

# 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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## Zika Virus

The Zika virus has recently been declared an international public health emergency by the World Health Organization. The Zika virus is spread by mosquitoes. Travel to areas where Zika virus is common is still safe for the average person, but poses risks for pregnant women.

Many people who get infected with Zika have no symptoms. The most common symptoms are a mild fever, rash, and possible joint pain. These usually disappear in a few days and require nothing more than acetaminophen or ibuprofen for treatment. Infected pregnant women, however, carry the greatest risks. There is strong evidence to suggest that exposure to Zika virus before birth leads to a higher chance of developing microcephaly. This is a very serious condition that results in physical and mental developmental issues. Pregnant women are advised to delay travel to areas suffering most from the current outbreak.

There is currently no vaccine, but avoiding mosquito bites is the best form of prevention. This includes wearing long-sleeve shirts and pants, using DEET-containing repellent, and avoiding areas where mosquitoes are common.



### Zika Virus Travel Alert



### Hyperthermia:

Hyperthermia is a high body temperature. This can lead to dizziness, headache, and fainting. Texas can get hot starting as early as April, so it is important to stay cool and hydrated to avoid this happening to you. Drink plenty of water and wear light weight clothing during hotter months.

## Active in Austin

Looking for free activities to do outdoors to help you stay active? These are only a few of the many options Austin has to offer to stay fit and active!

- Hike up Mount Bonnell
- Take a swim at Barton Springs Pool - Free after 9 PM!
- Hit the trails at Austin Greenbelt
- 10-mile Ann and Roy Butler Hike and Bike Trail around Ladybird Lake
- Zilker Park (pictured to the right)

Explore your city and try something new! You never know where it could take you.



## March is Multiple Sclerosis Awareness Month

### **What is Multiple Sclerosis (MS)?**

MS is a disease of the central nervous system that disrupts the ability for the brain and the body to communicate. It is thought that the immune system attacks the healthy tissue, causing damage to the brain and spinal cord.

### **What are the symptoms?**

Symptoms include blurred vision, tremors, numbness, being tired all the time, problems with memory, and poor mobility. They begin mildly, and get worse over time.

### **Who gets MS?**

Women are two to three times more likely to develop MS than men. It is also most common in people with northern European ancestry.

Multiple sclerosis affects more than 2.3 million people worldwide. There is currently no cure, but research is finding new information and treatment options every year.

For more information, visit [www.nationalmssociety.org](http://www.nationalmssociety.org)

## Springtime Allergies

Springtime means nice weather, flower buds, and blooming trees. It also means you are more likely to suffer from allergy symptoms. Here are some tips for surviving springtime:

- Stay indoors on days when the pollen count is high. You can check your local area's pollen level from [www.pollen.com](http://www.pollen.com)
- Check with your pharmacist. They can suggest allergy medication, including antihistamines, decongestants, and nasal sprays to help treat the specific symptoms you are experiencing.

## Seasonal Recipe: Salmon and Quinoa Tzatziki Salad

### Ingredients:

50 grams of red and white quinoa  
¼ cucumber, finely chopped  
½ bunch of fresh mint, coarsely chopped  
75 grams of natural yogurt  
1 bunch of parsley, finely chopped  
1 cooked salmon fillet

### Directions:

1. Put the quinoa in a saucepan and cover with water. Bring to boil and simmer for 10-15 minutes until tender. Drain well.
2. Mix together the chopped cucumber, mint and yogurt to make a creamy tzatziki. Season to taste with salt and pepper.
3. Stir the parsley into the cooked quinoa. Season with salt and pepper, then transfer to a storage container. Put the salmon fillet on top and add a generous dollop of tzatziki. Store in the fridge until ready to eat.