

# Healthy Steps Update

June 2011

[www.PremierCommunityHealth.org](http://www.PremierCommunityHealth.org)

## Help Ease the Pain of Seasonal Allergies

The experts have weighed in, and Dayton has been declared one of the worst cities for overall allergies in the United States. This may not be big news to those who live here with bottles of allergy pills clutched in one hand and tissues in the other.

An allergy is an over-reaction of your immune system to something that is normally harmless — like pollen or dust. If you are allergic to something, when you come in contact with it, your body releases chemicals causing inflammation, or puffiness. Hay fever, which is also called allergic rhinitis, is the most common allergy.

Many people also are allergic to mold, pet dander, perfumes and other substances. The things people are allergic to are often called “triggers,” because they trigger your allergy to start.

If you have an allergy, the best thing to do is avoid the triggers that cause you problems. We spend a lot of time in bed, so wash your sheets, blankets, pillows and pillow covers in hot water and dry them thoroughly.



Keep animals off your bed so they don't bring triggers in with them. Wash your hands often in soapy warm water and wear clean clothes every day. If you have been outside for a while, change into clean clothing when you come indoors.

One way to help calm down a stuffy nose is by using a Neti pot. A Neti pot is filled with salt water (saline) and poured into your nose. The water goes in one nostril and comes out the other nostril, helping to clean your nasal passages. If you follow the directions for how to make saline and use the Neti pot each day, it can help prevent some

problems. It can feel soothing if you are miserable.

Talk to your doctor about medicines that can help you through allergy season. Each medicine has a very specific purpose, and unless you know what each is meant for, you may take the wrong medicine for your allergy. You also can talk to your pharmacist for advice. If you take any prescription medicines, make sure anything you take for allergies does not interact with your other medicines.

We may be one of the runny nose capitols of the U.S., but by taking action, you don't have to live in misery every allergy season.



# June Health Events and Screenings

## Blood Pressure Screenings

*All blood pressure screenings are free. No appointments are needed.*

Friday, June 3  
11 a.m. to 1 p.m.  
and Saturday, June 4  
11 a.m. to 6 p.m.  
Dayton Courthouse Square  
125 E. First Street  
Dayton, OH 45402

Saturday, June 4  
9 a.m. to 12 noon  
African American Wellness Walk  
101 E. Helena Street  
Dayton, OH 45404

Tuesday, June 28  
8:30 to 10:30 a.m.  
Life Enrichment Center  
425 N. Findlay Street  
Dayton, OH 45404

## Classes/Support Groups

Positive Strokes — Stroke Survivor Support Group  
Cost: Free  
Provides: Information, support and positive interaction for stroke survivors and loved ones.  
Meets: Third Tuesday of the month from 4 to 5 p.m. in the lower level classrooms A&B at Upper Valley Medical Center, 3130 N. County Road 25A, Troy. Call (937) 440-4856 for information.



## Free Mammograms and Pap Smears

Are you an uninsured woman who is 40 or older? Call us to see if you are eligible for these life-saving screenings. Call (937) 227-9444 or (866) 838-8973.

## Heart Health Screenings

Thursday, June 9  
11:30 a.m. to 1 p.m.  
Centerville Police Department  
155 W. Spring Valley Road  
Centerville, OH 45458  
Cost: Free  
Screenings include: total cholesterol, HDL (good cholesterol), blood sugar, blood pressure and sun damage  
*No appointments needed. No fasting required.*

Saturday, June 18  
10 a.m. to 1 p.m.  
Middletown Community Center  
800 Lafayette Avenue  
Middletown, OH 45004  
Cost: Free  
Screenings include: total cholesterol, HDL (good cholesterol), blood sugar and blood pressure  
*No appointments needed. No fasting required.*

## Lectures/Presentations

Topic: Elderly Abuse Awareness  
Wednesday, June 15  
12 noon to 1 p.m.  
Wesley Center  
3730 Delphos Avenue  
Dayton, OH 45417  
Cost: Free  
*No reservations needed.*

## Mall Walkers

Join us during Miami Valley Hospital's Mall Walkers program on Friday, June 10 from 8:45 to 10 a.m. at the Mall at Fairfield Commons, 2727 Fairfield Commons, Beavercreek. Free blood pressure screenings will be offered with a presentation on "How to Act F.A.S.T. for Stroke."  
*No appointments are needed and no fasting is required. This program is free and open to the community.*

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Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital, Atrium Medical Center and Upper Valley Medical Center, works to build healthier communities through prevention, early detection and disease self-management focusing on heart and lung health, cancer and diabetes.



**Premier Community Health**  
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