

City Of Mission's

Live Well, Work Well



May 2017

Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Allergies.

Seasonal Allergy Management and Treatment

Know your triggers. You may think that pollen is causing your suffering, but other substances may be involved as well. More than two-thirds of spring allergy sufferers actually have year-round symptoms. An allergist can help you find the source of your suffering and stop it, not just treat the symptoms.

Work with your allergist to devise strategies to avoid your triggers:

-  Monitor pollen and mold counts. Weather reports in newspapers and on radio and television often include this information during allergy seasons.
-  Keep windows and doors shut at home and in your car during allergy season.
-  To avoid pollen, know which pollens you are sensitive to and then check pollen counts. In the spring and summer, during tree and grass pollen season, levels are highest in the evening. In late summer and early fall, during ragweed pollen season, levels are highest in the morning.
-  Take a shower, wash your hair and change your clothes after you've been working or playing outdoors.
-  Wear a NIOSH-rated 95 filter mask when mowing the lawn or doing other chores outdoors, and take appropriate medication beforehand.

Your allergist may also recommend one or more medications to control symptoms. Some of the most widely recommended drugs are available without a prescription; others, including some nose drops, require a prescription. If you have a history of prior seasonal problems, allergists recommend starting medications to alleviate symptoms two weeks before they are expected to begin.



Source: American College for Allergies, Asthma, and Immunology

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Next Month's Issue:

Summer Safety



Nip allergies in the bud



Common Seasonal Allergy Triggers

If you sneeze and cough, or your nose and eyes itch and are runny during certain times of the year, you may have seasonal allergies. Grass, pollen and mold are the most common triggers of seasonal allergies.

In many areas of the United States, spring allergies begin in February and last until the early summer. Mold winter temperatures can cause plants to pollinate early. A rainy spring can also promote rapid plant growth and lead to an increase in mold, causing symptoms to last well into the fall.

While the timing and severity of an allergy season vary across the country, the following climate factors also can influence how bad your symptoms might be:

-  Tree, grass and ragweed pollens thrive during cool nights and warm days.
-  Molds grow quickly in heat and high humidity.
-  Pollen levels tend to peak in the morning hours.
-  Rain washes pollen away, but pollen counts can soar after rainfall.
-  On a day with no wind, airborne allergens are grounded.
-  When the day is windy and warm, pollen counts surge.
-  Moving to another climate to avoid allergies is usually not successful—allergens are virtually everywhere.



Source: American College for Allergies, Asthma, and Immunology

Food Allergy

More than 50 million Americans have an allergy of some kind. Food allergies are estimated to affect 4 to 6 percent of children and 4 percent of adults, according to the Centers for Disease Control and Prevention. Food allergy symptoms are most common in babies and children, but they can appear at any age. You can even develop an allergy to foods you have eaten for years with no problems.

The body's immune system keeps you healthy by fighting off infections and other dangers to good health. A food allergy reaction occurs when your immune system overreacts to a food or a substance in a food, identifying it as a danger and triggering a protective response. While allergies tend to run in families, it is impossible to predict whether a child will inherit a parent's food allergy or whether siblings will have a similar condition. Some research does suggest that the younger siblings of a child with a peanut allergy will also be allergic to peanuts.

Symptoms of food a food allergy can range from mild to severe. Just because an initial reaction causes few problems doesn't meant that all reactions will be similar; a food that triggered only mild symptoms on one occasion may cause more severe symptoms at another time.

While any food can cause and adverse reactions, eight types of food account for about 90 percent of all reactions:

-  Eggs
-  Milk
-  Peanuts
-  Tree nuts
-  Fish
-  Shellfish
-  Wheat
-  Soy



Symptoms of an allergic reaction may involve the skin, the gastrointestinal tract, the cardiovascular system and the respiratory tract. They can surface in one or more of the following ways:

-  Vomiting and/or stomach cramps
-  Hives
-  Shortness of Breath
-  Wheezing
-  Repetitive cough
-  Shock or circulatory collapse
-  Tight, hoarse throat; trouble swallowing
-  Swelling of the tongue, affecting the ability to talk or breathe
-  Weak pulse
-  Pale or blue coloring of skin
-  Dizziness or feeling faint
-  Anaphylaxis



Source: American College for Allergies, Asthma, and Immunology

Question & Answer



Can long term allergy treatments provoke the body to become allergic to other things?

Answer: Allergic sensitization generally increases over time, from childhood to adulthood. Allergen immunotherapy involves the administration of gradually increasing quantities of specific allergens until a dose is reached that is effective in reducing symptom severity from natural exposure (similar to a vaccine). The major objectives of allergen immunotherapy are to reduce responses to allergic triggers that precipitate symptoms in the short term and to decrease inflammatory response and prevent development of persistent disease in the long term. Data on allergen immunotherapy in children are interesting, as immunotherapy may prevent development of new sensitizations in children.

Can eating too much peanut butter give you an allergy?

Answer: No, thankfully there is no relationship between consuming large quantities of a food and the development of a food allergy. If there were, a lot more people would be allergic to pizza! Eating food is actually one way that we maintain the body's tolerance to the food. The mechanism for how we develop allergies to foods that we have tolerated in the past is still not clear. Allergy to food can develop at any time in a person's life, but it most commonly occurs in childhood and less commonly as an adult.

Are there any treatments for milk allergy other than avoidance?

Answer: Unfortunately, avoidance of the food allergen is the only way to protect against an allergic reaction to a food at this time. However, there is good news. Clinical trials of promising new treatments are underway. Trials including sublingual immunotherapy, oral immunotherapy, and herbal formulas are being conducted at major medical centers nationwide. There may be additional therapies for management of food allergies in the future.

Puzzle



**Congratulations to
last month's winner:
Elia Tijerina**

4		8	6		7			
								4
6			3					5
								2
	1			6			3	
2		7	1	5				
		9	8		3			
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1		5					2	

**Complete the puzzle and turn it in to Human Resources
by May 12, 2017 by 12:00 p.m. to be entered into a
raffle for a \$10 gift card!**

Let's Get Moving! Move Of the Month:

30 Day Sleek Arms Challenge
For the month of May, try this 30 Day Sleek
Arm Challenge!

30 DAY

SLEEK ARMS CHALLENGE

complete the # of
reps of each exercise
listed every day to
sculpt your sleek
arms by day 30!

Arm Circles	Arm Raises	Single Chest Press Pulse	Half Cobra Push Ups	Up Up Down Downs
10 Arm Circles 10 Arm Raises 10 Single Chest Press Pulses	11 Arm Circles 11 Arm Raises 11 Single Chest Press Pulses	12 Arm Circles 12 Arm Raises 12 Single Chest Press Pulses	13 Arm Circles 13 Arm Raises 13 Single Chest Press Pulses	14 Arm Circles 14 Arm Raises 14 Single Chest Press Pulses
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Insect Sting Allergy

Stings from five insects – honeybees, hornets, wasps, yellow jackets and fire ants – are known to cause allergic reactions to the venom injected into the skin. While most people are not allergic to insect venom, the pain from a sting may cause them to mistake a normal reaction for an allergic one. Knowing the difference between a normal reaction and an allergic reaction might save you a trip to the doctor's office.

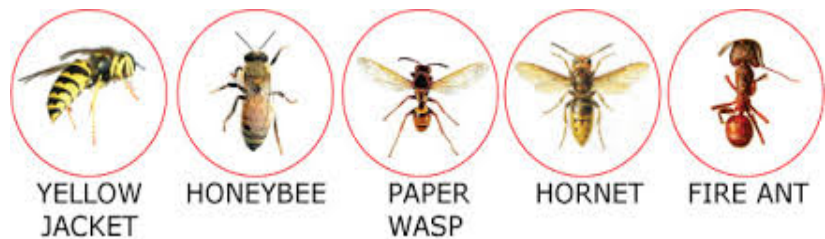
Insect stings typically result in pain, swelling and redness confined to the sting site. More severe reactions include symptoms appearing over a wider area (for example, swelling of your whole arm if you were stung on your wrist) or affecting other parts of the body from where the sting occurred.

Allergic reactions to stings can occur even after many normal reactions to stings and at any age. It has been estimated that potentially life-threatening allergic reactions to insect venom occur in 0.4 percent to 0.8 percent of children and 3 percent of adults. Insect sting reactions account for at least 40 deaths each year in the United States.

The majority of insect stings in the United States come from wasps, yellow jackets, hornets and bees. The red or black imported fire ant now infests more than 260 million acres in the southern United States, where it has become a significant health hazard and may be the number one agent of insect stings. While there are native fire ant species, the species that causes the most problems for us were accidentally imported to the United States from South America.

Insect allergy symptoms:

- 🐛 Pain
- 🐛 Redness
- 🐛 Swelling (in area of sting and sometimes beyond)
- 🐛 Flushing
- 🐛 Hives
- 🐛 Itching
- 🐛 Anaphylaxis



Insect Sting Allergy Management and Treatment:

- 🐛 Avoid insects
- 🐛 Immediately inject epinephrine if symptoms of anaphylaxis develop
- 🐛 Consider allergy shots.

Source: American College for Allergies, Asthma, and Immunology

Pet Allergies

If your nose runs, your eyes water or you start sneezing and wheezing after petting or playing with a dog or cat, you likely have a pet allergy. A pet allergy can contribute to constant allergy symptoms, as exposure can occur at work, school, day care or in other indoor environments, even if a pet is not present.

Pet Allergy Symptoms:

- 🐾 Sneezing
- 🐾 Runny or stuffy nose
- 🐾 Facial pain (from nasal congestion)
- 🐾 Coughing, chest tightness, shortness of breath and wheezing
- 🐾 Water, red or itchy eyes
- 🐾 Skin rash or hives

Management & Treatment:

- 🐾 Avoid being around dogs and cats; if you have a pet at home, take specific steps to limit exposure.
- 🐾 Nasal sprays, antihistamines and bronchodilators can help relieve symptoms.
- 🐾 Consider allergy shots.



Source: American College for Allergies, Asthma, and Immunology

Cat Allergies

If your nose runs and your eyes water or you start sneezing and wheezing after petting or playing with a cat, you likely have a cat allergy. A cat allergy can contribute to constant allergy symptoms, as exposure can occur at work, school, day care or in other indoor environments, even if a cat is not present.

Cats produce multiple allergens. These allergens are found on the fur and skin and in saliva. All cats produce allergens; studies have not shown that cats can be hypoallergenic. Homes with more than one cat have higher levels of cat allergens. Characteristics such as the length of cat's hair, its sex and the amount of time a cat spends indoors are not associated with cat allergen levels. Dust in a cat's coat can also cause allergy symptoms. In those cases, the allergy is to the dust or pollen, not to the cat.

Cat Allergy Symptoms:

- 🐾 Sneezing or a runny or stuffy nose
- 🐾 Facial pain (from nasal congestion)
- 🐾 Coughing, chest tightness, shortness of breath and wheezing
- 🐾 Watery, red or itchy eyes
- 🐾 Skin rash or hives



Source: American College for Allergies, Asthma, and Immunology

Healthy Recipe

Chicken Skewers

Change up your usual wing routine with these delicious chicken skewers, served with a zesty peanut dipping sauce. This healthy recipe makeover cuts the amount of saturated fat and added sugar found in the most traditional chicken wings. Serve alongside a colorful veggie platter for a super, cancer-fighting spread.

Makes 6 Servings

Per serving: **280 calories, 14 g total fat, 9 g carbohydrate, 29 g protein, 1 g dietary fiber, 400 mg sodium**



Ingredients:

-  2/3 cup low-sodium chicken broth
-  1/3 cup lite coconut milk
-  2 Tbsp. ginger, minced
-  1 garlic clove, minced
-  2 Tsp. brown sugar
-  1 tsp. lime juice
-  Dash of cayenne pepper (optional)
-  1 lb. boneless, skinless chicken tenders
-  Green onions, coarsely chopped (for garnish)

Peanut Dipping Sauce

-  1/2 cup natural peanut butter
-  2 Tbsp. reduced sodium soy sauce
-  1/4 cup low-sodium chicken broth
-  1 Tbsp. brown sugar
-  1 Tbsp. ginger, minced
-  2 cloves garlic, minced
-  1 Tbsp. lime juice
-  Crushed red pepper flakes (to taste)

Directions:

1. Combine first 8 ingredients. Add chicken tenders (to coat), cover and refrigerate for an hour. Soak wood skewers in water for at least 15 minutes before grilling. Thread 1 chicken tender on each skewer and discard the extra marinade.
2. Cook the chicken on the grill or nonstick pan (coat with cooking spray) over medium-high heat for about 3 minutes per side, until fully cooked through.
3. Make peanut sauce by combining all ingredients in a food processor and mix until smooth. Serve immediately with chicken skewers, and garnish with green onions.

Last Month's Events



April's Birthday Celebration



Health & Wellness Seminar – May 18, 2017

Save the Date!