Medical Memos

NEWS FROM YOUR EMPLOYER-BASED CLINIC

December 2025

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Happy Holidays!

Closed December 24th

Open 7-4 on Dec. 26-31st

Breast Cancer Screening

December 22, 2025

Schedule on-line today!

7655 Poplar Ave, Ste 385
Germantown, TN 38138

Monday • Wednesday • Friday
7 a.m. - 5 p.m.
(Closed for lunch 12 – 1)

Call **901.334.0320**

MLH OnSite
A Methodist Healthcare Company

Stop the Spread

Stopping the spread of viral illness starts with good hand hygiene. Handwashing with soap and water is one of the simplest, most effective ways to stop the spread of germs and stay healthy. Keeping hands clean can help prevent respiratory infections, such as the common cold or flu. Many germs that can make people sick are spread when we don't wash our hands with soap and clean, running water.

When to Wash Hands

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After changing diapers
- After blowing your nose, coughing, or sneezing
- When hands are visibly dirty or contaminated

Hand Sanitizer

Hand sanitizer is not a substitute for cleaning hands with soap and water because it does not eliminate all types of germs. In addition, hand sanitizers may not be as effective when hands are visibly dirty or greasy, or when removing harmful chemicals such as pesticide from hands.

https://www.cdc.gov/ebola/hcp/communication-resources/how-to-wash-hands-using-a-sink.html

Seasonal Affective Disorder (SAD) By Tammy D. Snyder, LPC-MHSP

The fall and winter seasons are upon us. This time of the year can be extra difficult - cold weather, early sunsets, stress of the holiday gatherings, all of which may result in feeling unmotivated, more tired, and inability to focus.
These can be some of the symptoms of Seasonal Affective Disorder (SAD). SAD can be described as seasonal depression, simply your body attempting to adapt to the change of the seasons.

If you feel you may be struggling with SAD ask yourself few questions:

- Do I have a tough time getting up in the morning more than usual?
- Do I notice I feel low or sad when the seasons change?
- Do I find myself withdrawing and isolating more than normal?

Here are some suggestions of ways to cope:

- Stay connected with friends and family
- Stay active and eat balanced meals
- Make sure you open blinds or go out to and get sunlight
- Lastly, keep a regular sleep schedule

I hope these tips will help you beat the fall and winter blues!