



## JUNE 2017 HEALTHY TIP

### SPRING BRINGS MORE THAN JUST SUNSHINE

Just when we thought the worst was over, we are now facing another challenge as the weather heats up. It comes every year around this time. It's a chronic disease that cannot be cured – only managed. Our eyes itch and turn red, noses become congested and begin to run, and occasional sneezes quickly turn into rapid shots. As spring arrives with its warmer weather and sunshine, it also brings allergies. It may be tough to survive allergy season, but there are ways to manage your exposure so you can still enjoy the warm weather.



#### Common Allergy Culprits (and their symptoms):

- **Pollen:** Sneezing. Itchy eyes, nose, and throat. Dark circles under the eyes.
- **Food:** Swelling in the mouth. Hives. Difficulty breathing. Abdominal cramps.
- **Mold:** Dry skin. Sneezing. Watery eyes. Itchy nose, throat, and eyes.
- **Pets:** Nasal congestion. Postnasal drip. Swollen, blue colored skin under eyes.

#### Allergy Survival Tips:

- **Windows:** The warmer weather is typically a time to turn off the air conditioning and open a window. If you are allergic to pollen, this is not the best idea as pollen can blow directly inside your house and remain on surface objects. It's safer for your health to keep windows closed and turn on an air conditioner.
- **Body Cleansing:** In this weather we are more prone to be outside. If you are coming inside after being outside for a few hours, toss your clothes in the laundry and take a shower to wash the pollen off your body.
- **Check the pollen count:** Pollen counts measure how much pollen is in the air on a particular day. Spring is when pollen levels are at their highest. When the pollen count is high, keep windows closed and try to avoid going outside. It's ok to go outside after it rains because rain washes the pollen away.

*Year-round education and diligence is critical, especially when it comes to relieving allergy symptoms. Arm yourself with as much knowledge as you can!*

#### Sources:

- <https://medlineplus.gov/foodallergy.html>
- <https://medlineplus.gov/hayfever.html>
- <http://www.mayoclinic.org/diseases-conditions/mold-allergy/symptoms-causes/dxc-20200846>
- <http://www.mayoclinic.org/diseases-conditions/pet-allergy/symptoms-causes/dxc-20238713>

#### WORLD CLASS. LOCAL TOUCH.

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