

By: Kuempel

H.R. No. 553

R E S O L U T I O N

1 WHEREAS, The observance of Self-Care Month in February 2015
2 reminds citizens to pay attention to their health; and

3 WHEREAS, A lifelong daily habit of healthy lifestyle choices,
4 self-care encompasses good hygiene practices, awareness of bodily
5 changes, symptom monitoring, and the prevention of infection and
6 illness; it requires knowing when it is appropriate to self-treat
7 conditions and when to seek professional assistance from a health
8 care practitioner; and

9 WHEREAS, Today, consumers have access to a wide range of
10 over-the-counter medications, which may have been developed as such
11 or which may previously have required a prescription; the United
12 States Food and Drug Administration permits the sale of OTC
13 medicine for the treatment of pain and minor health conditions,
14 including colds and allergies; according to a 2012 industry study,
15 every dollar spent on these medicines saved the health care system
16 as much as \$7, resulting in \$102 billion in annual savings; and

17 WHEREAS, Self-care can reduce unnecessary visits to health
18 care practitioners, saving consumers money while allowing doctors
19 and nurses to spend more time with patients who require their
20 special expertise; now, therefore, be it

21 RESOLVED, That the House of Representatives of the 84th Texas
22 Legislature hereby recognize February 2015 as Self-Care Month and
23 encourage all Texans to remain vigilant about their health.