

# June 2015

## Health & Wellness Bulletin



UV radiation is known to cause skin cancers, and because sufficient vitamin D can be safely and inexpensively acquired through diet and vitamin supplements, adults or children should avoid intentional exposure to natural sunlight or artificial UV radiation (tanning beds) as a means to obtaining vitamin D. A total daily intake 600 IU of vitamin D (achieved through diet and supplements) is appropriate for individuals of all skin types from the

age of 1 year through 70 years who protect their skin from the sun. A total daily intake of 800 IU is appropriate for individuals over 70 years of age. Below are Sun and Vitamin D recommendations and tips

**Table 1. Sun Protection Practices**

Avoid sun burning, intentional tanning, and using tanning beds.  
 Apply sunscreen generously.  
 Wear sun-protective clothing, wide-brimmed hat, and sunglasses.  
 Seek shade.  
 Use extra caution near water, snow, and sand.  
 Get vitamin D through diet and vitamin D supplements.

**Table 3. IOM Recommendation on Vitamin D**

Recommended Dietary Allowances (RDAs)\*:

0- 12 mo:	400 IU/d
1- 70 yrs:	600 IU/d **
71+ yrs:	800 IU/d

\* Covering the requirements of  $\geq$  97.5% of population

\*\* Includes pregnant and nursing women

**Table 2. Selected food sources of vitamin D\***

Cod liver oil, 1 tablespoon	1360 IU
Swordfish, cooked, 3 ounces	566 IU
Salmon (sockeye), cooked, 3 ounces	447 IU
Tuna fish, canned in water, drained, 3 ounces	154 IU
Orange juice fortified with vitamin D, 1 cup	137 IU
Milk, nonfat, reduced fat, and whole, vitamin D fortified, 1 cup	115-124 IU
Yogurt, fortified with 20% of the DV for vitamin D, 6 ounces	80 IU
Margarine, fortified, 1 tablespoon	60 IU
Sardines, canned in oil, two sardines	46 IU
Liver, beef, cooked, 3 ounces	42 IU
Egg, 1 large (vitamin D in yolk)	41 IU



**Allergies** are diseases of the immune system that cause an overreaction to substances called "allergens." Allergies are grouped by the kind of trigger, time of year or where symptoms appear on the body: indoor and outdoor allergies (also called "hay fever," "seasonal," "perennial" or "nasal" allergies), food allergies, latex allergies, insect allergies, skin allergies and eye allergies.

## PREVENTION

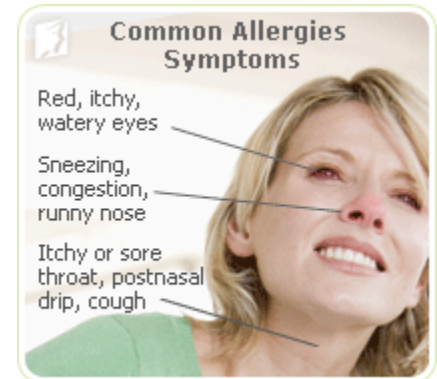
There are some simple things you can do to prevent allergies at home, work school, outside and when you travel.

### At Home.

- **Dust to control mites.** By dusting surfaces and washing bedding often, you can control the amount of dust mites in your home.
- **Vacuum often.** Although cleaning can sometimes trigger allergic reactions, with dust in the air, vacuuming once or twice a week will reduce the surface dust mites. Wear a mask when doing housework and consider leaving for a few hours after you clean to avoid allergens in the air. You can also make sure your vacuum has an air filter to capture dust.
- **Reduce pet dander.** If you have allergies, you should avoid pets with feathers or fur like birds, dogs and cats. Animal saliva and dead skin, or pet dander, can cause allergic reactions. If you can't bear to part with your pet, you should at least keep it out of the bedroom.
- **Shut out pollen.** When you clean your windows, do you see a film of pollen on the frame or sill? One easy way to prevent pollen from entering your home is to keep windows and doors closed. Use an air filter and clean it regularly or run the air conditioner and change the filter often.
- **Avoid mold spores.** Mold spores grow in moist areas. If you reduce the moisture in the bathroom and kitchen, you will reduce the mold. Fix any leaks inside and outside of your home and clean moldy surfaces. Plants can carry pollen and mold too, so limit the number of houseplants. Dehumidifiers will also help reduce mold.

### At Work.

Allergies at home and work are similar and affect millions of people each year. Allergy symptoms, like sneezing, nasal congestion and headache, may make it difficult to concentrate. Every work environment will have specific allergy problems so talk to your health care provider or pharmacist about how you can prevent allergies at your specific workplace.



## Outside.

There are certain times during the year when plants and trees release pollen into the air. The timing of these pollen seasons depends on your geographic location. Different regions have different types of plants that pollinate at different times. Depending on where you live, allergy seasons may be mild or severe. Experts estimate that 35 million Americans suffer from allergies because of airborne pollen!

Tiny particles that are released from trees, weeds and grasses are known as pollen. These particles are carried by the wind from tall treetops all the way to your nose. But before you shrug off fancy flowers in fear of sniffles, remember that the types of pollen that most commonly cause your allergies are from plain-looking plants, such as trees, grasses and weeds. These plants produce small and light pollen, perfect for catching a ride on a gentle breeze.

Similar to pollen, mold spores are a seasonal pest. If you are sensitive to mold spores, you may have symptoms from spring to late fall. Yet, even after the first frost of winter, some mold spores can continue to grow in freezing temperatures. The severity of your mold spore allergies can depend on the climate that you live in. In the warmest areas of the United States, mold spores grow all year! But before you move to Antarctica, remember that mold spores also grow indoors, making it a year-round problem.

## Traveling.

We are all on the go and there are a few things to keep in mind to prevent outdoor allergies during peak season, when the pollen count is high.

- Stay inside during peak pollen times, usually between 10:00 a.m. and 4:00 p.m.
- Keep your car windows closed when traveling
- Stay indoors when humidity is high and on days with high wind, when dust and pollen are more likely to be in the air
- Wear a facemask if you are outside to limit the amount of pollen you inhale
- Shower after spending time outside to wash away pollen that collects on your skin and hair

## Planes, Trains and Automobiles.

If you suffer from allergies, there may be other concerns when you travel. The allergy climate may be different than the one where you live. When you travel by car, bus or train, you may find dust mites, mold spores and pollen bothersome. Turn on the air conditioner or heater before getting in your car and travel with the windows closed to avoid allergens from outside. Travel early in the morning or late in the evening when the air quality is better.

*Asthma and Allergy Foundation of America*

# Gut Reaction? A Dietitian Weighs In On Probiotics

## BestMEDICINE

by Renown Health

*If you find yourself wondering what your gut bacteria has to do with your health, you're not alone. A dietitian discusses the health benefits of probiotics and what you should – and shouldn't – be doing to keep your gut balanced.*

It's no secret that choosing steamed veggies over a fast food burger is good for your overall health, but did you know junk food could also be wreaking havoc on the good, digestive-aiding bacteria in your stomach?

A father and son researcher team recently looked at what happened to healthy gut microbes after eating only processed foods for 10 days.

The result: A 40 percent rapid loss of the “good” bacteria species and an increase in obesity-linked bacteria.



Without a strong balance of microbes in the gut — promoting healthy, inflammation-reducing bacteria — a myriad of health conditions, such as obesity, diabetes and heart disease, may have a higher likelihood of occurring.

But the researched health impacts don't stop there.

In 2014, the U.S. National Institute of Mental Health spent more than a million dollars on a [research program](#) — they found more than 100 trillion microorganisms that live in our gut, mouth, skin and elsewhere in our bodies —which also has an [impact on brain health](#).

Please contact the Health and Wellness Coordinator for any additional information or questions:

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