

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.

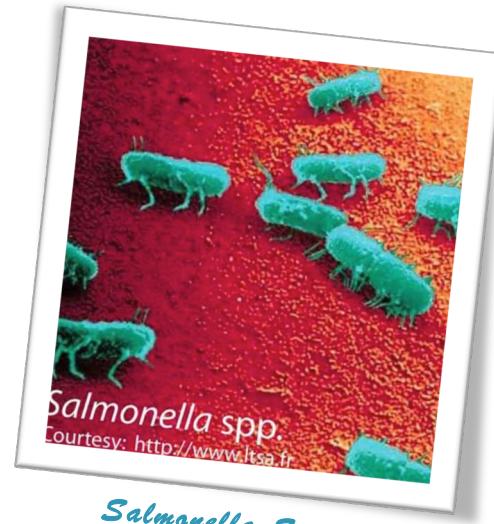
Quarterly Newsletter Volume 6.2015

June 2015

Salmonella Safety

Information on recent Salmonella outbreaks in the news

Salmonella is a common food-borne pathogen that routinely contaminates food products. If you've been infected with the bacteria, symptoms of abdominal cramping, diarrhea, and sometimes fever will show up within 8-72 hours after eating a contaminated food. Most healthy people will recover from the illness without seeing a doctor. One of the biggest concerns with infection is dehydration, so be sure to drink a lot of fluids and rest until you feel better. It is also important to replace electrolytes. Drinking plenty of Pedialyte, or similar electrolyte replacement drinks, helps prevent dehydration. Salmonella prevention can be simple. Make sure to cook all meat, poultry, and eggs fully before you eat them. Also, wash your hands and cooking surfaces often. Always wash utensils completely with soap and water after they have touched raw meat or poultry. Try not to eat foods containing raw egg. By following these tips and watching for symptoms of infection, you can keep your family safe from salmonella.



Salmonella Species

Poison Ivy:

Poison ivy is a plant that can cause an itchy rash on your skin when you touch it. It is found in wooded areas. If you're spending time outside this summer, look out for this plant! Remember the helpful phrase "Leaves of three, leave them be." If you are exposed, clean skin with soap and water. Wash clothes and exposed gear in hot water. See your pharmacist with questions about anti-itch creams and rash care.



Active in Austin

The Free Boardwalk at Lady Bird Lake is Now Open!

Trail hours: 5 am - Midnight

Length: 10 miles

Boardwalk Access Points:

- Northeast corner of the American-Statesman parking lot
- Off the riverside Drive sidewalk at Blunn Creek
- Northeast corner of the Riverside and IH35 intersection
- International Shores Park, 820 South Lakeshore blvd.

For more information, please contact the Parks and Recreation Department main office at: 512-974-6700



Tuberculosis

Tuberculosis is a bacterial infection of the respiratory tract. It negatively affects billions of people around the world. Tuberculosis can grow in the lungs and cause symptoms such as excessive coughing, wheezing, chest pain, weight loss, night sweats, and fever. People with HIV/AIDS, diabetes, IV drug users, and healthcare workers are at a higher risk of developing tuberculosis. After testing positive from getting a tuberculosis skin test, chest x-ray, or blood test, a set of medications will be prescribed to treat the infection. Physicians and pharmacists will work together to develop the best treatment for each specific case.

Save Your Skin!

People of any age or skin color can get skin cancer. More than 2 million people get diagnosed with this condition each year. Protect yourself from harmful UV rays by remembering to wear sunscreen when you are out in the sun! Be sure to choose a water-resistant, broad-spectrum sunscreen with an SPF (or sun protection factor) of 30 or greater. Apply sunscreen liberally and often. Always reapply after swimming or sweating. Don't forget to apply it on cloudy days as well, because even when the sun is hidden by the clouds, up to 80% of its harmful UV rays can still penetrate your skin!



Grilled Asparagus

Ingredients

- 1 pound fresh asparagus
- 1-4 tablespoons olive oil
- 1 teaspoon salt and pepper

Instructions:

1. Preheat grill to high heat.
2. Trim the asparagus by chopping off the tough bottom of the stalk or buy pre-chopped asparagus.
3. Drizzle 1 to 4 tablespoons of olive oil onto the asparagus stalks and turn until all of the stalks are covered. The amount of oil is personal preference.
4. Sprinkle salt and pepper on the asparagus and turn until covered.
5. Place the asparagus on the grill and cook for 3 to 5 minutes, rotating each stalk every minute or so. Grill to desired tenderness.
6. Remove from grill and serve!