

By: Kuempel

H.R. No. 592

R E S O L U T I O N

1 WHEREAS, The observance of Self-Care Awareness Month in  
2 February 2017 reminds citizens to pay attention to their health;  
3 and

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

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

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

22 RESOLVED, That the House of Representatives of the 85th Texas  
23 Legislature hereby recognize February 2017 as Self-Care Awareness  
24 Month and encourage all Texans to remain vigilant about their

1 health.