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Vaccination

Top Ten Reasons To Protect
Children Through
Vaccination

Hepatitis
And The
Liver



Allergic
Asthma

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WORLD
HEALTH
DAYS 2016

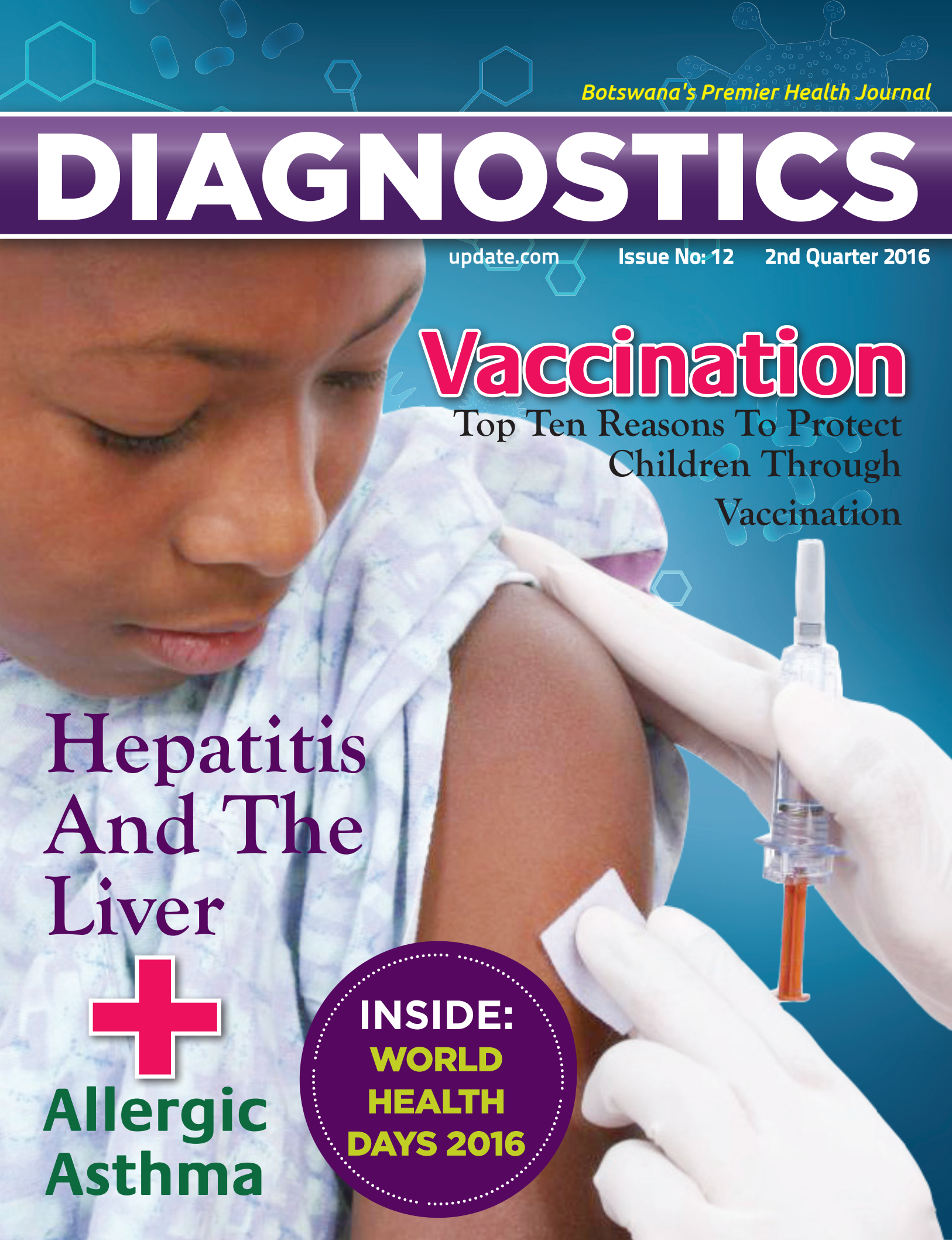




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Dear Reader,

One of the great aspects of this job is having the opportunity to talk with and listen to the many different manufacturers, distributors, and of course the huge network of dealers that is the backbone of our industry.

Years ago I never would have ever imagined I would be in this

position, and it is amazing. To say I really enjoy this job is an understatement.

What makes Diagnostics Update.com so unique is their informative and educative ways to the nation.

The staff and management is always looking for ways to inform their readers on how to tackle different medical issues. Basically, you want more people

to enjoy reading more and more.

That said, there is still the need to get more readers to embrace healthy routines within and outside the homestead. This June 2016 issue we focus on Hepatitis and the liver.

We take a look 15 Hygiene Habits That You Shouldn't Miss in Your Daily Routine.

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Therefore, some information in this publication may have change by the time you read it.

VACCINATION

Importance Of Vaccines

Top Ten Reasons To Protect Children Through Vaccination

1. Parents want to do everything possible to make sure their children are healthy and protected from preventable diseases. Vaccination is the best way to do that.

2. Vaccination protects children from serious illness and complications of vaccine-preventable diseases which can include amputation of an arm or leg, paralysis of limbs, hearing loss, convulsions, brain damage, and death.

3. Vaccine-preventable diseases, such as measles, mumps, and whooping cough, are still a threat. They continue to infect children, resulting in hospitalizations and deaths every year.

4. Though vaccination has led to a dramatic decline in the number, cases of several infectious diseases, some of these diseases are quite common in other countries and are brought to by international travelers. If children are not vaccinated, they could easily get one of these diseases from a traveler or while traveling themselves.

5. Outbreaks of preventable diseases occur when many parents decide not to vaccinate their children.

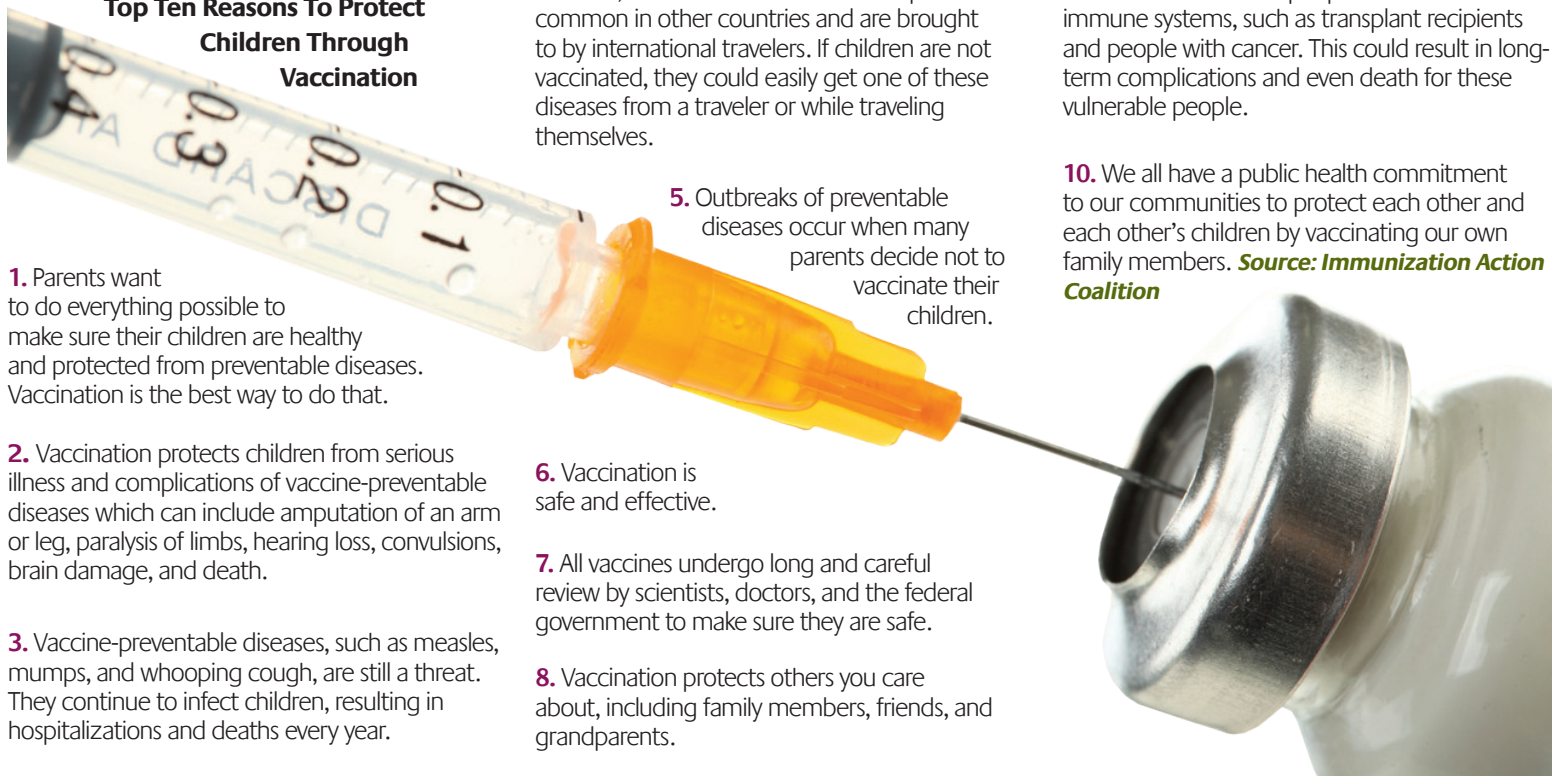
6. Vaccination is safe and effective.

7. All vaccines undergo long and careful review by scientists, doctors, and the federal government to make sure they are safe.

8. Vaccination protects others you care about, including family members, friends, and grandparents.

9. If children aren't vaccinated, they can spread disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer. This could result in long-term complications and even death for these vulnerable people.

10. We all have a public health commitment to our communities to protect each other and each other's children by vaccinating our own family members. **Source: Immunization Action Coalition**



Why should I donate blood?

A: Safe blood saves lives and improves health. Blood transfusion is needed for:

- women with complications of pregnancy, such as ectopic pregnancies and haemorrhage before, during or after childbirth;
- children with severe anaemia often resulting from malaria or malnutrition;
- people with severe trauma following man-made and natural disasters; and
- many complex medical and surgical procedures and cancer patients.

It is also needed for regular transfusions for people with conditions such as thalassaemia and sickle cell disease and is used to make products such as clotting factors for people with haemophilia.

There is a constant need for regular blood supply because blood can be stored for only a limited time before use. Regular blood donations by a sufficient number of healthy



people are needed to ensure that safe blood will be available whenever and wherever it is needed.

Blood is the most precious gift that anyone can give to another person — the gift of life.

A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma — which can be used individually for patients with specific conditions.

HEPATITIS AND THE LIVER

The liver is the largest gland in the human body. It weighs approximately 3 lb (1.36 kg). It is reddish brown in color and is divided into four lobes of different sizes and lengths. It is also the largest internal organ (the largest organ is the skin). It is below the diaphragm on the right in the thoracic region of the abdomen. Blood reaches the liver through the hepatic artery and the portal vein. The portal vein carries blood containing digested food from the small intestine, while the hepatic artery carries oxygen-rich blood from the aorta. The liver is made up of thousands of lobules, each lobule consists of many hepatic cells - hepatic cells are the basic metabolic cells of the liver.

The liver has a wide range of functions, including:

Detoxification (filters harmful substances from the blood, such as alcohol)

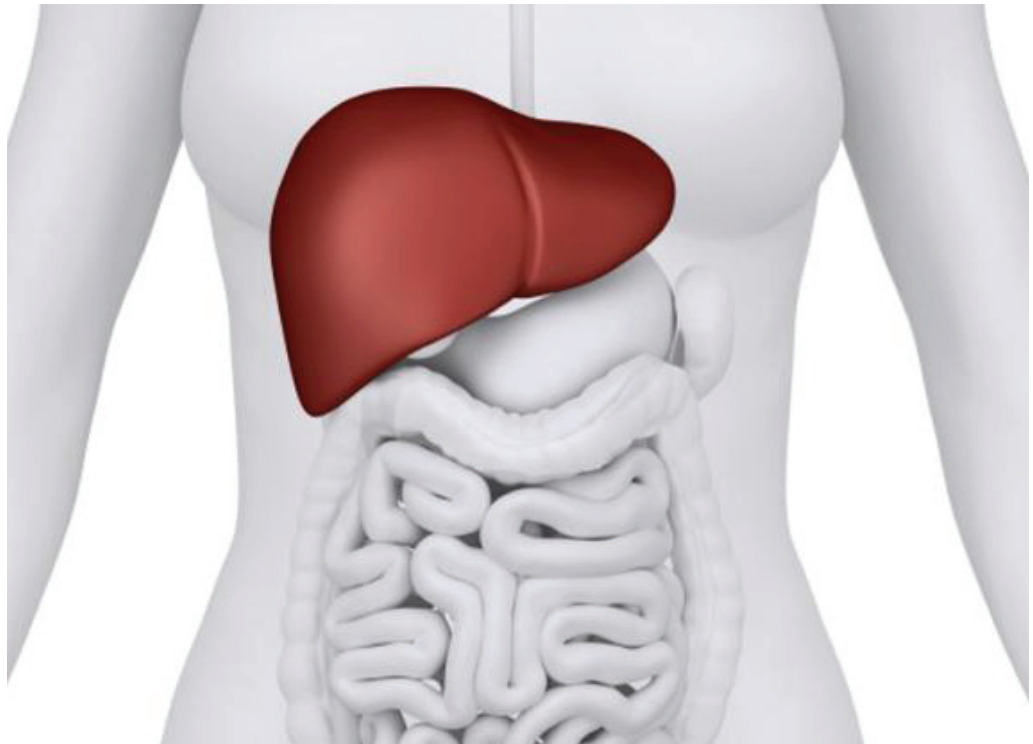
- Stores vitamins A, D, K and B12 (also stores minerals)
- Protein synthesis (makes certain amino acids - the building blocks of proteins)
- The production of biochemicals needed for digestion, such as bile
- Maintains proper levels of glucose in the blood
- Produces 80% of your body's cholesterol (cholesterol is vital)
- The storage glycogen (also converts glucose to glycogen)
- Decomposing red blood cells
- Synthesizing plasma protein
- The production of hormones
- Produces urea (the main substance of urine).

Hepatitis can heal on its own with no significant consequence, or it can progress to scarring of the liver. Acute hepatitis lasts under six months, while chronic hepatitis lasts longer.

Most liver damage is caused by 3 hepatitis viruses, called hepatitis A, B and C. However, hepatitis can also be caused by alcohol and some other toxins and infections, as well as from our own autoimmune process (the body attacks itself).

About 250 million people globally are thought to be affected by hepatitis C, while 300 million people are thought to be carriers of hepatitis B.

Not all forms of hepatitis are infectious.



Alcohol, medicines, and chemical may be bad for the liver and cause inflammation. A person may have a genetic problem, a metabolic disorder, or an immune related injury. Obesity can be a cause of liver damage which can lead to inflammation. These are known as non-infectious, because they cannot spread from person-to-person.

We look at the individual types of hepatitis (hepatitis A, B, C, D, E, X and G) and their signs and symptoms. On the final page we discuss the available treatments and how hepatitis can be prevented.

Types of hepatitis

There are five main types of hepatitis that are caused by a virus, A, B, C, D, and E - plus types X and G.

Hepatitis A

This is caused by eating infected food or water. The food or water is infected with a virus called HAV (hepatitis A virus). Anal-oral contact during sex can also be a cause. Nearly everyone who develops Hepatitis A makes a full recovery - it does not lead to chronic disease.

Hepatitis B

This is an STD (sexually transmitted disease). It is caused by the virus HBV (hepatitis B virus)

and is spread by contact with infected blood, semen, and some other body fluids. You get hepatitis B by:

- Unprotected sexual intercourse with an infected person (unprotected sex means without using a condom) Using a syringe that was previously used by an infected person (most commonly happens with drug addicts and people who inject steroids).
- Having your skin perforated with unsterilized needles, as might be the case when getting a tattoo, or being accidentally pricked. People who work in health care risk becoming infected by accident in this way. Sharing personal items, such as a toothbrush or razor, with an infected person.
- A baby can become infected through his mother's milk if she is infected.
- Being bitten by someone who is infected. The liver of a person infected with hepatitis B swells. The patient can suffer serious liver damage due to infection, resulting in cancer. For some patients the hepatitis becomes chronic (very long-term or lifelong). Donated blood is always tested for hepatitis B.

Hepatitis C

Hepatitis C is usually spread through direct contact with the blood of a person who has the disease. It is caused by the virus HCV (hepatitis C Virus).

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HEPATITIS AND THE LIVER

FROM PAGE 4

The liver can swell and become damaged. In hepatitis C, unlike hepatitis B, liver cancer risk is only increased in people with cirrhosis and only 20% of hep C patients get cirrhosis. Feces is never a route of transmission in hepatitis C. Donated blood is also tested for hepatitis C.

Misuse of anesthesia can result in the transmission of hepatitis B and hepatitis C viruses, researchers reported in the journal Gastroenterology.

The cause of infection tends to be from anesthesia contamination, and not endoscopy contamination.

Experts say that more effort is needed to better educate the health care community about the importance of strict sterile techniques when using any type of anesthesia.

Hepatitis D

Only a person who is already infected with hepatitis B can become infected with hepatitis D. It is caused by the virus HDV (Hepatitis D Virus).

Infection is through contact with infected blood, unprotected sex, and perforation of the skin with infected needles. The liver of a person with Hepatitis D swells.

Hepatitis E

A person can become infected by drinking water that contains HEV (hepatitis E virus). The liver swells but there is no long-term consequence. Infection is also possible through anal-oral sex.

Hepatitis X

If a hepatitis cannot be attributed to the viruses of hepatitis A, B, C, D, or E, it is called hepatitis X. In other words, hepatitis of an unknown virus.

Hepatitis G

This is a type of hepatitis caused by the hepatitis G virus (HGV). Usually there are no symptoms. When there are symptoms, they are very mild.

Recent developments on hepatitis causes
Frozen fruit blend linked to hepatitis A outbreak
The "Townsend Farms Organic Antioxidant Berry Blend" sold under the Harris Teeter brand, could be the cause of a recent outbreak of hepatitis A.

Smoking results in lower immune system responses after transplants
According to a study published in Liver Transplantation, liver transplant recipients who continue to smoke or have smoked in the past are more likely to acquire viral hepatitis reinfection after the procedure.

Recent developments on hepatitis causes

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Symptoms of hepatitis

Many people with hepatitis experience either mild symptoms or none at all. Remember that an infected person's feces are always infectious to other people. When symptoms appear, they usually do so about 15 to 180 days after the person has become infected.

The acute phase of hepatitis - symptoms

The initial phase of hepatitis is called the acute phase. The symptoms are like a mild flu, and may include:

- Diarrhea
- Fatigue
- Loss of appetite
- Mild fever
- Muscle or joint aches
- Nausea
- Slight abdominal pain
- Vomiting
- Weight loss.

The acute phase is not usually dangerous, unless it develops into the fulminant or rapidly progressing form, which can lead to death. As the patient gets worse, these symptoms may follow:

- Circulation problems (only toxic/drug-

induced hepatitis)

- Dark urine
 - Dizziness (only toxic/drug-induced hepatitis)
 - Drowsiness (only toxic/drug-induced hepatitis)
 - Enlarged spleen (only alcoholic hepatitis)
 - Headache (only toxic/drug-induced hepatitis)
 - Hives
 - Itchy skin
 - Light colored feces, the feces may contain pus
 - Yellow skin, whites of eyes, tongue (jaundice).
- Patient outcomes after the acute phase depend on various factors, especially the type of hepatitis.

Only half of hepatitis C patients get needed follow-up tests

Only half of all patients who have tested positive for hepatitis C have had follow-up testing to see if they are still infected, according to a new report by the CDC (Centers for Disease Control and Prevention). We look at the available treatments for hepatitis and ways in which the condition can be prevented.

Treatments for hepatitis

We will discuss the treatments for the different types of hepatitis in turn.

Hepatitis A

There is no treatment specifically for hepatitis A. The doctor will advise the patient to abstain from alcohol and drugs during the recovery. The vast majority of patients with hepatitis A will recover spontaneously.

Hepatitis B

A patient with hepatitis B needs to rest. He will require a diet that is high in protein and carbohydrate - this is to repair damaged liver cells, as well as to protect the liver. If this is not enough, the doctor may prescribe interferon. Interferon is an antiviral agent.

Hepatitis C

A patient with hepatitis C will be prescribed pegylated interferon and ribavirin.

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HEPATITIS AND THE LIVER

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Patients with chronic hepatitis C who are receiving standard HCV treatment may benefit significantly by taking vitamin B12 supplements, researchers reported in the journal Gut. The authors explained that by adding vitamin B12 to standard treatment, the body's ability to fight the virus is greatly improved. According to their study results, patients who are difficult to treat effectively benefit especially well.

Interferon-free therapy for hepatitis C 'cured' 90% of patients, A study found that an interferon-free combination of drugs was safe, well tolerated and cured over 90% of 380 trial patients with liver cirrhosis in 12 weeks. The research was published in the New England Journal of Medicine in April 2014.

Hepatitis D or E

So far, there is no effective treatment for either hepatitis D or E.

Non-viral hepatitis

If the patient has non-viral hepatitis, the doctor needs to remove the harmful substance. It will be flushed out of the stomach by hyperventilation or induced vomiting. Patients with drug-induced hepatitis may be prescribed corticosteroids.

Recent developments on hepatitis treatment

Interferon-free therapy for hepatitis C 'cured' 90% of patients

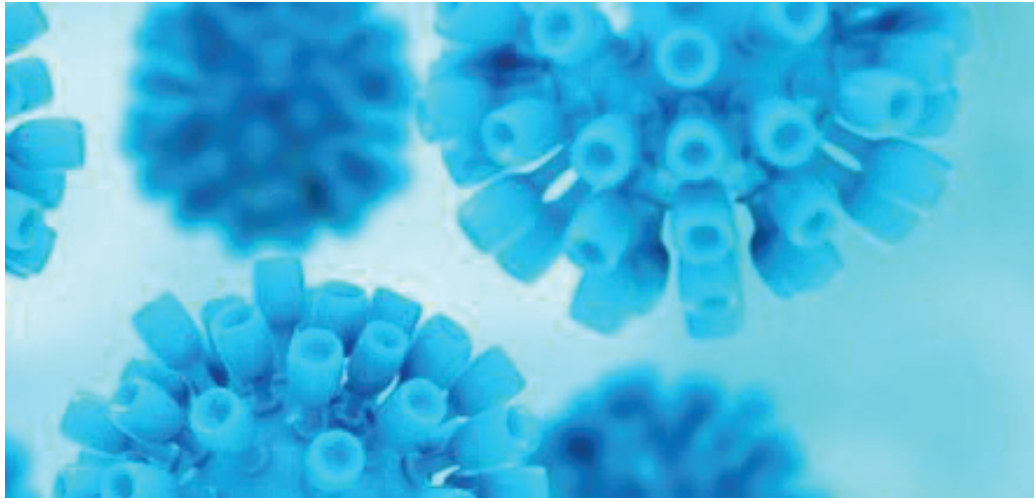
Currently, doctors treating hepatitis C patients with cirrhosis (liver scarring) can only offer treatments that rely on the drug interferon, which unfortunately, only works for less than half of patients. Now, a new study found that an interferon-free combination of drugs was safe, well tolerated and cured over 90% of 380 trial patients with liver cirrhosis in 12 weeks.

New hepatitis C drug shows promising results in phase II trials

Trial shows 79% of patients adding danoprevir to their treatment regimen (peginterferon alfa-2a/ribavirin) showed early response and were eligible for a shorter treatment schedule.

Hepatitis C vaccine shows promise in early clinical trial

Researchers reveal how a vaccine has shown



There are five main types of hepatitis that are caused by a virus, A, B, C, D, and E - plus types X and G

promise against hepatitis C infection a phase 1 clinical trial. In their study, published in the journal Science Translational Medicine, the researchers reveal how they developed a two-tier vaccine approach that triggers and enhances an immune response to HCV, protecting against infection.

Preventing hepatitis

We have split this list of prevention tips into the individual variation types of hepatitis.

How to prevent hepatitis A



Wash your hands with soap after going to the toilet

- Only consume food that has just been cooked
- Only drink commercially bottled water, or boiled water if you're unsure of local sanitation
- Only eat fruits that you can peel if you are somewhere where sanitation is unreliable
- Only eat raw vegetables if you are sure they have been cleaned/disinfected thoroughly
- Get a vaccine for hepatitis A if you travel to places where hepatitis may be endemic.

How to prevent hepatitis B

- Tell the partner if you are a carrier or try to find out whether he/she is a carrier

- Practice safe sex
- Only use clean syringes that have not been used by anyone else
- Do not share toothbrushes, razors, or manicure instruments
- Have a hepatitis B series of shots if you are at risk
- Only allow well sterilized skin perforating equipment (tattoo, acupuncture, etc.).

How to prevent hepatitis C

- If you are infected do not let others share your toothbrush, razor, manicure equipment
- If you are infected cover open wounds
- Do not share needles, toothbrushes, or manicure equipment
- If your skin is to be pierced, make sure equipment is well sterilized (tattoo, etc.)
- Go easy on the alcohol
- Do not share drug equipment.

How to prevent hepatitis D

- Use the same guidelines as for hepatitis B. Only a person who is infected with hepatitis B can become infected with hepatitis D.

How to prevent hepatitis E

- Do the same as you would to protect yourself from hepatitis A infection.

How to prevent alcoholic hepatitis

- Go easy on the alcohol, or abstain from consuming alcohol.

How to prevent toxic/drug induced hepatitis

- Make sure you know about the lethal contents of all chemicals
- Make sure the spray is not pointing at you
- Make sure you wear protective gear if you have to.

Written by Christian Nordqvist

15 Hygiene Habits That You Shouldn't Miss in Your Daily Routine

By Jack Busch

Hygiene is one of those things everyone is expected to know but no one ever talks about, and there's more to it than just wearing deodorant and rinsing with mouthwash.

You probably remember that Sunday afternoon when your dad pulled you aside and taught you how to shave like a man. Unfortunately, this is about the only formal lesson you got in personal hygiene and grooming. From that point on, you were on your own.

Perhaps this is all a big conspiracy put on by the makers of Axe Body Spray; they want to ensure that guys have no idea how to avoid smelling like sweaty apes without dousing themselves in cologne and deodorant. Or maybe it's just not very cool for bros to sit around and brag about their personal hygiene. Either way, there are some serious hygiene habits that are missing from the average male's daily routine.

Here's what you should be doing on a regular basis:

Inside Your Mouth

The freshness of your breath is the ambassador of your words. You could be whispering the sweetest of sonnets into someone's ear, but if you smell like you just gargled a sewer rat, it's going to be a turnoff no matter what.

These tips will help keep things fresh all day: **Invest in a decent electric toothbrush.** Every time I see my dentist, he slips me a \$10 coupon for an electric toothbrush. Either he's a shill (doubt it) or these things really work. The key is to get a decent one, not just one of those regular toothbrushes that vibrates. You should spend at least \$100 on your starter kit, if not a little more. You can get a Philips Sonicare FlexCare brush that will treat you right for \$111 or so. Or, if you're on a budget, you can spend \$35 on an Oral-B Vitality Dual Clean. While clearly inferior to the higher end models, it has something that is guaranteed to improve your brushing: a 2-minute timer. A timer ensures that you're brushing for the



recommended amount of time. You might be surprised at how little time you spend on your teeth currently.

Floss everyday. We all know that flossing is important, but few of us do it consistently. But it's really, really worth it. It'll freshen your breath, prevent gum disease and save you from those withering looks from your dental hygienist.

The problem for most guys, though, is the hardware. I'm willing to bet that if flossing wasn't such a pain in the ass, you'd do it more often. Try buying a cheap reusable floss holder instead of using naked floss. You can get a pack of three for \$10 and keep refilling them with normal floss. Heck, with one of these, you might even enjoy flossing. Avoid those disposable flossers that you'll see in the checkout lines at grocery stores. Not only will they cost you way more in the

long run, but they produce a lot of garbage as well.

Bonus tip: According to the American Dental Association, it doesn't matter if you brush then floss or floss then brush, just so long as you use an ADA approved product and do both tasks diligently.

Brush your tongue. Buildup on your tongue not only looks disgusting, but it's the number one cause of bad breath. Giving your tongue a good scrub when you're brushing your teeth can nix this. But if you have a sensitive gag reflex, you might want to try some of these tips:

1. Make a fist with your left hand with your thumb inside and hold it tightly. For many people, this suppresses the gag reflex; no one is sure why.

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15 Hygiene Habits That You Shouldn't Miss in Your Daily Routine



*Change your sheets
once a week*

FROM PAGE 7

2. Exhale through your mouth as you brush.
3. Brush perpendicular to your tongue (i.e. side to side) rather than back and forth.
If all else fails, buy a tongue scraper (ask your dentist) or use a piece of floss to scrape your tongue.

Investigate for tonsil stones. Tonsil stones, or tonsillolith, are solidified deposits of food, bacteria and other junk that collects in the nooks and crannies of your tonsils. As you can imagine, they smell pretty nasty. So, if you have chronic bad breath, you may want to scope out the back of your mouth and see if you can spot any of these buggers. You can see some pictures of what you're looking for here.

To remove them, try gargling with salt water or knocking them out with a toothpick or Q-tip. If all else fails, ask your doctor—you may be prescribed antibiotics, or in extreme cases, undergo surgery to remove your tonsil stones.

In the Shower

Showering feels like hitting the “reset” button on your accumulated stank. But chances are, you're doing it wrong. Consider changing it up:

Don't shower everyday. Your mileage may vary on this, but most people don't need to shower every day. In fact, showering every day strips away the necessary oils in your skin and hair, which makes your body produce more to compensate.

You can probably get away with showering once every other day. If you can't swing that, skip the shampoo every other shower. If your hair gets greasy spots, try sprinkling some baby powder around the roots between shampoo days.

You might also want to consider a dry shampoo for no-shower days. You can make your own by grinding together 1 cup of oatmeal with 1 cup of baking soda. Sprinkle it on your roots, wait a few minutes and then comb it out. Fresh!

Wash your face with honey. If you have

extremely sensitive skin, or are just looking for a cheap organic face wash, try this: Wash your face with honey. I mean it. Go to your nearest hippy food co-op or Whole Foods and get some local, raw honey (commercial honey is often too processed to have the same benefits). Honey is a natural humectant (e.g. moisturizes without leaving oily residue) and exfoliant. It even has natural antibacterial qualities.

Wet your face in the shower and massage it into your face. Leave it there as you wash the rest of your body and rinse it off last thing before getting out.

Actually wash your feet. Guess what? Soaking your feet in half an inch of soapy runoff while standing in the shower doesn't count as washing your feet. Get in there with a wash cloth and scrub your toes and the bottom of your feet. This will help you kick embarrassing foot fungus and other odorous or unsightly issues.

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15 Hygiene Habits That You Shouldn't Miss in Your Daily Routine

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Cool off before hopping out of the shower.

This may sound masochistic, but right before you get out of the shower, turn it on full blast cold. There are numerous benefits to this so-called James Bond Shower (see: awesome article from The Art of Manliness), chiefly in the hair and skin department. But in the summer, it also prevents you from sweating the moment you step out of the shower and getting stinky all over again.

Down South

This is where things get really dirty. On any given day, all this business in your boxers is yours and yours alone. But when things get up close and personal, bad hygiene downstairs becomes much more noticeable. Follow these measures, or risk having her ask “who’s got the funk?” the next time you get down.

Pop a squat. If you’ve been to the non-touristy parts of Asia or Africa, then you’ve likely encountered a squat toilet. To you, these may seem primitive, possibly gross. But in reality, squatting is the most natural position for taking care of business, with numerous health benefits. It requires less straining and leaves less residue behind. In fact, many public squatting toilets don’t even provide toilet paper, since it’s often not necessary when you’re popping a squat.

Elevating your feet can give you some of the smooth moving benefits of a squat toilet, even on your dumb American toilet. A six-inch footrest should do the trick. If you don’t want guests asking you why you have a step stool in front of the can, then you could try using a big pack of toilet paper as a footrest.

Use baby wipes. And use them for the same reason a baby uses them. Fellow Primer contributor Justin Brown already covered this one in his Five Readily-Available Products You Should Try rundown.

Here’s how he puts it:

Answer me this: when you want to wash your face, do you use a dry washcloth? When you want your hair clean, do you just grab a towel and rub your dry scalp for a few minutes? No.

And that’s because the best way to get our bodies (or specific parts of our bodies) clean is with a bit of moisture. See where I’m going with this?

You can try wiping with normal tp then using a baby wipe as final clean up. This trend is becoming so prevalent manufacturers now sell wipes that aren’t branded for babies. Just one caveat: flushable baby wipes aren’t always as flushable as advertised. They can clog up your plumbing just like a tampon can. Proceed with caution, or dispose of them in a lidded trash can.

At the very, very least you should be getting that area as clean as possible at every shower. Don’t be squeamish. Get some soap and water and take care of it. You’ll be cleaner and more comfortable, I promise. You’d be shocked at how many dudes have admitted to never even considering this step.

Eliminate chafing. If you’ve seen the “Fun Run Race for the Cure” episode of The Office, you already know that chafing is a serious issue.

But it’s not limited to your nipples. You might want to check out ChafeStick, a 100% organic skin balm for “Monkey butt, Cycle sores, Runner’s chafe, Diaper rash, Gig butt, Boardie’s rash, Swamp nuts, Harness chafe, Swimmer’s rash, Road burn, and any other skin irritation.”

For a specialty product that’s a bit more targeted, consider Fresh Balls (not joking). Avoid using baby powder. There’s talc and other nasty stuff in baby powder that can seriously over-dry your boys to the point that they become raw.

Cologne below. On a similar note, you should consider a quick spray of cologne on the front and back of your boxers before you head out. Your crotch is like the armpit of your legs, but unlike your pits, it doesn’t get deodorant.

Chances may be slim that anyone will be close enough to notice the cologne down there, but if someone is, then odor may be mission critical.

As for the back of your boxers, there’s apocryphal testament that cologne can CYA in case of gas. How true this is depends on the circumstances, and perhaps what you

ate...

Miscellaneous

Here are three last tips that don’t fit into any of the above categories:

Keep a cool hand. Sweaty palms are a blight on the business world, or anywhere else, really. A soggy handshake conveys nervousness, dishonesty or just plain ickiness. To stay ahead of the game, try washing your hands with cool (but not freezing cold) water prior to a meeting, social mixer or any other situation where you might be extending your paw. If that doesn’t work, as your doctor to prescribe some Drysol antiperspirant. This prescription strength antiperspirant is so powerful that you only need to use it once a week.

Change your sheets once a week. In college, I bet the only time you changed your sheets was when someone barfed in your bed. That doesn’t fly anymore. Change your bed sheets once a week. Swap out your pillow case just as often, if not more. This will help reduce acne and the dreaded bacne.

If you find yourself breaking out, use a new pillowcase every night or put a clean towel over your pillow.

Pluck your unibrow. Not really a hygiene issue, per se, but if you’ve been shaving the Great Fuzzy Caterpillar that arches across your brow, don’t. Plucking is more precise, lasts longer and doesn’t run the risk of a cut in the middle of your forehead.

All you need is a pair of laser cut tweezers—don’t cheap out and use the ones in your Swiss Army Knife. They won’t get the job done nearly as well. Tweezerman is a good brand that’ll set you back just \$20.

Conclusion

With all of the above being said, the last thing you should do is follow any hygiene advice blindly.

Each person’s body is different. Some of us sweat more, some of us have oilier hair, some of us have sensitive skin or deep belly buttons or hairy armpits. You may need to adjust some of the advice in this article to suit the way your body works.

ALLERGIC ASTHMA



ABOUT
90%

of kids with childhood asthma have allergies, compared with about 50% of adults with asthma.

What Is an Allergy? What Is Allergic Asthma? Common Causes for Allergic Asthma

Tips to Control Allergens Medications for Allergic Asthma. The same allergens that give some people sneezing fits and watery eyes can cause an asthma attack in others. Allergic asthma is the most common type of asthma. About 90% of kids with childhood asthma have allergies, compared with about 50% of adults with asthma. The symptoms that go along with allergic asthma show up after you breathe things called allergens (or allergy triggers) like pollen, dust mites, or mold. If you have asthma (allergic or non-allergic), it gets worse after you exercise in cold air or after breathing smoke, dust, or fumes. Sometimes even a strong smell can set it off.

Because allergens are everywhere, it's

important that people with allergic asthma know their triggers and learn how to prevent an attack.

What Is an Allergy?

Your immune system's job is to protect you from bacteria and viruses. If you have allergies, though, part of your immune system works too hard. It may attack harmless substances -- like cat dander or pollen -- in your nose, lungs, eyes, and under your skin. When your body meets an allergen, it makes chemicals called IgE antibodies. They cause the release of chemicals like histamine, which cause swelling and inflammation. This creates familiar symptoms like a runny nose, itchy eyes, and sneezing as your body tries to remove the allergen.

What Is Allergic Asthma?

If you have allergic asthma, your airways are extra sensitive to certain allergens. Once they

get into your body, your immune system overreacts. The muscles around your airways tighten. The airways become inflamed and over time are flooded with thick mucus.

Whether you have allergic asthma or non-allergic asthma, the symptoms are generally the same. You're likely to:

- Cough
- Wheeze
- Be short of breath
- Breathe quickly
- Feel your chest get tight

Common Causes for Allergic Asthma

Allergens, small enough to be breathed deep into the lungs, include:

- Windblown pollen from trees, grasses, and weeds
- Mold spores and fragments
- Animal dander (from hair, skin, or feathers) and saliva
- Dust mite feces
- Cockroach feces Keep in mind that allergens aren't the only thing that can make your allergic asthma worse. Irritants may still trigger an asthma attack, even though they don't cause an allergic reaction. These include:
 - Smoke from tobacco, a fireplace, candles, incense, or fireworks
 - Air pollution
 - Cold air
 - Exercise in cold air
 - Strong chemical odors or fumes
 - Perfumes, air fresheners, or other scented products
 - Dusty rooms

Your doctor can test you to see what causes your allergic asthma. The two most common (and recommended) methods are:

- Pricking your skin with a tiny amount of the allergen and measuring the size of the red bumps 20 minutes later
- A blood test known as a specific IgE or sIgE test

Tips to Control Allergens

To control your allergic asthma, you have to avoid breathing the allergens. Here are some

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ALLERGIC ASTHMA



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tips to get relief:

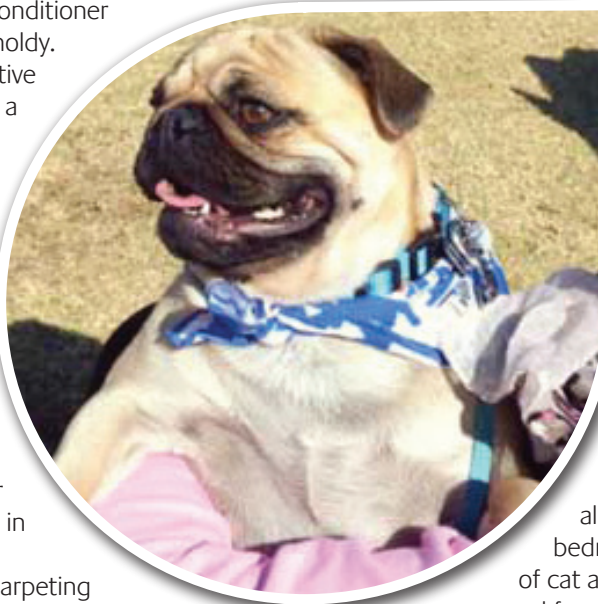
Stay inside when pollen counts are high. Keep the windows closed. If it's hot, use an air conditioner with a clean air filter. Don't use an old air conditioner if it smells musty or moldy. Don't use an evaporative cooler (also known as a swamp cooler).

Avoid dust mites.

These microscopic critters live in fabrics and carpets. Wrap your pillows, mattress, and box spring in allergen-proof covers. Wash your sheets and other bedding once a week in hot water. Remove wall-to-wall carpeting if you can. Get rid of areas where dust can gather, like heavy curtains, upholstered furniture, and piles of clothing. If your child has allergic asthma, only buy washable stuffed animals.

Control indoor humidity. Check with

an inexpensive meter. If moisture is above 40% in your home, use a dehumidifier or air conditioner. This will dry out the air and slow the growth of molds, cockroaches, and house dust mites. Get a pro in to repair any plumbing or roof leaks.



Check for pet allergies.

If you have pets, get tested to see if they're causing your problem. Keep them outdoors or find another home for them if you can. At the very least, ban all pets from the bedroom. High levels of cat allergens can stick around for many months in a home or apartment after cats are no longer living there. There are no hypo-allergenic cats or dogs. You can wash your pet every week, but it won't make much difference in the amount of their allergen you breathe in. Dusts or

sprays that claim to reduce pet allergens are not proven effective.

Keep your kitchen and bathroom clean and dry to prevent mold and cockroaches.

If you're allergic to cockroaches, and you see signs of them in your home, contact a pest control company. Insect spray won't do the trick. You have to get rid of all sources of food in your home, even small crumbs in the carpet and oil stains near the stove. Run the exhaust fan when you cook or take a shower to lower the humidity in the room.

Choose air filters wisely. Large HEPA room air filters remove smoke and other small particles (like pollen) from a room, but only when the fan is on. They don't lower humidity or reduce dust mites. Electronic air purifiers create ozone, which can cause airway inflammation.

Be careful doing outside work.

Gardening and raking can stir up pollens and mold. Wear a HEPA filter mask while outside to reduce the amount of pollen and mold particles that get into your lungs.

Medications for Allergic Asthma

Taking steps to control allergens is likely to improve your symptoms. But you may still need allergy and asthma medications to treat attacks.

Tray nasal allergymedications that don't make you sleepy (like over-the-counter generic Claritin), saline rinses, and decongestant nasal sprays (but only for a few days). If these don't work, use nasal steroid sprays and stronger antihistamines.

If none of this helps, it may be time to talk to a doctor about allergy shots. There are many good asthma treatments, but most require a prescription.

These medications include inhaled steroids, which fight inflammation, and bronchodilators, which open up your airways. If traditional treatments don't help your allergic asthma, Xolair, an injectable medication that reduces IgE levels, may help.

Sources : WebMD Medical Reference Reviewed by Luqman Seidu

WORLD HEALTH DAYS 2016

June

Cataract Awareness Month
Men's Health Month
Myasthenia Gravis Awareness Month
National Aphasia Awareness Month
National Congenital Cytomegalovirus Awareness Month
National Safety Month
National Scleroderma Awareness Month
5 - 11 National Rip Current Awareness Week
5 National Cancer Survivors Day[®]
13 - 19 Men's Health Week
19 - 25 National Lightning Safety Awareness Week
19 World Sickle Cell Day

July

1 - July 04 Fireworks Safety Month
Cord Blood Awareness Month
International Group B Strep Awareness Month
Juvenile Arthritis Awareness Month
National Cleft & Craniofacial Awareness & Prevention Month
28 World Hepatitis Day

August

Children's Eye Health and Safety Month
National Breastfeeding Month
National Immunization Awareness Month
Psoriasis Awareness Month
1 - 7 World Breastfeeding Week
7 - 13 National Health Center Week
22 - 26 Contact Lens Health Week

September

Childhood Cancer Awareness Month
Fruits & Veggies—More Matters[®] Month
Healthy Aging[®] Month
National Atrial Fibrillation Awareness Month
National Childhood Obesity Awareness Month
National Food Safety Education Month
National ITP Awareness Month
National Pediculosis Prevention Month/Head Lice Prevention Month
National Preparedness Month
National Recovery Month

National Sickle Cell Month
National Traumatic Brain Injury Awareness Month
National Yoga Awareness Month
Newborn Screening Awareness Month
Ovarian Cancer Awareness Month
Pain Awareness Month
Prostate Cancer Awareness Month
Sepsis Awareness Month
Sexual Health Awareness Month
Sports Eye Safety Month
Whole Grains Month
World Alzheimer's Month
5 - 11 National Suicide Prevention Week
10 World Suicide Prevention Day
13 National Celiac Disease Awareness Day
15 RAINN Day
18 - 24 National Farm Safety & Health Week
18 National HIV/AIDS and Aging Awareness Day
19 - 23 Malnutrition Awareness Week™
20 Get Ready Day
21 National School Backpack Awareness Day
22 Falls Prevention Awareness Day
24 Family Health & Fitness Day USA[®]
28 National Women's Health & Fitness Day
28 World Rabies Day
29 World Heart Day
30 Sport Purple for Platelets Day

October

Domestic Violence Awareness Month
Eye Injury Prevention Month
Health Literacy Month
Home Eye Safety Month
National Breast Cancer Awareness Month
National Bullying Prevention Month
National Dental Hygiene Month
National Down Syndrome Awareness Month
National Medical Librarians Month
National Physical Therapy Month
Sudden Infant Death Syndrome (SIDS) Awareness Month
2 - 8 Mental Illness Awareness Week
5 International Walk to School Day
6 National Depression Screening Day[®]
12 - 20 Bone and Joint Health Action Week
13 Metastatic Breast Cancer Awareness Day

15 National Latino AIDS Awareness Day
16 - 22 International Infection Prevention Week
16 World Food Day
17 - 22 National Healthcare Quality Week
17 - 21 National Health Education Week
19 World Pediatric Bone and Joint Day
22 International Stuttering Awareness Day
23 - 31 Red Ribbon Week
23 - 29 Respiratory Care Week
29 World Psoriasis Day

November

American Diabetes Month
COPD Awareness Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month
Lung Cancer Awareness Month
National Alzheimer's Disease Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Hospice Palliative Care Month
National Stomach Cancer Awareness Month
19 Great American Smokeout
19 International Survivors of Suicide Day
20 - 26 Gastroesophageal Reflux Disease Awareness Week
24 National Family Health History Day

December

Safe Toys and Gifts Month
1 World AIDS Day
4 - 12 National Influenza Vaccination Week
4 - 10 National Handwashing Awareness Week

DIAGNOSTICS

EAT VEGES & FRUITS
EXERCISE
AND STAY
HEALTHY

