

Spring

IN TOP FORM!

COLDS, ALLERGIES AND SINUS INFECTIONS

Love may have been in the air in February but in March you may be feeling anything but love for what's in the air, especially if you are one of the nations estimated 40 million seasonal allergy sufferers (including 40% of children).

Kids' allergies are nothing to sneeze at. A first-of-its-kind national survey shows that when kids suffer nasal allergy symptoms, everything from their sleep to their schoolwork suffers as well.

In the study of more than 1,000 families, parents of kids with allergies were twice as likely to say their children's activities were limited by their health, compared with parents whose kids didn't have allergies.

Nearly three-fourths of parents of kids with allergies said their children frequently or sometimes felt tired during allergy season. Two-thirds said their kids were irritable, and more than half said their offspring were downright miserable.



So does your child have allergies, a cold or is it sinusitis?

Allergies:

Allergies typically feature a clear nasal discharge with sneezing.

There may be itchy, watery eyes and/or a dry cough.

Often parents notice a "rabbit nose" -- a child crinkling her nose to relieve the itchy sensation inside.

The "allergic salute" -- rubbing the nose with the hand, sometimes leaving a horizontal crease on the nose -- is another common sign.

"Allergic shiners" -- dark circles under the eyes -- have long been associated with allergies, but are less predictive than the other symptoms.

Often, "triggers" may be identified, such as symptoms after exposure to dust or animals.

Colds:

Colds will often begin with a clear nasal discharge, but after several days it

usually turns creamy, yellow, or green for a time.

Sneezes tend to be more productive, and coughs sound wetter than with allergies.

If the eyes are involved, one or both of them usually turn pink, with a discharge that matches that in the nose. A fever may be present.

Sinus Infections:

A sinus infection in a child often begins like a cold but lasts for greater than 10 to 14 days with no period of improvement.

Sometimes a sinus infection begins with a high fever (>103 F), facial swelling or pain.

Since children with allergies often get more colds, sinus infections, and ear infections than their counterparts, it can be difficult to tease apart what is going on. The experience of other family members offers a big clue since allergies often run in families.

National Nutrition Month® - Eat Right

Here are 5 easy tips to make **eating right** and living healthy a happy lifetime habit!

1. Make family mealtimes a priority: Plan healthy meals in advance to ensure that you are offering a wide range of healthy items. Breakfast or lunch can be eaten together if a family dinner is not an option.

2. Be flexible about food: Being overly restrictive about food

can lead to an unhealthy preoccupation with food. Try not to offer it as a **reward** or **punishment**. Also, if it seems that a picky eater isn't open to new choices, be persistent.

3. Encourage input: It is important to seek your child's involvement in the family's menu.

4. Get active: Make regular family activity part of your healthy lifestyle approach, too.

5. Be a good role model: Children learn from their parents -parents can be a great influence simply by having a **healthy relationship** with food and **engaging** in **physical activity**.



For more information visit the ADA at: www.eatright.org.

DID YOU KNOW?

A **recent report** from the Harvard School of Public Health states breakfast is a fundamental component of a successful school day. In addition to increased attendance, improved grades and higher standardized test scores, students who eat breakfast visit the school nurse and disrupt the class less often.