

# HEALTHY OUTCOMES



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## FDA Approves Epidiolex

By FDA.gov/news

In July, the U.S. Food and Drug Administration (FDA) approved Epidiolex (cannabidiol) [CBD] oral solution for the treatment of seizures associated with tuberous sclerosis complex (TSC). Epidiolex was previously approved for the treatment of seizures associated with two rare and severe forms of epilepsy, Lennox-Gastaut syndrome (LGS) and Dravet syndrome (DS). This is the only FDA-approved drug that contains a purified drug substance derived from cannabis. It is also the second FDA approval of a drug for the treatment of seizures associated with TSC.

CBD is a chemical component of the Cannabis sativa plant. However, CBD does not cause intoxication or euphoria (the “high”) that comes from tetrahydrocannabinol (THC). It is THC (and not CBD) that is the primary psychoactive component of cannabis.

“The FDA continues to believe the drug approval process represents the best way to make new medicines, including any drugs derived from cannabis, available to patients in need of appropriate medical therapy such as the treatment of seizures associated with these rare conditions. This paradigm ensures new therapies are safe, effective, and manufactured to a high quality that provides uniform and reliable dosing for patients,” said Douglas Throckmorton, M.D., deputy center director for regulatory programs in the FDA’s Center for Drug Evaluation and Research. “The agency is committed to supporting rigorous scientific research on the potential medical uses of cannabis-derived products.”

TSC is a rare genetic disease that causes non-cancerous (benign) tumors to grow in the brain and other parts of the body. TSC usually affects the central nervous system and can result in a combination of symptoms including seizures, developmental delay, and behavioral problems, although the signs and symptoms of the condition, as well as the severity of symptoms, vary widely. TSC affects about 1 in 6,000 people.

*(Continued on page 3)*

The HCQU works with intellectual disabilities and behavioral health programs in Central PA to provide health care management services for adults with Intellectual/Developmental Disabilities or Autism. Our goal is that all people living in PA, regardless of ability, receive the finest community services available – assuring that they are as healthy as possible and can fully participate in community life. The HCQU works to enhance access to community physical and mental health care through **FREE** education, public health outreach, advocacy and empowerment as well as to improve health care outcomes. Serving the following counties: Blair, Centre, Columbia/Montour/Snyder/Union, Huntingdon/Mifflin/Juniata, Lycoming/Clinton, Northumberland and Schuylkill.

*The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.*

# Masking & Skin Care

By Geisinger Wellness

## Keep your face clean

Before and after mask use, wash your face with lukewarm water using a gentle non-abrasive cleanser that doesn't contain potentially irritating topicals like acids and retinoids, since these can further irritate skin. Well-known brands containing gentle facial cleansers (and facial moisturizers): Dove®, Cetaphil®, CeraVe®, Purpose®, Neutrogena®.

After cleansing, pat (don't rub) your skin dry.

Apply moisturizer after washing. Do use these, which help your skin hold onto moisture: moisturizers containing ceramides, glycerin and hyaluronic acid. Don't use these, which cause dryness or peeling: moisturizers that contain mostly water (water is listed as the first ingredient), moisturizers with alcohol or retinoids, such as anti-aging products, peels or scrubs with hydroxy acids.

## Keep your mask clean

Wash your cloth mask often but be mindful of the detergent you use — it's best to go fragrance-free. Avoid using fabric softener.

**Acne breakouts:** Keep your face clean and moisturized following the steps outlined above. Avoid masks made of synthetic materials, such as polyester, nylon and rayon. These are more likely to make you sweat — damp fabric can cause more irritation. Avoid high-sugar foods and foods high on the glycemic index. Studies have found high amounts of sugar in the diet to be linked with acne. Don't wear foundation or concealer makeup. If you have an acne breakout, try over-the-counter adapalene gel (Differin®) daily. Apply before bedtime – do not apply just before wearing your mask.

**Facial dermatitis:** Use an over-the-counter topical steroid cream, such as 1% hydrocortisone (or just Vaseline®/Cetaphil) twice daily for one week. Then decrease to once a day for another week or two. Once the rash begins to clear, slowly taper off hydrocortisone cream (if using) and continue with moisturizer to help prevent recurrence.

**Providers:** For perioral dermatitis (rash, redness, irritation, scaling around nose or mouth, tiny pimples or pustules appearing in clusters), consider Rx topical metronidazole cream or gel. ■



## HCQU Day of Learning is Canceled

As concerns continue with the COVID-19 pandemic, Fall HCQU Day of Learning has been canceled. Our Spring HCQU Day of Learning is tentatively scheduled for May 13, 2021. ■

## Timely and Useful Links:

<https://www.aadmd.org/coronavirus-center>

<https://aidinpa.org/>

<https://themighty.com/2020/03/online-events-for-people-stuck-inside-during-coronavirus-outbreak/>

<https://www.myodp.org>

[www.geisinger.org/hcqu](http://www.geisinger.org/hcqu)

<https://www.pa.gov/>

<https://www.cdc.gov/>

[www.neighborlypa.com](http://www.neighborlypa.com)

## FDA Approves Epidiolex...

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Epidiolex's effectiveness for the treatment of seizures associated with TSC was established in a randomized, double-blind, placebo-controlled trial where 148 patients out of 224 in the study received Epidiolex. The study measured the change from baseline in seizure frequency. In the study, patients treated with Epidiolex had a significantly greater reduction in the frequency of seizures during the treatment period than patients who received a placebo. This effect was seen within eight weeks and remained consistent throughout the 16-week treatment period.

The FDA protects the public health by assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines and other biological products for human use, and medical devices. The agency also is responsible for the safety and security of our nation's food supply, cosmetics, dietary supplements, products that give off electronic radiation, and for regulating tobacco products.

# COVID-19: Business resources and FAQs

Check this page for the latest information on COVID-19, including frequently asked questions and downloadable resources to help guide you through reopening your business. This includes information on how to keep yourself, your staff and your patrons healthy and safe when you reopen your doors.

<https://www.geisinger.org/coronavirus/news-and-resources/covid-19-community-faq>

For more information on **Epidiolex**, visit:

<https://www.fda.gov/news-events/press-announcements/fda-approves-new-indication-drug-containing-active-ingredient-derived-cannabis-treat-seizures-rare>

For more information on **Medical Marijuana** visit:

<https://www.health.pa.gov/topics/programs/Medical%20Marijuana/Pages/Patients.aspx>

For more information on **Tuberous Sclerosis** visit: <https://www.mayoclinic.org/diseases-conditions/tuberous-sclerosis/symptoms-causes/syc-20365969> ■

## Fetal Alcohol Spectrum Disorder (FASD)

presented by **Dr. Culshaw and Lyn Becker**

In Recognition of International FASD Awareness Day

When: Friday, September 11, 2020, from 8:00 a.m. – 11 a.m.

Where: Zoom – Log-in info sent via email.

Visit **Center for Humanistic Change (CHC)**

event calendar for more information and registration:

[https://www.thechc.org/event\\_calendar/event\\_calendar.html](https://www.thechc.org/event_calendar/event_calendar.html)



## UNSCRAMBLE THE WORDS

(The words are taken from this month's articles and ads)

- tentgreed \_\_\_\_\_
- routebus \_\_\_\_\_
- barwine \_\_\_\_\_
- satterdimi \_\_\_\_\_
- bascinna \_\_\_\_\_
- moorshum \_\_\_\_\_
- cabepo \_\_\_\_\_
- seerchar \_\_\_\_\_
- rumbraghe \_\_\_\_\_
- scumterp \_\_\_\_\_
- ceeting \_\_\_\_\_
- bemmers \_\_\_\_\_
- samking \_\_\_\_\_

### ANSWERS TO WORD SCRAMBLE:

research, hamburger, spectrum, genetic, members, masking, detergent, tuberos, webinar, dermatitis, cannabls, mushroom, placebo,



Autism and Intellectual Disabilities in Pennsylvania

AID in PA is a resource collection for Pennsylvanians in the autism and intellectual disability communities. A joint effort between ASERT (Autism Services, Education, Resources, and Training) and the statewide HCQUs (Health Care Quality Units), AIDinPA is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations.

The Central PA HCQU recently provided information for self-advocates and community members on how to stay safe while having fun outside during the summer.

Visit AIDinPA.org for webinars offering tips on summer heat safety, water and pool safety, and hosting gatherings or cookouts safely during the COVID-19 pandemic. ■

<https://aidinpa.org/>

Do you have a favorite recipe?

You can submit it by sending to

[lgmurphy@geisinger.edu](mailto:lgmurphy@geisinger.edu)

# Cooking Corner

## Hobo Packet Hamburger and Potatoes



Combine lean beef, tender seasoned veggies and a simple gravy to create a simple meal cooked to tender perfection!

- |                                   |                              |
|-----------------------------------|------------------------------|
| 1 lb. lean ground beef            | 1 package dry onion soup mix |
| 4 small potatoes peeled, sliced   | 2 cups carrots chopped       |
| 1 large or 2 small onions, sliced | 2 tablespoons olive oil      |
| 1 teaspoon garlic powder          | Salt and pepper to taste     |
| 1 can condensed mushroom soup     |                              |

Preheat oven to 375°F. Combine ground beef and dry soup mix in a bowl. Form into four patties and set aside. In a large bowl combine all remaining ingredients except mushroom soup. Toss until well mixed. Spray a 12"x18" piece of foil with non-stick spray. Place 1/4 of the vegetable mixture in the center of the foil. Top with 1 beef patty. Add 2 tablespoons of condensed mushroom soup on top of each patty. Seal foil packets well. Place beef side up on a large baking sheet and bake 35-45 minutes or until potatoes and carrots are tender.

Note: These foil packs can also be grilled at medium heat for about 45 minutes or until potatoes are tender and ground beef reaches 160°.

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