

# PROJECT COLLABORATE

working together for better health in our community

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



Quarterly Newsletter | May 2017

## Gene Editing Strategy Eliminates HIV-1 Infection in Live Animals



In a study done by scientists at Lewis Katz School of Medicine at Temple University and the University of Pittsburgh, HIV DNA has been shown to be removed from genetic information of living animals to eliminate further infection. A new gene editing technology called CRISPR/Cas9 was used to eliminate the virus from infected cells in living mice. Testing will move to primates, a more suitable animal model, and eventually humans.

For more information visit:  
<https://www.sciencedaily.com/releases/2017/05/170501112514.htm>

## Seasonal Health Concerns — Sun Protection

Summer is a fun time of year filled with beach activities and backyard barbecues. Here are some general precautions to take when spending time outdoors to protect yourself from sun damage and prevent sunburns!

- Limit time spent in the sun from 10 am to 4 pm because that is when the sun's UV rays are strongest.
- Use sunscreen with at least 15+ SPF when going outdoors. Reapply every two hours or after any physically demanding activities like running or swimming.
- Wear protective clothing like wide brim hats and loose fitting clothes when going outside. Use sunglasses with 99-100% UV-B and UV-B for maximum eye protection.



For more information visit: [http://www.who.int/uv/sun\\_protection/en/](http://www.who.int/uv/sun_protection/en/)

## ANAPHYLAXIS

Anaphylaxis is a serious, life-threatening allergic reaction. The most common reactions are to foods, insect stings, and medications. Typically, symptoms occur in one location, but more serious anaphylactic reaction may affect more than one part of the body at the same time. Anaphylaxis requires immediate treatment, including prompt injection of epinephrine and immediate medical attention. The condition can be fatal if it is not treated properly.

For more information visit: <http://.aaaai.org/conditions-and-treatments/allergies/anaphylaxis>


## Recipe of the Month:

### Berry Spinach Salad:

- 2 cups spinach
- 2 whole strawberries, sliced
- 2 tablespoon blueberries
- 1 tablespoon blackberries
- 2 tablespoons pecans, chopped
- 2 tablespoons goat cheese, crumbled

### Berry Vinaigrette:

- 1/2 cup fresh berries such as strawberries, blackberries and blueberries.
- 1 tablespoon cherry juice
- 2 tablespoons canola oil
- 1 tablespoon balsamic vinegar

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| <p><b>BERRY SPINACH SALAD</b></p> <p>1. Fill a large bowl with spinach. Top with berries, pecans and goat cheese.</p> <p style="text-align: center; font-size: 24px; font-weight: bold; color: white;">1</p> | <p>2. Drizzle with prepared vinaigrette (see step 3) and serve immediately.</p> <p style="text-align: center; font-size: 24px; font-weight: bold; color: white;">2</p> | <p><b>BERRY BALSAMIC VINAIGRETTE</b></p> <p>Add all ingredients to a blender. Pulse until combined and dressing is thick and smooth. May strain seeds through a sieve before serving. Store leftover dressing in the refrigerator.</p> <p style="text-align: center; font-size: 24px; font-weight: bold; color: white;">3</p> |  |
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For more information visit: <http://chefsavvy.com/berry-spinach-salad-with-berry-balsamic-vinaigrette/>

## WHAT IS STROKE?

A stroke occurs when there is not enough blood flow to the brain, either because of a blockage or because of a bleed. Brain cells start dying as a result of the lack of oxygen from blood, resulting in the classical symptoms of stroke and a life-threatening emergency. **FAST** is a great acronym to remember when recognizing and dealing with stroke.

**FACE:** Is one side drooping?

**ARM:** Is one weaker than the other?

**SPEECH:** Is speech slurred?

**TIME:** If you recognize any of these symptoms, it is important to call 911 immediately.



For more information visit: <http://www.stroke.org/understand-stroke/recognizing-stroke/act-fast>

ACTIVE in Austin

It's officially the start of summer (at least for pharmacy students). What does that mean? It's time to R U N! For those who are ready to take on a new challenge, why not prepare yourselves for a half-marathon or even a full-marathon?

**Consider signing up for these:**

- **Jan 21, 2018 : 3M Half Marathon** | <http://www.3mhalfmarathon.com/>
- **Feb 18, 2018 : Austin Half Marathon & Marathon** | <http://youraustinmarathon.com/>