



# Allergies: 101



Allergies are abnormal reactions from your immune system to certain things in the environment. Typically these things are harmless to people, but sometimes our bodies mistakenly believe they could be harmful to our bodies. Our immune system produces IgE antibodies to fight off these substances. The antibodies cause the body to release chemicals into the bloodstream, one of them being histamine. Once the histamine is released, it acts on certain parts of the body such as; eyes, nose, throat, lungs, skin, or gastrointestinal tract and causes an allergic reaction. Anytime you come into contact with the same allergen (pollen, medicine, certain foods, dust, etc.) you will have the same reaction.



## Why do we develop allergies?

Allergies are hereditary, meaning they are passed down to you through genes. So you can thank your mom and dad for your allergies. It is possible for some family members to develop allergies and others not to develop allergies. Usually a person only inherits the likelihood of having allergies, not a particular allergy.

### Most Common Types of Allergens:

- 1 Different types of foods
- 2 Insect bites & stings
- 3 Medicines
- 4 Chemicals
- 5 Airborne particles  
(dust, pet dander, mold spores, pollen, ragweed, tree pollen, etc.)



### Speed of a SNEEZE...

Did you know that when you sneeze, particles fly out of your nose at 100 MPH?! Whenever your nose feels a tickle the sneeze center in your brain responds. The muscles in your belly, chest, and diaphragm work together to sneeze out the irritant. A sneeze is your body's defense against whatever it is causing irritation in your nose.

# Avoiding Allergies

There are ways to protect yourself from certain allergic reactions; AVOID them. Avoidance will protect you from any serious reactions. There are medications to relieve the symptoms of those unavoidable allergens

If you have food or medication allergies the best way to avoid an allergic reaction is to avoid that particular food or medicine entirely. With food allergies be sure you avoid meals with any trace of that particular food. The smallest amount could cause an allergic reaction. The most common types of food allergies are peanuts and tree nuts, shellfish, milk and other dairy products, eggs, wheat, soy, and seafood.

## Tips to avoid airborne allergens:

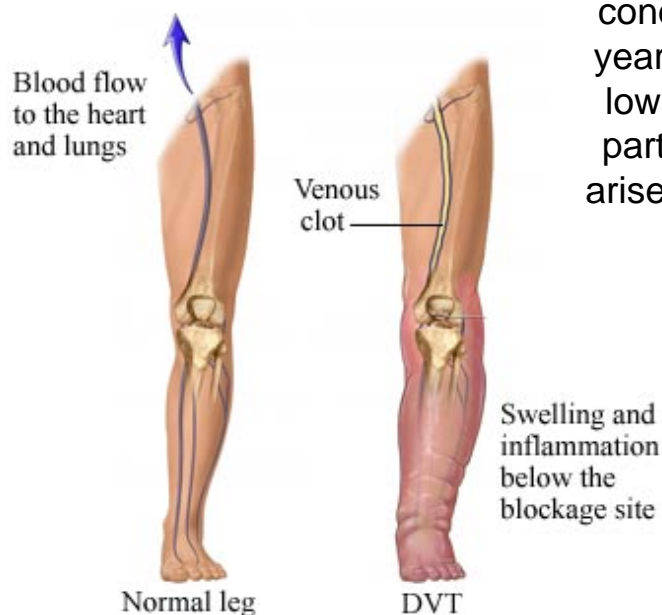
- Bathe pets frequently to lessen the dander.
- Avoid letting family pets in your room.
- Remove carpet and rugs from your room (hard floor surfaces don't hold dust as much)
- Get rid of items that allow dust to gather, don't hang heavy draperies.
- Clean your house frequently. Ask for help if your allergies are too severe.
- Use protective coverings on your pillows & mattresses to protect against dust mites.
- To avoid pollen keep your windows closed when pollen season is at its peak.
- Change your clothes after being outdoors.
- DO NOT mow lawns or rake leaves.
- Avoid damp areas (i.e., basements) if you are allergic to mold.
- Keep bathrooms clean and dry to avoid mold growth.



---

In most cases allergies are unavoidable. Though there is no known cure for allergies there are treatments available to help with the symptoms that come along with allergies. Talk with your HealthSTAT clinician or healthcare provider to find out what treatment is right for you. For more information visit [www.kidshealth.org](http://www.kidshealth.org).

# Deep Vein Thrombosis (DVT)



Deep Vein Thrombosis (DVT) is a serious medical condition that 2 million Americans experience each year. A thrombosis (blood clot) usually forms in the lower limbs of the body in a large vein and causes partial or complete blockage. Complications could arise such as pulmonary embolism (PE) which could result in death if undiagnosed or untreated.

Get the **FACTS** from  
*Preventdvt.org*:

- Occurs in about 2 million Americans each year.
- Up to 600,000 people are hospitalized each year for DVT
- Death caused by pulmonary embolism (PE) may be the most common preventable cause of hospital death in the U.S.
- According to a U.S. multi-center study 1/3 of hospitalized patients with risk factors for blood clots received preventative treatment
- Up to 60% of patients who undergo hip replacement surgery may develop DVT if they do not receive preventative treatment.
- Cancer patients who must undergo surgical procedures are 2 times as likely to develop postoperative DVT and over 3 times more likely to develop fatal PE than non-cancer patients undergoing similar procedures.
- DVT is associated with a 21% one year mortality rate, and PE is associated with a 39% one-year mortality rate in the elderly population.
- The leading cause of maternal death associated with childbirth is PE.

## Risk Factors

- Cancer
- Certain heart or respiratory diseases
- Prior DVT
- Advanced age
- Acute mental illness with restricted mobility
- Inherited or acquired predisposition to clotting
- Obesity
- Hospitalization
- Major surgery such as joint replacement
- Pregnancy
- Restricted mobility caused by long distance travel
- Birth Control Pills
- Postmenopausal hormone replacement therapy
- Trauma

For more information visit [www.preventdvt.org](http://www.preventdvt.org)

# WATER WORKS!

- ✧ Nearly 60% of your body weight is WATER.
- ✧ About 75% of your muscles are made of water.
- ✧ Approximately 75% of your brain is water.
- ✧ Our bodies receive water three ways: food, drinking, metabolism.
- ✧ We need 2.5 liters of water a day.
- ✧ Water may help suppress your appetite.
- ✧ Drinking enough water can help to cleanse toxins from your body and aid in relief from some ailments (depression, constipation, etc.)
- ✧ Drinking enough water can help to prevent water retention.
- ✧ Water helps to improve your muscle tone.



## 6 Reasons Get Your Zzzzzz's

This newsletter is a monthly publication of HealthSTAT, Inc., for its clients and their employees. It is for informational purposes only, and is not intended to replace medical advice.

**HealthSTAT**

4601 Charlotte Park Drive  
Suite 390  
Charlotte, NC 28217  
(704) 529-6161

Prepared & Reviewed by:

Julie Ham,  
Wellness Coordinator  
&  
Eric Hart, MD  
Chief Medical Officer

If you have comments questions or suggestions for the newsletter, please send them to:

[julie.ham@healthstatinc.com](mailto:julie.ham@healthstatinc.com)

1. Getting sleep helps the brain to commit new information into memory. By getting enough sleep your brain is able to complete a process called memory consolidation.
2. Sleep deprivation may affect how our bodies store and process carbohydrates, and could also alter our hormone levels that affect our appetite.
3. Not getting enough sleep could cause us to fall asleep during the day while we are walking, driving, etc. These incidences could cause serious injury.
4. Less sleep could cause us to be irritable, impatient, unable to concentrate, and moody. You may just be too tired to do the things you enjoy.
5. Sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
6. Not getting enough sleep can suppress immune function.