



Bethlehem Moravian College

151 Years of Quality Education in Jamaica
Mihi Cura Futuri (My Care is for the Future)

A Multidisciplinary Institution



HEALTH AND WELLNESS NEWSLETTER

HEALTH AND WELLNESS: LET'S MAKE IT OUR PRIORITY!!!

Welcome to BMC Health and Wellness Newsletter. This newsletter will be produced bi-monthly for this semester. A range of topics will be highlighted. We request your suggestions on topics you would like to see discussed

Springtime Blues

It's spring! That glorious time of year when trees and flowers start to bloom and leaves and grass get greener. It's also the time when allergy sufferers begin their annual ritual of sniffing and sneezing.



Most persons become victims of Allergic Rhinitis, more commonly known as Hay Fever.

What Causes Spring Allergies?

Pollen is the leading allergy trigger. Pollen is a fine powdery substance (seeds) released into the air by plants for the purpose of fertilization. It is transported by wind, insects or other animals. When pollen grains get into the nose of someone who is allergic, it sends the body's immune system into overdrive. The immune system treats the pollen as a foreign body and releases antibodies which identify and attack

bacteria, virus, etc. The attack on the allergens (pollen) leads to the release of Histamines. Histamines trigger the runny nose, itchy eyes, sneezing and other symptoms of allergies. Airborne allergens can also trigger Asthma.

Other allergy triggers include:

- Dust mites
- Mould
- Animal dander/furs
- Certain foods example tin products, spices, lime/lemon, shellfish
- Insect stings
- Perfumes
- Scented candles/oils
- Soaps and detergents

Signs and Symptoms

Signs and symptoms of spring allergies include but not limited to:

- Runny nose
- Watery eyes
- Sneezing
- Coughing



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- Itchy eyes, nose and ears
- Dark circles under the eyes

Treatment

There is hope! Doctors usually treat allergies with OTC (over-the-counter) medication.

While you can use any OTC drug, it is always best to consult with your doctor first to choose the right one for you as some medications cause drowsiness so be careful when taking them.

Antihistamines- These act by reducing sneezing, sniffing and itching by reducing histamine in the blood. Examples of these are [Diphenhydramine \(DPH\)/Benadryl](#), [Clarinetex](#), [Zyrtext](#) and [Allegra](#).

Oral Decongestants- Act by relieving congestion of the nasal passageway example [Sudafed](#).

Antihistamines and Decongestants

Combined- Relieves congestion and reduces histamine. Examples are [Allegra-D](#), [Claritin-D](#) and [Zyrtext-D](#).

Nasal Spray Decongestants- Relieve congestion faster than oral decongestants.

Eye Drops - Relieve itchy, watery eyes.

DID YOU KNOW?

- ✓ Spring begins on **March 21 or 22**
- ✓ The first day of spring is called Vernal Equinox. 'Vernal' is Latin for Spring and 'Equinox' is Latin for Equal Days
- ✓ On the first day of spring, the sunrise and sunset are about 12 hours apart.
- ✓ Spring is the symbol of rebirth
- ✓ The earth's axis start to tilt towards the sun
- ✓ The days get longer and warmer
- ✓ During April you will see more rain showers
- ✓ Easter, Passover, April Fools' Day, Earth Day, Mothers' Day are all holidays in Spring.



"April showers bring May flowers"