



## Season of Sniffles and Sneezing

About 50 million Americans have some type of allergy. In many cases, these allergies first appear during childhood, but not always. "Even if you do not have allergies as a child, you can develop them later in childhood or even as an adult," says Sandra Teal, FNP-C, APRN, of Carolinas Primary Care, part of Carolinas HealthCare System.

### SEASONAL ALLERGY CULPRITS

Sometimes called "hay fever" or seasonal allergic rhinitis, seasonal allergies occur during certain times of the year when outdoor molds release their spores, and trees, grasses and weeds release tiny pollen particles into the air to fertilize other plants. The immune systems of people who are allergic to mold spores or pollen treat these particles (called allergens) as invaders and release chemicals, including histamine, into the bloodstream to defend against them. It's the release of these chemicals that causes allergy symptoms, which include sneezing, runny nose, nasal congestion and itchy, watery eyes.

"Here in the Anson county area, tree pollination is from February

through May, grass pollen runs from May through June, and weed pollen is from August through October. So, people with these allergies are likely to have increased symptoms at those times," Teal says.



Sandra Teal, FNP-C, APRN  
Carolin Primary Care

### ALLERGIES AND FOOD

Doctors are diagnosing more and more people with food allergies. Children with food allergies often outgrow them, but not always. A lot depends on which foods the child is allergic to, as some foods are easier to outgrow than others. For example, most kids who are allergic to milk, eggs, wheat or soy outgrow their allergies by the time they're five. But only about 20 percent of people with peanut allergy and about 10 percent of kids with tree nut allergy outgrow those. Fish and shellfish allergies usually develop later in life, and people are unlikely to outgrow them.

An allergic reaction to food can affect the skin, the gastrointestinal tract, the respiratory tract, and,



in the most serious cases, the cardiovascular system. Reactions can range from mild to severe, including the potentially life-threatening condition known as anaphylaxis. Signs of anaphylaxis include difficulty breathing; a drop in blood pressure (in which case, the person looks pale, has a weak pulse, shows confusion or loses consciousness); a rash or swollen lips; or gastrointestinal symptoms, such as vomiting, diarrhea or cramping. If you suspect anaphylaxis, get immediate medical attention.

### HEALTH TALKS

Carolin HealthCare System offers health talks led by experts from a variety of health specialties.

#### Hip and Knee Replacement Surgery

Robert P. Nantais, MD, from CMC Orthopaedic Surgery-Union.  
When: Tuesday, May 20, 6 p.m.  
Where: CMC-Waxhaw Community Room, 2700 Providence Road. S., Waxhaw

RSVP: 704-512-5644

#### Understanding Genetics: Breast Cancer

Carolyn Menendez, MD, from Union Breast Surgery Specialists  
When: Thursday, June 12, 6 p.m.  
Where: CMC-Union Outpatient Treatment Pavilion 600 Hospital Drive, Monroe

RSVP: 704-631-0983

#### General Cancer and Screenings

Gregory Michael Brouse, MD, from Levine Cancer Institute - Monroe  
When: Tuesday, June 17, 6 p.m.  
Where: Community Room at CMC-Waxhaw, 2700 Providence Road S., Waxhaw

RSVP: 704-631-0983

"Creating comprehensive allergy management plans that identify allergic triggers, determine the most effective treatments and prevent allergic reactions is really the goal," says Teal.

### MAKE AN APPOINTMENT

Talk to a doctor if you or your loved one is experiencing allergy-related symptoms.

To make an appointment with a primary care provider, call 704-512-5195.

## Prediabetes Wake-Up Call

**79 MILLION**  
Americans have **PREDIABETES**

Type 2 diabetes is one of the most important health challenges in the United States today. Understanding how diabetes develops and how it affects individuals, and the community as a whole, is the first step in reversing the risk.

### KNOW YOUR RISK

The pre-cursor to Type 2 diabetes is called prediabetes. "That's a condition in which the level of glucose (a type of sugar) in your blood is higher than it should be, but not high enough to be classified as having diabetes," says Hany Shenouda, MD, of Union Endocrinology Associates, part of Carolinas HealthCare System. "People with prediabetes usually don't have many signs or symptoms. In addition, patients with a high blood pressure are at a higher risk of diabetes and should be screened."

According to Dr. Shenouda, those at highest risk for developing prediabetes or Type 2 diabetes include people who are 45 and older, and are inactive, obese or have a family history of diabetes. However, in recent years, more children and young adults have tested positive for Type 2 diabetes.



Hany Shenouda, MD  
Union Endocrinology Associates

### TAKE CONTROL

One of the best ways to screen for prediabetes or Type 2 diabetes is the A1C test. It's a simple finger-stick test your primary care doctor can do during your regular checkup. Knowing your risk allows you to make the necessary lifestyle changes to reverse the risk of diabetes.

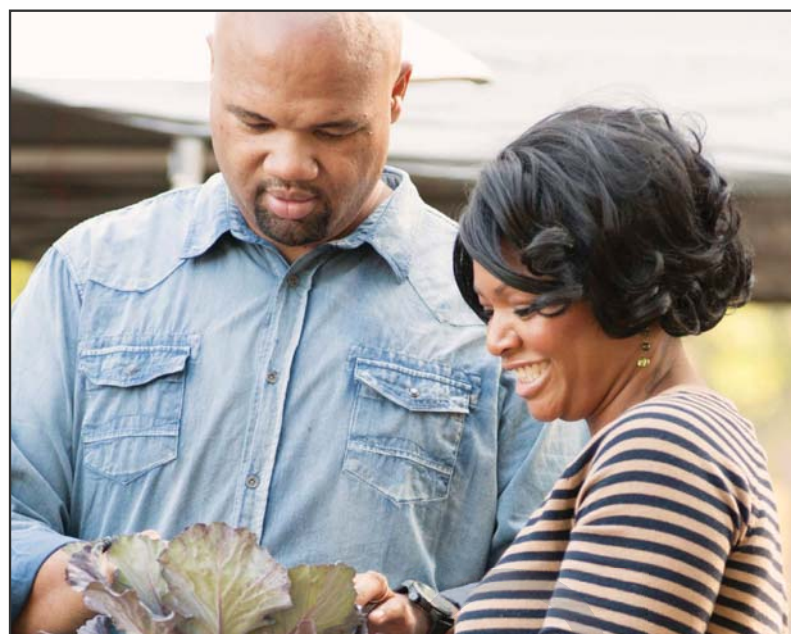
A balanced diet and regular exercise are the best ways to not only prevent diabetes, but to control it, should you be diagnosed. Medications can also help manage diabetes.

Carolin HealthCare System is working to help reduce the risk for diabetes in the community.

It takes only 30 seconds to find out if you are at risk for prediabetes with this online risk assessment:

Visit: [CarolinHealthCare.org/Diabetes3](http://CarolinHealthCare.org/Diabetes3)

You may also participate in a free information session with a trained lifestyle coach to learn more about prediabetes and Type 2 diabetes, and to receive an A1C test if you qualify. Visit [CarolinHealthCare.org/Diabetes3](http://CarolinHealthCare.org/Diabetes3)



**1 in 4 people who has diabetes doesn't know it.**

Left untreated, Type 2 diabetes can lead to heart disease, kidney disease and blindness.

With our nationally recognized caregivers and community partners, we treat more than 100,000 diabetes patients throughout the Carolinas. And we're here for you, too.

Your health takes a System. Visit [CarolinHealthCare.org/Diabetes3](http://CarolinHealthCare.org/Diabetes3) to find out if you're at risk and to learn more.

