

## 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

Authors: Caitlin Autrey,  
PharmD Candidate 2019.  
Camille Quiles, PharmD.



Image Source: <https://www.hiv.gov/blog/nov-16-s-great-american-smokeout-opportunity-plwh-who-smoke-make-plan-quit>

## In this issue

The Great American Smokeout **P.1**

Lung Cancer Awareness Month **P.2**

American Diabetes Month **P.3**

State Wellness Center **P.4**

## The Great American Smokeout<sup>1</sup>

The American Cancer Society's Great American Smokeout is an annual intervention event held on the third Thursday of November for smokers across the nation. This year on **November 15<sup>th</sup>**, the event will once again challenge individuals to quit smoking and provide useful information on resources that can help them quit for good. Some may plan ahead and quit smoking on the day of the event, while others may use this day to make a plan to quit.

Since its inception in 1977, the Great American Smokeout has been raising awareness to prevent deaths and chronic diseases caused by smoking. The event has resulted in dramatic changes in attitudes about smoking. This has led to the establishment of community programs helping people to quit smoking, as well as instituting smoke-free laws and increasing cigarette taxes.

Quitting tobacco has immediate and long-term benefits, and although quitting is hard, getting help can increase your chances of success. Research has shown that those trying to quit are most successful when they have support.

### Cessation Support Services

- **Alabama Tobacco Quitline<sup>2</sup>**
  - 1-800-QUITNOW  
(1-800-784-8669)  
[www.QuitNowAlabama.com](http://www.QuitNowAlabama.com)
  - FREE coaching services for tobacco users who are ready to quit
- **State Wellness Center Tobacco Cessation Clinic**
  - FREE clinic service offered year-round that provides counseling and support for tobacco users during the quitting process
  - Provides personalized recommendations for smoking cessation medication therapy

## Research Opportunity

Auburn University Harrison School of Pharmacy is inviting you to participate in a research study to determine the perceptions and attitudes of patients regarding tobacco use in healthcare providers. This will help shed light on how personal health behaviors of healthcare providers influence patient attitudes and outcomes.

We would appreciate your help taking this brief survey. The questions are related to your perceptions of smoking among healthcare providers and your own personal health habits. This survey should only take approximately 15 minutes to complete.

Upon completion of the survey, you will be entered into a drawing for a chance to win one of two \$100 cash prizes.

If you have any questions about this study, contact Dr. Caitlin Prather at [ces0036@auburn.edu](mailto:ces0036@auburn.edu).

Survey link:  
[https://auburn.qualtrics.com/jfe/form/SV\\_1FvqZuhtJWEI40Z](https://auburn.qualtrics.com/jfe/form/SV_1FvqZuhtJWEI40Z)



Image Source: <https://www.phillymag.com/sponsor-content/scoop-lung-cancer-screening/>

# LUNG CANCER AWARENESS: STOP SMOKING, START SCREENING!

Lung cancer is the #1 leading cause of cancer-related death in the United States. Early detection is key! When lung cancer is diagnosed at an early stage, it is more likely to be curable.<sup>3</sup>

Lung cancer begins with the uncontrolled growth of abnormal cells in the lungs. However, symptoms often do not occur until the cancer has spread to other parts of the body. Therefore, screening could save your life, as it can detect lung cancer before you experience symptoms.<sup>4</sup>

## Who Should Be Screened For Lung Cancer?<sup>4</sup>

You should consider getting screened if you have the following three risk factors:

1. Age 55 to 77 years old **AND**
2. A current smoker or a former smoker who has quit within the last 15 years **AND**
3. A smoking history of 30 pack-years or more, or a smoking history of 20 pack-years with additional risk factors
  - How to calculate pack years:
    - Pack years = Packs per day x # years smoked
    - Example: 1 pack per day for 25 years = 25 pack-years
  - Additional risk factors for lung cancer include:
    - Family history of lung cancer,
    - Personal history of chronic lung disease (*COPD, chronic bronchitis, emphysema, or pulmonary fibrosis*), or
    - Exposure to known carcinogens (*arsenic, asbestos, beryllium, cadmium, chromium, diesel fumes, radon, silica*)

If you meet all three of the above criteria, you are eligible for a **FREE** initial lung cancer screening. Make your appointment at the SEIB State Wellness Center Healthcare Clinic for evaluation and referral for your initial lung cancer screening through Carmichael Imaging.



Image Source: <http://www.hearingreview.com/2015/11/november-american-diabetes-month/>

## AMERICAN DIABETES MONTH

### What is Diabetes?<sup>5</sup>

Diabetes occurs when your body has higher than normal blood glucose (sugar) levels, known as **hyperglycemia**. When you eat, your body breaks down the food into glucose and sends it into your blood, which is then circulated to various organs and tissues to be used as an energy source. **Insulin** is a hormone made by your pancreas that helps move this glucose from the blood into your organs and tissue cells. In diabetes, there is a problem with insulin – either you don't make enough, can't use it very well, or both.

### Type 1 Diabetes

- The immune system mistakenly identifies the cells in your pancreas that make insulin as foreign invaders and destroys them.
- After weeks, months, or years of this destruction, the pancreas is unable to make enough insulin, or any at all, to keep blood sugar levels normal.
- This is why people with type 1 diabetes require insulin to manage their diabetes.

### Type 2 Diabetes

- The body is unable to use insulin properly. This is called **insulin resistance**.
- In the early stages, the pancreas will produce extra insulin to compensate, but eventually it is unable to make an adequate supply of insulin to keep blood sugar levels normal. This is called **insulin deficiency**.
- People with type 2 diabetes will require lifestyle modifications (ie. healthy eating and exercise), oral medications, insulin, or a combination of these.

### Gestational Diabetes (GDM)

- A form of diabetes that women develop during pregnancy, but normalize after giving birth.
- If left untreated or poorly controlled, this can lead to effects on the fetus, like macrosomia. A baby diagnosed with macrosomia has a birth weight of 8 pounds or more. This can lead to complications during childbirth, as well as increase the likelihood of these babies being obese or developing type 2 diabetes later in life.<sup>6</sup>
- Women who have had gestational diabetes are also at a much higher risk for developing type 2 diabetes.

### Are you interested in learning more about Diabetes and Diabetes Management?

Please stop by or call the State Wellness Center to register for our Diabetes and You education session on **Wednesday, November 14<sup>th</sup> from 2 to 4 pm.**

### Diabetes Warning Signs<sup>5</sup>:

The following symptoms are typical for diabetes. However, some people with diabetes may have symptoms so mild that they go unnoticed. Here are the common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry even though you are eating
- Extreme fatigue
- Blurry vision
- Cut or bruises that are slow to heal
- Unintentional weight loss
- Tingling, pain, or numbness in the hands and/or feet

If you are experiencing any of these symptoms, contact your health care provider right away.

### Lower Your Risk with these Lifestyle Tips<sup>7</sup>:

- **Lose Weight**  – losing just 5 to 7% of your body weight can slow or even reverse the development of diabetes.
- **Get Active**  – get at least 2.5 hours of light aerobic activity per week.
- **Eat Healthy**  – have a variety of vegetables, fruits, whole grains, and lean proteins while maintaining appropriate portion sizes.
- **Quit Smoking**  – smoking increases your chances of heart attack, stroke, and other heart-related complications associated with diabetes.



#### 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

State Wellness Center and Pharmacy Issue 11 November 2018

#### References

1. History of the Great American Smokeout. American Cancer Society. [last updated 2016 Sept 26; accessed 2018 Aug 12]. Available at: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>
2. Alabama Tobacco Quitline. Quit Now Alabama [accessed 2018 Aug 12]. Available at: <https://www.quitnowalabama.com/>
3. Lung Force: Saved by the Scan. American Lung Association. [accessed 2018 Aug 12]. Available at: <http://www.lung.org/our-initiatives/saved-by-the-scan/getting-screened/>
4. Carmichael Imaging: A Baptist Health Facility. Lung Cancer Screening [Brochure].
5. Diabetes Basics. American Diabetes Association. Arlington, VA. [accessed 2018 Aug 13]. Available at: <http://www.diabetes.org/diabetes-basics/>
6. Fetal macrosomia. (2018, May 19). Retrieved August 24, 2018, from <https://www.mayoclinic.org/diseases-conditions/fetal-macrosomia/symptoms-causes/syc-20372579>
7. Reverse Prediabetes. (n.d.). Retrieved August 24, 2018, from <https://doihaveprediabetes.org/reverse-prediabetes.html>