

2018-2021 / GRAPHIC DESIGN / COMMISSION PROJECTS

ADHD

ATTENTION DEFICIT HYPERACTIVITY DISORDER

OFTEN, THOSE WITH ADHD ALSO HAVE ANXIETY AND/OR DEPRESSION

SYMPTOMS

- INATTENTION
- HYPERACTIVITY
- COMBINATION

TREATMENT

- COGNITIVE-BEHAVIORAL THERAPY
- PSYCHOLOGICAL
- PHYSICAL
- DIETARY
- ACUPUNCTURE
- YOGA
- MEDITATION
- EXERCISE

HEARTLAND FAMILY MEDICAL
662-274-3212
130 W. Van Dom Ave.
Holly Springs, MS 38635
www.heartlandfamilymedical.com

SAVE THE NUMBER - SAVE A LIFE
SUICIDE - 800-273-8255 **HOTLINE**
Don't Turn a Temporary Problem into
A Permanent Solution
...Call Now if you need help!

TIME TO TALK TO YOUR DOCTOR

ADHD

ADD IS ONE OF THE MOST COMMON NEURODEVELOPMENTAL DISORDERS.

CDC REPORTS APPROXIMATELY 14% OF MISSISSIPPI'S SCHOOL AGE CHILDREN HAVE ADHD

AFFECTS ON A CHILD:

- HOME**
 - DIFFICULTY FOLLOWING ROUTINES
 - INCREASE IN FAMILY ARGUMENTS
 - DIFFICULTY COMPLETING HOMEWORK AND DAILY CHORES
 - POORLY ORGANIZED HOME
- SCHOOL**
 - DIFFICULTY REMAINING SEATED
 - DIFFICULTY COMPLETING WORK IN A TIMELY MANNER
 - DIFFICULTY ORGANIZING MATERIALS
- SOCIAL**
 - DIFFICULTY RESOLVING CONFLICTS
 - DIFFICULTY INTERACTING WITH PEERS
 - DIFFICULTY WAITING THEIR TURN

SYMPTOMS OF ADHD

- IS OFTEN EASILY DISTRACTED
- IS OFTEN FORGOTTEN IN DAILY ACTIVITIES
- OFTEN MAKES MISTAKES IN SCHOOLWORK
- OFTEN HAS TROUBLE ORGANIZING ACTIVITIES
- OFTEN LASSES THINGS NEEDED FOR TASKS
- OFTEN HAS TROUBLE KEEPING ATTENTION
- OFTEN DOES NOT SEEM TO LISTEN
- OFTEN DOES NOT FOLLOW THROUGH ON INSTRUCTIONS AND TENDS TO FINISH WORK
- OFTEN AVOIDS, DISLIKES, OR DOESN'T WANT TO DO THINGS THAT TAKE A LOT OF MENTAL EFFORT FOR A LONG PERIOD OF TIME
- FORGETS WITH FREQUENT OR LATE IN MEETINGS OR MEALS
- OFTEN GETS UP FROM SEAT WHEN SITTING STILL IS EXPECTED
- OFTEN EXCESSIVELY RUNS ABOUT OR CLIMBS WHEN AND WHERE IT IS NOT APPROPRIATE
- OFTEN HAS TROUBLE PLAYING OR ENJOYING LEISURE ACTIVITIES QUIETLY OR ALONE
- "ON THE GO" OR "DRIVEN BY A MOTOR"
- OFTEN TALKS EXCESSIVELY

25% ADHD IS MORE COMMON IN MALES THAN IN FEMALES. THE RATE BETWEEN MALES AND FEMALES IS 2-1.

MENTAL HEALTH

Medication Management

Clinical Diagnostics

Depression • Bipolar Disorder • Schizophrenia
Sexual Issues • Anxiety Disorders • Autism
Eating Disorders • Personality Disorders
Sleep Disorders • Addiction Disorders
Gender Identity Disorders • Therapy Addictions
Childhood Abuse and Trauma • PTSD • ADHD
Victims of Abuse and Violence • Anger Management

Licensed Professional Counselor & Psychiatric Mental Health Nurse Practitioner

Private Therapy

Dialectical Behavioral Therapy (DBT)
Cognitive Behavioral Therapy (CBT)
Trauma Focused Therapy Approaches
Conflict Resolution and Mediation
Marriage and Family Therapy
Play Therapy
Group Therapy

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131 MS-309
Byhalia, MS 38611
(662) 838-5565

Oxford Family Clinic
www.oxfordfamilyclinic.info

1914 University Ave
Oxford, MS 38655
(662) 238-7860

COVID-19

SYMPTOMS

SYMPTOM	PRESENT	NOT PRESENT
FEVER		
COUGH		
SORE THROAT		
LOSS OF TASTE OR SMELL		
LOSS OF VOICE		
DIARRHEA		
STOMACH PAIN		
HEADACHE		
RED SWELLING OF EYES		
RED SWELLING OF THROAT		
RED SWELLING OF EARS		
RED SWELLING OF NOSE		
RED SWELLING OF MOUTH		
RED SWELLING OF CHEEK		
RED SWELLING OF NECK		
RED SWELLING OF SHOULDER		
RED SWELLING OF ARM		
RED SWELLING OF LEG		
RED SWELLING OF HAND		
RED SWELLING OF FOOT		
RED SWELLING OF TOE		
RED SWELLING OF FINGER		
RED SWELLING OF THUMB		
RED SWELLING OF INDEX		
RED SWELLING OF MIDDLE		
RED SWELLING OF RING		
RED SWELLING OF PINKY		
RED SWELLING OF Wrist		
RED SWELLING OF Ankle		
RED SWELLING OF Heel		
RED SWELLING OF Toe		
RED SWELLING OF Nail		
RED SWELLING OF Hair		
RED SWELLING OF Eyebrow		
RED SWELLING OF Eyelash		
RED SWELLING OF Eyelid		
RED SWELLING OF Cheekbone		
RED SWELLING OF Jawline		
RED SWELLING OF Chin		
RED SWELLING OF Neckline		
RED SWELLING OF Collarbone		
RED SWELLING OF Shoulderblade		
RED SWELLING OF Ribcage		
RED SWELLING OF Sternum		
RED SWELLING OF Breast		
RED SWELLING OF Nipple		
RED SWELLING OF Armpit		
RED SWELLING OF Elbow		
RED SWELLING OF Wrist		
RED SWELLING OF Hand		
RED SWELLING OF Thumb		
RED SWELLING OF Index		
RED SWELLING OF Middle		
RED SWELLING OF Ring		
RED SWELLING OF Pinky		
RED SWELLING OF Wrist		
RED SWELLING OF Ankle		
RED SWELLING OF Heel		
RED SWELLING OF Toe		
RED SWELLING OF Nail		

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Understanding COVID-19

TESTING: WHEN YOU ARRIVE AND YOU ARE TESTED PERFORMING IN THE CLINIC, NEGATIVE RESULTS SHOULD BE SHOWN WITHIN A MINUTE. AN ANTIBODY TEST WHICH IS SENT TO THE LAB AND TAKES 2-3 DAYS TO RETURN. YOU WILL RECEIVE THE RESULTS BY A HEALTHCARE PROVIDER WHILE WAITING DURING THE TEST RESULTS.

IF YOU TEST POSITIVE:

- 1. ISOLATE IMMEDIATELY. STAY AT HOME AND AVOID VISITING OTHERS.
- 2. CALL YOUR HEALTHCARE PROVIDER IMMEDIATELY FOR FURTHER INSTRUCTIONS.
- 3. IF YOU ARE NOT FEELING BETTER, CALL YOUR HEALTHCARE PROVIDER IMMEDIATELY.
- 4. IF YOU ARE FEELING BETTER, YOU MAY RETURN TO WORK OR SCHOOL.
- 5. IF YOU ARE FEELING BETTER, YOU MAY RETURN TO WORK OR SCHOOL.

CONTACT OUR OFFICE IF YOU OR A LOVED ONE EXPERIENCE:

- FEELING FATIGUED AND TIRED
- FEELING HEADACHE AND LINGUE
- FEELING SHORT OF BREATH
- FEELING Nausea AND VOMITING
- FEELING LOSS OF TASTE OR SMELL
- FEELING LOSS OF VOICE
- FEELING LOSS OF APPETITE
- FEELING LOSS OF INTEREST IN DAILY ACTIVITIES
- FEELING LOSS OF MOTIVATION
- FEELING LOSS OF ENERGY
- FEELING LOSS OF CONCENTRATION
- FEELING LOSS OF MEMORY
- FEELING LOSS OF ABILITY TO THINK CLEARLY
- FEELING LOSS OF ABILITY TO MAKE DECISIONS
- FEELING LOSS OF ABILITY TO FOLLOW DIRECTIONS
- FEELING LOSS OF ABILITY TO ORGANIZE THINGS
- FEELING LOSS OF ABILITY TO MANAGE TIME
- FEELING LOSS OF ABILITY TO MANAGE MONEY
- FEELING LOSS OF ABILITY TO MANAGE RELATIONSHIPS
- FEELING LOSS OF ABILITY TO MANAGE EMOTIONS
- FEELING LOSS OF ABILITY TO MANAGE STRESS
- FEELING LOSS OF ABILITY TO MANAGE ANXIETY
- FEELING LOSS OF ABILITY TO MANAGE DEPRESSION
- FEELING LOSS OF ABILITY TO MANAGE SUBSTANCE USE
- FEELING LOSS OF ABILITY TO MANAGE ADDICTION
- FEELING LOSS OF ABILITY TO MANAGE TRAUMA
- FEELING LOSS OF ABILITY TO MANAGE PTSD
- FEELING LOSS OF ABILITY TO MANAGE BIPOLAR DISORDER
- FEELING LOSS OF ABILITY TO MANAGE SCHIZOPHRENIA
- FEELING LOSS OF ABILITY TO MANAGE PERSONALITY DISORDER
- FEELING LOSS OF ABILITY TO MANAGE EATING DISORDER
- FEELING LOSS OF ABILITY TO MANAGE SLEEP DISORDER
- FEELING LOSS OF ABILITY TO MANAGE ADDICTION DISORDER
- FEELING LOSS OF ABILITY TO MANAGE GENDER IDENTITY DISORDER
- FEELING LOSS OF ABILITY TO MANAGE CHILDHOOD ABUSE AND TRAUMA
- FEELING LOSS OF ABILITY TO MANAGE VICTIMS OF ABUSE AND VIOLENCE
- FEELING LOSS OF ABILITY TO MANAGE ANGER MANAGEMENT

VACCINATION: VACCINATION IS THE BEST WAY TO PROTECT YOURSELF AND OTHERS FROM COVID-19. VACCINATION IS AVAILABLE FOR ALL AGES AND HEALTH CONDITIONS. VACCINATION IS AVAILABLE AT HEARTLAND FAMILY MEDICAL AND OXFORD FAMILY CLINIC. CALL YOUR HEALTHCARE PROVIDER FOR MORE INFORMATION.

STOP THE STIGMA

SAVE THE NUMBER - SAVE A LIFE
SUICIDE - 800-273-8255 **HOTLINE**
Don't Turn a temporary problem into a permanent one
...Call now if you need help!

Every year, approximately **44 million** American adults will experience a serious health condition.

Less than **1/2** will seek treatment due to stigma and discrimination

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MENTAL HEALTH
HERE TO HELP

SERVICES OFFERED BY

Licensed Professional Counselor & Psychiatric Mental Health Nurse Practitioner

PRIVATE THERAPY

- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Trauma Focused Therapy Approaches
- Conflict Resolution and Mediation
- Marriage and Family Therapy
- Play Therapy
- Group Therapy

CLINICAL DIAGNOSTICS

- Depression • Personality Disorders
- Schizophrenia • Sexual Issues
- Anxiety Disorders • Autism • PTSD
- Eating Disorders • Sleep Disorders
- Bipolar Disorders • Addiction Disorders
- Gender Identity Disorders • ADHD
- Therapy Addictions • Childhood Abuse and Trauma • Victims of Abuse and Violence • Anger Management

Medication Management

Medication can play a role in treating several mental disorders and conditions. Choosing the right treatment plan should be based on a person's individual needs and medical situation, and under the care of a mental health professional.

TALKING TO A THERAPIST CAN TRANSFORM THOUGHTS THAT MAY FEEL OVERWHELMING

INTO MORE MANAGEABLE THOUGHTS.

BREATHE IN
FOUR SECONDS
BREATHES OUT

YOU ARE NOT ALONE

TIPS 4 MANSCAPING

Make a monthly choice to grab your junk!

Check your body hair after showering when the soap is suds and relaxed.

Touch your nads!

- Using both hands roll over testicles between your fingers before the soap, suds, and heat of your body. Normal testicles feel soft and more fleshy inside the scrotum. Check for lumps under the skin of the scrotum.

Call your doctor if any bumps or swelling appear.

Testicles' Number 1 in Cancer to Men between 15 and 49

www.CHECKDEEZ.COM

MEN'S HEALTH

Signs of Low Testosterone

- Low libido
- Low energy
- Low mood
- Low motivation
- Low confidence
- Low self-esteem
- Low self-worth
- Low self-respect
- Low self-image
- Low self-identity
- Low self-acceptance
- Low self-compassion
- Low self-encouragement
- Low self-empowerment
- Low self-actualization
- Low self-fulfillment
- Low self-achievement
- Low self-actualization
- Low self-fulfillment
- Low self-achievement
- Low self-actualization
- Low self-fulfillment
- Low self-achievement

More than 1 Million Men will be diagnosed with Prostate Cancer this year. See your doctor for a simple test at Age 40 in a 1st degree relative has prostate cancer: Age 45 if Black, and Age 50 for all men.

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Your Men's Health Treatment Center

PAP SMEAR?

<21 NONE NONE

21-29 EVERY 3 YEARS

30-65 EVERY 5 YEARS

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WOMEN'S HEALTH

Symptoms of STI in Women

- NO SYMPTOMS
- BURNING DURING URINATION
- DISCHARGE
- VAGINAL ITCHING
- VAGINAL BLISTERS
- PAINFUL INTERCOURSE
- VAGINAL RASH

SAVE YOUR TATAS

GRAB YOUR JUGS FOR A BREAST EXAM MONTHLY. ONE WEEK AFTER YOUR PERIOD.

CHECK YOUR MELONS FOR CHANGES IN SIZE, SKIN, AND SHAPE. TAKE A LOOK WITH YOUR HANDS ON YOUR HIPS AND YOUR HANDS ABOVE YOUR HEAD. ALSO USE YOUR FINGERS TO PRESS INTO THE BREAST TISSUE TO FEEL AROUND FOR LUMPS. DON'T FORGET TO CHECK UNDER YOUR ARMPITS!

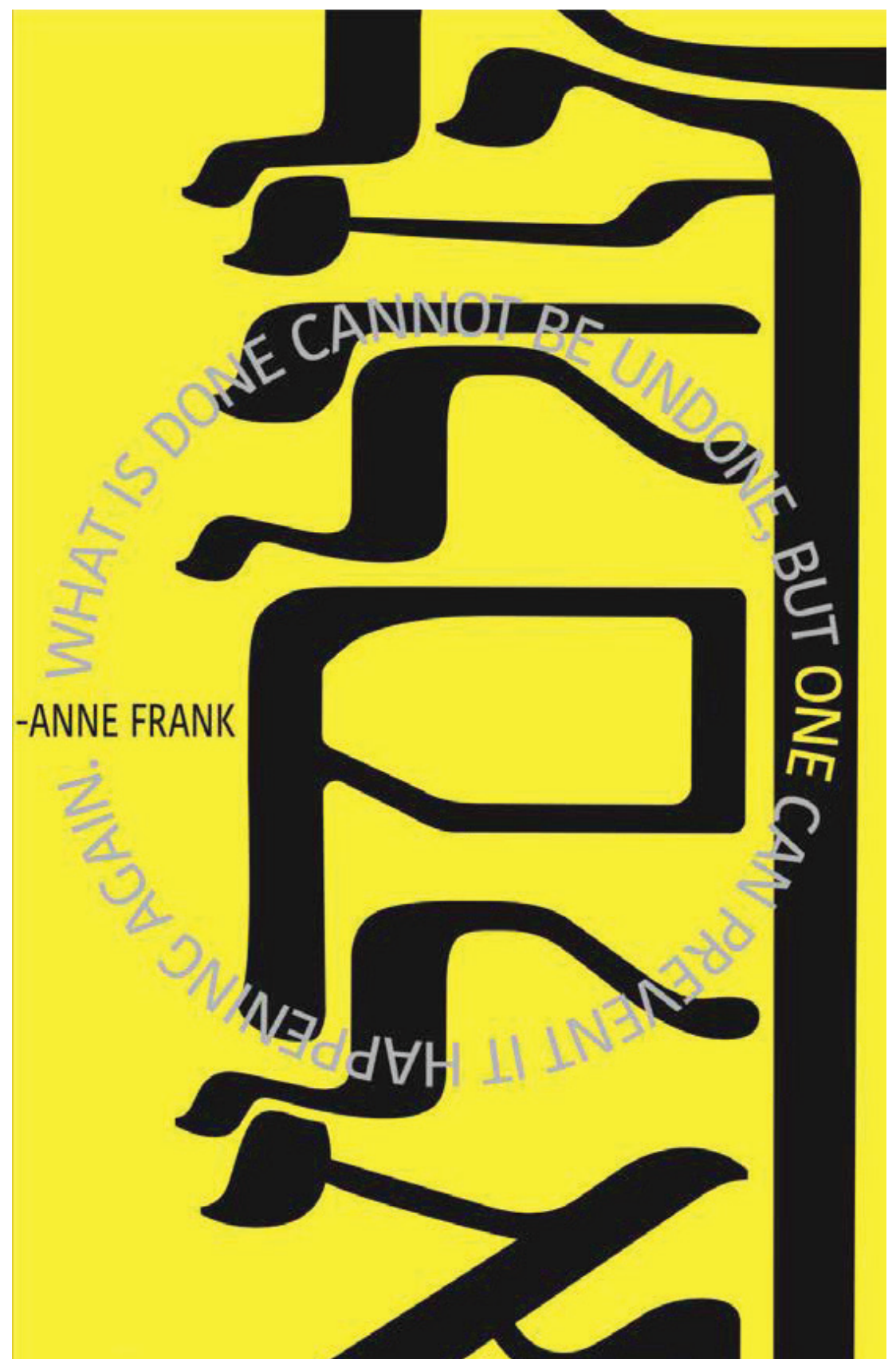
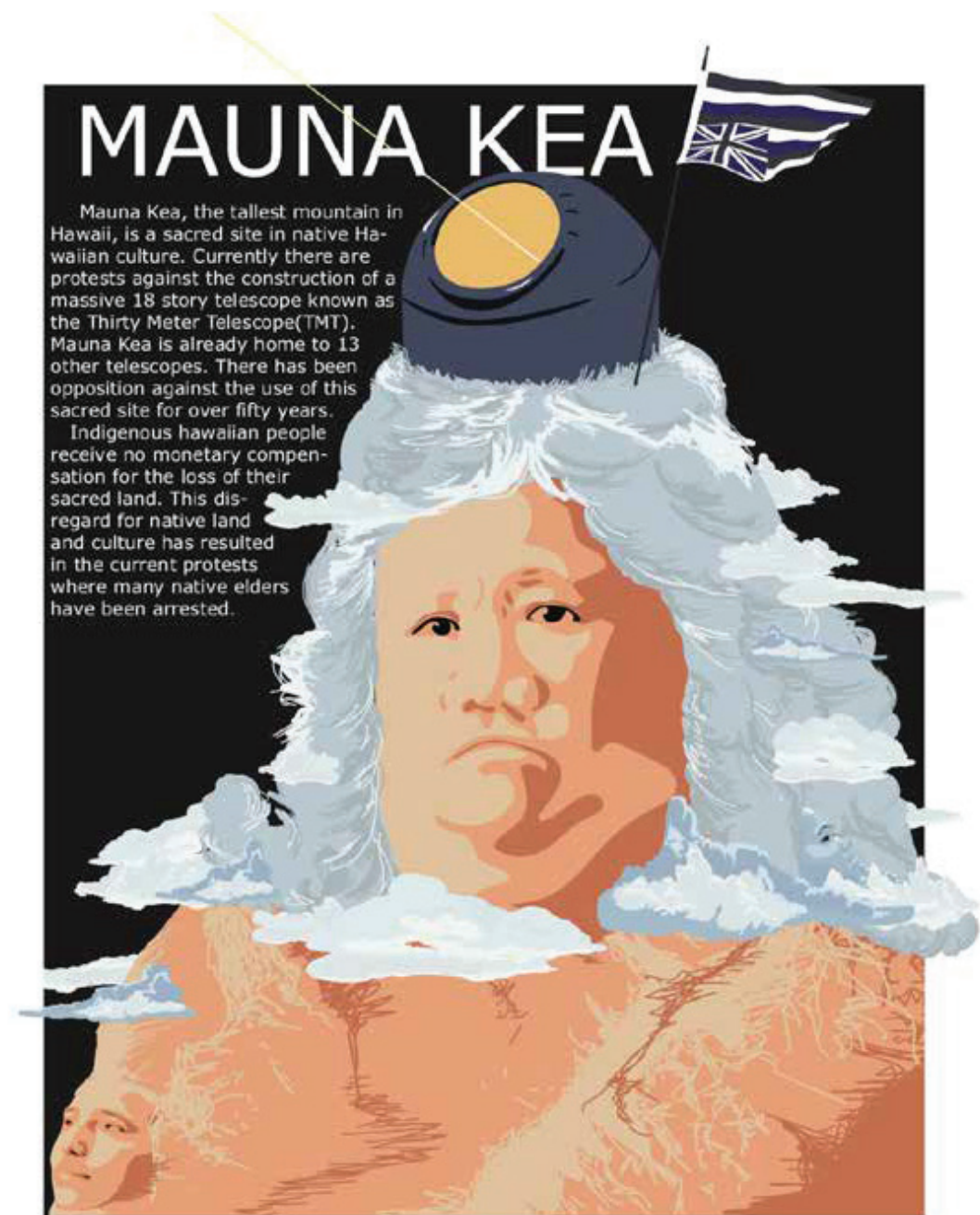
REPORT ANY PAIN OR CHANGES IN YOUR CANS TO YOUR DOCTOR. GET MAMMOGRAMS WHEN YOU TURN 50. CHANGE IN COLOR OR APPEARANCE IN BREAST TISSUE SHOULD BE REPORTED TO YOUR DOCTOR.

www.SAVEYOURTATAS.COM

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NEW YORK CITY, NY

Deanna Lawson

new york, madame, is a monument to a city

PHOTO FROM JOEY'S HOUSE OF PIZZA, NASHVILLE, TN

LENNY'S PIZZERIA
594 5th Ave #5436, Brooklyn, NY 11215

it is TA-DA a gigantic pile whose scales bristled up sunbeams and what used to be just smoke found a tree that gave it birth champagne foam melted into metal glass rivers flowing upwards and things you won't tell to a priest you reveal to a cabdriver even time is sold out when to the public's "wow" and "shhh" out of a black top hat a tailed magician is pulling new york out by the ears of skyscrapers

Grab a mask! Select one:
 GUGGENHEIM
 MET
 SUN SET PARK
 FALAFEL
 CRACK IS WACK PARK @ EYE @ JAMAICA
 BRUNCH

CRACK IS WACK WALK KEITH HARING

@ Guggenheim for Jana's 23rd birthday.

06/06/2021