

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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Process of New Vaccine Development

In December 2019, a new virus was discovered in Wuhan, China, called SARS-CoV-2 (COVID-19). Since that time, this novel coronavirus has spread rapidly around the world leading to a global pandemic. In response to this global health crisis, researchers have been working diligently to develop a coronavirus vaccine. This has led to many questions regarding how vaccines are developed and made.

How would a COVID-19 vaccine work?

When you come in contact with a virus or bacteria, your immune system will make antibodies to fight them off.

A vaccine forces your immune system to make antibodies against a specific disease by exposing you to a weakened or dead form of the bacteria or virus. If you come in contact with that germ, your immune system will know how to respond. Vaccines give you immunity, so you either don't get sick or your illness is much milder than it would be if you didn't get vaccinated.

A vaccine against COVID-19 would slow its spread around the world, resulting in fewer people getting sick and saving more lives.

How are Vaccines Developed?

Before any vaccine can be widely used, it must go through development and testing to make sure it's safe and effective. Below is a general timeline for vaccine development:

- **Exploratory phase**
This is the start of lab research to find what can treat or prevent a disease. For COVID-19, scientists have gotten a boost from previous research on similar coronaviruses that cause SARS and MERS. Efforts to fight these diseases have played a large role in the record speed of the COVID-19 vaccine development.
- **Pre-clinical stage**
Scientists use lab tests and animal testing to determine whether a vaccine might work. If tests are successful and are approved by the FDA, it's on to clinical testing.
- **Clinical Development**
This is a three-phase process of testing in humans to determine safety and efficacy of the vaccine. Phase I involves fewer than 100 people. Phase II involves several hundred people. Phase III involves thousands of people.
- **Regulatory Review and Approval**
Scientists at the FDA and CDC review the data from clinical trials and approve the vaccine only if it's safe and effective.
- **Manufacturing**
The vaccine goes into production.
- **Quality Control**
Scientists and government agencies keep a watchful eye on the manufacturing process and on people who receive the vaccine to ensure that it works safely.

SCLERODERMA AWARENESS MONTH

SYMPTOMS

1. Joint pain
2. Muscle pain
3. Stiffness
4. Heartburn
5. Fatigue
6. Shortness of breath
7. Skin thickening
8. Skin discoloration
9. Difficulty swallowing

COMPLICATIONS

1. Skin ulcerations
2. Calcium deposits
3. Loss of digits
4. Kidney disease
5. Pulmonary hypertension
6. Pulmonary fibrosis

CHECK OUT THESE RESOURCES



Johns Hopkins
Scleroderma Center
<https://www.hopkinsscleroderma.org>

Scleroderma
Foundation
<https://www.scleroderma.org>

Scleroderma
Research Foundation
<https://srfcure.org>



What is scleroderma?

- Scleroderma is a chronic autoimmune disease that affects the connective tissue in your body and can vary from mild cases to some being life-threatening.
- There are two types of scleroderma:
 - Localized: affects the skin on the hands, face, and feet
 - Systemic: affects the blood vessels and internal organs

Who gets scleroderma?

- Scleroderma is rare with fewer than 500,000 people affected.
- 6 out of 7 scleroderma patients are women.
- The average age to develop scleroderma is 35-50 years old.

How is scleroderma treated?

- While there is no cure, scleroderma is manageable.
- No two cases are exactly the same, so the most efficient steps are to determine your disease subtype, stage, and involved organs to best aid in treatment.
- Current therapies focus on 4 major categories of the disease:

SCLERODERMA TREATMENTS BY DISEASE CATEGORY	
<u>Inflammation</u> Treated with medications like ibuprofen, naproxen, and prednisone	<u>Autoimmunity</u> Treated with therapies that suppress the immune system
<u>Vascular Disease</u> Treated with blood pressure medications	<u>Tissue Fibrosis</u> Treated with anti-fibrosis agents

What are the early signs of scleroderma?

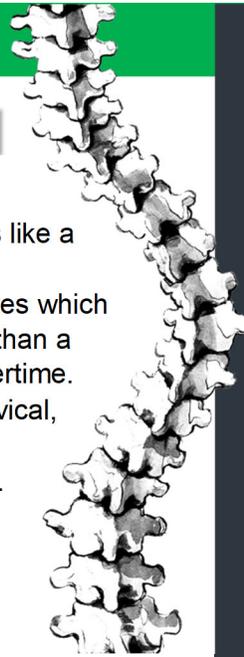
- One of the earliest signs of scleroderma is often when fingers become very sensitive to cold and/or stress.
- This phenomenon is known as Raynaud's syndrome.

What to do if you might be experiencing these symptoms?

- Ask your doctor about your signs and symptoms.
- Your doctor may refer you to a rheumatologist.

For more information visit: <https://www.scleroderma.org/>

SCOLIOSIS AWARENESS MONTH



What is scoliosis?

- A healthy spine has natural and subtle front-to-back curves. It looks like a straight line when viewed from behind.
- Scoliosis is a condition characterized by abnormal side-to-side curves which twist the spine. In scoliosis the spine looks like an “S” or “C” rather than a straight line when viewed from behind. Scoliosis may get worse overtime.
- It may affect one or multiple sections of the spine, including the cervical, thoracic, and lumbar spine.
- It may cause a person’s hips, waist, or shoulders to appear uneven.
- Symptoms of scoliosis include:
 - **Back pain and stiffness** (most common)
 - **Numbness, cramping, and shooting pain in the legs** (from pinched nerves)
 - **Fatigue** (from muscle strain on the back and legs)

Who gets scoliosis?

It is very common and impacts infants, adolescents, and adults of all races, classes, and genders. Females are 5-10x more likely to have more severe scoliosis that requires treatment.

TYPES OF SCOLIOSIS

<u>Idiopathic Scoliosis</u> <ul style="list-style-type: none">• Cause is unknown• Makes up more than 80% of cases• Adolescent idiopathic scoliosis (diagnosed in ages 11-18) is most common.	<u>Adult Degenerative Scoliosis</u> <ul style="list-style-type: none">• Also called de novo (new) scoliosis• Occurs in adults due to disc degeneration, arthritis, and collapse and wedging of discs
<u>Neuromuscular Scoliosis</u> <ul style="list-style-type: none">• Uncommon• Associated with disease like cerebral palsy or trauma to the spinal cord	<u>Syndromic Scoliosis</u> <ul style="list-style-type: none">• Uncommon• Associated with muscle disorders (like muscular dystrophy or spinabifida), connective tissue disorders, or genetic conditions.

How is scoliosis diagnosed?

- A doctor will perform a physical exam of the back to look at the curvature and rotation of your spine, as well as any asymmetry of your shoulders, waist, or hips.
- X-rays or an MRI of your spine will likely be needed to confirm the diagnosis.
- If scoliosis is present, the doctor will measure the curves in your spine to help describe your scoliosis.

How is scoliosis treated?

Not all patients with scoliosis need treatment. For smaller curves, monitoring of curve progression may be needed. The larger the curve, the more likely treatment is needed.

- **Routine monitoring** with X-rays tracks curve progression.
- **Over-the counter pain relievers** can be used for short periods of time if needed for relief.
- **Exercise/physical therapy** can improve flexibility and core strength to reduce pain.
- **Bracing** can help to stop the curves from progressing.
- **Epidurals or nerve block injections** can provide temporary relief for persistent pain.
- **Surgery** is reserved for severe cases.

What should you do if you suspect you or a loved one has scoliosis?

- Early diagnosis and treatment are crucial to prevent progression and complications.
- Ask your doctor about being screened for scoliosis

MYTH: Scoliosis is preventable.

Most cases of scoliosis have no known cause. There is no reputable clinical or scientific evidence that supports that scoliosis is preventable.

MYTH: Scoliosis is from bad posture.

Scoliosis does not result from bad posture. Just as scoliosis can't be prevented, it can't be caused.

MYTH: Scoliosis is from sports.

There is no evidence that supports that sports cause or worsen scoliosis. Sports and exercise actually promote flexibility and core strength which may reduce back pain. Certain sports do not have to be avoided.

MYTH: Scoliosis is from wearing a heavy backpack.

While many cases of scoliosis are diagnosed in adolescence, there is no evidence that supports the carrying of any heavy object leads to scoliosis or makes scoliosis worse.

For more information visit: <https://www.srs.org/patients-and-families/>



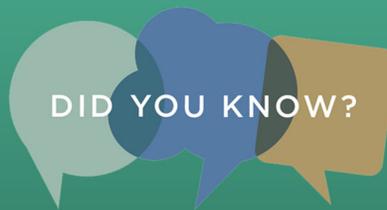
State Wellness Center
 101 S. Union Street
 Montgomery, AL 36104

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



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.

Vaccine Development (Page 1)

1. <https://www.webmd.com/lung/covid-19-vaccine#1>
2. https://www.cdc.gov/vaccines/parents/infographics/journey-of-child-vaccine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fparents%2Finfographics%2Fjourney-of-child-vaccine-text.html

Scleroderma Awareness Month (Page 2)

1. <https://www.hopkins-scleroderma.org/scleroderma/frequently-asked-questions/>
2. <https://www.scleroderma.org/site/SPageServer/-XoVADS2ZPLY>
3. <https://sclerodermaaware.org/about-scleroderma/>
4. <https://srfcure.org/>

Scoliosis Awareness Month (Page 3)

1. Spine Image: https://www.clipartkey.com/view/hmwbRb_transparent-spine-clipart-scoliosis-black-and-white/
2. <https://www.srs.org/patients-and-families/conditions-and-treatments/parents/scoliosis>
3. <https://www.spineuniverse.com/blogs/anand/scoliosis-separating-myth-fact>
4. <https://health.clevelandclinic.org/4-scoliosis-myths-you-shouldnt-believe/>
5. <https://www.srs.org/patients-and-families/conditions-and-treatments/adults/scoliosis>
6. <https://orthoinfo.aaos.org/en/treatment/nonsurgical-treatment-options-for-scoliosis/>
7. <https://www.aafp.org/afp/2014/0201/p193.html>