

## 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

Authors: Grant Meacham,

PharmD candidate. Jordan

Stoner, PharmD candidate.

Camille Quiles, PharmD.,

BCACP

# Measles

IT ISN'T JUST A LITTLE RASH

Measles can be dangerous,  
especially for babies and  
young children.



In light of the recent nationwide measles outbreak, the State Wellness Center would like to provide you with information regarding measles and the measles vaccine (MMR).

In addition, we want you to be aware that the State Wellness Center is now authorized to facilitate measles titer testing to confirm immunity through a local lab services provider and provide, if necessary, the measles vaccine.

### What is measles?

Measles is a highly contagious viral disease. It is transmitted via droplets from the nose, mouth, and throat of infected persons. It can spread through coughing and sneezing.

### What are the signs & symptoms?

Initial symptoms usually appear 10 to 12 days after infection, and include high fever (101°F or higher), runny nose, red and watery eyes, cough, and tiny white spots inside the mouth.

Three to five days later, a rash develops, starting on the face and upper neck and gradually spreading downwards.

### What are the dangers of getting the measles?

Severe complications include pneumonia (infection of the lungs) and encephalitis (swelling of the brain). About one in four people who are infected will need to be hospitalized.

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### Who should get the measles vaccine?

#### Children

All children should get the measles vaccine as part of their routine vaccine schedule. Children need two doses of the vaccine at the following ages:

- **12 through 15 months** for the first dose
- **4 through 6 years** for the second dose (or sooner as long as it has been **28 days** after the first dose).

Children younger than 12 months will need to receive one dose if they are traveling outside the United States. Speak to your pediatrician or family physician about when the best time is to receive the vaccine.

#### Adults

One dose of measles vaccine is generally recommended for adults born **after 1957** who have no evidence of immunity or those who have not had measles and were not vaccinated as a child.

If you were born before 1957, the CDC considers you to be immune and you do not need the vaccine.

### How effective is the measles vaccine?

The measles vaccine is very effective. Two doses are about 97% effective at preventing measles if exposed.

Myasthenia gravis comes from Latin and Greek words meaning “grave or serious muscular weakness.”

MG can occur at any age. It most commonly occurs in women in their 20s and 30s or men in their 50s and 60s.

MG is more common in women.

MG affects 200 per 100,000 people.

MG is not inherited or contagious.

MG most commonly affects the muscles that control chewing, talking, swallowing, the eyes, and facial expressions. MG can also affect the muscles of the neck, arms, legs, and breathing.

In MG, muscle weakness worsens during activity and gets better after rest.

There is no known cure for MG, but most people are able to live a normal life with treatment.



June is Myasthenia Gravis Awareness Month



Image Source: <https://healthwellmobile.com/2017/06/myasthenia-gravis-awareness-month/>

### June is Myasthenia Gravis Awareness

**Month!** Myasthenia Gravis (MG) is an autoimmune neuromuscular disorder that affects the voluntary muscles of the body. This means that the body's immune system attacks the connection between the nerves and muscles, limiting the ability of the brain to control muscle movement. This is mainly due to the thymus gland producing antibodies that destroy the chemical, acetylcholine, thus preventing the muscles from working properly. This can impact a person's ability to see, smile, walk, talk, and breathe.

### Symptoms of MG

- Drooping eyelids
- Blurred or double vision
- Loss of control of facial expressions
- Trouble swallowing
- Shortness of breath
- Trouble speaking
- Weakness in the arms, legs or neck

### Myasthenic Crisis

Myasthenic crisis is a complication of MG. This is when the breathing muscles weaken to the point that a ventilator is needed to help a person breathe. This is a **medical emergency** and anyone with MG who has trouble breathing should be seen by a doctor immediately.

### Treatment

The goal of MG treatment is to remove antibodies, reduce antibodies, and stop the binding of antibodies through various medications and treatments available.

These options include:

- **Thymectomy:** surgery to remove the thymus gland, thus reducing the number of antibodies produced.
- **Anticholinesterase medications:** drugs that slow the breakdown of acetylcholine and provide a greater chance that the muscle will receive the signal to move from the brain.
  - Eg: pyridostigmine, neostigmine
- **Immunosuppressant medications:** drugs that reduce the number of antibodies produced by the body.
  - Eg: prednisone, azathioprine, mycophenolate mofetil, tacrolimus, rituximab
- **Plasmaphoresis/ IV immunoglobulin:** procedure that filters the body for antibodies in the plasma, and then injects healthy antibodies back into the body.

**If you are experiencing any of the symptoms of MG, contact your primary healthcare provider.**

**For more information, visit:**  
<http://myasthenia.org/>

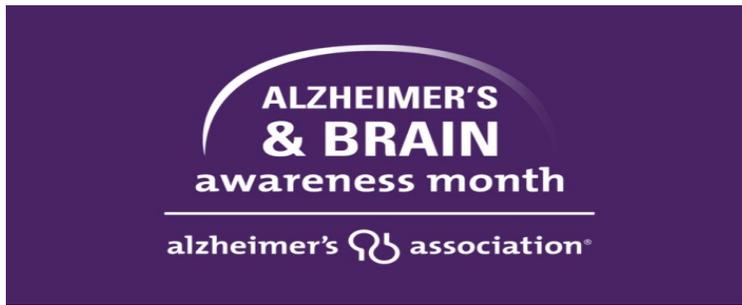


Image Source <http://www.journeyseniorliving.com/go-purple-awareness/>

## What is Alzheimer's Disease?

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest task. Symptoms of Alzheimer's disease get worse over time, to the point where those affected will need constant assistance to perform normal daily tasks.

## 10 Early Signs & Symptoms of Alzheimer's Disease

1. Memory loss that affects daily activities
2. Difficulty making plans and solving problems
3. Unable to complete tasks that were previously normal or familiar
4. Confusion with time and/or place
5. Difficulty reading or determining the distance between objects
6. New problems with words in writing or speaking
7. Losing things and not being able to retrace steps
8. Decreased ability to make good decisions
9. Lack of interest in hobbies and/or socializing
10. Personality and mood changes

## Risk Factors for Alzheimer's Disease

- **Age** - The greatest known risk factor is age, but it is not a normal part of aging. Most cases of Alzheimer's occur in people over age 65, and the risk of developing the disease increases with age.
- **Family History** – an individual with a parent or sibling with Alzheimer's are more likely to develop the disease.
- **Genetics** – The presence of certain genes can increase your risk.
- **Head Injury** – traumatic brain injuries (TBI) have been associated with increased risk.
- **Heart Disease** – heart conditions can alter blood flow, oxygen, and nutrients the brain receives, increasing risk for Alzheimer's disease.

## Treatment

While there is no cure for Alzheimer's disease or way to stop or slow its progression, there are treatment options that may help with symptoms. The following medications are available:

| Generic Name          | Brand Name |
|-----------------------|------------|
| Donepezil             | Aricept®   |
| Galantamine           | Razadyne®  |
| Memantine             | Namenda®   |
| Rivastigmine          | Exelon®    |
| Memantine + Donepezil | Namzaric®  |

Researchers continue to look for new treatments to slow down or cure Alzheimer's. There are many promising therapies in development that are in need of participants. If you or a loved one are interested in participating in a clinical trial, use Alzheimer's Association TrialMatch or call 800-272-3900.

Alzheimer's Disease is the 6<sup>th</sup> leading cause of death in the United States.

Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of cases.

Usually occurs in people 65 and older, but can occur in people as young as 30 years old.

Affects about 11% of the population in people aged 65 and older, and 32% of people who are aged 85 and older in the United States.

Currently, there are 5.8 million Americans with Alzheimer's disease. Over 92,000 of them live in Alabama.

The number of people with Alzheimer's disease is expected to increase to 13.8 million by the year 2050.

1 in 3 seniors dies with Alzheimer's or another form of dementia. It kills more than breast cancer and prostate cancer combined.

Every 65 seconds someone in the United States develops the disease.

**For more information on Alzheimer's Disease, visit the Alzheimer's Association website at <https://alz.org/>**



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

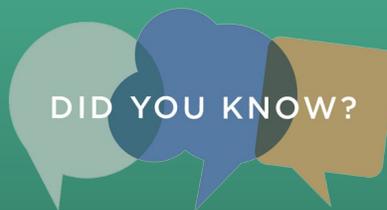
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care 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 6 June 2019



With your SEHIP insurance you can fill specialty drugs locally in Montgomery at SEIB Pharmacy. You can pick up 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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