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## HEALTH OBSERVANCE

# Primary Immunodeficiency Awareness Month



**PRIMARY IMMUNODEFICIENCY AWARENESS MONTH**  
**APRIL**

*Dawn Koch – Wellworks For You*

April is National Primary Immunodeficiency Awareness Month. This is a perfect opportunity to educate and inform people, and this knowledge will lead to early diagnosis and appropriate treatment.

Primary immunodeficiency disorders or primary immunodeficiency weakens the immune system, allowing infections and other health problems to occur more quickly. According to Mayo Clinic, researchers have identified more than 300 forms of primary immunodeficiency disorders. Some conditions are so mild that they can go unnoticed until adulthood. Other types are severe enough to be discovered soon after an affected baby is born.

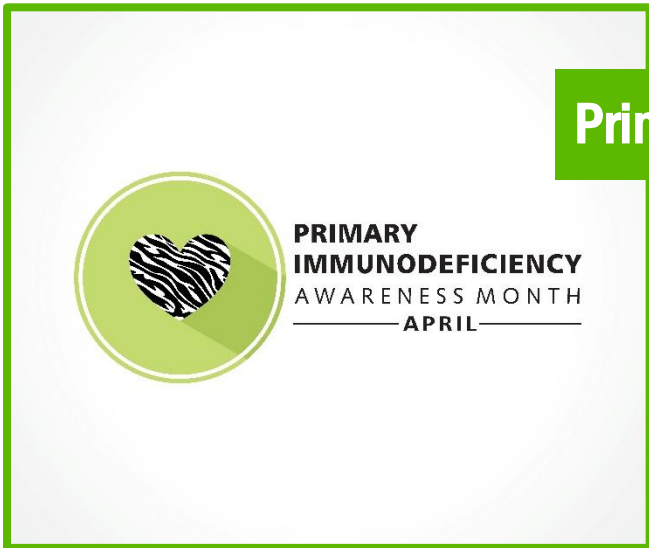
According to the Centers for Disease Control and Prevention (CDC), your immune system helps your body fight infections. Unfortunately, people with primary immunodeficiency (PI) have an immune system that does not work correctly. This means that people with PI are more likely to get and become very sick from infections. As such, prevention is crucial.

### Here are some steps to take for prevention:

- Wash your hands the right way
- Take good care of your teeth
- Maintain healthy habits, including being physically active, eating healthy, and getting enough sleep
- Avoid exposure to people who are sick and crowds
- Ask your doctor which vaccinations are safe for you. Sometimes, people with PI cannot have live vaccines such as rotavirus, chickenpox, oral polio, measles, mumps, and rubella. Newborn screening for SCID can find babies with this PI early before they receive these vaccines.

PI often has an underlying genetic cause and can run in families. Be sure to share any diagnosis with your family members. Your doctor might refer you for genetic counseling and testing if you have been diagnosed with PI or have a family health history of PI.

Source: [Primary Immunodeficiency \(PI\) | CDC](#)

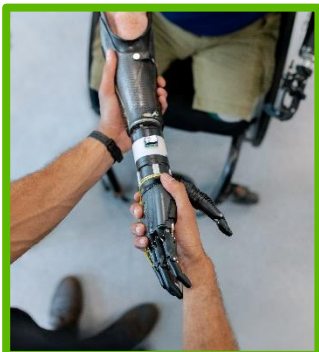


### WellBalance Health Corner

#### Ways to Get Engaged in Environmental Activism in your Community

Learn more about how you can become involved in environmental activism in your community.

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### What is Occupational Therapy?

Occupational Therapy is a rehabilitation process that works with individuals and healthcare teams for a variety of reasons.

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# WelBalance

## HEALTH TIP CORNER

### Environmental Wellness

## Ways to Get Engaged in Environmental Activism in Your Community

Lisa Kyler – Wellworks For You



Environmental activism is crucial to protect our planet from the impacts of climate change, pollution, and other environmental problems. While many people care about the environment, not everyone knows how to get involved and make a difference. Here are some ways to get engaged in environmental activism in your community:

**Join an Environmental Group.** Many organizations focus on environmental issues. Look for local environmental groups in your community to join. You can volunteer your time, donate money, or participate in events.

**Attend Community Meetings.** Attend city council meetings, town hall meetings, and other community gatherings where environmental issues are discussed. Learn about local environmental policies and advocate for change.

**Reduce Your Carbon Footprint.** One of the best ways to make a difference is to reduce your carbon footprint. You can do this by reducing energy consumption, using public transportation, eating less meat, and using reusable bags and containers.

**Educate Yourself and Others.** Read books, articles, and environmental news. Share what you learn with others and encourage them to get involved with you.

**Organize Community Events.** Host events like trash cleanups, recycling drives, and eco-friendly workshops in your community. This will raise awareness about environmental issues and bring people together to make a positive impact.

**Support Local Businesses.** Look for businesses prioritizing sustainability and the environment. This includes stores that sell eco-friendly products or restaurants that source their ingredients locally.

**Vote for Environmental Change.** Research candidates and vote for those prioritizing environmental issues. Contact your elected officials and advocate for policies that protect the environment.

By taking these steps, you can make a difference in your community and protect the environment for future generations. Remember, small actions can have a significant impact on environmental activism.



# What is Occupational Therapy?

*Ashley Long – Wellworks for You*

Occupational Therapy is a rehabilitation process that works with individuals and healthcare teams to help clients build the strength and pathways to complete everyday activities that a physical or emotional injury or a diagnosed health condition may have compromised. When receiving treatment, patients work with an Occupational Therapist or Occupational Therapist Assistants who effectively employ scientific interventions to help patients live independent lives.

Working in various settings, Occupational Therapists can promote healthy behaviors, address resources during a transition period, and improve substance use disorders and mental health.

**Occupational Therapists may be helpful in the following situations:**

**Schools.** An Occupational Therapist in a school setting can work with children with a developmental disability to promote necessary life skills to equip a child to transition from high school to independent living as an adult.

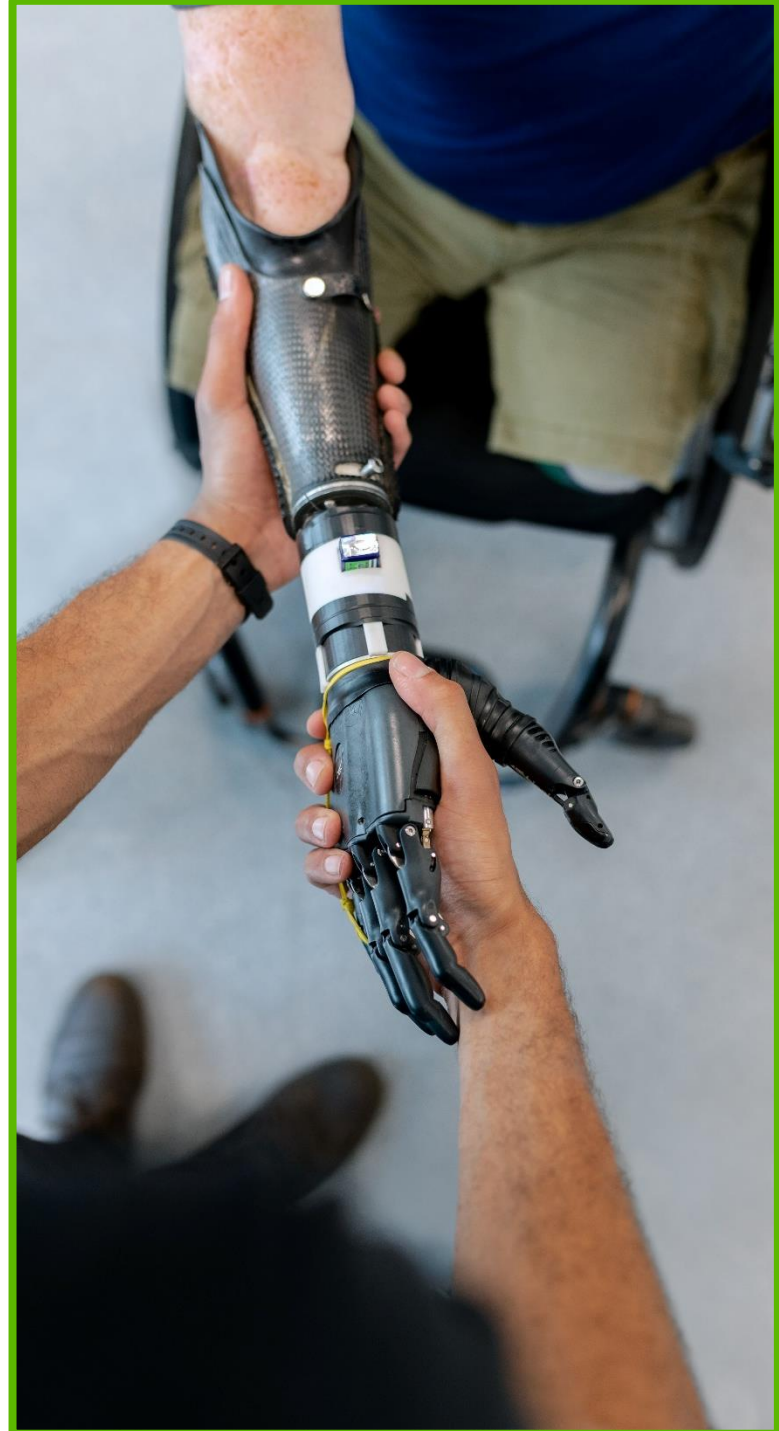
**Health Care Facilities.** An Occupational Therapist in a health care facility may work with a stroke patient to regain the strength needed to bathe and care for oneself independently after leaving the facility.

**Clinics.** An Occupational Therapist in a clinical setting can work with a patient with a wrist injury to reestablish the individual's ability to drive a car and cook meals.

**Community Center.** An Occupational Therapist may frequent a community center to help a wounded warrior recovering from a traumatic brain injury regain memory and organizational skills.

**Homes.** An Occupational Therapist can assist an elderly patient in their home to assess their current living situation and suggest interventions to keep the individual safe and living independently in their home.

Please get in touch with your Primary Care Physician about a referral for Occupational Therapy services.



Source: [What-Is-OT-brochure.pdf \(aota.org\)](http://What-Is-OT-brochure.pdf(aota.org))

## FEATURED RECIPE

### Easy Shrimp Tacos

4 Servings

Dairy Free, Gluten Free Option, High Protein



## INGREDIENTS

- 2 cups diced tomatoes
- 1 teaspoon lime zest (reserve before juicing limes)
- 5 tablespoons lime juice, divided
- ¼ cup chopped fresh cilantro
- ¼ cup diced red onion
- 2 tablespoons minced jalapeño pepper
- ⅛ teaspoon salt
- 2 tablespoons tahini
- ½ teaspoon honey
- 1 clove garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- ¼ teaspoon ground pepper
- 1-pound large raw shrimp (21-25 count; see Tip), peeled and deveined
- 8 (6-inch) corn or flour tortillas, warmed
- 1 cup thinly sliced radishes

## DIRECTIONS

1. Preheat the broiler. Combine tomatoes, 2 Tbsp. lime juice, cilantro, onion, jalapeño, and salt in a medium bowl; toss to combine.
2. Whisk lime zest, the remaining 3 Tbsp. lime juice, tahini, honey, and garlic in a small bowl.
3. Combine oil, cumin, coriander, and pepper in a large bowl. Add shrimp and toss to coat. Spread the shrimp on a large, rimmed baking sheet. Broil, flipping once until the shrimp are pink and just cooked through, 4 to 6 minutes.
4. To assemble: Place 2 to 3 shrimp on each tortilla. Top each with about 3 Tbsp. salsa, 2 tsp. tahini sauce, and 2 Tbsp. radishes.

## NUTRITION

**Serving Size:** 2 tacos

**Per Serving:**

**Calories:** 398

**Carbohydrates:** 34g

**Fat:** 16g

**Sugar:** 5g

**Protein:** 29g

**Dietary Fiber:** 4g

**Saturated Fat:** 3g

**Sodium:** 766mg

Source: [Easy Shrimp Tacos Recipe | EatingWell](#)