

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: Volume 5.2016

May 2016

Vaccines: Myth or Fact

As licensed immunizers, pharmacists come across many parents who object to their children receiving vaccinations due to common myths. Some of these are debunked below.

Myth: Children receive too many vaccines and overwhelm their immune systems.

Fact: Many healthcare professionals, including pediatricians, pharmacists, and nurses disagree. Today's vaccinations are designed to be more targeted than those from years past and our immune system can handle more than one at a time. Our immune systems are also capable of handling tons of bacteria per day. We are exposed to bacteria in food and on our own bodies constantly, and the immune system takes care of us without issues.

Myth: The flu shot causes the flu.

Fact: Injected flu vaccine is the killed form. It is impossible for it to give you the flu. The nasal spray version is a live virus; however, it has been modified so it cannot cause disease. The vaccine does take 2 weeks to work once given, so it is possible to get sick from someone else with the flu before the shot can protect you. Always get the shot early in flu season!

Myth: Some vaccine-preventable diseases are not that bad.

Fact: Often people underestimate how serious diseases like the flu and chicken pox can be. In fact, the flu and pneumonia are the 8th leading cause of death in the United States. Exposing children to these diseases can have serious consequences besides missing school or itchy skin.

Vaccines are there to protect you and your family. For more information, visit <http://www.cdc.gov/vaccines/>.



Avoid Sunburns: Key Tips

- Apply sunscreen about 30 minutes before going out, and always reapply after swimming or sweating heavily.
- Use a sunscreen with a SPF between 15 and 30.
- Soothe with aloe and relieve with hydrocortisone. Drink a lot of water to help prevent the drying effect of a sunburn.
- Blisters are a sign of severe damage and must be treated with care. You may need to see a healthcare provider if this occurs.

Active in Austin

The “Walk Texas ACTIVE AUSTIN 10-Week Challenge” is a free program to help people to begin or maintain an active lifestyle. An active lifestyle includes walking, running, dancing, swimming, and any other mode of physical activity you enjoy doing.

For 10 weeks, participants record their daily/weekly physical activity, which converts to points depending on the number of active minutes and the intensity of the activity. At the end of the program, medals are given based on total points. For more information, check out

<http://www.austintexas.gov/department/walk-texas-active-austin-10-week-challenge>



Pink Eye: What You Need to Know

Pink eye or conjunctivitis is an eye condition that is easily spread among people. Common symptoms include red, itchy eyes, crusting eyelids, and eye discharge. It is important to wash your hands and avoid sharing eye makeup, contact cases, or eyeglasses. Most cases of pink eye go away on their own without treatment within 7-14 days. However, you should seek medical care if your symptoms worsen or if your condition limits your normal daily functions. For more information, please visit:

<http://www.cdc.gov/conjunctivitis/index.html>

Third Hand Smoke

A lot of people are not aware of third hand smoke. It is defined as residues from nicotine and other chemicals from smoke. Those residues can stick to clothes, hair, and furniture. Populations at risk include babies, children, and pets. This is because they like to crawl on floors, and are usually held by their parents or owners. Contrary to popular belief, smoking in front of an open window or using fans does not prevent third hand smoke. To avoid third hand smoke, you need to:

- Prohibit smoking inside your home or car
- Prohibit smoking near you, your children, or your pets
- Prohibit the use of any E-cigarettes in your home, car, and near your children or pets
- Strictly enforce these rules with anyone who cares for your children or pets- and tell them why.

Seasonal Recipe: Zucchini Fritters

Ingredients:

- 4 cups shredded zucchini
- 2/3 cup all-purpose flour
- 2 large eggs, lightly beaten
- 1/3 cup sliced scallions (green and white parts)
- Vegetable oil
- Salt and pepper

Directions:

1. Place shredded zucchini in a colander over the sink and sprinkle lightly with salt. Allow to sit for 10 minutes. Squeeze out as much liquid from the zucchini as possible and transfer to a large bowl.
2. Add flour, eggs, scallions, ¼ tsp of salt and ¼ tsp of pepper. Stir until combined. Line a plate with paper towels.
3. Coat the bottom of a large sauté pan with vegetable oil and place on medium-high heat. Once the oil is hot, scoop 3 tablespoon sized mounds into the pan and press them into rounds around 2 inches apart.
4. Cook for 2-3 minutes, then flip and cook for 2 minutes until golden brown. Transfer the fritters to the paper towel lined plated and sprinkle with salt. Repeat until all fritter mixture is cooked.