

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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COVID-19 Vaccine Update

Current COVID-19 Vaccination Recommendations:

Per the CDC, everyone 16 years of age and older is eligible to receive a COVID-19 vaccination. People with a history of a severe reaction to any ingredient in the vaccine should not receive the vaccine. A reaction is considered severe when a person needs to be treated with epinephrine or if they must go to the hospital. People who have been treated for COVID-19 with use of convalescent plasma and/or monoclonal antibodies should wait 90 days to receive the vaccine. If you are experiencing moderate-to-severe illness, you should wait to receive the vaccine until you feel better.

What's New?

Pfizer-BioNTech reports the COVID-19 vaccine is safe and effective for adolescents aged 12 to 15 years. A study including over 2,200 adolescents found that the vaccination provided a higher protective antibody response than in adults. The vaccine was 100% effective against symptomatic disease. Asymptomatic disease refers to patients that test positive for COVID-19 but do not have any symptoms (fever, cough, shortness of breath). Adverse effects were consistent with those seen in participants ages 16 to 25. The most common side effects were injection site soreness, tiredness, and headache. At the time of this publication, Pfizer-BioNTech plans to submit the data from their study to the FDA to extend the Emergency Use Authorization to include adolescents ages 12 to 15.

What's Next?

All participants will be monitored for 2 years following their second dose to track safety and effectiveness related to long-term antibody protection. Pfizer-BioNTech hopes to receive the extended Emergency Use Authorization for persons 12-15 years old before the 2021-2022 school year begins. Pfizer-BioNTech have begun studies in children ages 5 to 11 and children ages 2 to 5.

Moderna is also in the process of studying the safety and effectiveness of its vaccine in younger patients. Results are currently pending.

How to Stay Up-to-Date:

Stay up-to-date on the most recent COVID-19 information at:

- www.CDC.gov/coronavirus
- www.FDA.gov/coronavirus
- www.covid19treatmentguidelines.nih.gov

MAY IS SKIN CANCER AWARENESS MONTH



Skin cancer is the cancer you can **SEE**. It is recommended to do an at-home check every month.

Areas to be checked include: face, scalp, hands, arms, torso, upper back, lower back, and legs

Look for the ABCDEs:

- new moles or blemishes
- spots that have an abnormal appearance, such as **ASYMMETRY**, irregular **BORDER** or **COLOR**, or large **DIAMETER**
- spots that are **EVOLVING**

MOLE FEATURES	BENIGN	SEE DOCTOR
A ASYMMETRY ONE HALF OF A MOLE DOES NOT MATCH THE OTHER		
B BORDER THE EDGES ARE THIN OR AS BLAGGED, NOTCHED, OR BLURRED. NORMAL MOLES ARE EVEN ON ALL SIDES.		
C COLOR THE MOLE IS NOT EVENLY COLORED. IT MAY INCLUDE SHADES OF BROWN OR BLACK, OR PORTIONS OF PINK, RED, WHITE OR BLUE.		
D DIAMETER THE SPOT IS LARGER THAN 1/4 INCH (6 MILLIMETERS) ACROSS		
E EVOLVING THE MOLE IS CHANGING IN SIZE, SHAPE, OR COLOR.		

IF CAUGHT & TREATED EARLY, BEFORE IT ADVANCES & SPREADS TO OTHER PARTS OF YOUR BODY, MELANOMA CAN ALMOST ALWAYS BE CURED.

BAPTIST HEALTH®

For more information on skin cancer prevention, visit: www.thebigsee.org

Skin cancer is the most common cancer in the United States. There are over 5 million new cases every year. One in every five Americans will develop some form of skin cancer by 70 years of age.

Skin cancer is one of the most preventable forms of cancer. About 90% of nonmelanoma skin cancers and 85% of melanoma skin cancers are linked to UV exposure, which can come from the sun and from tanning beds. Having five or more sunburns, or just one blistering sunburn before adulthood, doubles your risk of developing melanoma.

Tips for Limiting UV Exposure:

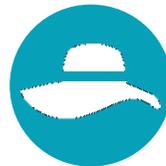
Avoiding direct sunlight between 10 AM and 4 PM can limit your skin's exposure to harmful UV rays. If you have to be in the sun, wearing clothing that covers your body and head (such as long sleeves and a wide-brimmed hat) can help limit exposure.

Using a sunscreen with an SPF of 15 or more every day reduces the risk of squamous cell carcinoma (a nonmelanoma skin cancer) by 40% and the risk of melanoma by 50%. Adding in a water-resistant formula with an SPF of 30 or more can give extra protection, especially if you are going to be outside for a longer time or around water.

Using a lip balm with an SPF of 30 or more every day reduces the risk of skin cancer on your lips.

Medications and Sun Sensitivity:

Some medications for infections, allergies, cholesterol, blood pressure, pain and inflammation, acne, diabetes, and birth control pills can lead to skin issues with sun exposure. Talk with your pharmacist about whether or not your medications increase your risk.



Tips for Applying Sunscreen:

The recommended amount of sunscreen for each application when going out into the sun is at least 1 ounce, which is as much as a shot glass.

Sunscreen should be applied to the whole body 15 to 30 minutes before going out into the sun.

It should be re-applied every two hours if you are not in the water or doing activities that cause you to sweat a lot. If you are sweating or around water, it needs to be re-applied more often.

Eliminating Medication Overload with MTM



What is MTM?

Medication Therapy Management (MTM) has become an integral part of the pharmacist's role in disease state management. MTM is comprised of distinct services that help enhance therapeutic outcomes for patients.

Who is Eligible for MTM Services?

Patients covered under Medicare Part D are eligible to receive MTM services if they have multiple chronic conditions (3 or more), use multiple medications (8 or more), or are likely to incur certain medication costs annually.

What Role Does the Pharmacist Play in MTM?

Pharmacists are essential members in performing MTM services. Pharmacists are able to perform medication monitoring and dose adjustments, evaluate disease management, promote medication compliance, give immunizations, perform medication safety measures (medication error reporting and monitoring for adverse events), and encourage healthy lifestyle habits, such as healthy eating, physical activity, and tobacco cessation.

What Services are Offered at the State Wellness Center?

Disease Management and Education

Get advice on how to properly manage your medical conditions through lifestyle modifications, optimal medication use, and other therapies.

Anticoagulation Medication Management

Provide monitoring services (example: INR checks), and receive guidance on how to safely take your prescribed blood thinners.

Specialty Medication Clinic

Receive advice and demonstrations on how to properly take your specialty medication (example: Humira®; Enbrel®; Repatha®).

Immunization Services

Get up-to-date on your flu, tetanus, whooping cough, shingles, pneumonia, meningitis, HPV, MMR, and COVID-19 vaccinations.

Diabetes and You Program

One-on-one pharmacist consultations and education to create and manage a diabetes care plan personalized to your needs.

Healthy Habits

Counseling to help you reach your weight management goals through a personalized nutrition and exercise plan, and implementation of other healthy habits.

Tobacco Cessation

Work with a pharmacist to create and complete a plan tailored to your needs and preferences to become tobacco-free.

Medication Review and Consultation

Review and discuss your medications with a pharmacist, and learn how to get the most benefit from them.

What's the Overall Benefit of MTM?

Medication check-ups typically consist of four core components that produce tremendous benefit to you as the patient:

Inventory:

The pharmacist will first take inventory of all your medications including prescription medications, over-the-counter, herbal products, and dietary supplements.

Inquiry:

The pharmacist will then meet with you one-on-one to get a better understanding of your overall health and management of your medical conditions. This often includes management goals, medication preferences, and cultural values.

Intervention:

The pharmacist will take your wants and needs into consideration and assess your medication management to implement shared decision making to create a personalized plan of action.

Follow-up:

The pharmacist will create a necessary follow-up plan and provide you with an updated medication list. The pharmacist will also contact your health care provider(s) with their findings and recommendations.



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

The State Wellness Center will start providing COVID-19 vaccinations to anyone age 16 and older.

Call to schedule your appointment today.

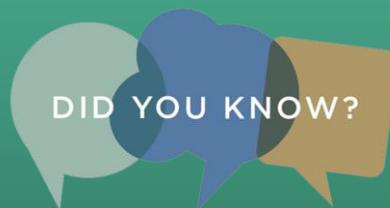
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care 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 5 | May 2021



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.

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COVID-19 Vaccine Update

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Skin Cancer Awareness Month

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Eliminating Medication Overload with MTM

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