

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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Gastroparesis Awareness Month

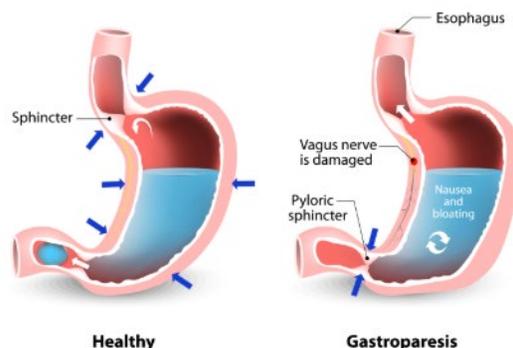
What is Gastroparesis?

Gastroparesis refers to delayed stomach emptying. Normally the stomach empties its content into the small intestine in a controlled manner. In a patient with gastroparesis, the muscle contractions that move food along the digestive tract are damaged and do not work properly causing the stomach to empty slowly.

What causes Gastroparesis?

The cause is usually unknown. Patients that have diabetes or have had a recent surgery may be at increased risk. Medications and certain illnesses can also play a role.

GASTROPARESIS



Healthy

Gastroparesis

It is estimated that 5 million individuals in the United States are affected by gastroparesis.

Signs and Symptoms of Gastroparesis

Symptoms usually occur during or after eating a meal and can include:

- Nausea and/or vomiting
- Stomach pain/discomfort
- Feeling extremely full after a normal-sized meal
- Inability to finish a meal
- Heartburn

What can you do if you suspect gastroparesis?

Your doctor will perform a physical exam and various tests. Since certain medications can cause gastroparesis, it is important to inform your doctor of all the medications you are taking.

Treatment

Depending on symptom severity, treatment includes dietary and lifestyle changes, medications, and/or surgery.

Mild symptoms can be managed by a nutritionist that can tailor a diet plan to meet your needs. Moderate-to-severe symptoms may be managed by medications that promote stomach emptying and/or reduce nausea and vomiting.

For more information:

<https://aboutgastroparesis.org/>

**Common Vaccines
for Travel**

The vaccines listed below are commonly recommended for areas of travel:

Africa

Cholera, Hepatitis B, Polio, Yellow Fever, Typhoid Fever

Asia

Cholera, Hepatitis B, Japanese Encephalitis, Polio, Typhoid Fever

South America

Cholera, Hepatitis B, Yellow Fever

**Latin America/
Caribbean**

Hepatitis B, Typhoid Fever

A full list of recommended vaccinations by specific country of travel can be found here:

<https://wwwnc.cdc.gov/travel/destinations/list>

Immunization Schedules

Birth to 18 years:

<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

Adult (≥19 years):

<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>



August is National Immunization

Awareness Month! Getting vaccinated is beneficial to your overall health, as well as, the health of those around you. Diseases that were once all too common, like small pox and polio, are now mostly eradicated. Modern vaccines may even have the ability to reduce the severity of the disease it is protecting you against.



Vaccines Recommended for YOU

<p><u>All adults</u> Annual flu Tdap once then Td every 10 years</p> <p><u>Adults 19 – 26 years old</u> HPV (Gardasil)</p> <p><u>Adults 50 years and Older</u> Shingles (Shingrix) – starting at age 50 Pneumonia series (Pneumovax 13/Pneumovax) – starting at age 65</p>	<p><u>Pregnant Women</u> Tdap between 27 and 36 weeks of pregnancy Annual flu</p> <p><u>Adults with Diabetes</u> Annual flu Pneumonia Tdap Hepatitis B Shingles (Shingrix) – starting at age 50</p> <p><u>Adults with Heart Disease/Stroke/Lung Disease/Asthma</u> Annual flu Pneumonia Tdap /Td Shingles (Shingrix) – starting at age 50</p>
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Allergies and Immunizations

It is important to make sure you report your allergies when receiving vaccines. Some vaccines are made from common allergens. If you have any of these allergies, let your healthcare provider know before receiving these vaccines.

<u>Allergen</u>		<u>Vaccine</u>
Yeast	→	HPV (Gardasil)
Eggs	→	Certain flu vaccines Yellow Fever (for travelers requiring immunization)
Latex	→	Meningococcal B, Rotavirus

Stop by the State Wellness Center to get your vaccines!

Back to School vaccines are also available!!

Available vaccines: HPV, Hepatitis A and B, Meningitis, Pneumonia, Tetanus/Diphtheria, Tetanus/Diphtheria/Pertussis, Shingles, Measles/Mumps/Rubella

Prevent Blindness®

Bringing Americans to Eye Care

August is Children's Eye Health and Safety Month!

Eighty percent of learning occurs through the eyes, so healthy vision is essential for your children to be successful and confident in the classroom. Along with shopping for clothes and supplies, go ahead and schedule a comprehensive eye exam as part of your back to school to-do list.

What is evaluated during an eye exam?

- Near and farsightedness
- Astigmatism
- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelids)
- Color deficiency (color blindness)
- Vision loss (eyesight not corrected to a "normal" level).

What causes loss of vision?

Vision loss can be caused by damage to the eye itself, by the eye being shaped incorrectly, or even by a problem in the brain. Babies can be born unable to see, and vision loss can occur anytime during a person's life.

When should my child be checked?

Your child should be checked for vision problems by an ophthalmologist, optometrist, pediatrician, or other trained specialist at these ages:

- Newborn to 3 months
- 6 months to 1 year
- About 3 years
- About 5 years

What to look for in your child if they are having vision problems?

- Close or cover one eye
- Complain that things are blurry or hard to see
- Have trouble reading or doing other close-up work, or hold objects close to eyes in order to see
- Wandering or crossed eyes
- Family history of childhood vision problems
- Disinterest in reading or viewing distant objects
- Squinting or turning the head in an unusual manner while watching television

If you observe any of the signs above, then talk to your child's healthcare provider.

What you can do?

In addition to scheduling an eye exam, the most important thing you can do is to keep your child's eyes safe. Eye injuries are the leading cause of vision loss in children.

- All children should wear protective eyewear while participating in sports or recreational activities
- Purchase age-appropriate toys for your child, and avoid toys with sharp or protruding parts
- Store personal-use items (cosmetics, toiletry products), kitchen utensils, and desk supplies where they are out of reach for children

Choosing UV Protection

Sunglasses filter light and protect your eyes from damaging UV rays. Children are at special risk from the harmful effects of UV rays, since their eyes do not have the same ability as adults to protect them from UV radiation. Here are some helpful suggestions for choosing sunglasses for children:

1. Check to make sure sunglasses fit well and are not damaged
2. The lenses should be impact resistant and should not pop out of the frames
3. Find a wide-brimmed hat for your child to wear along with the sunglasses. This will give your child extra protection against the sun.





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

The State Wellness Center will be hosting a Diabetes Class on August 14th at 2pm.

Call now to reserve your spot as seating is limited.

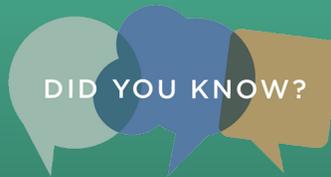
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care 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 08 August 2019



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.

References

1. <https://aboutgastroparesis.org/>
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8. <https://www.preventblindness.org/childrens-eye-health-safety>
9. <https://www.cdc.gov/features/healthyvision/>
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