



May 2019

Seasonal Allergies:

Try these simple techniques to get some relief

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

- Reduce your exposure: Stay indoors on dry, windy days, change your clothes after being outdoors and delegate lawn chores that stir up allergens.
- Pay attention to pollen counts: Check your local TV or weather app for pollen forecasts and avoid outdoor activity on those days.
- Keep indoor air clean: Use the air conditioning in your home or car, use a high-efficiency particulate air (HEPA) filter in your bedroom and vacuum often.
- Try an over-the-counter remedy: Ask your doctor which option is best for you. There are a variety of oral antihistamines, nasal sprays and decongestants.

When home remedies aren't enough:

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available.

If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.

For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies. Over time, these injections reduce the immune system reaction that causes symptoms. For some allergies, treatment can be given as tablets under the tongue.



There's an App for That!

Check up-to-date weather and pollen forecasts for multiple locations. Provides in-depth information about top allergens with detailed plant descriptions and images.

Allergy Alert

Cost: Free
Available on iOS & Android

**Healthy Recipe:
Veggie Egg Bake**



Source: Mayo Clinic

Ingredients

- 1 cup spinach
- 4 large eggs
- 4 large egg whites
- 1 cup skim milk
- 1 ½ tsp. dry mustard
- 1 tsp. dried rosemary or 1 tbsp. minced fresh rosemary
- ½ tsp. salt-free herb-and-spice blend
- ¼ tsp. ground black pepper
- 6 slices whole-grain bread, crusts removed and cut into 1-inch cubes
- ¼ cup chopped onion
- ½ cup diced red pepper
- 4 ounces thinly sliced reduced-fat Swiss cheese

Directions

1. Heat oven to 375 F. Coat a 7-by-11-inch glass baking dish with cooking spray.
2. In a medium bowl, whisk together eggs, egg whites and milk. Add dry mustard, rosemary, spice blend and pepper; whisk to combine.
3. Toss spinach, bread, onion and red pepper in a large bowl. Add egg mixture and toss to coat.
4. Transfer to prepared baking dish and push down to compact. Cover with foil.
5. Bake for 30 minutes or until the eggs have set. Uncover and top with cheese. Continue baking for an additional 15 minutes or until the top is lightly browned.
6. Transfer to a wire rack and cool for 10 minutes before serving.

Community Events

Caveman Adventure Run

Saturday, May 11, 2019; Chilton, WI

Cost: \$35

Website: runsignup.com/Race/WI/Chilton/Caveman5KAdventureRun

Salute the Troops 5k/Half Marathon

Saturday, May 25, 2019; Fond du lac, WI

Cost: \$20-65

Website: localraces.com/events/fond-du-lac-wi/salute-the-troops