



OMC QUARTERLY NEWS

Health Education, Promotion, and Outreach

July 01, 2026 | Issue 3

Contact Center: 888-811-8081

Ultraviolet Safety

UV radiation exposure can lead to sunburn, premature aging, and skin cancer, which is the most common cancer in the United States. Short periods of sun exposure can add up over time and increase risk. UV rays are year-round, even on cloudy days. Prevention can occur through education and protective measures such as limiting sun exposure, wearing protective clothing, and using sunscreen with an SPF of 30 or higher. Protect your skin while maintaining a safe, healthy glow this summer.

Regular skin checks are also important for early detection of any unusual changes, such as new spots or moles. Identifying concerns early can help prevent more health issues and ensure timely treatment. To learn more, call OMC at 888-811-8081.

Low Carb Shrimp Sushi Bowl



- 5 tablespoons mayonnaise, 2 teaspoons red curry paste, 2 packages frozen riced cauliflower (10 ounces each)
- 3 tablespoons sesame oil
- 1-1/2 pounds uncooked shrimp (31-40 per pound), peeled and deveined
- 2 garlic cloves, minced, 1 teaspoon seasoned salt
- 1 medium ripe avocado, peeled and sliced, 1/2 cucumber, 1/2 cup julienned carrots, 2 green onions, thinly sliced, 1 quartered medium lime

- **Prepare the sauce:** In a small bowl, mix mayonnaise and red curry paste.
- **Prepare the cauliflower:** Cook riced cauliflower according to package directions.
- **Cook the shrimp:** In a large skillet, heat oil over medium heat. Add shrimp and cook until pink (5-7 minutes). Add garlic and seasoned salt; cook 1 minute longer, then remove from heat.
- **Assemble the bowls:** Divide cauliflower among bowls. Top with shrimp, avocado, cucumber, carrots, and green onions. Drizzle with curry mayonnaise and serve with lime wedges.

Beat the Heat with Hydration

Staying hydrated is essential, especially during the summer. Dehydration can leave you feeling tired, irritable, and unfocused. Drinking enough water throughout the day helps support your energy, mood, and overall well-being.

Make it a habit to sip water regularly so you can stay refreshed, focused, and feeling your best while enjoying the summer heat. For more information, call OMC at 888-811-8081.

Mental Health Tips

Sunlight plays an important role in one's mental health by regulating mood, energy levels, and sleep patterns. Exposure to natural light can increase serotonin levels, which help improve mood and reduce stress and anxiety. Regular sunlight exposure may also help improve sleep quality and support a more consistent daily routine.

Spending time outdoors, even for a few minutes each day, can support overall mental well-being.

For more help, call OMC at 888-811-8081.

Dental Tips

Cold drinks satisfy in the summer, but may contain high levels of sugar and acid that can weaken enamel and lead to cavities. Even flavored waters and juices can quietly impact your smile when consumed frequently throughout the day.

Choose water when possible, and rinse your mouth after sugary or acidic drinks. To learn more or schedule a dental appointment, call OMC at 888-811-8081.

OMC IN THE COMMUNITY



OMC receiving its Natchitoches Chamber of Commerce membership plaque





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CONTACT US:

- **Natchitoches**

1640 Breazeale Springs St.
Natchitoches, LA 71457
(318) 352-9299

- **Leesville**

908 S. 10th Street
Leesville, LA 71446
(337) 238-1274

- **Tallulah**

804 N. Beech Street
Tallulah, LA 71282
(318) 574-1453

- **LP Vaughn
School-Based Clinic**

1500 Gold Street
Natchitoches, LA 71457
(318) 238-7440

HEALTH PROMOTION CALENDAR

July:

- World Hepatitis Day (July 28)
- Ultraviolet (UV) Safety Month
- Juvenile Arthritis Awareness Month

August:

- National Health Center Week
(August 2-8)
- National Fresh Breath Day (August 6)
- National Immunization Awareness
Month

September:

- National Suicide Prevention Month
- National Sickle Cell Month
- Gum Care Month

