

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

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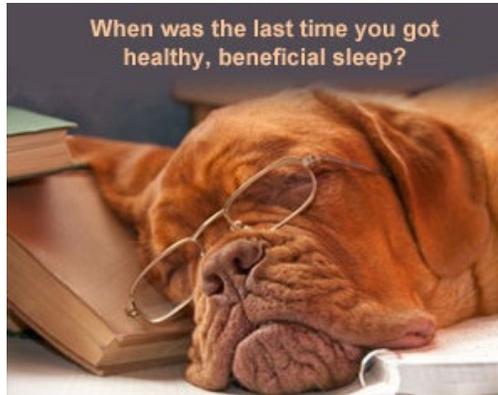


Image Source: <http://www.drncancyoreilly.com/wp-content/uploads/2013/03/natl-sleep.jpg>

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Healthy Sleep

Many of us know that getting a good night's sleep is vital, but few of us actually get the recommended amount. Adequate sleep not only assists our bodies in functioning properly, but it also improves our overall health.

On average, we spend up to one-third of our lives sleeping; but are we getting the amount of sleep necessary to meet our individual needs? The National Sleep Foundation recommends an average of 7 to 9 hours of sleep for adults 18 years and older.¹

Here are a few thoughts to consider when evaluating our sleep:¹

- Evaluate how you feel after a full night of sleep
- Calculate how much sleep you truly get (not just when you are lying in bed or resting)
- Figure out if you fall asleep quickly or if it takes many minutes
- Determine if you wake up frequently throughout the night

Though we may not realize it, technology decreases our quality of sleep. Besides the fact that technology stimulates our brains, the blue light that comes from our phones and TVs inhibit our ability to feel satisfied with the sleep we get. This blue light suppresses melatonin in our body, which supports our sleep/wake cycles. When this cycle gets disrupted, sleep does not satisfy us as it should. To minimize these effects, turn off electronics at least 30 minutes before going to bed.³

For more information on improving your sleep, visit www.sleepfoundation.org.



Image Source: <https://www.sleepfoundation.org/progressive-sleeplessness/when-much-sleep-do-we-really-need>

Tips to improve sleep²:

- Make a sleep schedule and stick to it
- Turn off all electronics at least 30 minutes before bed
- Wind down by relaxing before bedtime
- Be sure your room is dark, quiet, and comfortable
- Exercise daily
- If you cannot sleep, go to another room and relax until tired

Lifestyle Changes for Weight Loss

1. Set realistic goals

Make 1 to 2 small changes that you can measure with a food or exercise log

2. Eat enough fiber

Fiber reduces hunger and can reduce the risk of heart disease and diabetes. Fiber is found in vegetables, fruits, and whole grains

3. Control your portions

Nutrition labels are helpful in determining how many calories are consumed with each meal

4. Drink more water

Water keeps us hydrated while also reducing feelings of hunger. It is also free of added sugars that are found in sodas or juices

5. Reduce added sugar

Added sugars have no nutritional value and are extra, empty calories

Find what works for you!

The best diet is one that is not only healthy, but fits your lifestyle, both in terms of price and taste

Experiment with new ingredients and recipes to find which nutritious foods you can include in your diet

For healthy recipes visit:

1. www.eatingwell.com
2. www.cookinglight.com
3. www.skinnytaste.com

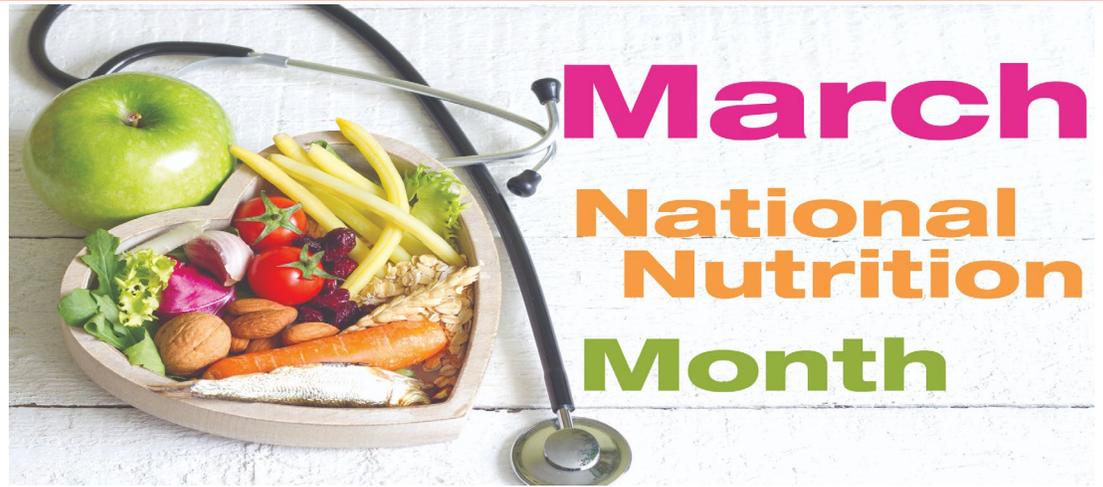
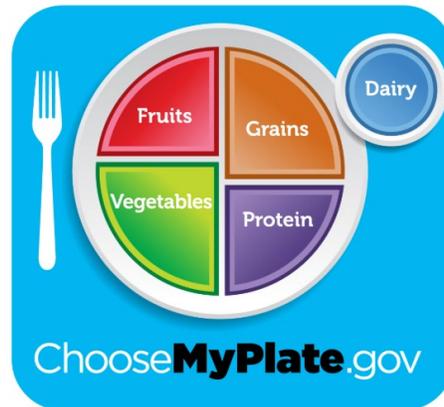


Image Source: <https://www.gardant.com/national-nutrition-month-eating-smarter/>

March National Nutrition Month

Building a Healthy Plate

MAKE SURE HALF OF EACH PLATE CONSISTS OF FRUITS AND VEGETABLES



Vegetables

- Vary your veggies
- There are **5 types of vegetables**, a healthy diet **includes all of them!**
 1. Dark leafy greens – broccoli, romaine lettuce, spinach, kale
 2. Starchy vegetables – corn, white potato, sweet potato
 3. Beans and peas – black beans, lentils, split peas
 4. Red and orange vegetables – carrot, tomato, pepper
 5. Other vegetables – green beans, cauliflower, onions

Fruits

- Focus on **whole fruits**
- Avoid fruit juices to reduce added sugar

Grains

- Make **half of your grains** whole grains
- Whole grains provide more fiber than refined grains
 - Whole grains – whole wheat flour, oatmeal, brown rice

Protein

- Focus on **lean or low fat meats**
- Vary your protein sources
 - Poultry, seafood, nuts, beans and peas, eggs, soy
- Choose seafood rich in omega-3 fatty acids, such as salmon and trout, at least twice a week

Dairy

- Choose low fat or fat-free dairy



Image Source: <https://www.poisonhelp.hrsa.gov/>; <https://child-guard.com/blog/whatever-happened-to-mr-yuk>

Time to clean out those cabinets!

Spring Cleaning Tips⁶

Household cleaners and other chemicals can be a common source of accidental poisonings. Here are some tips to keep spring cleaning safe:

- Keep cleaning products in original containers.
- Store chemicals away from food to avoid confusing one for the other.
- Always follow directions for use, take time to read instructions before using a cleaner.
- Turn on fans and open windows when using strong chemicals. Never sniff a container to see what's inside.
- Pesticides can be very poisonous! Avoid areas that have been sprayed for at least one hour.
- Be sure to wear protective clothing when using spray products. These include long-sleeves, pants, socks, shoes, and gloves.
- For any exposures, call the Poison Control Hotline to speak with a health care professional about what to do next.
- Add Mr. Yuk stickers (pictured above) to let children know it's dangerous! Get your stickers here:

www.upmc.com/services/poison-center/store

Medicine Cabinet Misnomer

Which room do you associate with a medicine cabinet? Most people think of their bathroom, but it's not the safest place to store medications!

Ideal storage

Most medications are best stored in cool, dry places, like a bedside table or kitchen cabinet. Heat, light, and moisture in the bathroom can make medications less effective. Try keeping medicines in a place where it is easy to remember to take them. For example, morning medications could be stored in the same cabinet as coffee supplies. Wherever medications are stored, they should always be out of reach of children.

Old or Unused Medication

After cleaning out your medicine cabinet, you may find several medications you no longer need. Fortunately, the Drug Enforcement Agency is here to help with spring cleaning! National Drug Take Back Day is **April 27th, 2019**. As the day approaches, check out their website, <https://takebackday.dea.gov>, to find participating locations.

**National Poison Prevention Week:
March 18th - 24th**

More tips for safe medication use and disposal⁷:

- Never share your prescription medications.
- Dispose of unused or expired medicines by mixing them with undesirable substances, like used coffee grounds or kitty litter. Place this mixture into a separate bag before throwing it away. This is especially important for controlled substances.

Over the Counter Antidote⁸

The Surgeon General is recommending community members learn to use a drug called Narcan®.

Narcan®, or naloxone, is an easy to use, over-the-counter antidote for opioid overdose. It is available as a nasal spray that can be given while emergency services are on the way.

Ask your doctor or pharmacist about where to buy Narcan and how to use it!

*** NARCAN® (naloxone HCl)
NASAL SPRAY 4mg**



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 03 March 2019

References

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