a range of conditions like cold and flu, ear infections and skin conditions. South Central Urgent Care can also provide onsite X-rays.

Emergency Department: Emergency Departments are designed to treat urgent, acute and life threatening conditions and are not the place for routine care or minor ailments. If you feel you are dealing with a health emergency, call 911 or go to the South Central Emergency Department immediately. Otherwise, one of the above options will save you time and money, and clear the way for patients in need of emergency treatment.



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1. Simply visit smile.amazon.com
2. Select **SOUTH CENTRAL HEALTH CARE FOUNDATION** as your charity.
3. Shop!

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