

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

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Rare Disease Day is February 29th this year, a 'rare' date that happens only once every four years, although this day has been celebrated the last day of February each year since its inception in 2008. The main objective is to raise awareness among the general public and inform decision-makers about rare diseases and their impact on patients' lives.

It is estimated that 1 in 20 people will live with a rare disease at some point in their life.

There is no cure for the majority of rare diseases and many go undiagnosed.

In the U.S., a disease or disorder is defined as rare when it affects fewer than 200,000 Americans at any given time.

Eighty percent of rare diseases have been identified as genetic in origin while others are a result of infections, allergies and environmental causes, or are degenerative and proliferative.

Fifty percent of rare diseases affect children.

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Over 6,000 rare diseases are characterized by a broad diversity of disorders and symptoms that vary not only from disease to disease but also from person to person. Relatively common symptoms can often times hide underlying rare diseases leading to misdiagnoses and delays in treatment. Quality of life is affected by the loss of independence due to chronic, progressive, degenerative, and frequently life-threatening aspects of these diseases.

The lack of scientific knowledge and quality information on the disease often results in a delay in diagnosis and treatment. There also may pose difficulties in access to treatment and care, often resulting in heavy social and financial burdens for patients and their families.

While there may be many challenges, enormous progress is being made every day. Ongoing implementation of a better comprehensive approach to rare diseases has led to the development of appropriate public health policies.

Rare Disease Day is a great example of how progress continues to be made with events held worldwide each year.

Know the Signs!

Signs & Symptoms of a Heart Attack:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest, lasting more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, back, neck, jaw, or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea, or lightheadedness.

Women's most common heart attack symptom is chest pain or discomfort. Women are also more likely than men to experience shortness of breath, nausea and/or vomiting, and back or jaw pain.

Signs & Symptoms of Stroke:

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

If you have any of these signs, call 9-1-1 and get to a hospital right away!



American Heart Association 
Learn and Live



February 7th is Go Red for Women Day

The more a woman knows about heart disease, the better chance she has of beating it!

Heart Disease in Women

Cardiovascular disease is the #1 killer of women, causing 1 in 3 deaths each year. That's equivalent to one woman every minute.

The warning signs of heart disease for women are not the same in men.

There are several misconceptions about heart disease in women, and they could be putting you at risk!

Causes of Heart Disease

Heart disease affects the blood vessels and cardiovascular system. Numerous problems can result from this, many of which are related to a process called **atherosclerosis**. Atherosclerosis is a condition that develops when plaque builds up in the walls of the arteries resulting in their narrowing, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow, causing a heart attack or stroke.

There are other forms of heart disease like heart failure, arrhythmia (abnormal heart rhythm), and heart valve problems.

Prevention

Many things can put you at risk for heart disease, some you can control and others you cannot. However, with the right information, education, and care, heart disease in women can be treated, prevented, and even ended.

Studies show that healthy choices have resulted in 330 fewer women dying from heart disease each day.

Here are some lifestyle changes you can make:

- **Don't smoke**
- **Manage your blood sugar**
- **Get your blood pressure under control**
- **Lower your cholesterol**
- **Know your family history**
- **Stay active & Eat healthy**
- **Lose weight**

Go Red!

There's a lot of work that still needs to be done before heart disease becomes part of the past. Women who go red are helping us uncover the truth about heart disease, and have made incredible strides to improve their heart health.



Register to become an organ and tissue donor



Register to become an organ and tissue donor in Alabama



February 14th is National Donor Day

What is National Donor Day?

National Donor Day aims to raise awareness of the lifesaving benefits of organ, eye, and tissue donation, while reminding everyone of the importance of discussing the topic with your loved ones. Organ, eye, and tissue donation provides lifesaving and healing opportunities to nearly 120,000 people waiting for transplants nationwide. Donation allows others to breathe, to see, to move, and to live. Organ, eye, and tissue donation is a way to give the ultimate gift – the gift of life.

What does it mean to sign-up as a donor?

Signing up as a donor means you have made the decision to donate your organs, eyes, and tissues at the time of your death. Living donation is another incredible way you can help save the life of someone waiting for an organ transplant. Through living donation, a living person can donate a kidney or part of their liver, lung, intestine, or pancreas to another person in need of a transplant.

What types of organs and tissues can be transplanted?

Heart, kidneys, liver, lung, pancreas, and small intestine are the organs which can be transplanted. Bone, corneas, heart valves, veins, skin, tendons, and ligaments are among the tissues.

Who can be a donor?

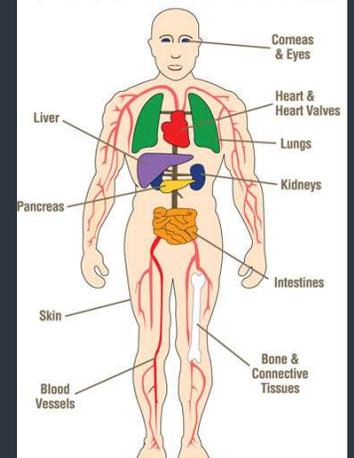
People of all ages and medical histories should consider themselves potential donors. Your medical condition at the time of death will determine what organs and tissues can be donated.

For information on how to become a living donor, visit:

[American Transplant Foundation](#)

[National Kidney Foundation](#)

ONE DONOR CAN HELP OVER 75 PEOPLE





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

State Wellness Center
334-263-8470

Pharmacy
334-263-8460

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**

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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://www.rarediseaseday.org/>
2. <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>
3. <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts/causes-and-prevention-of-heart-disease>
4. <https://www.goredforwomen.org/en/about-heart-disease-in-women/signs-and-symptoms-in-women>
5. <https://www.donoralliance.org/get-involved/events/event/national-donor-day/>
6. <https://www.donoralliance.org/understanding-donation/about-donation/living-donation/>
7. <https://www.donoralliance.org/understanding-donation/why-donate/donation-faq/>
8. <http://legacyofhope.org/understanding-donation/>