



# Your Healthy Workplace

December 2021

## Feeling stuffed?

## 'Tis the season for poor health choices!

Come January, getting back in shape and losing weight will be popular New Year's resolutions.

Let us help. We can set up a health fair or an ongoing wellness program for your employees.

Employees who participate will feel better, look better and be healthier. It will even lower your company's medical costs and the use of sick days.

Wellness events allow the company to gather valuable health and demographic information for disease prevention, to educate employees, and to help them recognize and manage their own health issues.

In conjunction with your individualized Health Fair,

Physicians Quality Care OCCMed, in compliance with HIPAA and privacy regulations, will compile your employees' health information



into a generalized corporate health report to allow you to identify and manage health problems within your organization.

### We offer ...

- Exercise and diet initiatives
- General health risk assessments
- Cholesterol screening
  - Blood pressure screening
  - Biometrics
  - Cardiovascular risk assessment
- Cancer screening
- Immunizations
- Requested laboratory services and tests
- Education and training sessions

Contact OCCMed Director Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



## We're getting ready to hit the road

Our fully-equipped, mobile clinic rolls out of our parking lot Monday, January 3, to provide scheduled, primary care visits at area worksites.

The new mobile clinic, with the latest equipment and supplies, will operate on a schedule, visiting worksites on whatever frequency works best for a particular employer.

While at the worksite, the clinic's doctors and nurses can provide primary care, drug screenings, pre-employment physicals, urgent care, flu shots and other services.

The mobile clinic is not an "on call" clinic that will come to your plant in an emergency. A minimum time for the mobile clinic to be onsite will be set up with each employer.

Contact Jennifer Carmack at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).

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Office Hours: 9 a.m. - 5 p.m. Monday to Friday  
Clinic Hours: 7 a.m. - 9 p.m. weekdays; 9 a.m. - 2p.m. Saturdays  
On-site Services: Available 24/7 by arrangement  
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## We speak OSHA!

To help you comply with OSHA, we offer ...

- ▶ On-site CAOHC-certified audiometry in our mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ DOT, wellness & pre-employment physicals
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays and EKGs

## 'Tis also the season to get the flu

Yep, we're already treating cases of the flu in our clinics. Each flu season is different; we don't know how bad it will be this year.

We do know that annual flu shots are the single best way to protect yourself, your family and your employees against the flu. We're still giving flu shots at our clinics,

and we can also schedule a time to give employee flu shots at your worksite.

You can help prevent the spread of the flu at your worksite by telling employees to

stay home if they feel sick. Encourage employees to cover their coughs and wash hands frequently. And, routinely clean frequently touched objects and surfaces.

### Flu shots

We're still scheduling flu shots at your location or ours. Contact Jennifer Carmack at 731-784-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



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Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • [occmcdjackson.com](http://occmcdjackson.com)

## A lifetime of thinking on the job pays off in old age

Individuals with cognitively stimulating jobs have a lower risk for dementia in old age than individuals with nonstimulating jobs, according to a study published in the prominent British medical journal, BMJ.

Researchers conducted a multi-cohort study in the United Kingdom, Europe and United States to examine the association between cognitively stimulating work and subsequent dementia risk.

They examined cognitive stimulation and dementia risk in 107,896 participants; cognitive stimulation and proteins in a

sample of 2,261 participants; and proteins and dementia risk in 13,656 participants.

The researchers found that the risk of getting dementia was lower for workers with high versus low cognitive stimulation. Higher cognitive stimulation at work was associated with lower levels of proteins in the central nervous system, which are linked to an increased risk of dementia.

*Source: HealthDay News*

