

How To Handle Your Spring Allergies

Spring is a beautiful season, but it's also a season of allergies. As we jump into the beginning of spring, plants release pollen and millions of people with hay fever start to sniffle and sneeze. While there is no universal cure for all allergies, you can take steps to curb your springtime sniffles from medication to household habits.

The immune system sees pollen as a danger and releases antibodies that attack the allergens. That leads to the release of chemicals called histamines into the blood, which trigger runny noses, itchy eyes, and other symptoms that are all too familiar if you have allergies.

Pollen can travel for miles, so it's not just about the plants in your neighborhood. Common triggers are found in trees, grasses, and weeds. Pollen counts are usually higher on breezy days when the wind picks up these sneeze-inducing grains and carries them through the air. Rainy days, on the other hand, wash away the allergens.



APRIL **HEALTH** OBSERVANCE

Women's Eye Health and Safety Month

April 1 – April 30

Did you Know?

The optic nerve contains more than one million nerve cells.

One of the best ways to preserve your eye health is to sustain proper blood flow circulation to the optic nerve. This can be accomplished through proper hours of necessary sleep, medications, or moisturizing eye creams.

Fight your Spring allergies with natural plant extracts and foods that act as antihistamines.

Antihistamines are substances that block histamine protein activity in the body that triggers allergy symptoms, such as sneezing, itchy eyes, and a scratchy throat. Over-the-counter (OTC) and prescription antihistamine medications are effective for symptom relief, but they can cause side effects, such as drowsiness and nausea. As a result, some people wish to try natural alternatives. The following solutions are the best natural antihistamines.

Vitamin C

Oxidative stress plays a key role in allergic diseases. Vitamin C is a powerful antioxidant and anti-inflammatory. It can be found in many fruits and vegetables, such as bell peppers, broccoli, cantaloupe, melon, cauliflower, citrus fruits, tomatoes, and strawberries.

Bromelain

Bromelain is an enzyme found in the core and juice of pineapples and is also available as a supplement. Bromelain is a popular natural remedy for swelling or inflammation, especially of the sinuses and following injury or surgery.

Quercetin

Quercetin is an antioxidant flavonoid found in many plants and foods. Research suggests that adding quercetin to the diet may help to relieve allergy symptoms. Quercetin is naturally present in many foods and herbs, including apples, berries, black tea, broccoli, grapes, green tea, peppers, red onions, and red wine.

Sources: Webmd.com; medicalnewstoday.com

APRIL IS WOMEN'S EYE HEALTH AND SAFETY MONTH!

By Nicole DiVirgilio; Wellworks For You Account Coordinator

As women age, it is crucial to take proper precautions to prevent vision loss and serious blindness, as women tend to live longer than men and are at a higher risk for developing various eye diseases. If you are a woman over the age of 40, be sure to schedule a dilated eye exam annually, as well as when you notice any change in your vision. If you have any family history of eye health issues, bring these concerns to your doctor for additional safety measures. Make sure to wear UV eye protection or a brimmed hat when outdoors, no matter the season. If you are already wearing glasses or contact lenses, clean and sanitize them daily to avoid bad bacteria coming in contact with your eyes.

Keeping a healthy lifestyle can also help promote eye health! Be sure to engage in a physical activity you enjoy regularly, eliminate tobacco products, and follow a nutritious diet. Many fruits and vegetables include necessary vitamins and minerals to keep your eyes healthy. If you're unsure of where to start, talk to your doctor or a dietitian to get started. Be sure to also learn more about your Wellness Program for any challenges or learning resources to promote a healthy lifestyle!

WORLD HEALTH DAY

World Health Organization

<https://www.who.int/news-room/events/detail/2020/04/07/default-calendar/world-health-day>

Every year, April 7th is celebrated as World Health Day. This yearly observance isn't all about hand-washing and healthy eating. It is a day observed worldwide focusing on promoting healthier living habits that increase the life expectancy of everyone around the world. There are organized activities and support pledges, such as conferences for health workers, briefings for local politicians, informational displays for young people, public demonstrations, as well as free or easy access to medical tests. This special day has become a collective action aimed at globally protecting human health and wellbeing.

Each year since 1995, an annual theme is selected that highlights a priority area of concern. World Health Day 2020 will highlight the vital role of nurses and midwives providing health care around the world, and call for a strengthening in workforce. One of the main events will be the launch of the first ever State of the World's Nursing Report 2020. The report will provide a global picture of the nursing workforce and support evidence-based planning to optimize the contributions of this workforce to improve health and wellbeing for all. The report will set the agenda for data collection, policy dialogue, research and advocacy, and investment in the health workforce for generations to come. A similar report on the Midwifery workforce will be launched in 2021.

The goals of this initiative would be to raise awareness of nurses and midwives and to show your appreciation for the work they provide in delivering healthcare. One way to show your support for nurses and midwives is to join forces with them, as they aim to raise their profile in the workforce. Don't be afraid to make a call to action by speaking out to local leaders and officials to make investments that enable nurses and midwives to be able to work at their full potential.

Want to know what it's like to be a nurse or a midwife? See if you can spend time alongside a nurse or midwife in your community. Learn more about them, their life saving work and become an advocate for them. Nurses and midwives are vital to our future and there is always room for more help.

Featured Recipe

DINNER

Herbed Balsamic Chicken

6 Servings

INGREDIENTS

1/2 cup balsamic vinegar
3 tablespoons extra virgin olive oil
1 tablespoon minced fresh basil
1 tablespoon minced fresh chives
2 teaspoons grated lemon zest
1 garlic clove, minced
3/4 teaspoon salt
1/4 teaspoon pepper
6 boneless skinless chicken thighs (1-1/2 pounds)



DIRECTIONS

1. Whisk together all ingredients except chicken. In a bowl, toss chicken with 1/3 cup vinegar mixture; let stand 10 minutes.
2. Grill chicken, covered, over medium heat or broil 4 in. from heat until a thermometer reads 170°, 6-8 minutes per side. Drizzle with remaining vinegar mixture before serving.

NUTRITION

Per serving: 1 chicken thigh with 2 teaspoons sauce: 245 calories, 15g fat (3g saturated fat), 76mg cholesterol, 358mg sodium, 6g carbohydrate (5g sugars, 0 fiber), 21g protein.

Source: www.tasteofhome.com