

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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NATIONAL WOMEN'S HEALTH WEEK

May 12 – 18, 2019

In this issue

National Women's Health Week **P.1**

Stroke Awareness Month **P.2**

Arthritis Awareness Month **P.3**

State Wellness Center **P.4**

National Women's Health Week

The 20th annual National Women's Health Week kicks off on Mother's Day, May 12th, and is celebrated through May 18, 2019.

Each year millions of women take steps to improve their health during this week-long initiative. This week serves as a reminder for women to make their health a priority and build positive habits for life. The U.S. Department of Health and Human Services' Office on Women's Health and the State Wellness Center want to encourage all women to be as healthy as possible.

To improve your physical and mental health, you can:

- Visit your primary healthcare provider for a well-woman checkup, preventative screenings, & vaccines.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep & managing stress
- Practice safe behaviors, such as quitting smoking, not texting while driving, & protecting yourself from sexually transmitted infections.

It's never too early or too late to work toward being your healthiest you! This National Women's Health Week, we want to help you take control of your health.

Take the first step! Join the National Women's Health Week celebration and learn what you can do to lead a healthier life at any age. Visit the website below to find out what steps you can take for better health based on your age:

<https://www.womenshealth.gov/nwhw>



Stroke Stats

- Stroke is the 5th leading cause of death in the U.S.
- Stroke kills about 140,000 Americans each year – that's 1 of every 20 deaths
- Someone has a stroke every 40 seconds
- Every 4 minutes, someone dies of stroke.
- Ischemic Stroke accounts for 87% of all strokes
- Stroke reduces mobility in more than half of stroke survivors age 65 and over
- Stroke costs the U.S. \$34 billion annually, including the cost of health care services, medications, and lost productivity



MAY IS NATIONAL STROKE AWARENESS MONTH

STOP Stroke • Act F.A.S.T. • Spread HOPE

What is stroke?

A stroke is a “brain attack”. It can happen to anyone at any time. It occurs when blood flow to an area of the brain is cut off. When this happens, brain cells are deprived of oxygen and begin to die. When brain cells die, abilities controlled by that area of the brain, such as memory and muscle control, are lost. How a person is affected by their stroke depends on where the stroke occurs in the brain and how much the brain is damaged.

Types of Stroke

- **Ischemic Stroke (Clots)**
Occurs when a blood vessel supplying blood to the brain is obstructed.
- **Hemorrhagic Stroke (Bleeds)**
Occurs when a weakened blood vessel ruptures. Commonly caused by uncontrolled high blood pressure.
- **TIA (Transient Ischemic Attack)**
Commonly referred to as a “mini stroke,” it's caused by a serious temporary clot.
- **Cryptogenic Stroke**
Stroke of unknown cause
- **Brain Stem Stroke**
Stroke occurs in the brain stem that can affect both sides of the body

Know the Signs. Act In Time.

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If you believe you are having a stroke – or someone you know is having a stroke – **call 911 immediately!**

Mind Your Risks®

- Control high blood pressure
- Quit smoking
- Lower high cholesterol
- Eat healthy and keep active
- Manage your diabetes
- Take your medications
- Avoid use of illicit drugs and heavy consumption of alcohol
- Stick to your plan to be healthy

Stroke strikes fast, you should too!



SUDDEN TROUBLE
SPEAKING



SUDDEN TROUBLE
SEEING



SUDDEN TROUBLE
WALKING



SUDDEN ONE-SIDED
WEAKNESS



SUDDEN SEVERE
HEADACHE



NATIONAL ARTHRITIS

Awareness Month

May is National Arthritis Awareness Month! We aim to bring awareness to the growing prevalence of arthritis, the need for additional research and advocacy, and to encourage physical activity among those with arthritis.

Arthritis is very common but not well understood. “Arthritis” is not a single disease, but more of an informal way of referring to joint pain or joint disease.

People of all ages, sexes, and races have arthritis, and it is the leading cause of disability in America.

It is most common among women and occurs more frequently as people get older.

Types of Arthritis

- **Degenerative Arthritis**

Osteoarthritis occurs when the cartilage wears away causing bone to rub against bone leading to pain, swelling, and stiffness.

- **Inflammatory Arthritis**

Occurs when the immune system goes awry, attacking the joints with uncontrolled inflammation. Rheumatoid and psoriatic arthritis are examples.

- **Infectious Arthritis**

Bacteria, viruses, and fungi can enter the joint and trigger inflammation.

- **Metabolic Arthritis**

Gout occurs when uric acid builds up and forms needle-like crystals in the joint, resulting in sudden spikes of extreme joint pain.

Managing Arthritis: Strive for Five

There are a lot of things you can do to manage your arthritis. Practice these simple strategies to reduce symptoms and get relief so you can do activities that are important to you.

1. **Learn new self-management skills**

Learning strategies to better manage your arthritis can help you manage pain and other symptoms, carry out daily activities, reduce stress, and improve your mood.

2. **Be active**

Physical activity can reduce pain, improve function, mood, and quality of life. It can also reduce your risk of developing other chronic diseases. Stay as active as your health allows, and change your activity depending on your symptoms. For more information visit:

<https://www.cdc.gov/arthritis/basics/physical-activity-overview.html>

3. **Talk to your doctor**

It's important to get an accurate diagnosis so you can start treatment and work to minimize symptoms and prevent worsening. Treatment should focus on reducing pain, minimizing joint damage, and improving or maintaining function and quality of life.

4. **Manage your weight**

Losing weight reduces stress on joints, particularly the hips and knees.

5. **Protect your joints**

Joint injuries can cause or worsen arthritis. Choose low-impact activities that have low risk of injury (eg. walking or swimming). Do not twist or put too much stress on the joints.

State of Arthritis in America

Arthritis affects an estimated 53 million adults and 300,000 children in the U.S.

Arthritis is the leading cause of disability among adults in the U.S.

Most common type of arthritis is osteoarthritis, affecting an estimated 31 million Americans.

Women outnumber men in cases of rheumatoid arthritis.

Arthritis is among the five most costly conditions among adults age 18 and older.

Arthritis is much more common among people who have other chronic conditions, such as heart disease, diabetes, and obesity.

It is projected to affect 78 million adults by 2040.



State Wellness Center

101 S. Union Street
Montgomery, AL 36104

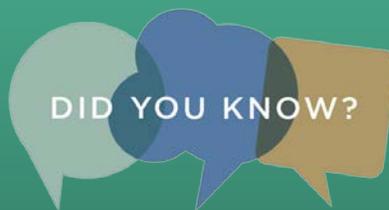
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care 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 5 May 2019



DID YOU KNOW?

With your SEHIP insurance you can fill specialty drugs locally in Montgomery at the SWC 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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