

Psalm 150:6 Let everything that has breath praise the LORD. Praise the LORD!



If you're age 45 or older, you should start getting screened for colorectal cancer.

Colorectal cancer is one of the leading causes of cancer death in men and women, yet it can often be prevented or found at an early stage, when it's small and may be easier to treat, with regular screening. Preventing colorectal cancer or finding it early doesn't have to be expensive. There are simple, affordable take-home tests available. Talk to your health care provider about which tests might be good options for you. No matter which test you choose, the most important thing is to get tested.

[Book an Appointment at the Clinic \(link to come\)](#)

Blood Drive

Boone—Convocation Room

Wilkesboro—Training Center, Training Room A

Friday, March 18, 2022 Noon to 4:30 pm



The American Red Cross is experiencing a National Blood Crisis, please consider giving blood to help patients in need!

To make an appointment go to redcrossblood.org and use sponsor code: *samaritanspurse* or call 1-800-RED-CROSS.

Register Today

Healthy Fruit and Honey Granola Recipe

3 and 1/2 cups quick or old fashioned oats - uncooked
1 and 1/4 cup diced dried mixed fruit (like cranberries and apricots)
1/2 cup honey
1/3 cup coarsely chopped pecans
4 Tablespoons butter or margarine - melted
1 teaspoon vanilla
1/2 teaspoon ground cinnamon
1/4 teaspoon salt



Directions:

Pre-heat oven to 350°F.

In a large bowl, combine oats and pecans; mix well. Spread evenly on a large rimmed baking sheet.

In a small bowl, combine honey, margarine, vanilla, cinnamon, and salt; mix well. Pour over oat mixture. Stir granola in the pan to mix well.

Bake 30 to 35 minutes or until golden brown, stirring every 10 minutes. Stir in dried fruit during the last 10 minutes of baking. Cool completely before serving.

Stores well in a sealed container for two weeks. Yields: 10 1/2 cup servings

Serve with a cup of skim milk. Enjoy!

FREE COVID-19 Testing Sites

Atrium Health Wake Forest Baptist has a free PCR COVID-19 testing site in Wilkesboro.

Please do not go to Urgent Care or the Emergency Room for COVID-19 testing. Please use this free testing site.*



- All sites are open **Monday through Friday, 9 am to 6 pm** and **Saturday, 10 am to 3 pm**.
- **Testing is FREE** and available to anyone age 2 or older, with or without symptoms. **No insurance needed. Results will be available 24-36 hours after the test.**
- **Appointments are recommended** but not required. **Please schedule online** or by calling 877-562-4850.

- Testing sites will be open weather permitting. Check local media outlets and Atrium Health Wake Forest Baptist social media channels for any schedule changes due to inclement weather.

*If this is an emergency please call 911 or go to the nearest Emergency Room

[Make An Appointment](#)

[Find Your Nearest Testing Site](#)

Tips to Help Manage Spring Allergies

The return of spring marks the end of the cold and flu season, but the warmer weather and longer days present a different set of health issues. For many people, spring means itchy, watery eyes and runny, congested noses due to allergies. Knowing your specific allergy will help determine whether you can expect problems during this time of year.



Tips to help control and reduce exposure to allergens

- Reduce exposure to allergy triggers
- Stay inside midday and during the afternoon, when pollen counts are highest.
- Take a shower, wash hair and change clothes after working or playing outdoors.
- Wear a N95 dust/particulate filter mask when mowing the lawn or doing other outdoor chores.
- Avoid hanging laundry outside — pollen can stick to items.
- Sunglasses can help reduce eye irritation from pollen.
- Close doors and windows when pollen counts are high.

Over-the-counter Medications

- Antihistamines can help relieve sneezing, itching, a runny nose, and watery eyes.
- While diphenhydramine (Benadryl) is the most commonly recognized antihistamine, doctors recommend trying less-sedating antihistamines including loratadine, fexofenadine, and cetirizine for allergies.
- Decongestants come in oral and nasal spray form and offer temporary relief from nasal stuffiness.
- Nasal steroid sprays work well for nasal pollen allergies. Daily use through the pollen season is often most effective.

[Learn More](#)



Call the Clinic

Boone: 828-588-2020
N. Wilkesboro: 828-588-6262

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