



2016 National ASTHMA & ALLERGY Awareness Month



How Can I Prevent an Allergic Reaction?

The best way to prevent an allergic reaction is to avoid your allergens. It sounds so easy, but you can't always avoid them. For example, it's not possible to avoid all outdoor activities if you're allergic to bees and wasps.

Don't let allergies interfere with your day-to-day activities at home, work or school. You can live a normal life despite having allergies. See your allergist for treatment and guidance. Take steps to avoid your allergens. Keep medicine with you at all times so you can treat an allergic reaction.

Source: aafa.org

How Can I Prevent an Asthma Episode?

The best way to prevent an asthma episode, or attack, is to follow your treatment plan. Learn your triggers and avoid them. Take your allergy and asthma medicines when you should. Use your quick-acting medicine as soon as you start to notice symptoms.

Many people live normal lives with asthma if it's properly managed. With a good treatment plan and guidance from your doctor, you can still do much of what you enjoy. For example, many professional athletes have asthma.



Asthma and Allergy
Foundation of America

Sun Screen Safety

You thought you were doing it all right, but you're still getting burnt.

Here are the ground rules: Choose a sunscreen with broad-spectrum coverage against both UVA and UVB rays with at least SPF 30 protection. A golf ball-size amount of liquid sunscreen is enough for the entire body, while a nickel-size dollop is what you should be using on your face. Apply, then reapply every two hours. Avoid peak sun hours from 10 a.m. to 2 p.m. Wear UV-protecting hats, glasses, and clothing. Sit in the shade whenever you can. Source: FitnessMagazine

Try these sleep aids:

Kiwis

The tiny fruit packs a punch of serotonin. Researchers at Taipei Medical University in Taiwan found that eating two kiwis before bedtime resulted in falling asleep more quickly and sleeping more soundly. Nighty-night!

Lavender

It's not just what you put in your body but what you surround yourself with in the evening, too. The scent of lavender it relaxes your nervous system. Tie up a few sprigs with a pretty ribbon and keep them on your nightstand to ward off a bout of sleeplessness. Source: FitnessMagazine

MAY IS AMERICAN STROKE MONTH. While stroke threatens millions of lives, it is largely preventable, treatable and beatable. *Together, we can end stroke.*™

**EVERY 40 SECONDS
SOMEONE IN THE U.S.
HAS A STROKE.**

NEARLY 2M
BRAIN CELLS DIE EACH MINUTE
A STROKE GOES UNTREATED.

STROKE IS A
LEADING CAUSE OF LONG-TERM
DISABILITY IN THE U.S.