

Mental Health America

Live Well, Work Well Newsletter

July 2008



Protect Your Little Peanut

Food allergies affect eight percent of children under age 6. According to the American Academy of Allergy Asthma & Immunology (AAAAI), the six most common foods which cause allergies in children are milk, eggs, peanuts, wheat, soy, and tree nuts (such as walnuts and pecans). Signs of allergy include:

- ◇ Tingling sensations in the mouth
- ◇ Swelling of the tongue and throat
- ◇ Difficulty breathing
- ◇ Hives
- ◇ Vomiting
- ◇ Abdominal cramps
- ◇ Diarrhea
- ◇ Drop in blood pressure
- ◇ Loss of consciousness

These symptoms will typically appear anywhere from minutes to two hours after ingestion. If your child is allergic to any food, it is important to read food labels, not only for ingredients, but for phrases such as "Manufactured in a facility that produces peanuts," for example. To help your child avoid accidental ingestion of a food product he/she is allergic to:

- ◇ Teach your child not to accept food from classmates or friends, and make sure teachers and parents are aware of his/her allergies.

- ◇ Have him/her wear a medical alert bracelet at all times.
- ◇ Encourage your child to read food labels (if able to read).
- ◇ Teach your child to be aware of the symptoms of a food allergy.

Practice Sun Safety!

July is UV Safety Month, and there's no better time than summer to get educated about the sun's harmful ultraviolet rays. Here are some tips to stay safe:

- Avoid extensive sun exposure between the hours of 10am and 4pm.
- Use sunscreen with an SPF of 15 or higher. Reapply after swimming or perspiring. Use it even on hazy or cloudy days.
- Wear sunglasses with 99 to 100 percent UV absorption. Don't forget to look for this on your children's sunglasses too!
- Pay attention to the daily UV index, which can usually be found in your local paper or weather website. The higher the number, the greater the exposure to UV radiation.
- Wear a wide-brimmed hat, which will protect your face, ears, and neck. A baseball cap works too, but make sure to cover your ears and neck with sunscreen.



For more information, visit the American Academy of Ophthalmology at www.aao.org.



Want More Money?

Try three easy ways to start saving more today!

- 1) Instead of buying books and magazines, borrow them from the library. Or, if you like to keep a large book collection, try shopping at a used book store. This can save you hundreds of dollars throughout the course of a few years.
- 2) Evaluate your bank. Are you being charged an annual fee to have an account? Is the interest rate on your savings account as high as it could be? Check around and see what other banks are currently offering.
- 3) Use your own bank's ATMs. It may take a little extra driving (or walking), but it all adds up. Some banks charge up to \$3 for non-customers to use their ATMs. If you use another bank's ATM twice a week for a total of \$6, that's \$312 you can save in a year!

Look at the big picture when it comes to saving your money. It may not matter to you at the time, but think about this: If you put that \$312 into your retirement plan and assume an annual return of 8 percent, those saved ATM fees can grow into over \$10,000 after 30 years!

Adult Immunization Facts

Are you hesitant about getting up-to-date on your vaccinations? Think about this:

- Approximately 36,000 vaccine-preventable deaths each year are attributed to influenza; 90% of these deaths are in people age 65 or older.
- Less than 5% of adults are susceptible to infection by the chickenpox virus, but

adults are much more likely to die from it than children.

- Approximately one-fifth of people infected with mumps do not exhibit symptoms.
- Hepatitis A is the most common vaccine-preventable disease acquired during travel.
- Each year, about 50,000 adults die from vaccine-preventable diseases or their complications.



Source: National Foundation for Infectious Diseases, www.nfid.org

With this quick, easy and healthy recipe, you'll never want to skip breakfast again!

Choco-Banana Smoothie



- 1 scoop chocolate whey protein powder
- ½ banana
- ½ cup ice
- ½ cup nonfat plain yogurt
- ½ cup skim milk

Blend ingredients in a blender until smooth.

263 calories; 32g protein; 2g fat; 2g fiber

Health and Wellness tips for your work, home and life – brought to you by the insurance and healthcare specialists at Enscoe Long Insurance Group LLC.