



Board Certified, Nurse Practitioner Sarah President, RN, MSN, FNP-C

Mrs. President is a Board Certified Family Nurse Practitioner with more than 20 years of experience in the various disciplines of Nursing. She has committed to providing excellent care to her patients and using innovative tactics to facilitate health and disease management.

Why waste hours and hours at the Hospital's Emergency Room, when you can walk into Medicas Medical Clinic for almost all non-life threatening illnesses and injuries! Sit in comfort in the cozy waiting room briefly until your name is called. **Avoid all the stress of the ER!**

Our medical care services include, but are not limited to:



WELLNESS EXAMS

To ensure that any illness or disease will be prevented or treated, we at Medicas Medical Clinic, LLC provide an annual comprehensive preventive exam for all ages and genders. The exam may include routine check-ups, yearly exams and annual pap, or preventive visit.



CHRONIC DISEASE MANAGEMENT

Patients will be given appropriate treatment for their specific chronic disease. Medicas Medical Clinic, LLC is composed of healthcare professionals who are experienced and expert in administering medical care services to patients with chronic diseases. With us, you can assure that your loved ones will receive the right treatment that would address their health needs.

We offer services and support for chronic diseases, including:

- Asthma
- COPD, and Lung Health
- Brain Injury
- Chronic Pain
- Dementia
- Diabetes
- Heart Health
- Renal (Kidney)
- Stroke and TIA
- Mental Health
- Substance Use
- And much more!



Every person deserves to live a quality life. That means being physically, mentally, and emotionally healthy is vital to achieving the optimum level of health and comfort. However, if your loved ones are having problems with their health, then you can always trust us in providing medical care services to them. With our highly trained professionals, you can assure visible improvements in their health. We look forward to serving you soon!

AVOID THE STRESS OF THE EMERGENCY ROOM! WALK-INS WELCOME!

DON'T FORGET TO GET YOUR FLU SHOTS HERE!

OFFERING WALK-IN COVID-19 TESTING AND A CHECK OF COVID ANTIBODIES

CORONA VIRUS AWARENESS

From Dec. 27, 2020-Jan. 9, 2021, a total of 1,576 cases have been reported in Douglas County.

That's a total of 7,806 Total Known Cases And 102 Deaths In Douglas County

We Are Not "Out Of The Woods" Yet So continue to wash hands several times a day, wear your mask in public and practice social distancing. We can beat this if we work together And EVERYONE does their part!

It can be difficult to cope with fear and anxiety, changing daily routines, and a general sense of uncertainty about COVID-19. We care about our patients and want to keep you informed about this pandemic. Below is a list of symptoms to look out for if you have COVID-19. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

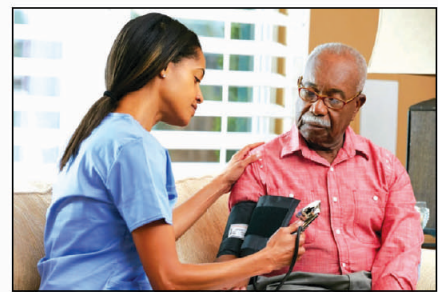
- Fever or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Congestion or runny nose
- Diarrhea
- Cough
- Fatigue
- Headache
- Sore throat
- Nausea or vomiting

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

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FAMILY MEDICAL CARE

Medicas Medical Clinic, LLC offers a family medical care service which focuses on providing comprehensive health care for the individual or family of all ages, genders and diseases. We strive to provide personal and continuing care to every patient in the context of the family and community.



PHYSICALS (Work & Sports)

If you're applying for a job or if you want to join an athlete's club, you will be required to get sports or work physical, or (PPE).

Work physicals include:

- Drug and alcohol test
- Checks your reflexes, range of motion, and heart and lung health



URGENT CARE (High Fever or Flu)

- High fever or flu
- Accidents and falls
- Cuts that might need stitches
- Breathing difficulties, or asthma
- Diagnostic services, laboratory tests. We can order X-ray testing
- Eye irritation and redness
- Moderate back problems
- Severe sore throat or cough
- Skin rashes and infections
- Sprains and strains
- Urinary tract infections
- Vomiting, diarrhea, or dehydration
- And much more!



WOMEN'S HEALTH

Medicas offers services that focus on the treatment and diagnosis of any illness, disease or condition that affects a woman's physical and emotional well-being.

We offer services for:

- Birth control
- Breast cancer, ovarian cancer, and other female cancers
- Osteoporosis
- Pregnancy and childbirth
- Heavy/irregular menstrual cycles
- Women and heart disease
- Breast biopsy/ultrasound
- Ovarian cysts
- Pelvic pain
- Uterine and vaginal prolapse
- Abnormal vaginal bleeding
- And much more!