



# SINUSITIS OR HAY FEVER

Inflammation of the sinuses

## ALLERGIC RHINITIS OR HAY FEVER

Those sensitive to allergens such as dust, pollen, molds, mites, animal hair or skin shedding, medication and certain food may develop allergic rhinitis or hay fever.

### Symptoms:

- Sneezing
- Nasal congestion
- Itching
- Red, itchy and watery eyes
- Cough
- Headache
- A nagging tickle in the mouth or throat
- Clear and watery nasal discharge

### DO:

- Use air conditioners or air purification systems and change their filters regularly.
- Stay indoors during peak allergy seasons or in times of high pollen count.
- Keep pets clean and groomed.
- Wash hair at night.
- Change pillow cases and bed linens frequently.
- Take antihistamines.
- Get shots for protection against allergens.

### DON'T:

- Don't go near people with colds.
- Don't expose yourself to allergens.
- Don't do household chores that expose yourself to allergens such as dusting, mowing the lawn and gardening.
- Don't let pets into the bedroom.

# STROKE

The interruption of blood flow to the brain

The interruption of blood flow to the brain caused by either blockage in an artery or damage to a blood vessel does harm to cells because of the lack of oxygen. This condition may be fatal. A blood clot, plaque or other tissue obstructing the artery may cause the damage. This is called an *ischemic stroke*. In a *hemorrhagic stroke*, the blood vessel in the brain ruptures or bleeds until pressure or a blood clot stops it.

*TIA or transient ischemic condition* is also related and occurs when an artery is temporarily blocked. TIAs are sometimes called "mini-strokes". Risk factors include high blood pressure and heart disease, smoking, diabetes, sickle cell disease, high cholesterol, or family history. TIAs affect people 65 and older and are more common in men. For women, the risks are increased by oral contraceptives.

### Symptoms:

- Numbness or weakness in the face, arm or leg
- Confusion
- Speech difficulty
- Blurred, double or impaired vision
- Trouble walking, dizziness or loss of balance and coordination
- Sudden intense and inexplicable headache

### DO:

- Exercise regularly.
- Eat a balanced diet that is low in fat and cholesterol.
- Maintain healthy weight.
- Take medication exactly as directed.
- Seek the involvement of family and friends.

### DON'T:

- Don't smoke.