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Spring Newsletter



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## 5 AMAZING ALLERGY FACTS

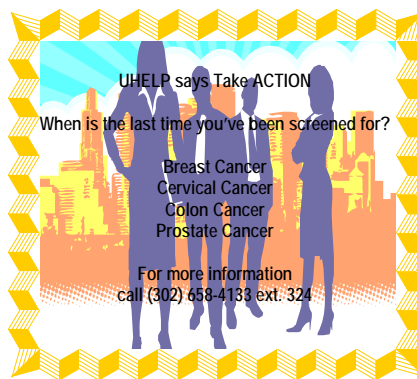
### 1. Sensitive to pollen?

Wash your hair before bedtime. **Reason:** You'll remove any pollen and keep it from settling on pillows and bedding. **Also:** Avoid irritants such as tobacco smoke, automobile exhaust, hair spray and perfume, wash your hands frequently; plan outdoor activities when pollen counts are low.

### 2. The best time to take an antihistamine,

which helps block allergic reactions, is before symptoms start. **Just remember:** Some allergy medications can cause sleepiness. So never take one when safety requires you to be alert. **Suggestion:** Asked your

health care provider about antihistamines that cause less drowsiness.



### 3. Dust mites

love to nest in area rugs and make you sneeze and itch. **If you're allergic, Australian researchers offer a simple solution:** Place area rugs outdoors in direct sunlight for a few hours until they become

warm and dry. **Result:** Mites dry up and die.

### 4. Moving

to another location is no guarantee of allergy relief. **Why:** People usually develop allergies to their new region's pollens and molds within a few years of moving. **Plus:** Most allergy-provoking grasses are widespread throughout the world.

### 5. As many as 20% of Americans

believe they have a **food allergy**, but true food allergies are actually rare. What most people consider food allergies are usually signs of digestive problems, food poisoning or stress.

## How to choose a family doctor

**Family doctors are trained in all areas of medicine and can treat most problems that people have through all stages of their Life.** When needed, they can also bring in a specialist you can trust.

To find a family doctor, as friends and relatives or use the "Find a Doctor" link at [www.familydoctor.org](http://www.familydoctor.org). Call the office to get more information. Some things you may want to ask include:

- Does the doctor accept your health insurance?
- What are the office hours?
- What hospital does the doctor use?
- How many other doctors are in the practice?

If the doctor's practice fits your needs, schedule an appointment to make sure you're comfortable talking with the doctor. Does he or she answer all of your questions and explain things in a way you can understand?

And remember, it takes time to build a relationship with a doctor.



### "Accidental" smoking



**Attention non-smokers:** Even small amounts of secondhand smoke can increase the risk for heart disease, lung cancer, premature death, Sudden Infant Death Syndrome, respiratory infections, ear problems and severe asthma in children.

## Shaking baby syndrome

**It's never OK to Shake a BABY to try to make it stop crying or for any other reason.**



Parents or child caregivers who feel overwhelmed need to get someone else to take over or place the baby in a safe place like a crib until they calm down.

Shaking an infant or young child (especially under three years old) for just a few seconds can cause serious and sometimes fatal injuries.

Always support the baby's head and neck, and avoid movements that cause an infant's head to wiggle or bounce. That includes playing with the child by tossing them up in the air.

Source: National Exchange Club Foundation, [www.preventchildabuse.com](http://www.preventchildabuse.com)



## A new vaccine to prevent cervical cancer is now available to young women age 19 to 26

An infection—called *Human Papillomavirus* (HPV) - is the main cause of cervical cancer. Now there is a vaccine that can be given to girls and young women before they become sexually active to prevent four types of the infection. The vaccine is given through a series of three shots over a six-month period. The second and third doses should be given two and six months after the first dose. The vaccine is free for young women age 19 to 26.

## WARNING SIGNS of Teen Depression

How can you tell if your teen is depressed—and when should you seek help? According to the National Institute for Mental Health, the following warning signs may indicate your adolescent is struggling with depression (or another mental health problem). If you notice these signs for more than a few weeks, check with your physician or a mental health professional.

- On going sad, anxious or empty feeling
- Feelings of hopelessness
- Feeling of guilt, worthlessness or helplessness
- Feeling irritable or restless
- Loss of interest in activities or hobbies that were once enjoyable
- Difficulty concentrating, remembering details or difficulty making decisions
- Insomnia or sleeping all the time
- Overeating or loss of appetite
- Thoughts of suicide or making suicide attempts
- Ongoing aches and pains



## Healthy Food Shopping Dos & Don'ts

**Do read nutrition labels.** **Tip:** Any food called "healthy" must contain at least 10% of the Daily Values per serving for several important nutrients (in addition to being low in trans fat, saturated fat, sodium and cholesterol).

**DON'T forget fiber's finest.** Load up on whole-grain breads, rolls and cereals,

as well as brown rice and dried beans, when shopping, look for the word "whole" at the top of the package ingredients list.

**DO pick the greenest.** When buying salad greens, select

those deepest in color — dark greens and reds. **Why:** The dark color means higher concentrations of antioxidant vitamins A, C and E, folic acid, calcium and other nutrients.

**DON'T dismiss frozen produce.** Some frozen fruits and vegetables contain as many nutrients as fresh produce — sometimes more. One study found frozen green

beans had about twice the vitamin C as fresh beans that sat on display and in a refrigerator for nearly a week.

**DO select "TV" dinners carefully.** Choose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.

**DON'T pass up pasta.** It's high in protein and contains B vitamins and iron.

**More Dos:** Avoid shopping on an empty stomach; choose fruit "juices" instead of "drinks"; buy skinless poultry; remember that a standard serving of meat or fish should be the size of a deck of cards.



### PROTECTIVE TEA



Several studies link drinking non herbal green, black or white tea to a lower incidence of heart disease, certain cancers and other disorders. Results seem to be better the longer people drink tea, although how much to drink for health is not clear. And decaffeinated brews contain the same protective compounds as caffeinated teas.

### DR. ZORBA'S LONGEVITY CORNER

**GO AND EAT FISH** A study reported in the Archives of Neurology suggest that eating fish at least once a week can keep your memory sharp. Fish is a rich source of omega-3 fatty acids essential for brain functioning and memory performance. Combined with other research, this study supports the possibility that regular fish eaters have a lower risk of dementia and stroke — and offers another reason for adding fish to your diet.



**WRIST SAVER** Relax your wrists and relieve the pain and strain that can result from typing and other repetitive motions: Rest your elbow on a desk with your hand hanging over the edge. Gently stretch your fingers back with your other hand and hold for five seconds. Repeat for the other hand.