

# Wellness *news*



## bodyMIND<sup>SM</sup>

Your Monthly Guide to Good Health

# It's Open Season on ALLERGIES

Approximately 35 million people in the United States suffer from seasonal allergies. Symptoms of seasonal allergies typically include sneezing; congestion; runny nose; and itchiness in the nose, throat, eyes, ears, or roof of the mouth. Allergy symptoms are frequently triggered by the body's reaction to mold spores and pollen, allergens that float in the air. In an allergic person, the immune system overreacts to the presence of allergens in the body by producing Immunoglobulin E, antibodies that cause cells to release chemicals, triggering an allergic reaction.

### Management of Seasonal Allergies

Although there is no cure for allergies, there are precautions you can take to minimize allergy symptoms. According to the American Academy of Allergy, Asthma & Immunology, by taking the following simple steps you can limit your exposure to pollen and molds.

- Stay indoors when pollen and mold counts are reported to be high.
- Keep windows closed at night and use air conditioning instead.
- Avoid hanging sheets, towels and clothing outside to dry.
- Avoid mowing grass and raking leaves since both activities stir up allergens.
- When traveling by car, keep windows closed.
- During the height of pollen season, consider vacationing in a more pollen-free area.
- View updated, local pollen and mold levels from the National Allergy Bureau at [www.aaai.org/nab](http://www.aaai.org/nab).

### Treatment

In addition to limiting exposure to allergens, people who suffer from allergies generally benefit from treatment from an allergist or immunologist. These physicians can provide a diagnosis and treatment plan, and determine whether medication or a series of allergy shots is necessary.

**If you suspect that you are suffering from seasonal allergies, consult a physician for diagnosis and treatment options.**

# BEE STINGS







## AND insect bites

Warmer weather and associated activities bring the potential for your child to experience insect bites and bee, wasp, hornet and yellow jacket stings. Reactions to bites and stings vary according to a child's sensitivity to a certain insect's venom. Generally, children have mild reactions; however, children who are allergic to particular insect venom can experience severe symptoms that require emergency treatment.

### SEVERE SYMPTOMS

Bites and stings generally result in pain, redness, itching and swelling at the site of the sting. In some cases, children experience a more serious reaction. The American Academy of Pediatrics (AAP) recommends calling for help immediately if your child has any of these symptoms after being bitten or stung.





-  Sudden difficulty in breathing
-  Weakness, collapse or unconsciousness
-  Hives or itching all over the body
-  Extreme swelling near the eyes, lips, or penis that makes it difficult for the child to see, eat or urinate

Insect repellents are usually available over-the-counter. It is recommended that they be used minimally on babies and very young children since they often contain DEET, a chemical not recommended for use in children under two months of age. The AAP states that parents and caregivers should not apply DEET-containing repellents more than once a day on older children. Additionally, the AAP recommends that, to prevent bites by mosquitoes, ticks, chiggers, fleas, and biting flies, repellents used in children over six months of age have 30 percent DEET,

or 5 to 10 percent picaridin repellent, and be applied once before going outdoors.

### PREVENT BITES AND STINGS

Limit the number of bug bites your child experiences by following the recommendations below from the AAP.

-  Avoid areas where insects nest or congregate, such as garbage cans, stagnant pools of water, uncovered foods and sweets, and orchards and gardens where flowers are in bloom.
-  When you know your child will be exposed to insects, dress him or her in long pants and a lightweight, long-sleeved shirt.
-  Avoid dressing your child in clothing with bright colors or flowery prints, because they seem to attract insects.
-  Don't use scented soaps, perfumes, or hair sprays on your child because they also are inviting to insects.

*For more information on prevention and treatment of bites and stings, contact your child's pediatrician.*

## Lake Health Calendar of Events May

### Wellness Institute Outpatient Services

**Acupuncture** An ancient system of healing that allows the body to balance and heal itself. Used for joint pain, neurological problems, headaches, rheumatologic disorders, digestive disorders, infertility, sleeping disorders, stress, stroke, allergies, and more. Facial rejuvenation and cosmetic acupuncture are also offered.

**Massage Therapy** Massage therapy is performed with the intent of improving a health condition. A wide variety of ranges from gentle pressure to penetrating techniques are used to focus the treatment based on the diagnosed condition. Chair relaxation, Swedish, deep tissue, and sports massages are offered.

**Reiki** A non-intrusive, ancient, oriental art of hands-on healing that can help reduce pain, illness, and emotional trauma.

For more information and pricing, call The Wellness Institute at 440-375-8153. To schedule an appointment, call Centralized Scheduling at 1-866-652-5253.

### Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care or walk-in centers during regular hours (call for hours: Chardon - 286-8908; Madison - 639-0726; Middlefield - 632-3024; Mentor - 255-6400; Painesville - 354-3887; and Willowick - 585-3322). Or come on the following dates:

**TriPoint Medical Center - May 7, 9 am - 12 noon**  
**West Medical Center - May 21, 9 am - 12 noon**

### Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Giant Eagle, 6576 North Ridge Rd., Madison - May 10, 6:30 pm**

### The Wellness Institute Now Offers

**Yoga!** The practice of yoga can help improve your health with stretching to tone your muscles and exercise your entire skeletal system. Some yoga workout programs are more challenging than others. Try a yoga program to find your preferred method. All programs are six weeks and are in the **Physician Pavilion at TriPoint Medical Center, 7580 Auburn Rd. Suite 201.**

**Gentle Yoga - May 9, 5:45 - 6:45 pm or May 10, 5:30 - 6:30 pm**

**Gentle Stretch Yoga - May 9, 1:45 - 3 pm**

**Lunch Time Yoga - May 11 or 12, 12:15 - 1 pm**

**Yoga for Arthritis - May 9, 10 - 11 am**



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto [www.lakehealth.org](http://www.lakehealth.org) or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.