

# 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**

**2017 January**

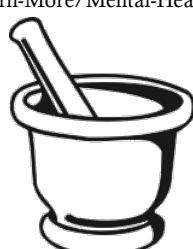
## Mental Health

It is evident in today's society that mental illness is increasing in diagnoses and awareness. Nearly 50% of people experience a mental health issue at some point in their lives, but only about 20% seek professional help. Numerous advances in treatment and understanding of mental health have helped society see this as a legitimate illness. With new medications and treatments for mental health like psychotherapy, support groups, complementary and alternative medicine and self-help plans, we can now properly treat patients. Education concerning mental health is a key component to treating more individuals. Helping more patients can lead to reduced healthcare costs, hospitalizations, school drop-out rates and suicides.

<http://www.merckmanuals.com/home/mental-health-disorders/overview-of-mental-health-care/mental-illness-in-society>

<http://www.mentalhealthamerica.net/types-mental-health-treatments>

<http://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>



<http://superiorhealthfoundation.org/proactive-grant-giving/mental-health-statistics-1/>

## Sleep Apnea

Sleep apnea is a disorder where a person stops breathing while sleeping. If left untreated, sleep apnea can lead to other issues such as high blood pressure. People with a higher risk for sleep apnea include males, age over 40, overweight, and nasal obstruction due to allergies or sinus issues.

Source: <http://sleepapnea.org/learn/sleep-apnea.html>

# Active in Austin

Enjoy February in Austin with good food and exercise!

- 5<sup>th</sup> Annual Austin Oyster Festival
  - On February 25, 2017 12PM to 6PM at the French Legation Museum, try a variety of Gulf and East Coast oysters on the half shell, grilled, roasted, fried, and every way you can imagine!
  - For more information, visit: <http://www.austinoysterfestival.com/>
- Austin Marathon & Half Marathon
  - On February 19, 2017 at Downtown Austin, join 18,000 others around the world for this unique experience
  - For more information, visit: <http://youraustinmarathon.com/>



## Zika Virus

Zika virus can be spread through an infected mosquito bite, from a mother to her baby, and through sexual transmission.

The virus does not usually have symptoms, but some mild symptoms can occur lasting from days to weeks. Some common symptoms including fever, rash, joint pain, and conjunctivitis.

There is not a current medication or vaccine to treat Zika virus. Prevent its spread by avoiding mosquito bites. Safety precautions include using mosquito repellent, avoiding being outside at dusk, and wearing protective clothing to avoid skin exposure. Prevention of Zika virus is especially important in expectant mothers because Zika virus can cause severe brain birth defects in fetuses.

(For more information, please visit:  
<https://www.cdc.gov/zika/index.html>)

## < Seasonal Health Concerns > Skin Health

Winter season is here, and as temperatures drop, the low humidity of winter air causes skin to easily dry out. Loss of moisture in the skin can cause eczema, psoriasis, and itchy skin. In order to protect your skin, shower and bathe briefly using lukewarm water and apply moisturizer shortly afterwards while your skin is still damp. Wearing softer and loose-fitting clothes such as cotton instead of itchier clothing such as polyester or woolens will prevent skin chafing and irritation from perspiration. Purchasing a humidifier to increase moisture levels in your home will help prevent dry skin as well. Making sure to stay healthy by following a healthy lifestyle and staying stress-free is also key to maintaining healthy skin.

Source: <http://www.health.com/health/gallery/0,,20307071,00.html>



## Cinnamon Sugar Apples

Here's a simple recipe for a sweet snack during the day! Cinnamon sugar apples are easy to make.

1. For one serving, place apple slices (1 apple), 1 teaspoon of sugar, and  $\frac{1}{4}$  teaspoon of ground cinnamon into a resealable plastic bag.
2. Toss to combine the ingredients
3. Let it sit at room temperature for 30 minutes or refrigerate up to 6 hours. The longer it sits, the better it tastes!