

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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Candidates 2019.

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Photo source: Worldaidsday.org. About world AIDS day. Available from: <http://www.worldaidsday.org>

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World AIDS Day

What is AIDS?

Acquired immunodeficiency syndrome (AIDS) is the most severe phase of human immunodeficiency virus (HIV) infection. HIV attacks the body's CD4 T cells, which puts the person at a greater risk of developing infections and infection-related cancers.

What is World AIDS Day?

World AIDS Day occurs each year on December 1st. It is an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

There are an estimated 36.7 million people currently living with HIV, and more than 35 million people have already died from the disease. Despite advances in treatment and better understanding of the disease, the virus still takes thousands of lives each year, and people living with the disease still face stigma and discrimination.

Anyone of any age, race, sex or sexual orientation can be infected by HIV.

How can you get involved?

World AIDS Day is a reminder that HIV has not gone away, and there is still a need to raise money, increase awareness, fight prejudice and improve education.

To get involved and show support, wear an HIV awareness red ribbon on December 1st.

A red ribbon can be ordered from worldaidsday.org or may be picked up in a MAC Cosmetics shop.

If you would like to participate in fundraising for the National Aids Trust, please visit <http://www.worldaidsday.org/order/>

Last Season (2017-2018):

- It is estimated that over 80,000 deaths occurred due to influenza.
- 183 children died due to influenza complications; 80% of those children were not vaccinated for influenza.
- It is estimated that over 900,000 hospitalizations occurred due to influenza.

Benefits of Vaccination

- Reduced spread of influenza virus
- Reduced risk of death due to influenza and complications
- Reduced risk of hospitalization due to influenza and complications
- Decreased severity of illness
- Reduced doctor visits
- Reduced days missed of work or school due to flu
- Getting vaccinated protects the people around you

Get the FLU SHOT not the flu!

Photo Source: <https://www.skepticalraptor.com/skepticalraptorblog.php/flu-vaccine-mandate-day-care-new-york-court/>

National Influenza Vaccination Week is December 2-8; it is an event to raise awareness on the importance of influenza vaccination. The flu is a highly contagious viral illness that causes respiratory infection in the nose, throat and lungs. Illness due to flu can vary from mild to severe, even causing hospitalization and death in some cases, regardless of age or health status. Symptoms of flu illness include sudden onset of fever, severe body aches, chills, fatigue, cough/chest discomfort, sore throat and headache. Complications due to influenza can include sinus infection, ear infection, and even pneumonia. The influenza virus can even trigger a life-threatening immune response: sepsis. To minimize the risk of influenza and its complications, one needs to be vaccinated.

Who Should Get the Flu Shot?

- **Everyone** 6 months of age or older should get the annual influenza vaccine.
- Persons at highest risk of complications due to influenza should especially consider getting vaccinated, including **children** 6-59 months of age, persons >50 years of age, persons with **asthma** or other **lung disease, kidney disease, liver disease, neurologic disease, hematologic disease, and metabolic disease** (diabetes), persons who are **immunocompromised** for any reason, women who are **pregnant**, and residents of **nursing homes** or other **long-term care facilities**.
- Persons who **live with** or **care for** those who are at high risk of influenza complications should also get vaccinated.

When to Get the Flu Shot

- Before or as soon as influenza begins spreading throughout your community.
- The vaccine takes at least 2 weeks to reach its full effect in the body.
- The CDC recommends vaccination by the end of October, and it will remain effective throughout the flu season.
- It is not too late to get vaccinated against influenza!
- ★ If the virus is still spreading through the community, then it is not too late, even if one has already been sick with the flu.



Image Source: <https://blog.mass.gov/blog/safety/december-is-safe-toys-and-gifts-month-9-tips-to-keep-kids-safe/>

SAFE TOYS AND CELEBRATIONS MONTH

As we close in on the Christmas shopping season, remember to take a moment to make sure the toys and gifts on your list are safe for your children or grandchildren. December is National Safe Toys and Celebrations Month, which is observed to raise awareness for potentially hazardous toys and gifts. According to the Consumer Product Safety Commission's most recent report, about 240,000 toy-related injuries occurred in 2016 which required treatment in an emergency department. The most common area of injury is the face and head, making up 45% of the reported injuries. These include eye injuries, which will be the main focus of this article.

Types of eye injury caused by toys

- Corneal abrasion: a scratch on the clear surface covering the iris and pupil
- Ocular hyphema: Blood trapped in the front area of the eye
- Traumatic cataracts: scratches and cloudiness on the lens of the eye
- Increased intraocular pressure: a buildup of fluid in the eye

Toy-related Eye Injury Facts

- 1 in 10 of children's eye injuries are related to toys
- The majority of eye injuries happen to children under 15 years old
- Most toy-related eye injuries can be prevented by following toy safety tips

Toy Safety Tips From the American Academy of Ophthalmology

- Make sure the toy is appropriate for the child's age, as indicated on the product's labeling
- Avoid toys with projectiles or sharp, protruding parts such as toy guns
- If you do get a toy with projectiles or choose to buy sports equipment, make sure to include protective eyewear
- Any laser toys should be checked for a statement that they follow 21 CFR (the Code of Federal Regulations) Subchapter J
- If an eye injury does occur, bring the child to see an eye doctor as soon as possible



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

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