

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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Don't Catch the Love Bug This Valentine's Day

Sexually transmitted infections (STI) and sexually transmitted diseases (STD) are a significant public health crisis in the United States. The Centers for Disease Control (CDC) reports that there are approximately 20 million new STD infections each year. The estimated cost to the US health system is \$16 billion annually. Untreated STIs and STDs can lead to long-term complications, especially in women. These include pelvic inflammatory disease, infertility, cancer, or complications in babies born to infected mothers.

What is an STI?

An STI is an infection transmitted through sexual contact caused by bacteria, viruses, or parasites. An STI is sometimes referred to as an STD. The term STD is used when symptoms are present, while patients with an STI don't always show symptoms.

What are the most common STIs?

Human Papillomavirus (HPV) is the most common STI in the United States. Other common STIs include chlamydia, gonorrhea, hepatitis, herpes, syphilis, and trichomoniasis. People infected with STIs are at higher risk to get Human Immunodeficiency Virus (HIV) than those who do not have STIs.

Who is at risk for an STI?

People who have or have had more than one sexual partner, have a partner who has had more than one sexual partner, have sex with someone who has an STI, have a history of STIs, use intravenous drugs (injected into a vein) or have a partner who uses intravenous drugs.

How do you prevent STIs?

Using condoms during sex can help prevent STIs. The Gardasil[®]9 vaccine can help prevent HPV, Engerix-B[®] vaccine can help prevent hepatitis B, and Havrix[®] vaccine can help prevent hepatitis A.

What are some signs or symptoms of an STI?

Symptoms of an STI include vaginal discharge, pain in the genital area, sores, or lesions. Not all STIs will have symptoms. Therefore, people at high risk of getting an STI should be checked regularly. If you notice any abnormal changes to your genitals you should be tested for an STI.

How do you treat an STI?

STIs caused by bacteria can be treated with antibiotics. STIs caused by viruses cannot be cured, but symptoms can be treated. Leaving STIs untreated may lead to complications like infertility and problems during birth, such as congenital syphilis.

Where can I get checked for STDs?

The Alabama Department of Public Health offers free and confidential STD clinics statewide through your county's health department. Your primary care provider can also test and treat you for STIs.

For more information on STIs and STDs, visit the CDC's website [cdc.gov/std](https://www.cdc.gov/std/).

Take Your Oral Health to Heart

A Healthy Smile
Leads to a Healthy
Heart

Symptoms of poor oral health:

Gums that bleed while brushing, flossing, or eating

Gums that have pulled away from your teeth

Red, swollen or tender gums

Bad breath, even after brushing

Plaque on teeth and near gums

Loose teeth



If you experience any of the above symptoms, you should contact your dentist to schedule an appointment today to keep a happy smile and a healthy heart!



What is Oral Health?

The health of your mouth, including your teeth and gums.

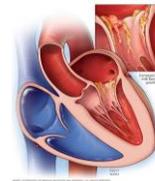
What effects can poor oral health have on your heart?



Stroke



Heart Attack



Endocarditis



Increase Blood Pressure

How Oral Health Effects the Heart:

- There is a relationship between gum disease (periodontitis) and an increased risk of heart attack and stroke via an unknown mechanism.
- Tooth loss, from an unknown cause, is thought to be connected to an increased risk of heart attack and stroke.
- Not properly brushing and flossing your teeth can cause bacteria to build up in your mouth and enter your bloodstream. From here, the bacteria can eventually end up in your heart and cause an infection, most commonly on the valves of your heart (endocarditis).
- Gum disease can increase blood pressure by causing the blood vessels in your body to shrink.

What Should You Do?

- Brush teeth 2 times per day
 - Floss teeth daily
- Limit sugary beverages and snacks
- See your dentist regularly (about every 6 months)
 - Stop using tobacco products



Working to stay healthy? There's an app for that!

In today's world, we walk around with a device that gives us access to an unlimited number of resources. A 2019 study found that 81% of Americans have a smartphone. Why not use that access to better our health?



Here are apps you can use to better your health:

Calorie tracking/Dieting Apps

Calorie counting has been a staple of weight loss plans long before smartphones were around. To this day, it is still one of the most effective ways to lose weight. While no one can deny its effectiveness, it is also one of the most cumbersome weight-loss tactics. Calorie tracking apps help you to make this challenge a little easier by utilizing barcode scanning and having vast food libraries to help you log calories as accurately as possible. In addition to tracking calories, some apps are specific to certain diet plans and provide additional resources such as recipe ideas, meal planning, and other helpful tips.

Workout Plan Apps

We have all kinds of excuses for not working out. "I don't want to pay for a gym membership." "I don't have time." "I don't know where to start." Using a workout app can minimize these excuses. These apps provide you with a workout plan you can do at your own pace and in the comfort of your own home. There are workout apps for every fitness level. While you may have to pay for more personalized plans or for a trainer in the app, most offer free versions that you can take advantage of to see if the app is right for you.

Mental Health/Stress Relieving Apps

The final common area for health app development that we'll look at are those made for mental health and stress relief. This is a broad category and includes apps that focus on meditation, breathing exercises, sleep, mood, and talking with trained professionals. While normally our phones serve as a contributing source of stress, these apps provide focused intentional time to decompress and work through the stresses you may be going through.

No app will fit everyone's needs, but if you are looking for a new way to jumpstart your health journey an app may be just what you are looking for.

Apps we recommend:

Calorie Tracking:

- MyFitnessPal
- Lose it!

Diet Specific:

- Keto
 - Carb Manager
 - Keto Diet Recipes
- Intermittent Fasting
 - Simple
 - Zero
- Paleo
 - Paleo Leap
 - Paleo Plate (for iPhone)
- Meal Planning
 - MakeMyPlate
 - Eat This Much
 - Yummly

Workout:

- Home Workout
- Seven
- Daily Workouts Fitness Trainer

Mental Health

- Breathe2Relax
- Sanvello
- Headspace
- Calm
- MoodTools
- Panic Relief



State Wellness Center

101 S. Union Street
Montgomery, AL 36104

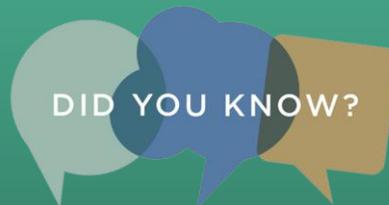
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care 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 2 February 2021



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.

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