

# COMMUNITY UPDATE

## OFFICE HOURS

Monday - Thursday,  
8am-12pm, 1pm-5pm

## Things to Know:

- ✦ ALL pre-exam appointments include FASTING labs. Failure to fast prior to your pre-exam will require us to reschedule your AWE, resulting in a substantial delay.
- ✦ PRE-EXAM TIMES: ALL Pre-exam appointments begin at 8AM.
- ✦ TAKE YOUR SHOT: North Carolinians are encouraged to get the fall COVID-19 vaccine with their flu shot. The updated vaccine is designed to match the changed virus and protect from serious illness, hospitalization and death.
- ✦ HOLIDAY HOURS:  
We will be closed:  
Thanksgiving: Nov 23  
Christmas: Dec 25 & 26  
New Year's: Jan 1

**AFTER HOURS ARE FOR URGENT MEDICAL ISSUES THAT CANNOT WAIT UNTIL THE NEXT DAY:**  
**910.400.1175**

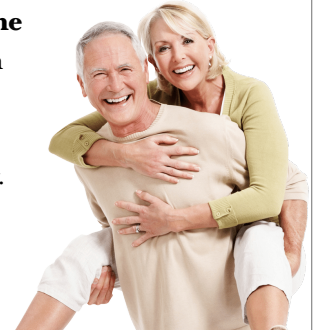
This number is for EMERGENT issues outside of business hours only. Non-emergent messages that come through CallMyDoc after hours may not be addressed until the following business day. Of course, CALL 911 if you are having a true medical emergency.

## UPCOMING EVENT:

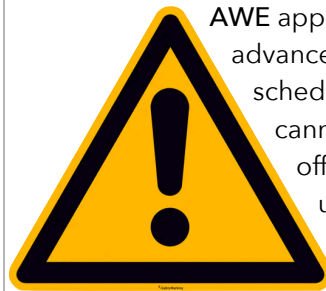
### BE HEALTHY, BE HAPPY!

LET'S TALK ABOUT LIVING LONGER & LIVING BETTER!

Join us on September 26, 2023, at 2:30 pm at the **St. James Community Center** for a presentation centered around a long and healthy life. With life expectancy anticipated to rise, *how* we live is just as important, if not more so, than how *long* we live. Dr. Suchecki will walk us through the current data and discuss positive changes we can all take to maintain the very highest quality of life. Want to get in the mood? Listen to the [BFM Don't Worry Be Happy Event Playlist!](#) Please RSVP by Monday, September 25, 2023. If you have any questions, please do not hesitate to call the office at 910-454-4343.



## ANNUAL WELLNESS EXAMS



AWE appointments are generally scheduled a year in advance. Please make every endeavor to keep your scheduled pre-exam and AWE appointments. If you cannot keep your appointment, please notify the office as soon as possible and try to understand, unless another patient's cancellation happens to coincide with your own, there will likely be an unavoidable 3-4 month delay.

## LAB PROTOCOL

When you receive a reminder of your lab appointment, **go to Doshier Hospital or LabCorp**. If the reminder is for your Pre-Exam, come to the office. Pre-Exam labs are the *only* labs drawn on-site now.



**REMINDER:** All routine labs are drawn offsite. SPT patients go to Doshier (Main Hospital); ILM patients go to LabCorp. Orders will be sent just prior to your "scheduled" date, which act only as a reminder. Please go at any time, at least 5 days prior to your appointment. ALL LABS ARE FASTING UNLESS TOLD OTHERWISE.