

PROJECT COLLABORATE

working together for better health in our community

University of Texas College of Pharmacy students providing health maintenance evaluations to many in Texas' underserved communities.

Quarterly Newsletter

March 2017

Pharmacist prescribing oral contraception

Pharmacists in Colorado are now allowed to prescribe oral contraception for women. Colorado is the third state behind California and Oregon to offer this service. After direct consultation with a pharmacist, women may have direct access to oral contraception without having to make an appointment with their doctor or primary care provider.

In order for a pharmacist to be able to offer this service, he or she must undergo training. This training consists of learning to screen patients for potential contraindications and underlying health conditions to determine the best contraceptive method for each individual patient. Pharmacist-prescribed contraception increases access and convenience to birth control allowing women to have more control over their reproductive health. Although pharmacist-prescribed contraception is not a substitute for routine health screenings and well-woman checks, this initiative could potentially help reduce unplanned pregnancies throughout the state of Colorado.

(Source: <http://www.pharmacist.com/article/colorado-pharmacists-can-now-prescribe-contraception>)



Antibiotic resistance

Antibiotic resistance occurs when an antibiotic is not effective against a certain bacterial infection. Antibiotic resistance can occur by various mechanisms whenever bacteria are in the presence of an antibiotic. Using antibiotics for viral infections or not finishing a course of antibiotics are perfect opportunities for resistance to an antibiotic to develop.

Source:
<https://medlineplus.gov/antibioticresistance.html>

Active in Austin

- ✓ **Fresh Friday Austin** - Sign up at <http://freshatx.com/> to have access to over 40 FREE fitness classes each Friday. They continue to add new locations, partner facilities, classes and instructors. Join the movement to de-stress before the weekend and help make Austin the fittest city in the USA.
- ✓ Sign up for the **Longhorn Run** - Join the campus tradition and sign up to run the Longhorn Run on April 8th. Choose the 5K or 10K route (both starting in front of the tower) and enjoy a scenic run with your friends around the 40 acres and beyond. Be sure to stick around for a post-race party. Training events will be held leading up to the race day, and a training event for grad students specifically will be held on Friday, *March 24th*. Look out for a Facebook Event with more details on time and place.



Disease State Overview

Approximately 10% of the population worldwide have Chronic Kidney Disease (CKD). Despite this scary number, CKD progress can be slowed down with early diagnosis and proper treatment. What is CKD? It is a disease that damages the kidneys, and decreased kidney function can cause wastes from the body to build up in the blood. CKD can be associated with other diseases, such as high blood pressure, anemia, weak bones, poor nutrition, and nerve damage. Two most common causes of CKD are diabetes and high blood pressure. Symptoms include feeling tired, trouble concentrating, muscle cramps at night, swollen feet, puffy eyes in the morning, dry/itchy skin, and the need to urinate more frequently (especially at night). The National Kidney Foundation provides free kidney check-ups in locations throughout the United States. In Texas, it is offered in Dallas (Find out more here: <https://www.kidney.org/keephealthy>). There are also many online tools available to check how your kidneys are doing.

You can rate your risk of kidney disease at:

<https://www.kidney.org/kidneydisease/selfAssessmentQuiz>

You can calculate your risk of kidney failure at:

<http://kidneyfailurerisk.com/>

Springtime Health Concerns & Tips

March 20th marks the first day of spring, and allergy season will be in full effect. As plants and trees begin to bloom, pollen, a natural allergen, is produced. This can cause those allergic to pollen to experience unpleasant symptoms such as watery and itchy eyes, runny nose, and sneezing. While mild allergies may be treated with over-the-counter medications, avoiding the allergens is usually a better option. Washing your hair and changing clothes after being outside helps as well.

Another seasonal health concern is body injuries during the spring. In the winter, our bodies have become sedentary and should be eased back into a heavier workload. Our muscles are not used to more physical activity such as yard work or gardening, which can lead to neck and back injuries. To help this, stretching and warm ups that target core muscle groups should be utilized before performing strenuous activity.

<http://www.ctpost.com/health/article/As-the-seasons-change-so-do-your-health-concerns-4364062.php>

INGREDIENTS

For the base

- 1 medium cauliflower, florets only
- 1 medium free-range egg, lightly beaten
- 1 tsp dried mixed Italian herbs, such as oregano, marjoram, basil
- 1 1/3 tsp of ground almonds

For the topping

- Extra-virgin olive oil for frying
- ½ medium red onion, cut in half through the core, sliced
- ½ cup of cherry tomatoes, halved
- 20 tsp medium-large vine tomatoes (about 3-4), halved
- 1 large garlic clove, crushed
- 1/3 cup of chard, chopped into small bite-size pieces (chop stalks separately if thick)
- Small handful pitted kalamata olives

METHOD

1. Heat the oven to 220°C/200°C fan/gas 7 and put in a pizza stone or heavy, flat baking tray to heat up. Whizz the cauliflower florets in a food processor until they resemble couscous, then steam in a sieve or steamer over a small amount of simmering water until tender (about 15 minutes). Set aside to cool completely.
2. Lay 2 layers of muslin or a clean J-cloth over a bowl. Spoon in the cauliflower, wrap in the cloth and squeeze out all the liquid. You should end up with 200g cauliflower 'flour'.
3. In a mixing bowl, combine the cauliflower and the remaining base ingredients with a pinch of salt and pepper. Using your hands, press the dough onto a large piece of oiled baking paper, to about 5mm thick. Slide the paper onto the hot pizza stone or baking tray in the oven and bake for 10 minutes. Remove from the oven, flip over and peel off the paper. Bake for another 5 minutes or until the base is golden and crisp around the edge.
4. Meanwhile, make the topping. Heat a glug of oil in a medium pan over a low-medium heat. Gently cook the onion with a pinch of salt and pepper. Once translucent, turn up the heat to medium and add the tomatoes. When the tomatoes start to soften, add the garlic and cook for another 2-3 minutes. Add the chard and cook until wilted. Stir in the olives, then remove the pan from the heat and keep warm.
5. Allow the cooked base to stand for a few minutes, then top with the chard mixture. Sprinkle on some crumbly cheese and chili oil, if using, then serve.

*Grain-free
cauliflower
pizza*

