

# AMS NEWSLETTER

Happy New Year!

## January 2019

It is our mission to provide the highest quality of medical products and personal service to all customers!

We strive to help our customers live better! We take pride in working with our customers to meet their needs and in turn enhance their ability to live independently.

# Arkansas Medical Supply

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## Calendar of Events

- o Office will be closed for New Year's Day
- o January is cervical Health awareness month
- o 8<sup>th</sup>- National bubble bath day
- o 21<sup>st</sup>- Martin Luther King Jr. Day

SU	M	T	W	TR	F	S
		1 <b>CLOSED</b>	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



## January 8<sup>th</sup> is National Bubble Bath Day!

- Bubble bath day is a fun day to relax and enjoy the warm and soothing pleasures of a bubble bath. Best of all it can be enjoyed by adults and kids!
- Sometimes it is nice to light a candle (Placed safely), turn on some soothing music, read a book, or just enjoy the quiet.
- Baths are a way to kind of escape our world and just be one with yourself and let your arms float and relax all muscles.
- We did not find any information about the origin of bubble bath day. But if we had to guess it was probably created by someone who needed to relax after a tough day!



**January is Cervical Health Awareness Month**, and Arkansas Medical Supply wants you to know that there's a lot you can do to prevent cervical cancer.

- Each year, more than 11,000 women in the United States get cervical cancer.
- HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

- The HPV vaccine (shot) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests and follow-up care.
- Women up to age 26 and men up to age 21 can still get the vaccine.
- Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more
- Taking small steps can keep you safe and healthy

Physical activity is good for people of all ages. The beginning of the New Year is a great way to kick start more physical activity!

### Staying active can help!

- Lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer
- Improve your strength and balance so you can prevent injuries and stay independent
- Improve your mood
- Feel better about yourself
- Improve your ability to think, learn and make decisions

- For more information visit [HealthFinder.gov](http://HealthFinder.gov)

### Before you start....

If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about the types and amounts of physical activity that are right and healthy for you.

Kick start your brain this new year and try out this sudoku puzzle

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

5	3			7	8			
6			1	9	5	3		
	9	8					6	
8				6				3
4			8	5	3			1
7				2				6
	6			3		2	8	
	8		4	1	9			5
				8			7	9

9	7	1	6	8	2	5	4	3
5	3	9	9	1	4	7	8	2
4	8	2	7	3	5	1	9	6
6	5	8	4	2	9	3	1	7
1	9	7	3	5	8	9	2	4
3	2	4	1	6	7	9	5	8
7	6	5	2	4	3	8	9	1
8	4	3	5	9	1	2	7	9
2	1	9	8	7	6	4	3	5