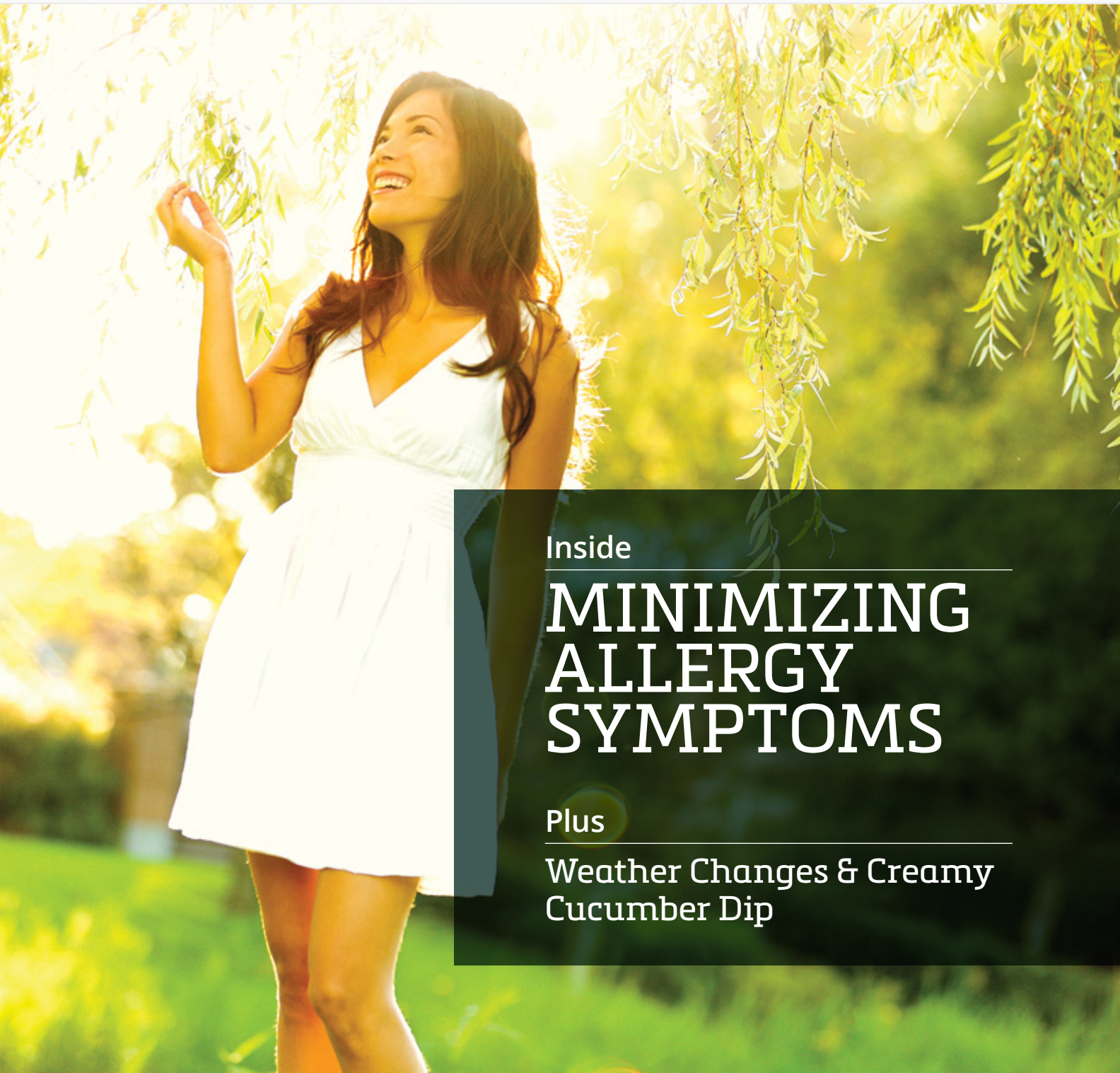


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Spring 2014 News

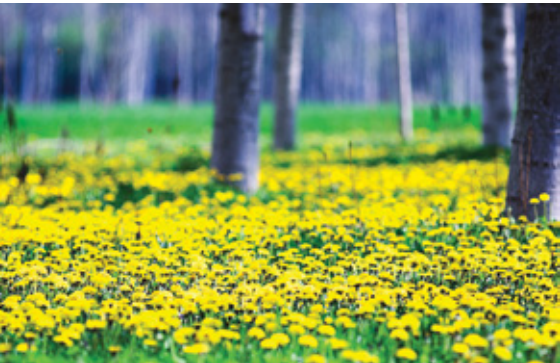


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MINIMIZING ALLERGY SYMPTOMS

Plus

Weather Changes & Creamy
Cucumber Dip



MINIMIZING ALLERGY SYMPTOMS

DURING PERIODS OF HIGH POLLEN

Spring is just around the corner, meaning longer days, warmer weather, and blooming flowers. Loved by most, springtime brings a season of chaos for allergy sufferers. Ralph Waldo Emerson is famous for saying, "The earth laughs in flowers," but people stricken with spring allergies are not laughing.

Unfortunately, pollen is unavoidable this time of year. While allergy sufferers can't completely escape exposure, there are ways to minimize allergy symptoms during periods of high pollen.

Know Your Pollen Count. It is important to continuously communicate with your allergist about your allergies. Know exactly what you are allergic to so you are prepared to take action before pollen exposure triggers a bad reaction. According to the Asthma and Allergy Foundation of America, pollen count is calculated by the amount of pollen in the air during a particular period of time- usually 24 hours. Patients can check their pollen count by accessing the www.Pollen.com, which is updated every day.

Stay Indoors During Periods of High Pollen. During the spring,

people are often tempted to sleep with their windows open. This is a problem for pollen-sensitive patients, because this is usually the time of high pollen counts. By keeping the windows shut and the air conditioning on, patients can reduce their risk of pollen exposure.

Plan Time Outside Wisely.

According to experts, most plants pollinate from 5am to 9am. Try to avoid being outside during those times, for pollen can easily stick to your hair, face, and clothes. Windy days also increase your risk for a bad allergy reaction.

Protect Yourself From Pollen.

When you absolutely have to be outside during times of high pollen, wear a mask as a filter. You can find an inexpensive, durable painter's mask at your local hardware store. While most will find the mask unfashionable, it will pay off in the long run and greatly help manage your allergies.

At Allergy and Environmental Treatment Center, we prefer patients to wear facial masks, which offer great protection. If you run or jog outside, choose a residential street that doesn't have a lot of traffic. Car exhaust

can greatly enhance your risk of an allergy reaction. Also, take your preventative allergy treatments before you leave the house. Do not wait until you have been affected by your springtime allergies.

Don't Let Pollen Follow You

Inside. Change your clothes immediately when you return inside. Also, rinse your hair for extra protection against pollen.

The team at Allergy and Environmental Treatment Center is committed to help you combat allergy symptoms. With our compassionate staff and effective treatments, allergy sufferers can expect the best quality of care.



Lawrence Liszewski, MS, DO
Sharon Gwozdek, RN, BSN

WEATHER CHANGES

AND ALLERGY TRIGGERS



Turbulent weather changes pose numerous risks to human health, including allergies and asthma. According to the US Centers for Disease Control and Prevention, practically every angle of climate change affects human health, with 314 million Americans suffering from these health effects. The Allergy and Environmental Treatment Center is at the forefront of treatment innovation for allergies, and continues to develop strategies to effectively implement into patient care plans.

While chemicals and other particles plague the airways of allergy sufferers, climate change increases pollen counts, posing more challenges. As the weather gets warmer, plants begin to bloom, introducing excess pollen in the air. Researchers predict that pollen counts will double within 30 years, especially in warmer city areas.

On the flip side, cold weather can trigger inflamed airways and asthma attacks. Some individuals have what is called exercise-induced asthma, and when they breathe fast, the air is unable to warm up in time. This increased cooling of the airway triggers a reaction, often resulting in swelling. One study examined wind during thunderstorms and discovered pollen is carried

into people's airways more easily, causing severe allergy reactions in a short amount of time.

While some people get rosy cheeks during cold temperatures, others break out in cold-induced urticaria or "cold-induced hives." As a reaction to cold weather and even cold water, welts develop that are itchy and are sometimes the size of a half-dollar. People who are stricken with cold weather allergies should always keep their bodies covered.

Other cold induced allergies include asthma, Raynaud's phenomenon, and vasomotor rhinitis. Talk to Dr. Liszewski or any of the medical staff at Allergy and Environmental Treatment Center if you believe you are affected by weather induced allergies. For more information on treatment and environmental factors, contact a representative at our office, today!

The advice and information contained in this newsletter is for educational purposes only, and is not intended to replace or counter a physician's advice or judgment. Please always consult your physician before taking any advice learned here or in any other educational medical material.

DO YOU...

- Experience fatigue?
- Experience anxiety?
- Have loss of weight or appetite?
- Have tingling in your hands?
- Experience muscle cramping?
- Experience vomiting or nausea?
- Feel like your heart flutters?
- Have skin conditions?
- Experience depression?
- Have weight gain?
- Bruise easily?
- Have reduced muscle mass?
- Have diarrhea or constipation?
- Experience loss of hair?
- Have digestive problems?
- Experience numbness?
- Experience muscle weakness?
- Experience slow wound healing?
- Have skin rashes?
- Have low energy or libido levels?

If you experience two or more symptoms from the list above, ask your doctor about SpectraCell's Micronutrient Testing.



CREAMY CUCUMBER DIP

A DAY 1/3 RECIPE

Makes about 2 cups. This simple and refreshing dip, featuring cashews for creaminess, is best enjoyed the day it's made. Serve with fresh vegetables or spread on toasted whole grain bread.

Ingredients:

- 1½ cup raw cashews
- 1 English cucumber, peeled and shredded
- 2 tablespoons fresh lemon juice
- ¼ cup freshly chopped dill
- 2 tablespoons freshly chopped chives
- 2 tablespoons toasted pine nuts (omit, use toasted pepitas)

Per Serving:

Serving size: about ¼ cup, 170 calories (110 from fat), 12g total fat, 2g saturated fat, 0mg cholesterol, 25mg sodium, 12g carbohydrate (3g dietary fiber, 3g sugar), 6g protein

Source:

<http://www.wholefoodsmarket.com;>
Modifications in red by Laura McKay

Method:

Soak cashews with enough water to cover for at least 4 hours. Drain. Place shredded cucumber in a strainer and set aside for at least 15 minutes to drain, then squeeze out as much excess liquid as possible. You should have about 1½ cups packed shredded cucumber. Transfer cucumber to the bowl of a food processor. Add drained cashews, lemon juice, dill and chives and purée until dip is smooth and creamy. Garnish with pine nuts and serve.

Laura McKay, BS

Health Educator



Laura received her Bachelor of Science degree from Arizona State University in Exercise Science and Wellness. She is our Health Education instructor for various AETC programs.