

## SPRING HEALTH CONCERNS

Spring has officially arrived, and with the blooming florals and warmer temperatures come some common health concerns associated with the season. Be aware of these potential risks, and take the recommended step to minimize their potential impact.



### LYME DISEASE

Warmer temperatures bring out the deer tick, which is known for transmitting Lyme Disease, and spending more time in the outdoors increases the chances of contact. Ticks often cling to clothes or socks and are known to climb underneath clothing. To minimize your risk, use tick repellants when outdoors — especially when walking through grass and undergrowth — wear long clothing and pull your socks over your pants. After being in an area where ticks might be present, remove your clothing, check for ticks and take a shower. If you find a tick on your body, remove it as quickly as possible with fine-tipped tweezers. If exposed, watch for a fever or rash for a few weeks following the bite.

### SEASONAL ALLERGIES

If you suffer from allergy problems, you don't need us to tell you that pollen from blooming flowers, plants and trees can often trigger allergy concerns. Pollen travels through the air and can end up in your eyes, nose and lungs. The best way to minimize the impact of pollen is to begin treating well before it enters your system. Start a program right away, before the height of the pollen season, and check pollen counts online and avoid the outdoors as much as possible when levels are at their highest.

### SPORTS INJURIES

While basketball, volleyball, wrestling and other winter sports provide their own injury worries, spring brings about a new set of sports that can be cause for concern. Spring football, baseball, tennis, softball, lacrosse and other sports are in season, and each one of them presents a risk of injury. To minimize the chances of injury, as well as the severity of an injury, wear all recommended protective equipment and be sure to stretch and warm up before playing any sport.

### COMMON COLD

While most think of colds occurring during the winter, spring is the peak time for rhinoviruses, which are responsible for approximately half of all common colds. The viruses are extremely contagious and spread easily from person to person. The best way to reduce your risk of catching a cold this spring is to frequently wash your hands and avoid touching your mouth, nose and eyes.

### ASTHMA

Much like seasonal allergies, spring is a common time for asthma flare-ups. Pollen, temperature changes and yard fertilizers are triggers outdoors, while spring cleaning can cause concerns indoors, due to dust and cleaning chemicals. Remember, if you have to use your rescue inhaler more than twice a week, it's time to consult with your doctor.

### UV EXPOSURE

While most think about wearing sunscreen when on the beach or sitting around the pool in the summer, many forget about applying skin protection on a cloudy spring day. But dangerous sunburns can happen when spending significant time outdoors, even when the sun isn't at its brightest. Remember to apply sunscreen of at least SPF 30 when outside, and apply it 30 minutes before going outdoors. It's important to reapply every two hours, or more often if you're sweating or in water.