

## 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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## New Year's Resolutions

### You Are What You Eat

Eating healthy can make you feel great and can help control your weight, blood pressure, cholesterol, and blood sugar levels. As a part of a healthy diet, try to incorporate vegetables, fruit, whole grains, lean meats, and low-fat dairy products. Consult with your doctor on creating a safe weight loss plan. The State Wellness Center offers counseling for anyone who wants to lose weight, but isn't sure where to start. Call to make a Healthy Habits appointment today!

### Get Up and Get Active

Being physically active can help prevent harmful cardiovascular events, like a heart attack or stroke, as well as reduce your risk of diseases like cancer or diabetes. Try to increase your physical activity in small increments each week. The recommended amount of activity is 150 minutes of moderate-intensity activity a week with strength-based activities at least twice a week.

### Hydration is Key!

Drinking enough water each day is critical for our bodies to function. Hydration helps regulate body temperature, prevents infections, delivers essential nutrients to cells, and keeps our organs functioning properly. Switching from sugar-sweetened beverages to water can also help with weight loss. Aim for 64 fl oz of water per day.

### Still Counting Sheep?

Most Americans struggle with getting the proper amount of sleep, which is 6 to 7 hours per night. Physical activity and having a regular nighttime routine can help you achieve that goal. If you have trouble falling or staying asleep, be sure to talk to your doctor.

## In this issue

New Year's Resolutions **P.1**

Be Tobacco Free in 2020 **P.2**

National Drug and Alcohol Facts  
Week **P.3**

State Wellness Center **P.4**

### Smoking is so 2019!

Research has continued to show that smoking leads to preventable death and diseases, including cancer, heart disease, stroke, and more. The State Wellness Center offers smoking cessation counseling to get you on the path to quit smoking. Together, we will help you set a quit date, create a personal plan to quit, and provide counseling for medication management.

### Sun Safety

The sun provides our bodies with Vitamin D, which is vital for maintaining healthy bones. Be sure to always practice proper safety measures to prevent damaging effects like sunburns and skin cancer. Wear layered clothing and broad-spectrum sunscreen of SPF 15 or greater all year long to help maintain healthy, hydrated skin.

### Dental Hygiene

Brush your teeth twice a day with fluoride toothpaste to promote proper dental health and prevent cavities.

### What's Up Doc?

Prevention is key to staying healthy. This year make it a priority to see your health care provider(s) regularly for preventative services. Ask your health care provider if you are up-to-date on cancer screenings, lab work, eyecare, and dental screenings.

### Health History

Talk to your family and health care provider to learn more about your health history. Make a list of your health conditions, medications you take, and any allergies you have, and take this with you to all of your health care visits.

**LEAVE  
TOBACCO IN  
THE PAST FOR  
A HEALTHIER  
FUTURE**

**Stop smoking  
TODAY, your  
body will thank  
you!**

**CHECK OUT THESE  
RESOURCES**



**Call 1-800-QUIT-  
NOW for free  
telephone support**

**quitSTART App –  
free phone app for  
tips, inspiration,  
challenges**

**SmokefreeTXT –  
text QUIT to 47848  
for 24/7 support**

# BE TOBACCO FREE IN 2020

Cigarette smoking damages almost every organ in the body and remains the number one preventable cause of death in the U.S.

| <b>HARMFUL EFFECTS FROM SMOKING</b>  |  |
|--|--|
| <p><b>LUNGS</b></p> <ul style="list-style-type: none"> <li>➤ Damages your airways causing chronic obstructive pulmonary disease (COPD), chronic bronchitis, and emphysema</li> <li>➤ Increase risk for lung cancer</li> <li>➤ Worsens asthma symptoms</li> </ul> | <p><b>CANCER</b></p> <ul style="list-style-type: none"> <li>➤ Can cause cancer almost anywhere in the body, including the bladder, colon &amp; rectum, esophagus, kidney &amp; ureter, liver, lung, pancreas, stomach, and more</li> </ul> |
| <p><b>HEART DISEASE</b></p> <ul style="list-style-type: none"> <li>➤ Damages blood vessels causing them to thicken &amp; narrow, making it harder for your heart to pump blood to the body</li> <li>➤ Increase risk for clots that can lead to stroke</li> </ul> | <p><b>BONE FRACTURES</b></p> <ul style="list-style-type: none"> <li>➤ Weakens bones especially in women past childbearing age</li> </ul>   |
| <p><b>EYES</b></p> <ul style="list-style-type: none"> <li>➤ Increases risk for cataracts &amp; macular degeneration</li> </ul>   | <p><b>IMMUNITY</b></p> <ul style="list-style-type: none"> <li>➤ Decreases immune function making it harder for your body to fight off infections</li> <li>➤ Increases risk for pneumonia</li> </ul>  |
| <p><b>DIABETES</b></p> <ul style="list-style-type: none"> <li>➤ Increases risk for developing type 2 diabetes</li> </ul>   | <p><b>RHEUMATOID ARTHRITIS</b></p> <ul style="list-style-type: none"> <li>➤ Known cause for rheumatoid arthritis</li> </ul>  |

**BENEFITS FROM QUITTING:**



**QUITTING TIPS:**

- ❖ Know your reason for quitting & remind yourself everyday to help with motivation
- ❖ Join a Quit Smoking Program:
  - State Wellness Center Smoking Cessation Program (334-264-8470)**
    - Helps you understand why you smoke, and offers suggestions to better deal with nicotine withdrawal and temptations.
    - Provides tips to resist urges
    - Provides extra accountability and motivation
    - Assists in obtaining over-the-counter or prescription medication to help you quit, including:
      - Over-the-counter patches, gum, lozenges for nicotine replacement therapy
      - Prescription medications (Zyban®, Chantix®)

For more information: [https://www.cdc.gov/tobacco/quit\\_smoking/index.htm](https://www.cdc.gov/tobacco/quit_smoking/index.htm)



# National Drug and Alcohol Facts Week

March 30- April 5, 2020

Launched in 2010 by scientists, NDAFW allows teens and young adults to interact with experts to bust the myths about alcohol and drugs.

## MYTH: Many teens don't drink.

- Alcohol is the most widely used substance among young adults and teens.
- By age 15, roughly 33% of teens have had at least 1 drink and by age 18, around 60% of teens have had at least 1 drink.
- Teens and young adults typically consume alcohol in a binge-like fashion.

## MYTH: Prescription drugs are hard to obtain.

The misuse of opioids and other prescription drugs has become a major public health issue. Misuse includes use of a medication in ways or amounts other than prescribed, by someone other than for whom it is prescribed, or for the experience or feeling it causes. It is estimated that over 18.5 million people 12 and older have misused prescription drugs in the past year.

## MYTH: Marijuana is safe because it is being legalized.

Many believe that marijuana is safe to use because it is being legalized in many areas, however the effects of marijuana are REAL.

| Short Term   | Long Term  |
|--|--|
| <ul style="list-style-type: none"> <li>• Memory problems</li> <li>• Increased appetite</li> <li>• Trouble thinking</li> <li>• Slow reaction time</li> <li>• Delusions</li> <li>• Hallucinations</li> <li>• Psychosis</li> <li>• Changes in mood</li> <li>• Altered senses</li> </ul> | <ul style="list-style-type: none"> <li>• Increased heart rate can lead to increased risk of heart attack</li> <li>• Respiratory problems</li> <li>• Increased risk for mental health issues</li> <li>• Increased risk of problems for an unborn fetus</li> </ul> |

**Opioids:** Typically given to patients that have undergone a procedure or who have experienced a serious injury. The misuse of opioids has been seen more frequently in patients age 18 years and older. Too much can cause breathing difficulties, which can be fatal.

**Stimulants:** Normally prescribed for ADD or ADHD, there has been a rise in their misuse, especially among college students. These are typically misused in those who want to stay up, lose weight, or study. Stimulants can cause a dangerously high heart rate or body temperature.

**Benzodiazepines:** Usually used to help patients with anxiety or sleep. Abuse of these medications, especially at higher doses, can lead to overdose and possibly death. People who are misusing these medications and abruptly stop are also at an increased risk for seizures.

## MYTH: CBD oil can alleviate pain, sleep disturbances, anxiety and MORE!

Cannabidiol or "CBD" is a compound in the *Cannabis sativa* plant that does not get you high. (THC is the psychoactive component in marijuana that makes people euphoric).

CBD has only been approved for two seizure disorders. As of now, more research is being conducted on its use in patients with anxiety, insomnia, pain, and alcohol/drug disorders. It is uncertain if CBD is beneficial in these particular patients. Until more research is conducted, don't believe everything these products may claim they can do!

## PARENTS:

the time to talk with your teen is NOW!

How can you get involved with NDAFW in your community?

Information on hosting an event, planning for chat day, and tool kits for all substances of abuse to help with your event are located at:

<https://teens.drugabuse.gov>

Information can also be found for specific topics at:

**Alcohol Abuse:**

<https://niaaa.nih.gov>

**Opioid Abuse:**

<https://hhs.gov/opioids/>

**Safe Medication Disposal:**

<https://teens.drugabuse.gov/parents/safely-dispose-your-prescription-medicines>

## SAMHSA 's National Helpline: 1-800-662-HELP (4357)

A free, confidential, 24/7, 365-day-a-year treatment referral and information service.



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

**The State Wellness Center will be hosting a Diabetes Class on January 22<sup>nd</sup> at 2pm.**

**Call now to reserve your spot as seating is limited.**

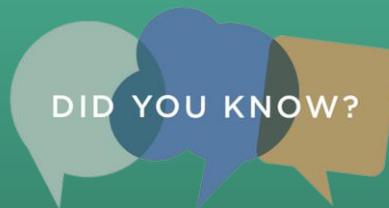
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care 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 01 January 2020



**DID YOU KNOW?**

**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.**