

TYPES OF ALLERGIC REACTIONS			
Skin Contact	Injection	Ingestion	Inhalation
<ul style="list-style-type: none"> <li>Poisonous Plants</li> <li>Animal Dander</li> <li>Pollen</li> <li>Latex</li> </ul>	<ul style="list-style-type: none"> <li>Insect Sting</li> <li>Medication</li> </ul>	<ul style="list-style-type: none"> <li>Medication</li> <li>Nuts</li> <li>Shellfish</li> </ul>	<ul style="list-style-type: none"> <li>Pollen</li> <li>Animal Dander</li> <li>Dust</li> <li>Mold &amp; Mildew</li> </ul>

## Allergy Facts and Figures

An allergy happens when your immune system reacts to a foreign substance, called an allergen. It could be something you eat, inhale into your lungs, inject into your body or touch. This reaction could cause coughing, sneezing, itchy eyes, a runny nose and a scratchy throat. In severe cases, it can cause rashes, hives, low blood pressure, breathing trouble, asthma attacks and even death. There is no cure for allergies. You can manage allergies with prevention and treatment. More Americans than ever say they suffer from allergies. It is among the country's most common, but overlooked, diseases.

- Allergic disease, including asthma, is the fifth leading chronic disease in the U.S. in people of all ages. It is the third most common chronic disease in children under 18 years old.
- Allergic conditions are the most common health issues affecting children in the U.S.
- The most common triggers for anaphylaxis, a life-threatening allergic reaction, are medicines, food and insect stings. Medicines cause the most allergy related deaths.

**What Are Indoor and Outdoor Allergies?** Types of indoor and outdoor allergies include sinus swelling, seasonal and returning allergies, hay fever and nasal allergies. Many people with allergies often have more than one type of allergy. The most common indoor/outdoor allergy triggers are: tree, grass and weed pollen, mold spores, dust mites, cockroaches, and cat, dog and rodent dander.

**How Common Are Skin Allergies?** Skin allergies include skin inflammation, eczema, hives, chronic hives and contact allergies. Plants like poison ivy, poison oak and poison sumac are the most common skin allergy triggers.

**How Common Are Food Allergies?** Children have food allergies more often than adults. Eight foods cause most food allergy reactions. They are milk, soy, eggs, wheat, peanuts, tree nuts, fish and shellfish. Peanut is the most common allergen. Milk is second. Shellfish is third.

<http://www.aafa.org/page/allergy-facts.aspx>



“ March winds and April showers bring forth May flowers. ”  
English Proverb

YOU DON'T ALWAYS NEED A PLAN. SOMETIMES YOU JUST NEED TO BREATHE, TRUST, LET GO, AND SEE WHAT HAPPENS.  
MANDY HALE  
WWW.LIVELIFEHAPPY.COM

### In this issue:

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- May is Mental Health Month
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# RISKY BUSINESS

MAY IS  
MENTAL  
HEALTH  
MONTH 2017

Since 1949, Mental Health America and their affiliates across the country have led the observance of May is Mental Health Month. From financial worries to family responsibilities, from changes to job status or housing alternatives, Americans are dealing with ever increasing stress in their lives. **Live Your Life Well™** is an innovative program to help combat stress and promote well-being by offering scientific evidence for a range of concrete actions that promote mental wellness.

**Connect with Others.** Human are social animals. We tend to do much better when we feel supported, valued and understood. Some ways to build connections include joining a book club or other group, enrolling in a class where you and your classmates share a common interest, or boosting existing connections by committing a certain amount of time with friends or family without the distraction of phones or TV.

**Stay Positive.** Thinking negatively can drag down your mood and your health. But don't let that worry you. Experts say you can learn to be less gloomy. Some ways to stay positive include not assuming the worst, keeping a gratitude journal of anything that makes you smile or remembering your achievements.

**Get Physically Active.** Our bodies were built to move, especially when they're pumping out stress-induced hormones. Some ways to make sure you exercise include scheduling physical activity as you would any other appointment, make a commitment to work out with a friend or walk faster and further when you stop for groceries or take the stairs at work.

**Help Others.** If you help your neighbor, it's good for her but it's good for you too. Some ways to help others include volunteering at a community agency, offering your smile to those you meet, or telling someone what you admire about them.

**Get Enough Rest.** Sleep may seem like a waste when there's so much to do, but you're more likely to succeed at your tasks if you get enough rest. Some ways to create good nights include avoiding caffeine 6-8 hours before bed, de-stressing yourself by turning off daytime worries and next day preparation at least one hour before bed or avoiding sleep frustration by getting out of bed when you can't fall asleep after 15 minutes and waiting until you feel more tired.

**Create Joy and Satisfaction.** Go ahead kick up your heels or just kick back. Feeling good is good for you. Some ways to increase joy and satisfaction include listening to a humor CD to steer clear of traffic frustration, doing something you loved as a kid like running through a sprinkler or identifying the high points of your day and doing more of those activities.

**Eat Well.** Our bodies - and our brains - need good fuel to function well. Some ways to promote good nutrition include eating regularly scheduled meals - skipping meals can make your blood sugar drop which may leave your nervous or irritable. Sustain your energy and ability to resist junk food by packing healthy snacks like nuts or raisins or balance a variety of nutrients to maintain brain functioning maintains a good mood and clear thinking.

**Get Professional Help if You Need It.** If the problems in your life are stopping you from functioning well or feeling good, professional help can make a difference. You can be well, vibrant, strong, and productive. Contact Employee Assistance Program (EAP) 844-208-7067.

Submitted by Marcia Pinck, Education & Outreach, Mental Health Association of Southeast Florida

For the full article go to: <http://www.mentalhealthamerica.net/may>



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



**Did you know?**

## Trends in Teen Pregnancy



In 2014, there were 24.2 births for every 1,000 adolescent females ages 15-19. The 2014 teen birth rate indicates a decline of nine percent from 2013 when the birth rate was 26.5 per 1,000. Still, the U.S. teen birth rate is higher than that of many other developed countries, including Canada and the United Kingdom.

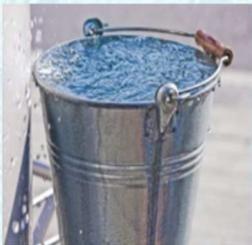
Teen birth rates differ substantially by age, racial and ethnic group, and region of the country. Most adolescents who give birth are 18 or older; in 2014, 73 percent of all teen births occurred to 18- to 19-year-olds.

*Broward county births to teen moms 15-19 years decreased from 1325 in 2010, to 772 in 2015.*

## Drowning Prevention begins at home

Broward County has one of the highest childhood drowning rates in the United States. Yet, drowning is preventable. Educating children about water safety is important. Almost all child drowning deaths can be directly related to a lapse in adult supervision. Drowning happens quickly and silently. This week, the area of focus will be on hazards that we should be .

*Which of the following would you say is a drowning hazard? Select all that apply.*



A.

B.

C.

D.

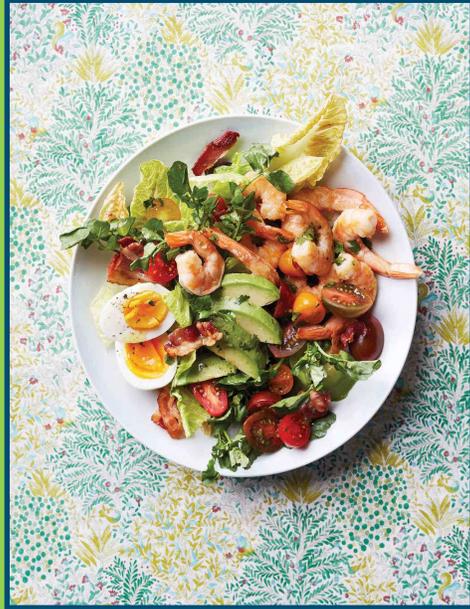
E.

The correct answer is A, B, C, D, and E. Any body of water can become a life threatening hazard to a child under the age of 4. It only takes a few inches of water, just enough to cover their mouth and nose to pose a drowning threat. In South Florida we are surrounded by water, ranging from residential pools, community pools, coastal beaches, ponds, lakes, canals, etc. Even buckets, toilets and bathtubs can be a drowning threat to a young child.

Supervision and the ability to swim are two key factors to prevent drowning incidences. Drowning is the number one cause of death for children ages 1-4. Toddlers can be curious and unaware of the hazards that exist. Their heads weigh more than the rest of their body, making them prone to topple over.

If you would like more information on drowning prevention and water safety for yourself or your community please call Cassie McGovern at ext.:5695

# Healthy Eats



## Ingredients:

- 4 slices bacon, coarsely chopped
- 1 pound large shrimp, peeled and deveined
- Coarse salt and freshly ground pepper
- 1 teaspoon grated lime zest, plus 3 tablespoons juice
- 1/2 cup extra-virgin olive oil
- 1/4 cup lightly packed chopped cilantro
- 1 bunch watercress, thick stems removed (3 cups)
- 2 hearts of romaine, thinly sliced (6 cups)
- 1 pint cherry or grape tomatoes, halved
- 4 hard-cooked eggs, peeled and halved
- 1 Avocado pitted and sliced

## Shrimp Cobb with Cilantro-Lime Dressing

## Directions:

- Cook bacon in a large skillet over medium until browned, 8 to 10 minutes. Transfer to paper towels. Remove all but 1 tablespoon fat from skillet; return to medium heat.
- Season shrimp with salt and pepper; cook in a single layer, flipping once, until opaque and firm to the touch, 3 to 4 minutes. (you can also use pre-cooked shrimp).
- Dressing: Whisk together zest and juice, oil, and cilantro; season with salt and pepper.
- Toss greens with half of dressing; transfer to a platter. Top with shrimp, tomatoes, eggs, avocado, and bacon. Season with salt and pepper; serve, with remaining dressing.

Recipes in this issue are found at [www.marthastewart.com](http://www.marthastewart.com)



## Banana, Berry, and Buttermilk Popsicles

### Ingredients:

- 1 1/2 cups low-fat buttermilk
- 1 banana
- 1 1/2 cups fresh or frozen berries
- 1/4 cup honey or agave syrup

### Directions:

Puree low-fat buttermilk, banana, fresh or frozen berries, and honey or agave syrup in a blender until smooth. Pour mixture into Popsicle molds and freeze. YUM that's it! Enjoy!!

## *What's in season? Fresh from Florida:*



Bell Pepper, Blueberry, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Papaya, Peanut, Potato, Radish, Snap Bean, Spinach, Squash, Strawberry, Sweet Corn, Tangerine, Tomato and Watermelon.

## Global Employee Health and Fitness Month!!

**David B. Wallace,**  
Human Services Program Analyst  
Florida Breast and Cervical Cancer  
Early Detection Program

# Back page Story



I was asked to write about fitness and riding my bike, which up until 6 years ago would have been the most ridiculous thing to ask. That is because I had terrible hip pain from the degenerative after effects of a rare necrotic disease called Legg-Calve-Perthes Disease. I was unhealthy, smoking 2 packs a day, weighted 135 lbs and you never have seen me on a bike. That all changed when I was able to have hip replacement surgery in 2012.

Just a week before the surgery, I quit smoking using willpower and the patch in 2 days. Then during my six month recovery period, I had productive occupational and physical therapy sessions. At the end of those six months, the doctor and my physical therapist suggested that I do a low impact exercise, like swimming or riding a bike, as an ongoing exercise to stay in shape and to maintain strength. I chose the bike as I could do this every day and almost anytime.

At that time, I was living just outside the city limits of Gainesville, FL. At first I just started with a few miles around the block for about a half an hour of riding. Where I lived was a rail-to-trail bike path that stretched 20 miles from downtown Gainesville to a more rural area southeast of town. A connector was only a mile and a half away from my house. I drove to the connector at first, but it was not long that I could ride my bike there. As I gained strength, I could ride for an hour and more on this trail. I finally started a job in an office and because I shared a car with my wife, so I started riding my bike to work too. When we moved to Broward County, I rode 10 miles each way to work at my previous job, but that was only a couple of days each week and I drove the other days. Although the ride was more dangerous, I had to get my exercise in, not only for my physical health but my mental health.

Now, I have a short 3.2-mile ride to work every day. I feel invigorated and energized in the morning when I arrive to work. Although I weigh 177 lbs. now, I am eating better than ever thanks to my wife, as she helps me maintain a mostly vegan diet. The best part is yet to come as my son is learning how to ride his bike and soon the training wheels will be coming off and we can ride together.

Special thanks from David to Michelle Wallace for coming to his aid.

*Thank you David, for sharing your story with all of us.*



## Happy Mothers Day!

To all mothers near and far,  
past, current and future.

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

### Contact:

**Kristin Halldorsdottir**  
954-467-4700 x 3009

**Nicky Lewin**  
954-467-4700 x 4004

DOH-Broward Employee Wellness



**The Walking Club  
meets at noon in front of  
the Administration Building every  
Monday, Wednesday and Friday.  
Mark your calendars!**