

## 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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PharmD Candidates 2020

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## Trisomy Awareness Month



**Trisomy** is a chromosomal condition resulting in three copies of a chromosome rather than the normal two copies. This presents as 47 chromosomes in the cell instead of the usual 46, which can result in birth defects, serious developmental and motor delays, and a high incidence of mortality.

### What is a chromosome?

Chromosomes are tiny structures inside cells made from DNA. They tell cells how to function and replicate. Different chromosomes carry different types of information. For instance, one chromosome may contain information on eye color while another may determine blood type. Humans have 23 different pairs of chromosomes totaling 46 chromosomes in each cell.

### Types of Trisomy

There are different types of trisomy depending on which chromosome has an extra copy. The three most common are:

#### Trisomy 21 (Down syndrome)

Occurs in 1 in 691 live births in the US each year. Mild to moderate intellectual and developmental disability, heart abnormalities, and are at risk for hearing and vision loss as well as a number of other health conditions.

#### Trisomy 18 (Edwards syndrome)

Occurs in 1 in 5,000 live births in the US each year. Severe intellectual and developmental disability, serious heart problems and other life-threatening issues.

#### Trisomy 13 (Patau syndrome)

Occurs in 1 in 10,000 to 16,000 live births each year worldwide. More severe intellectual and developmental disability, and multiple physical problems, including serious heart problems.

In trisomy 18 and trisomy 13, developmental and physical delays are greater, and the prognosis is worse compared to trisomy 21.

If cells only include a partial extra chromosome or the extra chromosome is only in a few cells, symptoms are usually milder than if cells have a complete extra chromosome present in the majority of the cells.

For more information on  
trisomy and support:



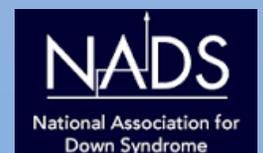
<https://trisomy.org/>



<https://www.hopefortrisomy13and18.org/>



<https://www.trisomy18.org/>



<https://www.nads.org/>



<https://www.dsrf.org/>



<https://ghr.nlm.nih.gov/>



We spend one-third of our lives asleep

A good night's sleep can help protect you against the flu

Women are more likely to experience insomnia than men

Your body uses energy when you sleep, which means you burn calories while you sleep

Electronic devices can suppress the release of melatonin—the hormone that helps you fall asleep

Being awake for 24 hours is like having a blood alcohol level of 0.1.

### NSF Bedtime Calculator

[www.sleepfoundation.org/bedtimecalculator](http://www.sleepfoundation.org/bedtimecalculator)

Use this calculator to find out what time to go to bed or wake up based on how much sleep you want.

## National Sleep Awareness Week March 1<sup>st</sup> – 7<sup>th</sup>

### How Much Sleep Do We Need?

- Sleep is a vital component of our overall health and well-being.
- Sleep needs vary across ages and are impacted by lifestyle and health.
- The recommended sleep range for most adults 18 years or older is roughly 7-9 hours a night.
- It is important to pay attention to your own individual needs by assessing how you feel on different amounts of sleep.

### Your Body on No Sleep

- Insufficient sleep can affect your immune system, leaving you more susceptible to infections.
- Lack of sleep can also affect your appearance, causing dark circles and swelling under your eyes.
- Too little sleep can cause hard-to-control cravings leading to obesity.
- Missing a night of sleep can make you feel unfocused or forgetful, leading to accidents and mistakes.

### Fall Asleep Faster with Relaxation Exercises

- Deep Breathing: Close your eyes and focus on your breath. Breathe slowly and deeply, visualizing the air as you inhale and exhale. Do this until you feel calm and relaxed.
- Guided imagery: Visualize a scene, memory, or story that you find calming.

### Bedroom Environment

- Use low-wattage, incandescent lamps at your bedside to help you wind down before sleep.
- Turn off your television before you start your bedtime routine. Use white noise instead for background sounds.
- Avoid looking at your cell phone or other electronic devices before going to bed
- Wash your sheets and pillowcases once a week with a pleasant smelling laundry detergent, such as lavender. Lavender has been shown to decrease heart rate and blood pressure, thus helping you relax.

### Healthy Sleep Habits:

- Stick to a sleep schedule, even on weekends
- Practice a relaxing bedtime ritual (deep breathing, meditation, guided imagery)
- Exercise daily
- Evaluate your bedroom to ensure ideal temperature, sound, and light
- Sleep on a comfortable mattress and pillows
- Beware of hidden sleep stealers, like caffeine and alcohol
- Turn off electronics before bed

For more information visit: [www.sleepfoundation.org](http://www.sleepfoundation.org)



# National Endometriosis Awareness Month

## RESOURCES

### What is Endometriosis?

The endometrium is the tissue that lines the inside of the a woman’s uterus, which builds up and sheds each month during the menstrual cycle.

In endometriosis, endometrial tissue is found outside the uterus in other areas of the body. This tissue develops into growths known as nodules, tumors, lesions, implants, or growths.

### What are signs and symptoms of Endometriosis?

- Pain before and during periods (usually worse than normal menstrual cramps)
- Pain during or after sexual activity
- Painful urination/bowel movements during periods
- Fatigue
- Infertility
- Heavy bleeding, spotting in between menstrual cycles
- Stomach upset, such as diarrhea, constipation, nausea

### How is Endometriosis diagnosed?

Diagnostic evaluation will begin with getting a thorough history and physical exam to rule out other potential causes for pain. Diagnosis can only be done through laparoscopy, a surgical procedure that can show the location, size, and extent of the growths.

### How is Endometriosis treated?

There is no cure for endometriosis but treatments are available for symptom relief.

#### PAIN MEDICATION

Over-the-counter pain treatment:

- Aspirin
- Tylenol® (acetaminophen)
- Advil® (ibuprofen) or Aleve® (naproxen)

Prescription pain treatment:

- Orlissa® (elagolix) is a medication prescribed for the treatment of moderate to severe pain associated with endometriosis.

#### HORMONAL THERAPY

Hormonal treatment aims to stop ovulation for as long as possible and may include oral or injectable contraceptives (birth control), hormonal intrauterine devices, gonadotropin-releasing hormone drugs (GnRH agonists), or danazol (a testosterone derivative).

#### SURGERY

Conservative surgery seeks to remove the growths and relieve pain, while preserving your uterus and ovaries. Hormonal therapy may be prescribed along with conservative surgery. Radical surgery, which may be necessary in severe cases, involves a hysterectomy, removal of all growths, and removal of ovaries.

#### Endometriosis Symptom Survey:

<https://endometriosisassn.org/about-endometriosis/endometriosis-symptoms-survey>

#### How to Prepare for Your Appointment:

<https://www.speakendo.com/endometriosis-resources/prepare-for-your-appointment>

#### Support Organizations & Communities:

<https://www.speakendo.com/endometriosis-resources/community-support>



**State Wellness Center & Pharmacy**

101 South Union Street  
Montgomery, AL 36104

State Wellness Center  
334-263-8470

Pharmacy  
334-263-8460

The State Wellness Center will be hosting a Diabetes Class on March 25<sup>th</sup> at 2pm.

Call now to reserve your spot as seating is limited.

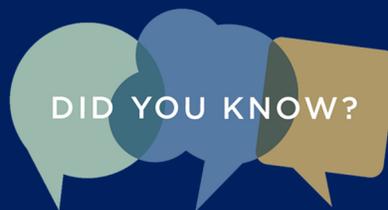
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care 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 03 | March 2020



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://trisomy.org/>
2. [http://www.biology4kids.com/files/cell\\_chromosome.html](http://www.biology4kids.com/files/cell_chromosome.html)
3. <https://www.sleepfoundation.org/>
4. <https://endometriosisassn.org/>
5. <https://www.womenshealth.gov/a-z-topics/endometriosis>
6. <https://www.aafp.org/afp/2011/0101/p84.html>
7. <https://www.fda.gov/drugs/drug-approvals-and-databases/drug-trials-snapshots-orilissa>