

HEALTHCARE SPOTLIGHT

SUMMER EDITION

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How can you protect your skin from the sun's ultraviolet (UV) rays and reduce your risk of skin cancer?

Jessica Jacobs, PharmD Candidate 2022

1. Seek shade

- The sun's UV rays are the strongest in the middle of the day (between 10:00 AM and 4:00 PM).
- If you are unsure of how strong the sun's UV rays are, use the shadow test. If your shadow is shorter than you are, the sun's rays are the strongest.
- UV rays can reach the ground on cloudy days, as well as reflect off of the water's surface. So, it's important to protect yourself on a cloudy day or when in the water.



2. Wear sun-protective clothing



- Clothes provide different levels of UV protection.
 - Coverage: Lightweight, long-sleeved shirts and long pants or skirts are preferred.
 - Fit: Loose fitting clothing is recommended over tight clothing.
 - Color: Dark colors typically provide more protection than light colors.
 - Activity: Wet clothing offers less protection than dry clothing.
 - UPF: Look for clothing with an ultraviolet protection factor (UPF) of at least 30.
- A hat with at least a 2- to 3-inch brim all around is ideal to protect eyes, ears, neck, forehead, nose, and scalp.
- Wrap-around sunglasses are preferred because they block UV rays from getting in from the side.

3. Apply sunscreen

- Choose a sunscreen with an SPF of 30 or higher and is labeled as "broad-spectrum" and "water-resistant."
- 1 ounce (a palmful) should be applied to the arms, legs, neck, and face of the average adult approximately 30 minutes before going outdoors.
- Reapply at least every 2 hours or after swimming, sweating, or wiping off with a towel.



Types of sunscreen

Physical Sunscreen

- Sits on top of the skin and acts like a shield by deflecting the sun's rays
- Active Ingredients
 - zinc oxide
 - titanium dioxide
- Ideal for sensitive skin



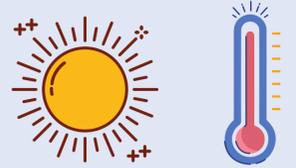
Chemical Sunscreen

- Soaks into the skin and acts like a sponge by absorbing the sun's rays, converting the rays into heat, and releasing them from the body
- Active Ingredients
 - avobenzone
 - oxybenzone
 - octanexate
- Ideal for swimming or sweating

You can have a bright future without the sun!

How much heat is too much?

Connor Hall, PharmD Candidate 2022



	Heat exhaustion	Heat stroke
Causes	<ul style="list-style-type: none"> Dehydration and alcohol lead to lowering your body's ability to regulate normal body temperature Overdressing does not allow your sweat to easily evaporate off of your body 	<ul style="list-style-type: none"> Exposure to a hot environment for a prolonged period of time Strenuous activity such as exercising or working in hot weather
Risk factors	<ul style="list-style-type: none"> Infants or children < 4 years of age Adults > 65 years of age Medications that treat high blood pressure, allergy symptoms, anxiety, or reduce psychiatric symptoms Obesity Sudden temperature changes High heat index 	<ul style="list-style-type: none"> Adults > 65 years of age Exertion in hot weather Sudden exposure to hot weather Not having air conditioning Medications that help with blood pressure and reduce psychiatric symptoms Chronic illnesses such as heart or lung disease
Signs and symptoms	<ul style="list-style-type: none"> Heavy sweating Cold, pale, clammy skin Fast, weak pulse Nausea or vomiting Muscle cramps Fatigue Dizziness Headache Fainting 	<ul style="list-style-type: none"> Body temperature 103°F or higher Hot, red, dry, or damp skin Fast, strong pulse Headache Dizziness Nausea Confusion Loss of consciousness
Treatment	<ul style="list-style-type: none"> Move to a cool place Loosen your clothing Sip on water Call 911 if you are vomiting, symptoms worsen, or symptoms last longer than 1 hour 	<ul style="list-style-type: none"> Call 911 right away Move the person to a cooler place to help lower the person's temperature Do NOT give them anything to drink
Prevention		
<ul style="list-style-type: none"> Wear lightweight/ loose-fitting clothing Stay cool indoors (stay near air conditioning) Carefully plan activities that are outside Do NOT leave children in cars Avoid hot or heavy meals Wear sunscreen 		

Dehydration



Symptoms

Infants and young children:

- Dry mouth and tongue
- No tears when crying
- Sunken eyes, cheeks

Adults:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Confusion



What can I do to prevent or treat dehydration?

- Drink plenty of water (goal of 64 oz/day), especially if you are sick.
- Try to limit alcoholic and caffeinated drinks as these can pull water from the body (eg. coffee, tea, cola)
- If you are going to be exercising in the heat or sweating, replace your electrolytes (eg. Gatorade, Powerade, Pedialyte).





It's Bug Season!

How to identify, prevent, and treat insect bites and stings

Tessa Dimick, PharmD Candidate 2022



Mosquitoes

- Mosquitoes are most active from March to September, and at dawn and dusk.
- When bitten, the area around the bite can appear red, raised, and itchy.
- Use an over-the-counter anti-itch product, such as hydrocortisone 1% cream to help reduce or stop the itching.
- Use of an ice pack over the affected area can also help with the itching.

Ticks

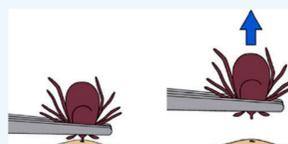
- Ticks can carry diseases, including Rocky Mountain spotted fever and Lyme disease.
- Symptoms of Rocky Mountain spotted fever can take 3-12 days to start and include fever, severe headache, muscle pain, and a red rash appearing as splotches or dots.
- Symptoms of Lyme disease can take 3-30 days to start, and can include a red circular rash surrounding the bite and flu-like symptoms.
- Anyone experiencing abnormal symptoms after a tick bite should receive medical attention as soon as possible.
- Use tweezers or a specialized tool for at-home tick removal. Remove the tick as close to the skin as possible and flush the tick down the toilet. Wash the affected area with soap and water. Avoid alternate removal methods such as painting the tick with nail polish or applying heat with a match.



Rocky Mountain spotted fever rash



Lyme disease rashes



Appropriate tick removal

Bees, Wasps, and Hornets



- These insects can cause serious allergic reactions. If the person stung is having difficulty breathing, swelling of the throat or tongue, nausea or vomiting, or is dizzy or fainting, call 911 for immediate treatment.
- If the stinger is left in your skin, scrape your fingernail over it to remove it from your skin. Squeezing the stinger can cause more irritant to go into your body.
- Common symptoms include pain, redness, and swelling at the affected area.
- Over-the-counter medications such as acetaminophen (Tylenol) and ibuprofen (Advil) will help reduce pain.
- If stung by one insect, stay calm to avoid being repeatedly stung.
- If being swarmed, leave the area as quickly as possible and get indoors.

Insect Bite Prevention

- Wear long sleeved shirts and full length pants
- Clean, get rid of, or turn over sources of standing water (such as birdbaths, pools, and buckets) at least once a week
- Use EPA-recommended bug spray when outside. Be sure to follow all labels and warnings. Do not spray directly onto face; spray onto hands, then apply to face.
- If spending a lot of time outdoors, you can treat clothes with permethrin spray to prevent ticks. Follow all instructions and warnings. Permethrin is toxic to cats.
- Use screen doors when available to prevent insects from coming in the home
- Sweet drinks (sodas, sweet tea) attract insects. Limiting these when outside will help prevent insects from coming near you.
- When entering the home, inspect yourself and your clothing to make sure no bugs are hiding.
- Keep up to date with any veterinarian-recommended tick prevention for your pets



State Wellness Center and Pharmacy

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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)

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.



Healthcare Clinic Hours

Monday - Wednesday, Friday
8:00 a.m. - 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. - 5:30 p.m.

Thursday
9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460
Fax: (334) 263-8660

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.



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Call for an appointment today!
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