



### **SURVIVING SPRING ALLERGIES >>>>**

Spring is here! But so is allergy season. If you have allergies, this time of year can bring on complications.

Allergies in general can happen from exposure to certain foods, drugs, molds, insects, pollen, pets, etc. Allergic reactions trigger our immune system to respond and we can react by coughing, wheezing, itching, or having a runny nose or watery eyes. In some cases, a serious and life-threatening reaction called anaphylaxis can occur.

While we can do our best to avoid food or drug allergens, it requires a little more work to minimize exposure to air-born allergens. It's important to:

#### **IDENTIFY YOUR TRIGGERS**

talk to your provider about recommended allergy tests

#### **STAY INFORMED**

monitor local pollen counts, mold levels and air quality

#### **KEEP INDOOR AIR CLEAN**

regularly clean and consider HEPA air filters

#### **CONSIDER MEDICATION**

discuss over the counter or prescription antihistamine options with your provider

If you have asthma or COPD, allergens like pollen, pet dander, dust and/or smoke can worsen your symptoms. Be sure to meet with your care team to review your action plan.



#### **BEE INFORMED**

*Did you know that certain allergy medications can raise your blood pressure? Steroids can also raise your blood sugar. Be sure to talk to your care team before starting any new medications.*

## FIGHT INFLAMMATION WITH FOOD >>>>

Inflammation is your body's response to an irritant – it helps your body heal. Sometimes, your immune system can overreact even if the danger isn't real. Chronic inflammation can be a risk factor to develop or worsen chronic conditions.

Common causes of inflammation include eating inflammatory foods, drinking alcohol, increased stress, or lack of sleep and/or exercise. An overly active immune system can damage tissues and organs and make it more difficult to manage types of skin, digestive, heart and joint conditions. It also increases the risks for asthma, arthritis, diabetes, heart disease, dementia, weight gain and many more conditions. Signs of inflammation could include swelling, redness and pain. You could also experience fatigue, anxiety/depression, weight changes, frequent infections, etc.

Fortunately, certain healthy habits can reduce chronic inflammation. A healthy diet, exercising regularly, getting enough sleep, maintaining good oral health, and reducing stress help manage inflammation.

### QUICK FACT



*Aerobic exercise, like a brisk walk, is an important way to fight inflammation. We all need at least 150 minutes of moderately intense exercise per week to stay healthy.*

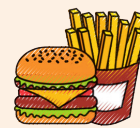
### Fights Inflammation



- Fruits
- Green leafy vegetables
- Herbs and spices
- Fatty fish (salmon, tuna)
- Nuts and seeds
- Olive and avocado oil
- Dark chocolate
- Coffee
- Unsweetened tea

### ANTI INFLAMMATION DIET

### Causes Inflammation



- Fried food
- Soda
- Red meat
- Carbohydrates
- Processed foods
- Foods with added sugars
- Unhealthy oils
- Dairy
- Excess alcohol

Reach out to your care team to learn more about creating a personalized plan to reduce your inflammation.

## MEMBERSHIP HAS ITS REWARDS >>>>

Being an active TakeControl member not only improves your health, keeping up with the program as part of the HII benefits plan incentive means all your care at the HII Family Health Center is free. Scan the QR Code to learn more.

Contact the TakeControl team to learn more about becoming an **active** member.

**Newport News: (757) 327-4183 | Ingalls: (228) 205-7667**  
**takecontrol@quadmedical.com**

QuadMed

**TakeControl >>>>**  
CONDITION MANAGEMENT PROGRAM



Scan the code to access the  
TakeControl website today.