

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



Fall Season Health Concerns & Tips

Fall is here and with that comes cooler temperatures. These abrupt changes in temperature leave us susceptible to developing colds and other upper respiratory infections. Common symptoms include nasal congestion, runny nose, sneezing, and a sore throat. Colds can last for as long as 2 weeks. Here are some things that you can do to help prevent these:

- Be sure to get enough rest
- Eat a good, nutritious diet
- Drink plenty of fluids
- Remember to wash hands frequently

Try to treat your cold early on to prevent it from developing into other infections. If you start to experience more serious symptoms, seek medical care.

Stay healthy and Hook 'Em

Influenza

Millions of people get sick with influenza (flu) each year. An average of 23,000 influenza-associated deaths and over 200,000 influenza-associated hospitalizations occur each year in the United States. Peak flu season typically occurs in the winter months, but the virus is detected year-round.

The flu is a contagious infection caused by the influenza virus. Common symptoms include fever, cough, sore throat, runny or stuffy nose, headache, body aches, and tiredness. With rest, most people usually recover from illness on their own in a few days to two weeks and do not need medication.



The best way to prevent the flu is to get the flu vaccine every year, which is available at most pharmacies. Other ways to prevent infection is to practice good hand-hygiene, cover coughs and sneezes with a tissue or sleeve, avoid contact with people who are sick, and stay home when you are sick

For more information visit: <https://www.dshs.texas.gov/idcu/disease/influenza/>

Cyanosis is a condition in which the reduced level of oxygen in the blood makes a patient's skin, lips, and nails appear bluish or purplish. It literally translates to "the blue disease" or "the blue condition" and is derived from the Greek word for blue. Central cyanosis is around the core, lips, and tongue, whereas peripheral cyanosis lies only in the extremities or fingers.

For more information visit: <http://www.texasheart.org/HIC/Topics/Cond/cyanosis.cfm>



ACTIVE IN AUSTIN

It is the perfect season to go for a hike, a breezy bike ride, or even sleep under the stars.

Here are some places to Hike, Bike, and Camp!

Hiking:

- Ann and Roy Butler Hike-and-Bike Trail
- River Place Nature Trail
- Violet Crown Trail
- Turkey Creek Trail
- Southern Walnut Creek Trail
- Slaughter Creek Trail
- Wild Basin Wilderness Preserve

Biking:

- Ann and Roy Butler Hike-and-Bike Trail
- Walnut Creek Trail
- Emma Long Metropolitan Park
- Barton Creek Greenbelt
- Onion Creek Trail

Camping:

- McKinney Falls State Park
- Pedernales Falls State Park
- Colorado Bend State Park
- Buescher State Park
- Pace Bend Park
- Guadalupe River State Park

U.S. OPIOID EPIDEMIC

Deaths associated with opioid use and overdose have continued to increase in the United States in the past decade. In 2014, opioid overdoses killed more than 28,000 people, and more than half of those deaths were from prescription opioids. In addition to the deaths from prescription opioids, deaths from heroin and fentanyl are also rising rapidly.

Solving the opioid epidemic is difficult due to having to address simultaneous needs. It would require restricting access to those who abuse the drugs while also remaining available to those with legitimate medical needs, such as cancer patients and patients with acute pain. However, it has been found that restricting access to those who abuse the drug will resort to using heroin or counterfeit pills.

The opioid epidemic is likely to be recognized as a national emergency soon. Now more than ever, it is important to spread awareness of the issue and reach out to those at risk of developing an opioid addiction.

For more information visit:

<https://www.hhs.gov/opioids/about-the-epidemic/index.html#us-epidemic> & <https://www.nytimes.com/interactive/2017/08/03/upshot/opioid-drug-overdose.html>

Recipe of the Month: 'Whatever You Want Soup'

Ingredients:

- 4 tablespoons butter, olive oil or neutral-tasting oil
- 2 medium onions, diced
- 3 cloves garlic, sliced
- Kosher salt
- 6 to 8 cups meat, vegetables or other add-ins (see notes)
- About 1 1/2 pounds raw, boneless chicken (optional)
- About 8 cups water or chicken stock



For more information: <https://cooking.nytimes.com/recipes/1018526-whatever-you-want-soup>

Preparation:

1. Set a large Dutch oven or stockpot over medium-high heat and add 4 tablespoons butter or oil. When the butter melts or the oil shimmers, add onions and garlic, and a generous pinch of salt.
2. Reduce the heat to medium and cook, stirring occasionally, until the onions are tender, about 15 minutes.
3. Place the meat, vegetables and other add-ins in the pot, along with the raw chicken (if using), and add enough liquid to cover. Season with salt. Increase heat to high and bring to a boil, then reduce to a simmer.
4. Cook until the flavors have come together and the vegetables and greens are tender, about 20 minutes more. If you added raw chicken, remove it from the soup when cooked, allow to cool, shred and return to the soup. Taste and adjust for salt.
5. Add more hot liquid if needed to thin the soup to desired consistency. Taste and adjust for salt.
6. Serve hot, and garnish as desired.