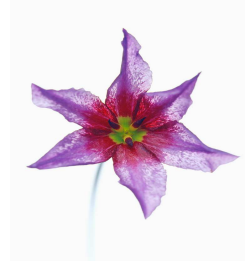




April showers bring more than flowers



You may wonder what allergies and asthma have in common besides making you miserable. A lot, as it turns out. Allergies and asthma often occur together.

The same substances that trigger your hay fever symptoms may also cause asthma signs and symptoms, such as shortness of breath, wheezing and chest tightness. This is called allergic asthma or allergy-induced asthma. Certain substances, such as pollen, dust mites and pet dander, are common triggers. In some people, skin or food allergies can cause asthma symptoms.

An allergic response occurs when immune system proteins (antibodies) mistakenly identify a harmless substance, such as tree pollen, as an invader. In an attempt to protect your body from the substance, antibodies bind to the allergen. The chemicals released by your immune system lead to allergy signs and symptoms, such as nasal congestion, runny nose, itchy eyes or skin reactions. For some people, this same reaction also affects the lungs and airways, leading to asthma symptoms. Recognizing and avoiding the allergic substances that trigger your symptoms is the most important step you can take.

A family history of allergies is a major risk factor for allergic asthma. Having hay fever or other allergies yourself also increases your risk of getting asthma. Know the things that trigger your allergy and asthma symptoms and learn how to limit your exposure to them. Wear a mask when gardening and protect your eyes from pollen. Did you know that pollen count tends to be less in the morning and at the end of the day? Pollen can attach to your hair when you are outside so wash your hair at the end of the day to avoid transference of pollen. Work with your doctor to find the best treatment to manage your symptoms. Because allergy and asthma symptoms can change over time, you may need to adjust your treatment accordingly. Learn the signs that your asthma may be flaring up — and know what to do when it does. Excerpt from Mayo clinic, Asthma and Allergies



*“You can cut all
the flowers but you
cannot keep spring
from coming.”*

Pablo Neruda

Did you know? Maintaining a healthy BMI will is one of the most important steps you can take to prevent asthma. Additional weight compresses on the diaphragm, making it harder for lungs to take in oxygen.

Did you know? Exercise and smoking are two obvious asthma triggers, perfume and air fresheners are also common offenders. So go easy on these things, if not for you then for others.



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- Be cool and wear your shades
- Exercise at your desk
- Healthy Eats Recipe
- What's in season?
- Back Page Story Person of Change



Be cool and wear your shades!

Your eyes are an important part of your health. You can do many things to keep them healthy and make sure you're seeing your best. There are simple guidelines for maintaining healthy eyes well into your golden years. You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for an eye exam is the only way to really be sure. When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases, such as glaucoma, diabetic eye disease, and age-related macular degeneration, often have no warning signs.

- **Know your family's eye health history.** Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since many are hereditary.
- **Eat right to protect your sight.** Eating a diet rich in fruits and vegetables such as papayas, pineapple, zucchini, squash and dark leafy greens, such as spinach, kale, or collard greens. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut.
- **Be cool and wear your shades.** Sunglasses are a great fashion accessory, but their most important job is to protect your eyes from the sun's ultraviolet rays. Look for sunglasses block 99-100% UV rays. Find a wide brim hat to wear with your sunglasses. The brim will help reduce the UV light that reaches the eyes. Wear them every day, even when it's cloudy.
- **Maintain a healthy weight.** Being overweight or obese increases your risk of developing diabetes and other systemic conditions, which can lead to vision loss.
- **Clean your hands.** whenever you need to assess or touch the area around your eyes. It is important, if you wear contact lenses wash your hands thoroughly before putting in or taking out your lenses, to avoid the risk of infection.
- **Quit smoking or never start.** Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can lead to blindness.



Did You Know? Spending a lot of time at the computer or when focusing on any one thing, you sometimes forget to blink and your eyes can get fatigued. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This can help reduce eyestrain. Excerpt from www.cdc.gov/visionhealth

Did you know? Standing up burns more calories than sitting down. You are more likely to fidget and walk if standing while you work. So, if you have a task that allows you to stand while working. Hold in your tummy, and enjoy what your doing. Look for helpful exercise tips on <http://go4life.nia.nih.gov/>



A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.

Tricep Desk Dips



This is for upper-body strength and the backs of your arms. Place your butt on the edge of the desk, then place your palms on the edge of the desk on either side of you. Keeping your feet together, bend at the elbows and slide forward off of the desk and dip down a few inches, and then push back up. Dip to where your elbows are bent at 90 degrees. Do this 20 times.

Ingredients:

Ready made roast chicken and
for your side dish:

Squash recipe:

2 to 3 zucchini

2 to 3 summer squash

2 tablespoons olive oil

2 tablespoons finely chopped

onions

Salt

Freshly ground pepper

1 Teaspoon Thyme

What's in season for the month of May?

Bell Pepper, Blueberry,
Cabbage, Cantaloupe,
Carrot, Celery, Cucumber,
Eggplant, Grapefruit, Guava,
Mango, Mushroom, Orange,
Papaya, Peanut, Potato,
Radish, Snap Bean, Squash,
Sweet Corn, Tangerine,
Tomato, Watermelon.

HEALTHY EATS!



Make it easy: Roast Chicken, Zucchini and squash for dinner.

Pick up a roast chicken from your favorite market and your ingredients for your side dish.

Directions for squash

Slice zucchini and squash lengthwise, scoop out most of the seeds by sliding a spoon down the middle, slice zucchini and squash about 1/4 inch thick. Heat olive oil and sauté onion until tender. Add zucchini and squash. Toss until tender 5-7 minutes. Add salt, pepper and thyme. Serve immediately (if it sits too long it will become mushy). Adjust the amount of squash to meet your family needs. Enjoy! Makes 4 servings.

Did you know?

Summer squash are a subset of squashes that are harvested when immature, while the rind is still tender and edible. Nearly all summer squashes are varieties of Cucurbita pepo.

The Vitamin A in squash plays an important role in vision in that it promotes good vision dark areas and the antioxidant beta carotene aids in protection of the eye against age-related macular degeneration and cataracts

Our person of change

Exercise for Life, By Debbie Goldstein



As a child I was always athletic, I did relay races, high jumps, broad jumps, and joined the swim team. In my adult years I tried to stay active by playing tennis, walking with friends, and doing step aerobics classes. I did these activities in spare time; it was not a part of my daily routine. Now it is very much a part of my daily routine.

One year I went to the doctor for my annual visit, and he informed me that my cholesterol was a little high and I should start walking more regularly, so I did. Every night I would go to the park at night and walk the trail. This helped for a little while but then it got too hot, so I joined the gym. I have been exercising regularly since then! Currently I take spinning classes, body pump, Pilates to stretch my body and water aerobics. I also do my own work out with weights at the gym and participate in workout classes once a week at DOH-Broward.

Another thing to consider is your family's medical history. My mother had osteoporosis, lymphoma and high blood pressure, my father had a stroke, and my brother has high blood pressure and heart disease. I understand the importance of being proactive regarding my health. I am very cautious with the food that I eat, no fried foods, no caffeine, low carbs, and I drink lots of water.

My Diet:

Breakfast: Oatmeal with flaxseed and half a banana or High fiber cereal with Almond Milk or Eggs (poached) once or twice a week.

Lunch: Salad with Tuna, veggie burger, or grill chicken. Sometimes I have an apple usually Granny Smith, a low calorie high fiber bar (Fiber One, Nature Valley), or Mozzarella Cheese Stick.

Dinner: Fish, chicken, turkey burger, vegetables (no salt) and a ½ sweet potato.

Day time Snack: Peanut butter with celery or tortilla chips with low carb and low salt.

Night Time Snack: Cantaloupe, strawberries, blueberries, hot tea.



**Debbie, Thank you for reminding us to be proactive
and to learn from our family history.
Keep up the good work!**

Please consult your healthcare provider before starting on any diet or exercise program.

Contact Us:

Jeanette Alonso
954-467-4700 x 5711

Latonya Brown
954-467-4700 x 5806

Nickey Lewin
954-467-4700 x 4004

Kristin Halldorsdottir
954-467-4700 x 3009

Solia Matthews
954-467-7400 x 4010

DOH-Broward Employee Wellness

The walking club is **on hold** until the weather cools down again.

Thank you!

