

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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Staying Hydrated Year Round

Since the main function of water in the body is to regulate temperature, it's no surprise that having too little water in your body can cause you to be too cold or hot. This is called dehydration. In order for your body to maintain a regular temperature of 98.6 °F, your body must be hydrated and in balance.

What are the signs of dehydration?

- Being more thirsty than usual
- Red skin
- Fever
- Fast breathing and heart rate

What should you avoid?

- Alcohol
- Caffeinated beverages like soda

What are some good sources of water?

- Fruits: watermelon, oranges, melons, and grapefruit
- Vegetables: celery, radishes, cucumbers, spinach, and peppers



Water is the best choice for keeping hydrated

Probiotics:

Probiotics are live bacteria that are considered "good" and may have certain health benefits. There is some evidence to show that probiotics can help with digestion and possibly prevent colds and the flu. Probiotics can be found in live yogurt, kimchi, and miso. You can also purchase supplements at the pharmacy. Look for the phrase "active culture" on the label.



Active in Austin

Looking for a fun and festive 5K in Austin? On February 13th, Camp Mabry is hosting the Cupid's Chase 5K in support of people with disabilities. Registration is \$30.00 if you register before February 13th, and \$40.00 dollars the day of the event.

Event Location: 2000 W. 35th Street, Austin, TX 78703

Registration: 8 AM

Race: 10 AM

For more information, visit http://imatter.comop.org/site/TR?fr_id=1270&pg=entry



HIV and AIDS: What You Need to Know

Human immunodeficiency virus, also known as HIV, is a viral disease that destroys white blood cells which help to fight disease and infection. This white cell destruction weakens the body's immune system and can make a person more likely to experience illness or infection. When the virus destroys so many white blood cells that the body can no longer protect itself against illness or infection, acquired immunodeficiency syndrome (AIDS) develops. HIV is spread through body fluids and by sharing needles or syringes with an infected person. The virus cannot be spread by air or water, saliva, tears, or sweat, or casual contact, such as shaking hands. To prevent HIV/AIDS, it is important to never share needles or syringes, limit your number of sexual partners, and use condoms regularly and correctly. To get tested for HIV/AIDS, go to <https://gettested.cdc.gov> to find a testing site near you.

Get Your Flu Shot

The best prevention for the flu is the flu shot, so make sure to get yours if you haven't already! Wash your hands throughout the day to prevent any spread of infection. If you end up getting a cold or the flu this season, drink lots of water and ask your pharmacist to help you manage your symptoms. Don't ask for an antibiotic! Antibiotics do not cure the cold or flu.

Seasonal Recipe: Honey Roasted Squash

Ingredients:

- 2 large butternut squash, halved lengthwise and seeded (about 4 pounds)
- 2 tablespoons honey
- 1 1/2 tablespoons butter
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons finely chopped toasted pecans
- 1 tablespoon minced fresh flat-leaf parsley

Directions:

1. Preheat oven to 400°.
2. Place squash halves, cut sides up, on a foil-lined baking sheet. Place honey and butter in a bowl and microwave at HIGH 30 seconds or until butter melts; stir to combine. Brush half of honey mixture over cut sides of squash. Sprinkle squash with salt and pepper. Bake at 400° for 1 hour or until tender.
3. Carefully place squash, cut sides up, on cutting board. Halve squash lengthwise; cut each half into thirds and place on a platter. Heat remaining butter mixture in microwave at HIGH 20 seconds. Drizzle butter mixture over squash; sprinkle evenly with pecans and parsley.