

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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PharmD Candidates 2020

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Antibiotic Awareness Week

November 18-24, 2019

What are antibiotics used for?

Antibiotics are medications used to treat **bacterial** infections like pneumonia, urinary tract infections, or sepsis. Most cough and cold illnesses are caused by viruses, which can't be cured by antibiotics.

What illnesses are NOT treated by antibiotics?

- Colds
- Flu
- Runny noses
- Most coughs
- Most bronchitis
- Most sinus infections

Unnecessary antibiotic use can:

- Kill good bacteria in the body and cause diarrhea or a yeast infection
- Cause antibiotic resistant infections that result in bacteria becoming stronger and harder to kill in the future.

If prescribed antibiotics for an infection:

Take the medication exactly as prescribed for the full length of therapy even if you start feeling better.

Why didn't I get prescribed an antibiotic for my cold?

Colds are caused by viruses and are not cured by antibiotics. These viruses usually go away in a week or two without treatment. Symptoms from the cold can be treated by over-the-counter medications. Talk to your doctor or pharmacist about the best way to relieve symptoms. Remember to drink plenty of fluids and get plenty of rest.

Why should I care about antibiotic resistance?

Antibiotic resistant bacteria are causing illnesses that were once easily treatable, but are now much harder to treat. This leads to the development of dangerous infections in some people and requires the use of stronger antibiotics.

What can I do to stay healthy during this cold and flu season?

- Wash your hands
- Cover your cough with your arm or tissue
- Get the flu vaccine
- Stay home when sick
- Refrain from touching your nose, eyes, and mouth

Did you know?

30% of antibiotics are prescribed unnecessarily in doctors' offices and emergency departments in the US.

Never pressure your healthcare provider to prescribe an antibiotic!



HYPOGLYCEMIA MANAGEMENT

What do you do if you get a blood sugar reading of less than 70 or have signs and symptoms of low blood sugar?

FOLLOW THE RULE OF 15

Take 15g of carbohydrates



Wait 15 minutes



Recheck blood glucose. Still less than 70?



Take 15 grams of carbohydrates



Wait 15 minutes



Recheck blood glucose. Still less than 70?

Call 9-1-1

Once blood sugar is above 70 eat a small, protein-rich meal or snack

15 grams of carbs examples



8 oz of milk



4 oz of regular soda



4 oz of juice



3-5 LifeSavers



2-3 glucose tablets

American Diabetes Month

What is Diabetes?

Diabetes is a disease in which your body either cannot produce insulin or does not respond to insulin appropriately. This leads to an increased amount of sugar in the blood stream known as increased blood glucose.

Type 1	Type 2
Body cannot produce insulin Typically diagnosed at a younger age but can be diagnosed later in life	Body doesn't use insulin properly Most common type Typically have prediabetes before development

What Causes Diabetes?

The development of either type 1 or type 2 diabetes is dependent on the person having an inherited predisposition to diabetes plus an environmental trigger. Diet and exercise play a role in preventing the development of diabetes in patients that have a predisposition for the disease.

Signs and Symptoms

Hyperglycemia, high blood sugar, and hypoglycemia, low blood sugar, are the main symptoms that can be experienced by patients with diabetes. You may be wondering, "How can someone with diabetes have low blood sugar?". Sometimes, the medication they are taking either works too well or they don't eat as much as they normally do, which results in their blood sugar dropping. There are certain signs and symptoms to look out for to determine if a person is hypoglycemic or hyperglycemic.

Hyperglycemia (high blood sugar)	Hypoglycemia (low blood sugar)
Stomach pain Irritability Increased hunger Increased urination Increased thirst Numbness in extremities Blurred vision Decreased wound healing	Anxiety Fatigue Dizziness Irritability ("hangry") Shakiness Fast heartbeat Weakness

Treatment

The treatment options for diabetes differ based on whether you have type 1 or type 2. Patients with type 1 diabetes must have an insulin therapy whereas patients with type 2 diabetes may be able to control their blood sugar with oral medications alone. One thing that is the same whether you have type 1 or type 2 diabetes is the importance of self monitoring your blood sugar and keeping a log of your values. These values can be utilized by health care providers to monitor their patient's control of their diabetes as well as their medication regimens. The values can also be utilized by patients with type 1 diabetes to determine how much insulin they need to inject to control their blood sugar. Both types of diabetes may be managed with diet and exercise, which is why it is so important for people with diabetes to adhere to heart-healthy diets and exercise programs. The American Diabetes Association has this information on healthy lifestyles: <https://www.diabetes.org/nutrition> & <https://www.diabetes.org/fitness>

If you experience any of these signs or symptoms, see your health care provider.

More information

The American Diabetes Association is full of helpful resources, to help you learn more about diabetes, which can be found at <https://www.diabetes.org/>

National Alzheimer's Disease Awareness Month

What is Alzheimer's?

Alzheimer's is a progressive disease characterized by memory loss. It is also the most common cause of dementia. The greatest risk factor is increased age, with the majority of Alzheimer's patients being 65 or older.

Early Signs and Symptoms:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems finding the right word when speaking or writing
- Misplacing things and losing the ability to retrace your steps
- Decreased or poor judgement
- Withdrawal from work or social activities

Prevention

Studies of autopsies have shown that 80% of patients with Alzheimer's also had cardiovascular disease. High blood pressure, diabetes, and high cholesterol all increase the risk of cardiovascular disease. Lifestyle changes are a major way to help prevent the development of cardiovascular disease.

- **DIET**-Maintaining a heart healthy diet, such as the DASH diet or Mediterranean diet, can help protect your brain.
- **Exercise** may also protect against the development of Alzheimer's. Studies have shown that exercise may increase blood flow to the brain
- **Social Connections**- Multiple studies have found that having strong social connections and staying mentally active might lower your risk of Alzheimer's

Signs of Alzheimer's/dementia	Typical Age-related Changes
Poor judgement and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps	Losing things from time to time

Treatment: There is no cure but there are treatments available to help manage symptoms

Memory- There are medications that can temporarily lessen the symptoms of memory loss and confusion(ex: Namenda, Aricept)

Behavior- Many people with Alzheimer's develop behavioral changes such as: anxiety, depression, irritability, aggression, or restlessness. Medications can help manage these behavioral symptoms

Sleep- People with Alzheimers often have trouble sleeping and as the disease progresses, patients may experience a complete reversal of their sleep/ wake cycle

Get Help and Stay
Connected with
Resources Available
Through the

alzheimer's  association®

Home Safety
Checklists

Caregivers Community

Educational Programs
for Patients and Their
Families

Tips for Resolving
Family Conflicts

Community Resource
Finder

24/7 Helpline

800-272-3900

Other Resources
Available in Alabama



<http://www.alabamarespite.org>



<https://centralalabamaging.org>

<https://www.alz.org>



State Wellness Center
101 S. Union Street
Montgomery, AL 36104

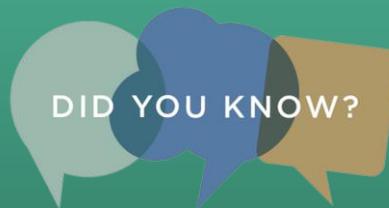
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care 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 2019



With your SEHIP insurance you can fill specialty drugs locally in Montgomery at SEIB Pharmacy. You can pickup at our pharmacy or have it scheduled to be delivered to your State Office in Montgomery. Whether you are just starting a specialty medication or are currently taking one, we can help you!

Contact a member of our pharmacy team at 334-263-8460.

References

1. <https://www.alabamapublichealth.gov/hai/antimicrobial-resistance-and-antibiotic-stewardship.html>
2. <https://www.cdc.gov/antibiotic-use/week/index.html>
3. <https://www.diabetes.org/>
4. <https://www.alz.org>