

October 2011

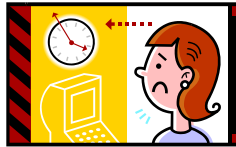
# Arlington Free Clinic Patient Newsletter



## Anxiety Disorders

Anxiety disorders are the most common type of psychiatric condition in the U.S. If you answer yes to more than three of these questions, you may have generalized anxiety disorder.

- Do you worry a lot about all sorts of activities or events (as opposed to a specific thing like flying)?
- Have you been worrying nearly every day for at least six months?
- Do you usually have at least three of these symptoms: restlessness, fatigue, difficulty concentrating, irritability, muscle tension, trouble sleeping?
- Do you have trouble controlling your worries?
- Do your symptoms cause you considerable distress?
- Are you sure your symptoms can't be explained by an illness, a medication or other substance you're taking (including caffeine), or a traumatic experience?



Please talk to your doctor or nurse if you feel this is something you would like to discuss.

## RULE REMINDERS

We want to keep the Arlington Free Clinic clean, safe and pleasant for all of our patients.

A gentle reminder regarding our Clinic rules:

No food or drinks are allowed in the clinic (except water)



Please do not bring your children. If you do bring children to the Clinic, you must watch them at all times.



Please turn off your cell phones whenever you are in the Clinic.



## Funny stuff....

Q: When is it bad luck to meet a black cat?"

A: When you're a mouse.



Q: What do you call a skeleton who won't do any work?

A: Lazy bones!



A man needing a heart transplant is told by his doctor that the only heart available is that of a sheep. The man finally agrees and the doctor transplants the sheep heart into the man. A few days after the operation, the man comes in for a checkup. The doctor asks him "How are you feeling?" The man replies "Not BAAAAD!"

## Introducing ..... Kensie

Kensie is one of our newest employees. She came to the Arlington Free Clinic for her externship at Med Tech where she completed the Medical Assistant program. We liked her so much we hired her to be our first staff Medical Assistant!



Kensie is originally from El Salvador, is married and enjoys exercising and spending time with her new husband.