



Upbeat

tap into total health

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toll-free 1-866-461-9461

Allergy, Asthma, or Allergic Asthma?

Allergies

Allergies guard against *allergens* that attack your body. Your *immune system* (the part of your body that fights disease) protects you from germs and viruses that make you sick. Allergies can last for a few days to a few months. (A cold starts with a virus, and can last from 3 to 14 days.)

Indoor dust, mold, or pet dander, or some cleaners might make you cough, sneeze, or cause a skin rash. The same goes for outdoor *pollen* (the fine powder that comes from grass, plants, and trees). Most allergies are harmless. A bad reaction (*anaphylaxis*) to certain foods (like peanuts), rubber (latex), or insect stings, can be very scary. If you eat or touch something, or get stung, and feel like your throat is closing up, or you cannot breathe, call 911.

Allergic Asthma

Half of the 20 million people who have asthma have *allergic asthma*. Just like asthma, *allergic asthma* gets started (or “triggered”) by indoor and outdoor sources. Allergic asthma has *allergy* warnings: itchy, teary eyes, runny or stuffy nose, headache/sinus pressure, sneezing, or a sore or scratchy throat. It also has



asthma warnings: chest tightness, coughing, and feeling like it’s hard to breathe. An allergic asthma flare-up can last from minutes to hours.

Stay Away from “Triggers”

Your doctor can test you for allergies, asthma, or allergic asthma, and treat you based on signs, and family history. Dust often. Remove pet hair from furniture. Get rid of clutter. Use an air conditioner to make air quality better. Remove wall-to-wall carpeting. Stay away from grass and trees—stay inside when pollen counts are high! Always have your meds or inhaler ready. Control your triggers, and feel better!

Sources: www.aaaai.com; www.aafa.org, www.mayoclinic.org.

Have any questions? No problem. Call a Health Coach at the number at the top of the page to help you control your disease risks.

Info to Know

American Heart Association
1-800-242-8721
www.heart.org

American Lung Association Help Line
1-800-548-8252
www.lung.org

Asthma and Allergy
 Foundation of America
1-800-727-8462
www.aafa.org

Mayo Clinic
www.mayoclinic.org

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Healthy Connections 

Good Heart, Healthy Heart

Your heart is a very powerful and important organ. It keeps your blood pumping and your body going. Be good to it—by eating healthy, staying active, and not smoking—and it will be good to *you*!

Doing good, by giving back to others, is also a great way to also give back to your heart! Studies show that being kind and helping other people make you feel good by releasing *endorphins*, the “feel-good” chemical in your brain. (By the way, exercise can also have that effect!) Feeling a sense of calm and well-being can help to lower high blood pressure and reduce stress. High blood pressure and stress are two things that can cause heart disease.

Giving back doesn't have to cost money. In fact, some of the best ways to help others are cost-free:

- **Listen to a family member, a friend, or even a stranger.** They may want to help you or someone else later to return the favor.
- **Donate household items or clothes you no longer use.** Spread the love to someone in need. Find a Goodwill or Salvation Army near you.
- **Volunteer in your area.** Sign up to help out at a local food bank or shelter. Offer to walk dogs at an animal hospital. Take part in a church or school bake sale.



- **Send a smile someone's way.** Research shows that smiles are contagious! You'd be surprised at how much a smile can brighten someone's day.
- **Say thank you when someone does something nice for you.** It's easy to forget, but it means a lot. A “thank you” is an easy way to make someone feel valued. If you're uneasy doing it in person, send a thank-you note.

Ask your doctor about your blood pressure numbers, and other ways to help your heart. Be kind to yourself *and* to others. Your heart will thank you!

Sources include: www.cdc.gov, www.heart.org, and www.mayoclinic.org.

What's up Doc?

Healthy Travel Tips

The best way to make good memories when we travel is to be smart *before* we go:

Go to bed early: More rest means more energy to get away.

Lighten-up: Eat healthier, lighter meals. Drink plain water instead of alcohol and caffeine. Choose a smaller bag on wheels to skip the strain on the neck, shoulders, and back.

Write it down: List any items you need to take, like medicines. Make sure someone has your numbers to reach you in a crisis.

Anybody home? Buy a home timer light to make it look like someone is there while you are gone. *Never say that you are away on social media!* That invites burglars.

Move it: *Deep Vein Thrombosis* (DVT) happens when a blood clot forms in the veins of the arms, legs, or pelvis. The clot can travel through the blood stream on its way to the lungs, stopping blood flow before it gets there. Don't cross your legs; stretch them (and your arms too). Take 10-minute walks every 2 or 3 hours. Wear loose clothing.

If traveling outside the U.S.: Do not eat or drink anything raw, undercooked, unpasteurized, unpeeled, or unwashed. Stick with bottled instead of tap water! Ask your doctor about shots you might need before you go.

Sources include www.cdc.gov.

DARBY BOINGG'S™ FUN CORNER



IF YOU HAVE ALLERGIES OR ASTHMA, BE SURE TO KNOW YOUR TRIGGERS SO YOU CAN STAY AWAY FROM THEM.



SPIKE ARMSTRONG

COVER YOUR MOUTH WITH YOUR ARM WHEN YOU COUGH OR SNEEZE. MAKE SURE TO REST WHEN YOU NEED TO DO SO, AND DRINK PLENTY OF WATER!



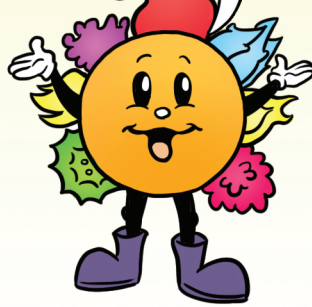
CONSTANCE EATRITE

HI, IT'S YOUR FRIEND DARBY BOINGG AGAIN! INSIDE OR OUT, YOU CAN STILL HOP TO IT WHEN IT COMES TO EXERCISE! JUST BE SMART IF YOU HAVE ALLERGIES, ASTHMA, OR A COLD.



DARBY BOINGG

DON'T FORGET TO FOLLOW YOUR ASTHMA ACTION PLAN! CARRY YOUR INHALER AND SPACER, AND USE YOUR RESCUE MEDICINE 15 - 20 MINUTES BEFORE EXERCISING.



FUZZY G. POLLEN

IF YOU HAVE A BAD ALLERGY OR ASTHMA, HAVE MOM OR DAD TELL THE SCHOOL NURSE, AND GIVE HER AN EXTRA INHALER FOR YOU IN CASE YOU NEED IT.



DR. VON WHEEZLES

ACTIVITIES FOR INSIDE AND OUT!

HERE ARE SOME FUN WAYS TO STAY ACTIVE, INDOORS AND OUTSIDE! FILL IN WHERE YOU THINK EACH SHOULD GO, THEN WRITE SOME OF YOUR OWN!



- RIDE A BIKE
- PLAY CATCH
- DO PUSH-UPS
- RUN IN PLACE
- DO SIT-UPS
- STRETCH
- PLAY TOUCH FOOTBALL

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411 Direct

Beating the Holiday Blues



For most people, the holidays are filled with happy times, family, and friends. Many find this time of year to be hard, though. Sadness can replace feelings of joy. This is known as the “holiday blues.”

What causes the holiday blues?

- Loneliness due to the loss of a loved one, divorce, or being away from family
- Stress about spending too much time with family members
- Worry about finances and gift-giving
- Feeling tired from a long holiday to-do list

When stress is ignored, extreme sadness can happen, but know this: the holidays don't need to cause added stress. To handle holiday hassle, take a step back. Try to figure out how you're feeling. It's okay to be sad or on edge. Don't be hard on yourself, even if those around you are celebrating.

Boost holiday happiness:

- *Create a gift budget* and stick to it.
- *Limit holiday treats*, like alcohol and desserts.
- *Know your limits* when asked to help. Say “no” when you need to do so!
- *Have happy people* who care around you.

- *Ask for help!* (Have guests help by sharing the cooking and bringing a dish.)
- *Be open to change.* (If your adult children can't join you, this time, pick a different date.)
- *Get enough sleep* (about 7-9 hours each night).
- *Stay active.* Try a quick run each day, or a do few laps around the mall. Exercise helps fight stress and gives you energy.

If sadness or depression goes on, or gets worse, see your doctor. Also meet with your doctor if you have aches, pains, or trouble sleeping.

Sources include: www.cdc.gov

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