



HEALTHY AT 80

www.communityhealthdayton.org

May 2018

A-CHOOO! IT'S ALLERGY SEASON!

It's peak season for those with asthma and allergies, and a perfect time to learn more about prevention, treatment, and care.

An allergy is when your immune system reacts to a foreign substance, called an allergen. It could be something you eat, inhale into your lungs, inject into your body or touch. This reaction could cause coughing, sneezing, itchy eyes, a runny nose or a scratchy throat. In severe cases, it can cause rashes, hives, low blood pressure, breathing trouble, asthma attacks and even death. More Americans than ever say they manage allergies.

How Do I Manage Allergies?

- ⇒ The best way to prevent allergy symptoms and limit your need for allergy medicine is to avoid your allergens as much as possible. This includes removing the source of allergens from your home and other places you spend time. You can also reduce your symptoms to airborne allergens by washing out your nose daily. You can do this by using a nasal saline rinse using a squeeze bottle or a Neti pot.
- ⇒ Some people don't take allergy medicines because they don't think their symptoms are serious. They may say, "It's only my allergies." This can result in painful problems such as sinus or ear infections. There are many safe prescription and over-the-counter medicines to relieve allergy symptoms—talk to your health care provider today.

<http://www.aafa.org/page/allergy-treatments.aspx>



2018 National
ASTHMA & ALLERGY
Awareness Month

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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FOOD ALLERGY FACTS

A food allergy occurs when the body's immune system sees a certain food as harmful and reacts by causing symptoms. Food allergies are most common in young children. Food allergies affect approximately 4 to 6 percent of children in the U.S. Milk, egg, wheat and soy allergies are often outgrown, but most people do not outgrow peanut, tree nut, fish and shellfish allergies.

What Are the Most Frequent Food Allergens?

⇒ Eight foods cause 90 percent of most food allergy reactions: Dairy, Egg, Peanut, Tree nut (e.g., almonds, walnut, pecans, cashews, pistachios), Wheat, Soy, Fish (e.g., bass, flounder, cod), and Shellfish (e.g., crab, shrimp, scallop, clams).

What is Anaphylaxis?

- ⇒ Not all allergic reactions are anaphylactic. Anaphylaxis is a life-threatening allergic reaction. The symptoms of anaphylaxis may occur shortly after having contact with an allergen and can get worse quickly. So, it's important for you to be prepared for all allergic reactions, especially anaphylaxis.
- ⇒ Anaphylaxis must be treated right away. Your doctor can give you a written step-by-step plan on what to do in an emergency. If you think you are having anaphylaxis, use your self-injectable epinephrine and call 911. Do not delay. Do not take antihistamines in place of epinephrine. Epinephrine is the most effective treatment for anaphylaxis.
- ⇒ Symptoms of anaphylaxis usually involve more than one part of the body such as the skin, mouth, eyes, lungs, heart, gut, and brain. Some symptoms include:
- ⇒ Skin rashes and itching and hives
 - ⇒ Swelling of the lips, tongue or throat
 - ⇒ Shortness of breath, trouble breathing, wheezing (whistling sound during breathing)
 - ⇒ Dizziness and/or fainting
 - ⇒ Stomach pain, vomiting or diarrhea.

<http://www.aafa.org/page/allergy-treatments.aspx>

KNOW HOW TO TREAT ANAPHYLAXIS

1. Follow the steps in your child's emergency care plan to give your child epinephrine right away. This can save your child's life.
2. After giving epinephrine, always call 911 or a local ambulance service. Tell them that your child is having a serious allergic reaction and may need more epinephrine.
3. Your child needs to be taken to a hospital by ambulance. Medical staff will watch your child closely for further reactions and treat him or her if needed.

SEASONAL ALLERGY SEASON

Seasonal allergies, like other allergies, develop when the body's immune system becomes sensitized & overreacts to something in the environment that typically causes no problem in most people. If you sneeze & cough, or your nose & eyes itch & are runny during certain times of the year, you may have seasonal allergies.

Seasonal Allergy Strategies:

- * Know your triggers. You may think pollen is causing your suffering, but other substances may be involved as well.
- * Watch pollen and mold counts. Weather reports in newspapers and on radio and television often include this information during allergy seasons.
- * Keep windows and doors shut at home and in your car during allergy season.
- * In spring and summer, during tree & grass pollen season, levels are highest in the evening. In late summer and early fall, during ragweed pollen season, levels are highest in the morning.
- * Take a shower, wash your hair & change your clothes after you've been working or playing outdoors.

<https://acaai.org/allergies/seasonal-allergies>

ASTHMA TRIGGERS

Asthma triggers vary from person to person. If you have asthma, it is important to keep track of the causes or triggers that you know provoke your asthma. The most common asthma triggers include:

Allergies - If you inhale something you are allergic to, you may experience asthma symptoms.

Irritants in the Air, such as pollution, cigarette smoke, wood fires, charcoal grills, strong fumes, vapors, or odors (such as paint, gasoline, perfumes and scented soaps), & dusts & particles in the air can also bring on an asthma episode. Although people may not be allergic to these items, they can bother inflamed, sensitive airways.

Respiratory Illness—the most common asthma trigger in children.

Weather—Dry wind, cold air or sudden changes in weather can sometimes bring on an asthma episode.

Strong Emotions cause breathing changes – even if you don't have asthma. It may cause wheezing or other asthma symptoms in someone with asthma.

<http://www.aafa.org/page/asthma-triggers-causes.aspx>

NUTRITION BITES!

Flour Power

There is more than all-purpose flour at the grocery store, but it can be overwhelming when trying to decide what flour would be best to use for a recipe and your health. Here's a breakdown of the latest and greatest flours you'll find at the store, plus some nutritional differences between them all.

- ⇒ **100% Whole Wheat Flour:** Whole wheat flour contains all parts of the grain: the germ, bran and endosperm; therefore, it is high in nutrients such as protein, fiber, vitamins and minerals. It is also more absorbent than other flours and requires more liquid in recipes.
- ⇒ **All-Purpose Flour:** A flour most commonly used by your parents and grandparents' generation, AP flour is a tried and true for many. If a recipe requires, "flour," as one of the ingredients, it's generally referring to all-purpose flour. Its nutritional quality is lower than 100% whole wheat flour because it only contains the germ.
- ⇒ **White Whole Wheat Flour:** Similar to 100% whole wheat flour (not bleached and contains all three parts of the grain), whole wheat flour is ground from a paler variety of wheat, producing a flour that is slightly sweet, milder in taste, and paler in color than 100% whole wheat flour, making it a great option for lighter baked goods.
- ⇒ **Self-Rising Flour:** Self-rising flour is the same as all-purpose flour but has salt and baking soda already added to its flour blend.
- ⇒ **Almond Flour:** Made from blanched and ground almonds, this flour is low in carbohydrates and high in protein and unsaturated fat (the good fat). It adds moisture and a nutty flavor to pastries and baked goods, but it does have a short shelf-life so pay close attention to the expiration date.
- ⇒ **Coconut flour** is high in fiber, protein, and healthy fats and is free from wheat and other grains. It is also low in sugar, digestible carbohydrates and calories. A little bit of coconut flour goes a long way—1/4 cup of coconut flour plus 1/4 cup extra liquid is equivalent to 1 cup wheat flour.



<https://www.produceforkids.com/types-flour-use/>

Delicious & Nutritious

FUDGY COCONUT BROWNIES

These coconut flour brownies taste rich, fudgy and decadent. They are also gluten free, important for those allergic to gluten, and contain healthful fiber.

½ cup minus 2
Tbs. coconut flour
½ cup cocoa
powder
(substitute carob
powder for
chocolate
allergies)
½ cup plus 2 Tbs.
olive or corn oil



3 eggs, at room temperature
½ cup pure maple syrup
1 tsp. vanilla extract
Pinch of salt
⅓ cup chocolate chips (use dairy free for those allergic to dairy)

- ⇒ Preheat the oven to 350 and grease a baking dish (8x8 or 9x9).
- ⇒ Mix together all ingredients by hand or with a hand-held blender.
- ⇒ Pour into the baking dish and bake for 18 minutes, until a toothpick inserted into the center comes out moist with some crumbs. Cool for 30 minutes before cutting or removing from the pan. Cooling allows the brownies to have a fudgy texture.
- ⇒ These store well at room temperature or in the fridge for a few days. Make sure you keep them in an airtight container.

<https://empoweredstuenance.com/coconut-flour-brownies-paleo/>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

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