

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.

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Myth Busters: To Vaccinate or Not To Vaccinate?

Myth: The diseases vaccines protect against aren't serious.

Fact: Babies without a whooping cough vaccine often get the disease from their parents. 1 in 20 children who get measles will get pneumonia. 1 in 1000 children with measles will have their brain swell. 1-2 in 1000 children with measles will die.

Myth: Vaccines have chemicals that will hurt my child.

Fact: There is NO link between vaccines and autism. The amount of chemicals in vaccine is so small they won't harm you. Vaccines are tested many times before they are approved for use.

Myth: Vaccine companies just want my money.

Fact: Vaccines are funded by the government. The company gets paid whether your child gets the shot or not. The Vaccines for Children Program will also vaccinate your child for free.

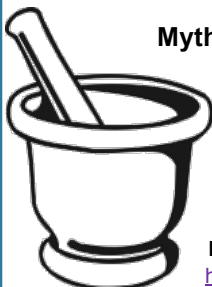
Myth: Vaccines don't really work.

Fact: Vaccines usually prevent 80% of disease. It is still possible to get the flu after the shot, but less likely. The vaccine also helps make your immune system stronger. This means if you get sick, it won't be as bad.

More Info: <http://www.cdc.gov/vaccines/default.htm>
<http://health.clevelandclinic.org/2014/09/6-myths-about-vaccines-and-the-truths-behind-them/>



americanpreppersnetwork.com



Histamine

Histamine is a natural chemical released by your body when it is injured, inflamed, or exposed to allergens. The body's reaction to histamine causes many common allergy symptoms.

For more info, see our healthy tip at:

www.facebook.com/utprojectcollaborate

Active in Austin

Want to be more active? Good news, Austin has plenty of activities to help with that!

The **Barton Creek Farmer's Market** and the **SFC Farmers Market** Downtown are open each Saturday, rain or shine, from 9am-1pm. **CityScape Scavenger Fun Run** is scheduled for March 28. Enjoy a morning with the Easter bunny at the **ASH Dash 5K Bunny Run** on April 4th benefitting Austin State Hospital. This season, enjoy all that Austin has to offer through physical activities and healthy living events!

Learn more here: www.austintexas.org/visit/events
Or Here: www.sustainablefoodcenter.org/programs/



Colorectal Cancer Awareness

March is Colon Cancer Awareness month! Start screening at age 50 for men and women with average risk. People at increased risk, such as those with a family history of colon cancer or polyps, should get tested sooner. Talk to your doctor about when and how you should start screening. Colonoscopy is usually the preferred screening method.

To help prevent colon cancer:

- eat more fruits and veggies
- eat less meat
- exercise 30 minutes a day most days of the week
- limit tobacco and alcohol use

March 6th is the 2015 National Dress in Blue Day. Please wear blue to help raise awareness for colorectal cancer!

For more information visit these websites:

<http://www.cancer.org/cancer/colonandrectumcancer/>
http://www.ccalliance.org/awareness_month/

Avoid Ticks

Ticks bite animals and humans. They are most active from April to September. They live in grassy or wooded areas, or on animals. Ticks can transmit serious diseases like Lyme Disease or bacterial disease known as ehrlichiosis.

To prevent tick bites:

- Avoid wooded or bushy areas
- Walk on trails
- Use 20-30% DEET repellent on skin and clothing

After being outdoors:

- Bathe or shower within 2 hours
- Do a full body tick check
- Check gear, clothing, and pets for ticks
- Tumble clothes in a dryer on high heat for an hour to kill extra bugs

Mango Salsa Chicken

Ingredients:

4 boneless skinless chicken breasts
2 tablespoons of chicken seasoning
¼ cup corn oil
3 tablespoons lemon or lime juice

For the mango salsa:

2 cups of diced mango
1 cup diced red bell pepper
3 tablespoons minced red onion
1 tablespoon lemon or lime juice
2 tablespoons minced cilantro
Salt and pepper to taste

Directions:

1. Preheat the grill to medium heat, or between 350 to 450 °F.
2. Trim excess fat from the chicken, rinse and pat dry. If necessary, pound chicken to 1/2-inch thickness. Place chicken into a 1-gallon size resealable plastic bag. Add seasoning, oil and lemon juice to the bag. Seal bag and turn to thoroughly coat chicken.
3. Grill the chicken over direct high heat for 6 to 8 minutes. Turn chicken and continue to cook for 6 to 8 minutes until cooked through. Transfer to a serving plate.
4. Combine the mango salsa ingredients in a bowl; stir and season to taste with salt and pepper. This can be made up to 8 hours ahead and refrigerated until ready to serve.
5. Top the grilled chicken with mango salsa and serve immediately.