

# Bulletin for Health and Wellbeing

May  
2017

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- High Blood Pressure
- How to Manage Hay Fever

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- Osteoporosis
- Take Advantage of Summer in the Country!

## High Blood Pressure – Hypertension

When your blood pressure is too high, it can damage the walls of your arteries and lead to a number of serious problems such as, heart disease and stroke.



Regular check-ups with your doctor should lead to early detection. If you suspect you have high blood pressure and you haven't seen a doctor yet, you can take measures to lower it until you consult a health professional:

*Blood pressure is the force of blood through your arteries.*

- **Change your habits** – stop eating poorly, smoking, and drinking. Extra weight, nicotine, and alcohol all put a lot of strain on your heart!
- **Get up and move** – want to change your habits? Replace them with other, more heart healthy ones like taking a walk or stretching.
- **Relax** – and do something you love. Stress plays a huge part in increasing blood pressure. Now's the time to try out meditation or scrapbooking – whatever helps you Zen!

Changing your habits can be really hard, especially diet. The **DASH** eating plan can help guide you – it recommends:

- **Five servings of fruit and vegetables every day**
- **Two servings of lower-fat dairy products each day**
- **Whole grain breads, cereals, and baked goods**
- **Limiting the salt and condiments in your food**
- **Limiting high-sugar, high-fat, and salty snacks**
- **Eating fats (oils, peanut butter, nuts) in small quantities**

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*This bulletin should never be used as a substitute for seeing a doctor. If you are concerned about a possible medical condition, please consult your physician.*

# Managing Hay Fever

## How to Reduce Your Symptoms

Hay fever, or seasonal allergies, is caused by pollen released in the air by trees, grasses, and weeds in the spring, summer, and fall. Some people are affected for a short period of time and others suffer through all three seasons, but at each time of year there are things you can do to down-size the seriousness of your symptoms. Here are some quick facts and tips for managing your hay fever symptoms this year.

### TYPES OF POLLEN

By season:

**Spring - Trees**  
**Summer - Grasses**  
**Fall - Weeds**



### SYMPTOMS

- Runny nose
- Sneezing
- Coughing
- Post-nasal drip
- Itchy eyes
- Itchy throat, mouth, and/or ears
- Headaches



### PREVENTION

- Monitor pollen forecasts
- Avoid drying laundry outside
- Shower and change after being outside
- Keep windows and doors closed
- Spring cleaning!

### TREATMENT

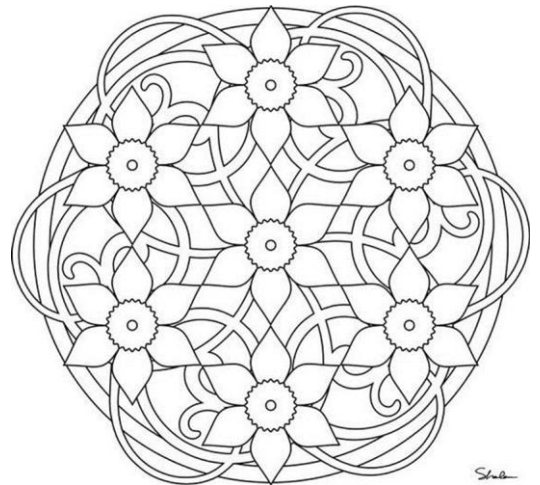
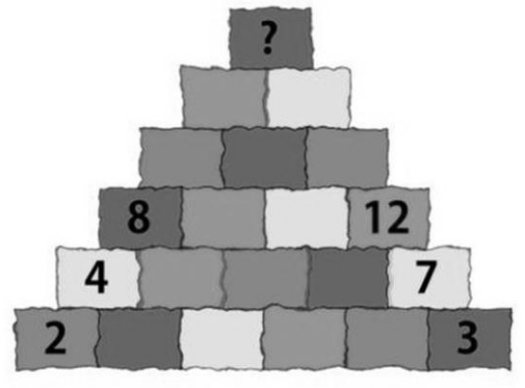
Some ideas for treatment include

**Nasal Spray**  
**Eye Drops**  
**Antihistamines**

Sources:  
 WebMD - Understanding Hay Fever Diagnosis and Treatment  
 Allergy UK - Hay Fever (Allergic Rhinitis)  
 Medicine Net - 10 Ways to Manage your Hay Fever Symptoms

## Activity Corner

Add each pair of blocks to find the number that appears in the block above.



April 2017 Solution

The sum is 34.

13	8	12	1
2	11	7	14
3	10	6	15
16	5	9	4