

## 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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## American Pharmacists Month

Pharmacists are integral members of your health care team. In addition to safely providing medicine, pharmacists offer a large variety of services as part of their commitment to helping you live your healthiest life.

In honor of American Pharmacists Month, we want to focus on an essential service: Medication Therapy Management.

### What is Medication Therapy Management?

The American Pharmacists Association defines medication therapy management (MTM) as “a group of services that optimize therapeutic outcomes for individual patients.”

### Why is MTM needed?

Medication-related issues and medication mismanagement are a massive public health problem in the US. It is estimated that preventable adverse events occur each year that result in \$177 billion in injury and death.

### What does MTM include?

- Medication therapy reviews
- Formulate a medication treatment plan
- Disease state management, including but not limited to diabetes, hypertension, congestive heart failure, high cholesterol, anticoagulation.
- Immunizations
- Health and wellness programs

### You may qualify for MTM if you:

- Have multiple chronic medical conditions
- Take multiple medications and supplements
- Take complex medication regimens
- Have questions or concerns about your medication(s)
- Take medications that require close monitoring
- Have been recently hospitalized
- Have high prescription costs
- Have multiple prescribers or use multiple pharmacies

### What will you be asked during an MTM consult?

- Which medications are you currently taking (from all providers)?
- What over-the-counter and/or dietary supplements are you taking?
- How well do you perceive these medications are working?
- What side effects are you experiencing?
- Are there any other problems you have experienced from your medication?

**Pharmacists are the most accessible health care professional with a doctorate degree. More than 90% of people live within 5 miles of a pharmacist.**

## Local Opportunities:

### East Alabama Food Bank

355 Industry Dr

Auburn, AL 36832

Phone: (334) 821-9006

### Montgomery Area Food Bank

51 Trade Center St

Montgomery, AL 36108

(334) 263-3784

### Capitol Farmers Market

2256 E South Blvd

Montgomery, AL 36116

(334) 286-8887

### State Farmers Market

1655 Federal Dr

Montgomery, AL 36107

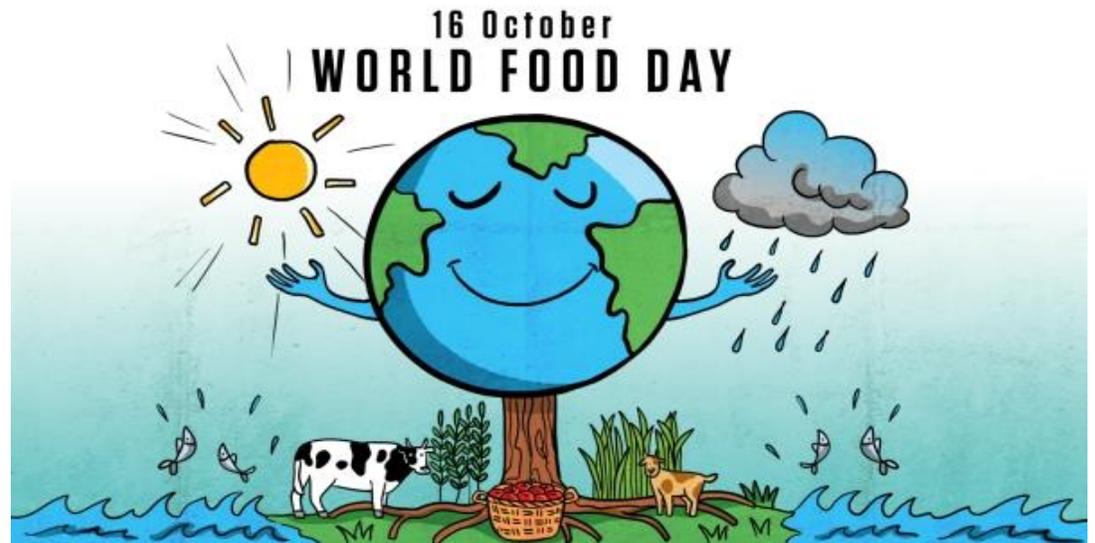
(334) 272-8425

### The Salvation Army Offices & Shelter

900 Maxwell Blvd

Montgomery, AL 36104

(334) 265-0281



#### What is World Food Day?

- World Food Day is an international day celebrated across 150 countries around the world in honor of the founding of the Food and Agriculture Organization of the United Nations.
- It promotes global awareness and action for those who suffer from hunger and for the need to ensure healthy eating habits for all people.

#### Why is World Food Day important?

- There are roughly 800 million people across the world that do not get enough food to eat each day.
- For some countries, hunger means no food at all, or starvation. In other countries, such as the USA, hunger is a health issue, where people get enough calories but from the wrong food choices. This can lead to health issues, such as diabetes, obesity, cancer, heart disease, etc.
- World Food Day addresses issues such as world hunger and unhealthy eating habits, and allows individuals to make a difference.
- The COVID-19 pandemic has made hunger a new or worse issue for the lives of many around the world. World Food Day is a great opportunity to get involved in your community to help those affected by COVID-19.

#### How can I make a difference?

- **Choose a healthy and diverse diet:** Choosing to eat a diverse diet results in a variety of foods being produced. This strategy is not only healthy for your body, but also good for the environment.
- **Influence positive will:** You can influence others by using your social media platform to promote healthy eating and buying habits. You can get people talking about events using the hashtag, **#WorldFoodDay**.
- **Join Initiatives:** Look for volunteer opportunities at your local food bank or community kitchen. This is a great way to take action and help those who struggle with food accessibility.
- **Choose Local:** Whenever you can, buy locally grown fresh food from a farmer's market in your area. This helps small farmers, your local economy, and encourages crop diversity.
- **Grow Food at Home:** This will teach you about how food is produced and help you appreciate the work that goes into cultivating produce.



Image Source : <https://www.manhattanmedicalarts.com/blog/category/neurology/>

## Mental Health Awareness

<p>October 10<sup>th</sup> is World Mental Health Day. This is an international day for awareness of mental health. In the United States, one in five adults suffer from some form of mental illness, including anxiety disorders, depression, PTSD, among others.</p> <p><b>Why is Mental Health Awareness important?</b></p> <p>Mental health awareness is important because it casts a ripple effect through the affected individual's life and the lives of their friends and family. One in eight of all visits to US emergency rooms are related to mental and substance abuse disorders.</p>	<p><b>National Depression Screening Day</b></p> <p>October 8<sup>th</sup> is National Depression Screening Day. Across the world, depression is the leading cause of disability. If you find yourself feeling many of the symptoms of depression listed below, please contact your health care provider for a screening.</p> <p><b>Signs and Symptoms of Depression</b></p> <ul style="list-style-type: none"> <li>▪ Changes in Sleep patterns</li> <li>▪ Loss of Interest in normal activities</li> <li>▪ Feelings of Guilt</li> <li>▪ Lack of Energy</li> <li>▪ Difficulty Concentrating</li> <li>▪ Changes in Appetite</li> <li>▪ Slowing of Psychomotor control</li> <li>▪ Suicidal thoughts</li> </ul>
<p><b>Suicide Prevention Hotline</b></p> <p>Every year thousands of friends and family members are left to deal with the grief and confusion that accompanies losing a loved one to suicide. The National Suicide Prevention Lifeline is staffed by counselors trained in suicide prevention and available to help anyone in crisis.</p>	<p><b>Resources that you can turn to:</b></p> <p><b>National Alliance on Mental Illness</b>          Website: <a href="http://www.nami.org">www.nami.org</a>          HelpLine: 800-950-6264</p> <p><b>National Suicide Prevention Lifeline</b>          Phone: 800-273-8255</p>

**MYTH:**

**If you have a mental illness, you must be crazy.**

Mental illness is just like having any other medical condition. It just has different complications and challenging symptoms.

**MYTH:**

**Psychiatric medications are bad.**

Many mental illnesses require treatment with medications in addition to supportive counseling for improvement. This is similar to ways that diabetics need medications to control their blood sugar.

**MYTH:**

**People with mental illness are dangerous and violent individuals.**

Most people with mental illness are unlikely to be more violent than anyone else. People with mental illness are, in fact, more likely to be victims of violent crime than to commit it.





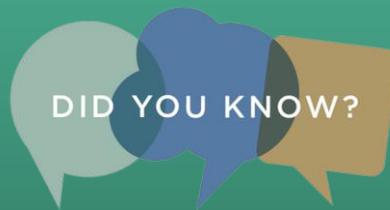
State Wellness Center  
 101 S. Union Street  
 Montgomery, AL 36104

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



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.

#### References

##### Medication Therapy Management

1. <https://www.erieniqaraahec.org/topic/medication-therapy-management/>
2. <https://www.aphafoundation.org/medication-therapy-management>
3. <https://www.pharmacist.com/medication-therapy-management-services>
4. <https://pharmacistsmonth.com/pharmacists-can-help/>
5. <https://www.cdc.gov/dhbsp/pubs/guides/best-practices/pharmacist-mtm.htm>

##### World Food Day

1. <http://www.fao.org/world-food-day/home/en/>
2. [https://www.theadventureproject.org/solutions?qclid=CiwKCAjwkoz7BRBPEiwAeKw3q-kERE84AoTOaF5lVZ-GGCbQPt5RirUH78pHVio0DyBN6oc0A9eaChoCullQAvD\\_BwE](https://www.theadventureproject.org/solutions?qclid=CiwKCAjwkoz7BRBPEiwAeKw3q-kERE84AoTOaF5lVZ-GGCbQPt5RirUH78pHVio0DyBN6oc0A9eaChoCullQAvD_BwE)
3. <https://givehealthy.org/index.php/its-world-food-day/>

##### Mental Health Awareness

1. <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-You-Are-Not-Alone-FINAL.pdf>
2. <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Impact-Ripple-Effect-FINAL.pdf>
3. <https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>
4. <https://www.nami.org/Blogs/NAMI-Blog/October-2019/Six-Myths-and-Facts-about-Mental-Illness>
5. <https://www.mentalhealth.gov/basics/mental-health-myths-facts>
6. <http://www.eparent.com/eparent-connect/learning-to-help-your-child-and-your-family-with-mental-health/>