

Allergic Rhinitis

Hay Fever and Allergies, Symptoms and Management

(Continued from Front Cover)

How can we manage and prevent seasonal or perennial forms of hay fever?

First, we need to avoid the allergens that trigger the symptoms. To limit symptoms caused by outdoor exposure, here are some tips: Stay indoors as much as possible when pollen counts are at their peak - midmorning and early evening, as well as when the wind is blowing pollens around. Avoid using window fans, they can bring pollens and molds into the house. Don't hang clothing outdoors to dry. Try not to rub your eyes, as this will make symptoms worse. To limit indoor exposure: Keep windows closed, use air conditioning in your car and home. Make sure your AC unit is clean. Reduce exposure to dust mites by using mite proof covers for pillows, comforters, mattresses and box springs. Wash your bedding frequently

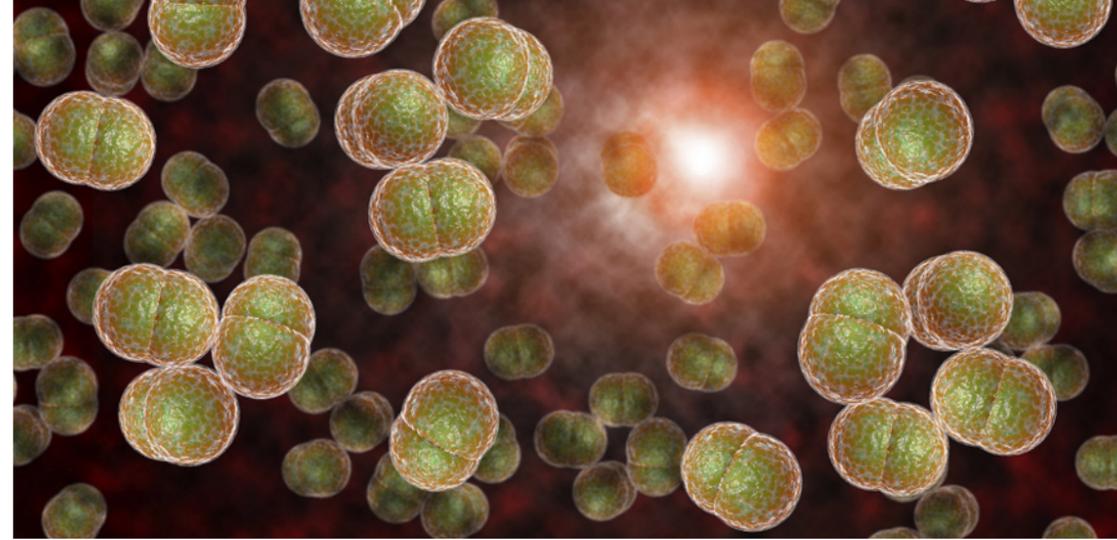
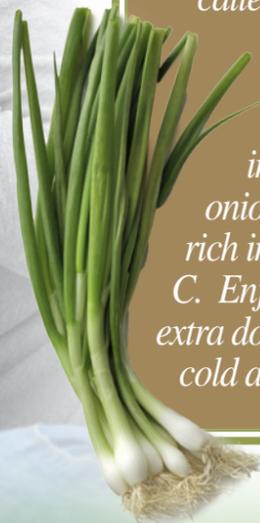
using hot water. Keep the humidity in your home low, between 30-50%.

Medications can also help treat symptoms. These include antihistamines and intranasal corticosteroids. Some of these medications can be found over the counter at your local pharmacy or some can be prescribed. Antihistamines are used commonly, these counter the effects of histamine which is the primary chemical that causes allergy symptoms. They help relieve nasal allergy symptoms, including sneezing, itchy runny nose, itchy eyes and skin. Use of a humidifier in the home, and saline washes may help decrease irritants and provide symptom relief in addition to medication use.

Make sure you speak with one of our providers if you think you suffer from allergic rhinitis and help make a treatment plan to get you symptoms under control.

did you know?

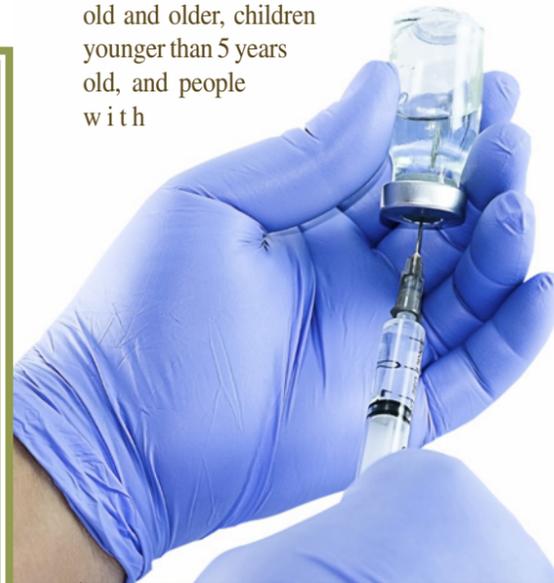
Spring onions are commonly called "green onions" and are actually immature onion bulbs, rich in Vitamin C. Enjoy an extra dose this cold and flu season!



Pneumococcal Disease

What is It, and How to Prevent It

Pneumococcal bacteria can cause pneumonia. It is transmitted through respiratory droplets. It can cause pneumonia and more invasive diseases such as bacteremia or meningitis. Symptoms of pneumonia include fever, shaking chills, cough, shortness of breath, and possible chest pain. Individuals 65 years old and older, children younger than 5 years old, and people with



underlying medical conditions like asthma, diabetes or heart disease are all at risk for getting pneumonia. Smokers with no other risk factors are also at risk of contracting pneumonia due to their tobacco use.

Lower your risk by getting vaccinated! The Center for Disease Control and Prevention (CDC) now suggest 2 pneumococcal vaccines for adults 65 years or older. You should receive a dose of the pneumococcal conjugate vaccine (PCV13) first, then at least one year later, a dose of the pneumococcal polysaccharide vaccine (PPSV23). You'll commonly hear these called Prevnar and Pneumovax respectively. If you've already received any doses of the Pneumovax (the most common vaccine given in recent years to seniors), then Prevnar should be given at least 1 year after the initial Pneumovax administration.

Be sure you're up to date on your vaccines! Come in today to discuss further with your provider



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News You Can Use for Your Health and Well Being

Allergic Rhinitis

Hay Fever and Allergies, Symptoms and Management

It's that time again, spring is upon us and allergies may start going out of control. Allergic rhinitis, or hay fever, affects over 40 million individuals in America.

What are allergies?

Seasonal allergies typically occur in the spring, summer and early fall. Common causes are airborne mold spores or pollens from grasses, trees and weeds. Perennial allergies are year round. These individuals experience symptoms all throughout the year; it is usually caused by dust mites, pet hair or dander, cockroaches or mold. Other triggers for both seasonal and perennial allergies include irritants such as cigarette smoke, perfume or diesel exhaust, and cleaning solutions.

How does it develop?

Allergic rhinitis develops when the body's immune system is sensitized and overreacts to something in the environment that typically causes no problems in most people.

What are the common symptoms of allergic rhinitis?

Common symptoms include sneezing, runny or stuffy nose, itchy eyes, mouth, or even skin, puffy swollen eyelids, and cough. Stuffy nose is typically due to blockage or congestion. Fatigue can also occur due to poor quality of sleep from nasal congestion/blockage. Allergies can also cause decreased concentration/focus in school/work, limited activities, irritability, sleep disorders, fatigue, and missed days at work or school.



(Continued on Inside Flap)

inside this issue:

- **Allergic Rhinitis**- Hay Fever and Allergies, Symptoms and Management
- **Osteoporosis**- Some Facts to Help with Prevention
- **Zika Virus**- A Concern for Pregnant Women
- **Pneumococcal Disease**- What is It, and How to Prevent It

Zika Virus

A Concern for Pregnant Women

You may have recently seen talk of this in the news. So what is Zika virus? It's a virus that is transmitted by mosquitos and in most people causes only a few days of fever, rash, joint aches, and possibly reddened eyes (conjunctivitis). Zika virus rarely ever causes patients to become so ill that they are hospitalized.

The big concern here is in pregnant women, as the virus can cause severe birth defects in an unborn fetus. Most cases reported are in Central and South America, however there has been a recent possible case as far west as Texas. This case appeared to be sexually transmitted, a variant of the previous only route of transmission known, direct mosquito bite.

So what next? If you're pregnant or thinking of becoming pregnant, avoid travel in all areas with active outbreaks in Central and South America. If someone has recently returned from travel from these areas and you are a pregnant female, avoid sexual contact with them.

There is no vaccine to prevent disease and no current other special precautions that need to be taken by anyone remaining locally or those not pregnant.

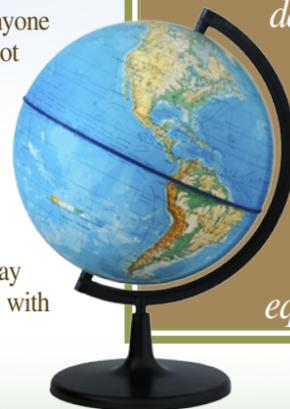
If you have further questions or concerns you can reference the CDC website for up to date travel restrictions or contact our office today to schedule a consultation with your healthcare provider.



ZIKA VIRUS WARNING



did you know?
The first day of spring is also called the vernal equinox. The day is one of only two days every year when the sun passes directly over the equator.



Osteoporosis

Some Facts to Help with Prevention

Osteoporosis is a disease in which the bones become weak and are more likely to break. People with osteoporosis most often break bones in the hip, spine, and wrist.

Who Gets Osteoporosis?

In the United States, millions of people either already have osteoporosis or are at high risk due to low bone mass.

Osteoporosis can occur in both men and women and at any age, but it is most common in older women.

What Causes Osteoporosis?

Many risk factors can lead to bone loss and osteoporosis. Some of these things you cannot change and others you can.

Risk Factors You Cannot Change Include:

- Gender. Women get osteoporosis more often than men.
- Age. The older you are, the greater your risk of osteoporosis.
- Body size. Small, thin women are at greater risk.
- Ethnicity. White and Asian women are at highest risk. Black and Hispanic women have a lower risk.
- Family history. Osteoporosis tends to run in families. If a family member has osteoporosis or breaks a bone, there is a greater chance that you will too.

Other Risk Factors Are:

- Sex hormones. Low estrogen levels due to missing menstrual periods or to menopause can cause osteoporosis in women. Low testosterone levels can bring on osteoporosis in men.
- Anorexia nervosa. This eating disorder can lead to osteoporosis.
- Calcium and vitamin D intake. A diet low in calcium and vitamin D makes you more prone to bone loss.
- Medication use. Some medicines increase the risk of osteoporosis.
- Activity level. Lack of exercise or long-term bed rest can cause weak bones.
- Smoking. Cigarettes are bad for bones, and the heart, and lungs, too.
- Drinking alcohol. Too much alcohol can cause bone loss and broken bones.

Can Osteoporosis Be Prevented?

There are many steps you can take to help keep your bones healthy. To help keep your bones strong and slow down bone loss, you can:

- Eat a diet rich in calcium and vitamin D
- Exercise
- Not drink in excess or smoke.

Nutrition

A healthy diet with enough calcium and vitamin D helps make your bones strong. Many people get less than half the calcium they need. Good sources of calcium are:

- Low-fat milk, yogurt, and cheese
- Foods with added calcium such as orange juice, cereals, and breads.

Vitamin D is also needed for strong bones. Some people may need to take vitamin D pills. The chart on this page shows the amount of calcium and vitamin D you should get each day.

Exercise

Exercise helps your bones grow stronger. To increase bone strength, you can:

- Walk
- Hike
- Jog
- Climb stairs
- Lift weights
- Play tennis
- Dance

Healthy Lifestyle

Smoking is bad for bones as well as the heart and lungs. Also, people who drink a lot of alcohol are more prone to bone loss and broken bones due to poor diet and risk of falling.

What Are the Symptoms of Osteoporosis?

Osteoporosis is called the "silent disease" because bone is lost with no signs. You may not know that you have osteoporosis until a strain, bump, or fall causes a bone to break.

How is Osteoporosis Diagnosed?

A bone mineral density test is the best way to check your bone health. This test can:

- Diagnose osteoporosis and tell you whether you are likely to break a bone.
- Check bone strength
- See if treatments are making the bones stronger.

How is Osteoporosis Treated?

Treatment for osteoporosis includes:

- A balanced diet rich in calcium and vitamin D
- An exercise plan
- A healthy lifestyle
- Medications, if needed.

Screening Recommendations

The U.S. Preventive Services Task Force (USPSTF) recommends screening for osteoporosis in women 65 years or older and in younger women whose fracture risk is equal to or greater than that of a 65-year-old white woman with no additional risk factors.

Recommended Calcium and Vitamin D Intakes

Life-Stage Group <small>Years of Age</small>	Calcium <small>mg/day</small>	Vitamin D <small>(IU/day)</small>
Infants 0 to 6 months	200	400
Infants 6 to 12 months	260	400
1 to 3	700	600
4 to 8	1,000	600
9 to 13	1,300	600
14 to 18	1,300	600
19 to 30	1,000	600
31 to 50	1,000	600
51 to 70 males	1,000	600
51 to 70 females	1,200	600
>70	1,200	800
14 to 18 pregnant/lactating	1,300	600
19 to 50 pregnant/lactating	1,000	600

Definitions: mg = milligrams; IU = International Units
Source: Food and Nutrition Board, Institute of Medicine, National Academy of Sciences, 2010