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YOUR MONTHLY WELLNESS NEWSLETTER

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WHAT SKIN CHANGES MAY MEAN FOR YOUR HEALTH

Summer is well on its way, and for most of us, that means hours of leisure time spent soaking up the sun. With the media spotlight on skin cancer, everyone knows to slather on the sunscreen. But what about other, less sensational skin changes? What do those mean for your health in the long run? A recent article featured on MSN.com details a few

bleed, or cause embarrassment, they may easily be removed.

Allergic reaction. Allergies to a medicine or the sun may cause your skin to react in the form of hives, a rash, or itching. Some medicines may also have the side effect of an increased skin sensitivity to the sun. Contact your doctor if you are concerned you may have this problem.



of these bumps and spots that tend to fly under our radar.

Moles. Most people have between 10 and 40, and could continue to develop them up to the age of 40. Moles may naturally change over time, including gradually getting bigger, growing a hair, becoming more raised, getting lighter in color, or falling off. If they become irritated,

Bacterial skin infections. Impetigo and cellulitis cause blisters or sores to develop that must be treated by antibiotics. Contact your doctor immediately if either of these symptoms develop and do not fade within two weeks. For more information on the effects of skin changes on your health, read MSN's full article.



Week Elever (April 4-10):

Try a new healthy recipe.



Week Twelve (April 11-17):

Read nutrition labels on vour food this week.



Week Thirteer (April 18-24):

Have a family devotional or spend an extra 30 minutes a day in Bible study. Church services not included.



ALLERGIES: THE BEST WAY TO FIND RELIEF

The return of spring in all its glory couldn't come sooner for most people, but with the sunshine and flowers comes another (less attractive) prospect—allergens. For many allergy-sufferers, these pesky byproducts mean a Wal-Mart run for tissues and antihistamines. These are the simplest, quickest methods to battle the onslaught... but are they really the most effective? ARA Content investigates.

"Generally, people with allergies understand how they evolve. A trigger, or what we call an allergen, enters the body and causes a symptom," explains John Sheffield, assistant professor of Physician Assistant Studies at South University. "So, when the nose starts running, the eyes start watering or a skin rash appears, what we really want to know then is how can I stop this?"



Have Questions?

Feel free to contact Russell Epperson or Kay Pack in Human Resources.

The first order of action is to narrow down which allergen is your particular culprit. "Pay attention if you are having an allergic response and notice if the reaction happens at a specific time of the year. Simple observation can help narrow down a probable allergen, especially when it comes to seasonal allergies." This may take some time, but the identification of your particular allergen means the most effective treatment can be found. For immediate relief, most physicians prescribe antihistamines and steroidal nose sprays, which decrease inflammation in the nose and provide instantaneous, near total, and entirely temporary relief. "All the signs that an allergen has created greater inflammation within is stifled until the next round."

So what is to be done to prevent "the next round?" The answer is painfully simple: build immunity. Allergists prescribe taking controlled doses, or injections, of the allergen so that the body will no longer react violently when it comes into contact with the allergen at full strength. Other alterna-



tives include detoxifying the liver, where many allergycausing toxins in the body are sent to be eliminated.

Ultimately, avoidance and a healthier lifestyle are the most effective tools to battle allergy season, but they may be augmented by a visit to your doctor for medical treatment. To find out more about allergies, read ARA Content's article.