



State Wellness Center & Pharmacy

Healthcare Spotlight

September 2018

Each month the State Wellness Center publishes a newsletter covering various healthcare-related topics.

For the month of September, we will be focusing on:

- ❖ **Nutrition – Fruits & Vegetables**
- ❖ **Prostate Cancer Awareness Month**
- ❖ **Influenza**

Inside this Issue:

PG. 2

Fruits and Veggies – More Matters[®]

PG. 3

Prostate Cancer – Do I need to be screened?

PG. 4

Influenza – What you need to know to stay healthy

Fruits & Veggies – More Matters®

Did you know that more than 90% of both adults and children do not eat the recommended daily amount of fruits and vegetables?

The latest edition of the Dietary Guidelines for Americans recommends filling half your plate with fruits and vegetables at every eating occasion, including snacks.

A diet rich in fruits and vegetables can lead to improved overall health. Eating a wide variety of fruits and vegetables can reduce your risk of many diseases, including heart disease and some cancers.

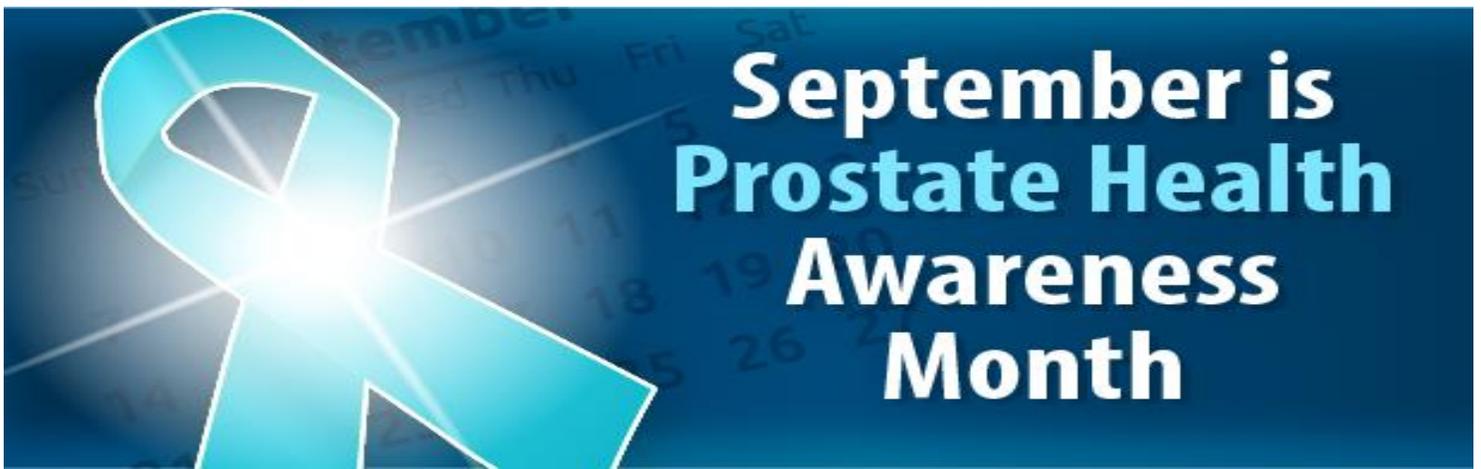


Easy Ways to Add Fruits & Vegetables to Your Day

1. **Half Your Plate.** Be sure to fill half your plate with fruits and veggies at every meal and snack.
2. **Stay Stocked.** Keep your kitchen stocked with various forms of fruits and veggies – fresh, frozen, canned – they all count.
3. **Steam & Flavor.** Steamed veggies make great sides.
4. **Grab & Go.** Always have fresh fruits and vegetables in easy-to-grab places (a fruit bowl, trail mix, sliced in the fridge).



1. September is Fruits & Veggies--More Matters Month. (n.d.). Retrieved August 15, 2018, from [https://www.fruitsandveggiesmorematters.org/September is Fruits & Veggies--More Matters Month](https://www.fruitsandveggiesmorematters.org/September%20is%20Fruits%20&%20Veggies--More%20Matters%20Month)
2. Easy Ways to Add Fruits & Veggies to Your Day. (n.d.). Retrieved August 15, 2018, from <https://www.fruitsandveggiesmorematters.org/easy-ways-to-add-fruits-veggies-to-your-day>



Prostate cancer is the second most common cancer among American men. The American Cancer Society's estimates for prostate cancer in the U.S. for 2018 are:

- **About 164,690 new cases of prostate cancer**
- **About 29,430 deaths from prostate cancer**

About 1 in 9 men will be diagnosed with prostate cancer in his lifetime.

What is Prostate Cancer?

Prostate cancer begins when cells in the prostate gland start to grow uncontrollably. The prostate is a gland found only in males, and it makes some of the fluid that is part of semen. Almost all prostate cancers are **adenocarcinomas** – cancers that develop from gland cells. There is no exact cause as to why this cancer develops.

Who is at risk?

- **Age** – chance of having prostate cancer rises rapidly after age 50
- **Race** – prostate cancer occurs more often in African-American men and in Caribbean men of African ancestry
- **Family history** – in some cases there may be an inherited or genetic factor. Having a father or brother with prostate cancer more than doubles a man's risk.

Who should get screened?

The American Cancer Society recommends that men discuss prostate screenings with their health care provider to make an informed decision about whether to be screened for prostate cancer.

This discussion should take place at:

- **Age 50** for men who are at average risk.
- **Age 45** for men at high risk for prostate cancer, including African Americans and men with a father, brother, or son diagnosed at an early age (younger than age 65).
- **Age 40** for men at even higher risk – those with a father, brother, or son diagnosed at an early age.

1. Prostate Cancer. (n.d.). Retrieved August 15, 2018, from <https://www.cancer.org/cancer/prostate-cancer.html>

2. Lodner, A. (2015, April 22). September is National Prostate Cancer Month - 2014. Retrieved August 15, 2018, from <https://medicomhealth.com/september-national-prostate-cancer-month/>

Are You Prepared for Flu Season?

The 2017-2018 U.S. Flu Season was one of the worst flu seasons in nearly a decade!

This past season, we saw record numbers of influenza-related hospitalizations and a high number of influenza-associated deaths in children – 179 in total.

So How Do I Protect Myself and My Family Against the Flu?

Since the flu is a highly contagious respiratory illness, it can spread rather quickly if we do not take the right precautions.

According to the CDC, there are 3 actions we can take to fight the flu:

1. GET VACCINATED!

- This is the first and most important step in protecting yourself against the flu.
- Flu vaccines can reduce flu illnesses, doctors' visits, missed work and school, as well as prevent hospitalizations.
- Everyone 6 months of age and older should get the flu vaccine. The CDC recommends getting vaccinated by the end of October, if possible.

2. PREVENT THE SPREAD OF GERMS

- Avoid close contact with sick people
- Cover your nose and mouth when sneezing or coughing.
- Wash your hands with soap and water
- Avoid touching your eyes, nose, and mouth to avoid spreading germs.

3. TAKE FLU ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM.



The State
Wellness Center
will begin
offering flu shots
in September.

1. Influenza (Flu). (2018, August 10). Retrieved August 15, 2018, from <https://www.cdc.gov/flu/weekly/index.htm>
2. CDC says "Take 3" actions to fight the flu [Internet]. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention; 2018 [cited August 14]. Available from: <https://www.cdc.gov/flu/protect/preventing.htm>
3. City of Newark. (2017, October 6). Retrieved August 15, 2018, from <https://www.newarknj.gov/news/city-of-newark-offers-free-influenza-vaccine-for-residents-at-sites-across-city>



The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care and preventative care services when you are unable to see your primary healthcare provider. Our team of medical professionals is dedicated to providing the highest quality of care and excellent service while also encouraging a continued relationship with your own personal physician.

Clinic Hours of Operation:

Monday – Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Pharmacy Hours of Operation:

Monday – Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Services include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out-of-pocket medication expense
- Smoking cessation & weight management services
- Diabetes education & monitoring program
- Anticoagulation monitoring services
- Immunization & injectable medication administration
- Personalized medication plan development
- Monitor management of chronic medical conditions
- Medication therapy management
- Sports physicals (ages 12 and up)