

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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May is Lupus Awareness Month

Lupus Awareness Month is an annual nationwide observance calling attention to lupus and its impact on the lives of millions of individuals and families.

What is Lupus?

Lupus is a chronic condition that can cause inflammation and pain in any part of the body. It's considered an autoimmune disease, which means that your immune system – the part of your body that fights infections – attacks healthy tissue instead. When lupus makes your immune system attack healthy tissue, it can cause inflammation in lots of different body parts. Lupus most commonly affects your skin, joints, and internal organs. Since lupus affects many parts of the body, it can cause a lot of different symptoms.

Most common symptoms of lupus

- Extreme fatigue/tiredness
- Headaches
- Painful or swollen joints
- Fever
- Anemia
- Swelling in feet, legs, hands, and/or around eyes
- Pain in chest when breathing deeply
- Butterfly-shaped rash across cheeks and nose
- Sun- or light-sensitivity
- Hair loss
- Abnormal blood clotting
- Fingers turning white or blue when cold
- Mouth or nose ulcers

Who is at risk for developing lupus?

Anyone can develop lupus. But certain people are at a higher risk, including

- Women ages 15 to 44
- African American, Asian American, Hispanic/Latino, Native American, or Pacific Islander
- People who have a family member with lupus or another autoimmune disease

9 out of 10 people with lupus are women.

What kinds of doctors treat lupus?

Most people who have lupus will see a rheumatologist, which are specialists who diagnose and treat diseases in the joints or muscles. Since lupus can cause problems anywhere in the body, you may see other types of doctors like a dermatologist or cardiologist.

Burden of having lupus

- 65% say chronic pain is the most difficult part of having lupus
- 76% say fatigue caused by lupus has forced them to cut back on social activities
- 89% say they can no longer work full-time due to complications

For more information on lupus

LUPUS[™]
FOUNDATION OF AMERICA

What the Mediterranean Diet Can Do for You

- Lowers your risk of heart disease and stroke
- Improves elevated cholesterol
- Reduces the risk of developing type 2 diabetes
- Prevents certain cancers
- Slows cognitive decline in older adults
- Reduces the risk of mild cognitive impairment progressing into Alzheimer's disease
- Nurtures healthier habits
- Aids in weight loss and weight management

OLDWAYS Contact Information

266 Beacon Street,
Suite 1
Boston, MA 02116

T: 617-421-5500

F: 617-421-5511

E: info@oldwayspt.org

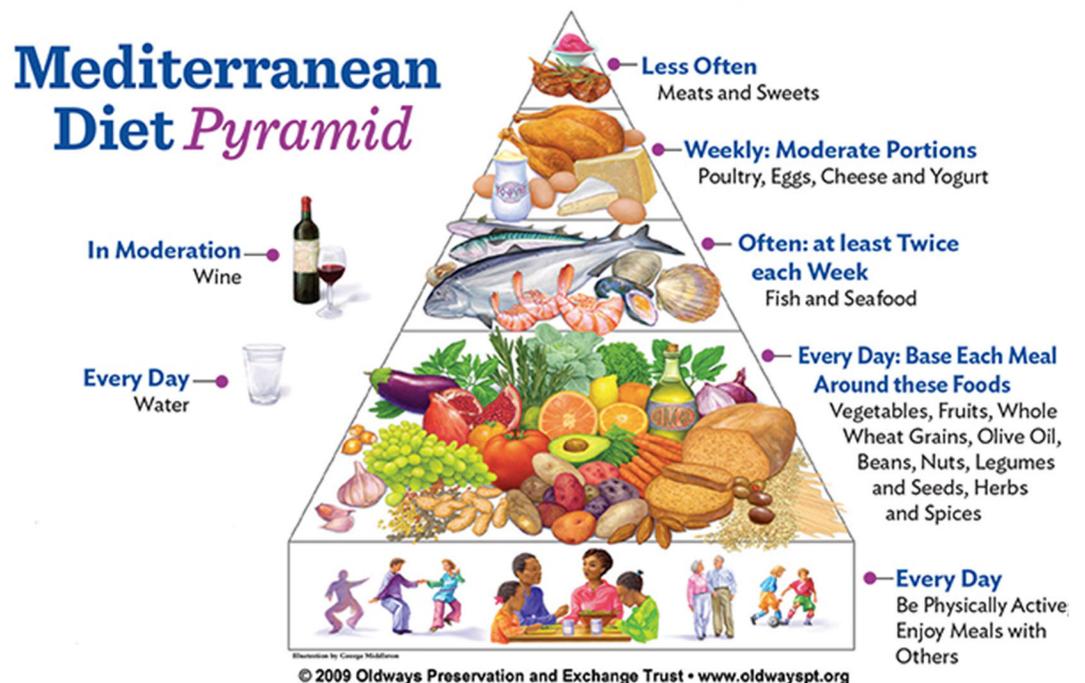


MAY is INTERNATIONAL MEDITERRANEAN DIET MONTH

What is the Mediterranean Diet?

The Mediterranean diet contains many of the foods that are commonly found in other food pyramids.

The main difference is the frequency in which foods are eaten. This diet is an excellent way to give you a balanced and healthy lifestyle.



Tips and Tricks for Success

1. Stock your pantry
2. Keep snacks simple
3. Utilize your blender for on-the-go smoothies
4. Brown bag it for lunch.
5. Use meat as flavoring instead of the main dish
6. Drink lots of water
7. Get plenty of exercise
8. Share meals with others

The "All Stars"

- Avocados
- Fish
- Tomatoes
- Yogurt
- Beans
- Nuts, Peanuts, Seeds
- Wine (in moderation)
- Whole Grains

For more information on the Mediterranean diet, please visit

<https://oldwayspt.org/traditional-diets/mediterranean-diet>

PREECLAMPSIA AWARENESS MONTH

What is preeclampsia?

A serious disease that is related to consistently high blood pressure in pregnancy. It can occur during the second half of pregnancy and up to six weeks after delivery.

Signs and Symptoms



Stomach Pain



Headache



Feeling Nauseous/Vomiting



Seeing Spots



Swelling of the Hands/Feet



Increase in weight by more than 5 lbs in a week

Risks

To Mother	To Baby
Seizures	Premature Birth
Stroke	Low birth weight
Organ Damage	Death
Death	

Blood Pressure Values

Normal: <120/80 mmHg

Elevated: 120-129/< 80 mmHg

Stage 1: SBP of 130-139 or DBP of 80-89 mmHg

Stage 2: SBP of >140 or DBP of >90 mmHg

Crisis: SBP >180 and/or DBP >120 mmHg



What YOU Can Do

Attend all of your prenatal appointments.

Talk with your healthcare provider before or early in your pregnancy about your risks for preeclampsia

Monitor your blood pressure and weight regularly. Contact your provider immediately if either becomes unexpectedly high.

Know your family history.

Maintain a healthy weight by eating right and exercising regularly.

For more information, visit

www.preeclampsia.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)

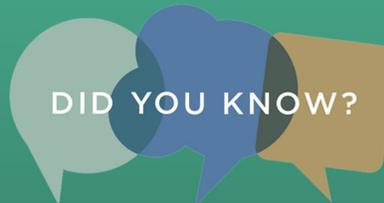
CALL FOR AN
APPOINTMENT TODAY!

(334) 263-8470

State Wellness Center and Pharmacy

Issue 05

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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.