

Healthcare Clinic Hours

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

Fax: (334) 263-8670

Pharmacy Hours

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

Fax: (334) 263-8660

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Candidate 2019



Image Source: <https://blog.bluecrossmn.com/finding-best-mix-blue-cross-pharmacists-help-seniors-manage-rx-regimen/>

In this issue

Medication Therapy Management **P.1**

Breast Cancer Awareness **P.2**

Sudden Cardiac Arrest Awareness **P.3**

About the State Wellness Center **P.4**

MEDICATION THERAPY MANAGEMENT

Medications are prescribed and recommended in the treatment and management of a wide range of medical ailments and conditions. While risks can be associated with many medications, when utilized correctly and when tailored to a specific individual, they can improve symptoms and hinder disease progression; however, when used inappropriately, individuals may experience side effects and may struggle with a large pill burden. Pharmacists are available through the State Wellness Center and Pharmacy to alleviate some of the burden which comes with taking many medications.¹

Each October, as we celebrate National Pharmacists Month, individuals are encouraged to take charge of their medication therapies, and pharmacists at the State Wellness Center are here to help!

Commonly encountered medication problems include: medication interactions, side effects, therapy duplication, and even unnecessary medications.¹

Listed below are a few of the many benefits of a comprehensive medication review:¹

- Identification of drug interactions and drug-related side effects
- Evaluation of medication effectiveness and need for dosage adjustments
- Substitution of expensive medications with cost-effective alternatives
- Disposal of expired medications

To take advantage of the benefits listed above, call the State Wellness Center today to schedule your Medication Therapy Management (MTM) appointment.

Smartphone apps to help with medication management:²

- MyMedSchedule
- Pill Reminder
- Medisafe – Pill & Med Reminder

To learn more about Check Your Meds Day, watch this [informational video](#).

Breast Cancer Facts ⁴

During their lifetimes, 1 of every 8 U.S. women will be diagnosed with breast cancer.

In the United States, more than 250,000 women and more than 2,400 men are expected to be diagnosed with breast cancer each year. Of those diagnosed, over 40,000 women and over 400 men will die.

1 woman will be diagnosed with breast cancer every 2 minutes and every 13 minutes, 1 woman will die from breast cancer.

In the United States, more than 3.3 million people breast cancer survivors are still living.

Myths: Things that DO NOT Cause Breast Cancer ⁴

- Caffeine
- Deodorant
- Microwaves
- Cell Phones
- Physical contact with someone diagnosed with breast cancer

Signs and Symptoms

- Changes in the breast tissue (tenderness, lump, or skin changes) or the nipple
- Nipple discharge

For more information, visit: nationalbreastcancer.org.



Image Source: <https://www.awarenessdays.com/awareness-days-calendar/breast-cancer-awareness-month/>

BREAST CANCER AWARENESS

Among women in the United States, breast cancer is one of the most commonly diagnosed forms of cancer and is the second greatest cause of death. Every October is dedicated to increasing awareness about this disease, who is at risk, and modes of prevention, along with celebrating breast cancer survival. ^{3,4}

What is breast cancer? ⁴

Breast cancer forms when abnormal cells grow amongst healthy cells in breast tissue. Cancer cells begin to accumulate and form a tumor, which is often felt as a lump in the breast. Over time, these malignant cells can break away and spread, or metastasize, throughout the body.

Who is at risk for developing breast cancer? ^{3,4}

Breast cancer may develop in both men and women, although less than 1% of cases are seen in men. In women, most cases are diagnosed in women aged 50 years and above, while approximately 10% of diagnoses occur in women aged 45 years and younger.

Many women diagnosed with breast cancer have a family history of the disease, but the vast majority of women who are diagnosed have no family history and no identifiable risk factors, like alcohol consumption and smoking.

What are the risk factors for breast cancer? ⁴

- Female gender
- Age older than 55
- Caucasian race
- Personal or family history of breast cancer
- Genetic changes in the BRCA gene
- Sedentary lifestyle
- High-fat diet and low consumption of fruits and vegetables
- Obesity or being overweight
- Hormone Replacement Therapy
- Radiation therapy prior to age 30
- Alcohol consumption and tobacco use

How is breast cancer prevented? ^{3,4}

Unfortunately, breast cancer cannot be prevented, but knowing the signs and symptoms, avoidance of risk factors, and early detection, are the best ways to lower risk and increase the chance of survival.

Women aged 40 and older should have a mammogram and screening performed at least every 2 years. If younger than 40 years old, a woman should talk to her doctor about the best time to start screening. Self-breast exams are always appropriate and can be performed even more often!

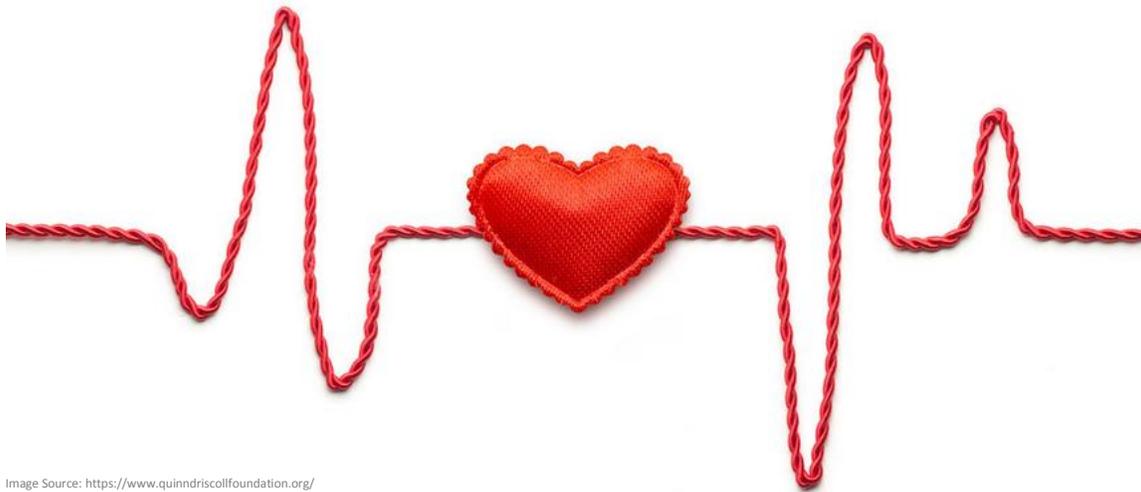


Image Source: <https://www.quinnndriscollfoundation.org/>

SUDDEN CARDIAC ARREST AWARENESS

Sudden cardiac awareness is promoted every year during the month of October. Cardiac arrest occurs when the heart suddenly stops beating and is often fatal. When sudden cardiac arrest (SCA) occurs, obtaining immediate medical attention is key as more than 350,000 die from it each year.⁵

What are the causes of sudden cardiac arrest?⁵

SCA is most commonly preceded by ventricular fibrillation, a perilous heart rhythm which occurs when the electrical system of the heart begins to fire irregularly and rapidly. This condition is very serious as the heart is unable to effectively pump blood throughout the body. If blood supply to the brain is inadequate, a person in ventricular fibrillation will become unconscious. If normal heart rhythm is not reestablished quickly, via delivery of an electrical shock, or defibrillation, during CPR, death may occur quickly within a few minutes.

What are the risk factors for SCA?⁵

- Personal or family history of heart attack, sudden death, and/or heart failure
- Abnormal heart rate or rhythm
- Rapid heart rate
- Congenital heart defect
- Fainting episodes with no known cause

Who is at risk for SCA?⁵

Individuals with heart disease are most at risk for developing SCA. To determine your risk of suffering from SCA, visit scarisk.org.

What conditions lead to heart disease?⁵

- Coronary artery disease
- High blood pressure
- Diabetes
- High cholesterol
- Smoking, drug abuse, and extreme alcohol consumption (>2 drinks/ day)
- Being overweight or obese
- Eating a high-fat diet
- Stress
- Aging
- Sleep apnea
- Medications and supplements

How can SCA be prevented?⁵

- Healthy diet, regular exercise, and smoking cessation
- Proper treatment of medical conditions which can cause heart disease
- Proper treatment and control of abnormal heart rhythms
- Communication of risk factors and family history of heart disease to all physicians involved in your healthcare

How is SCA different from a heart attack?⁶

Sudden cardiac arrest and a heart attack are not the same.

- SCA occurs when a problem with the heart's structure or electrical flow occurs.
- A heart attack occurs when the heart muscle does not receive enough blood due to blockage of a blood vessel.

If you believe someone is suffering from SCA:⁵

1. Call 911 immediately
2. Start CPR as soon as possible
3. Locate and use an automated external defibrillator (AED) as soon as possible

To lower your risk and learn more about your risk factors for heart disease, visit the State Wellness Center Healthcare Clinic to receive your yearly HealthWatch screening. As a part of your screening, receive a blood pressure check, cholesterol check, blood sugar check, weight assessment, and body composition analysis. Visit us by October 31st to receive your monthly discount!



State Wellness Center

101 S. Union Street
Montgomery, AL 36104

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.

State Wellness Center Services

- 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 loss services
- Diabetes education program
- Anticoagulation monitoring services
- Immunizations & injectable medications administration
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management
- Sports physicals (ages 12 and up)

CALL FOR AN
APPOINTMENT TODAY!
(334) 263-8470

AL State Wellness Center and Pharmacy

Issue 10

October 2018

References

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