



Everside Health is here to help you stay healthy this summer

Sports and school physicals

If you have children involved in sports, chances are they are required to have a thorough physical exam before they can participate. Now's a great time to schedule your child's sports and school physicals! Best of all, the exams are FREE!

Itchy eyes, runny nose, sneezing ...ACHOO!

It's time for seasonal allergies – are you ready? We can help you win the war on seasonal allergies, so you can enjoy the outdoors! Allergy medications are available within the health center and available at no cost to you!

Signs of skin cancer

A visible change in your skin is the most common sign of skin cancer. It could be a new growth, a change in an existing mole or a sore that does not heal. For melanoma specifically, an easy way to remember the warning signs is the ABCDE's of melanoma rule:

- A: Asymmetrical.** The mole or spot does not have a regular shape.
- B: Border.** The border of the mole or spot is irregular or jagged.
- C: Color.** Uneven or irregular color.
- D: Diameter.** The mole or spot is larger than the size of a pea.
- E: Evolving.** The mole or spot has changed in the past few weeks.

Call 240-436-2840 today to schedule! Or visit eversidehealth.com

Contact your Everside Health & Wellness Center today to make an appointment to discuss what you can do to keep healthy all summer long!

