



HEALTH CAPSULE | No.66 | 2019

ALL ABOUT SEASONAL RHINITIS (HAY FEVER)

The climatic changes that we are undergoing lengthens the period during which plants and trees produce pollen and therefore the allergies period. In Quebec, 1 in 8 people suffer from seasonal rhinitis, which is caused mainly by ragweed pollen.

Symptoms



- **Worsening of asthma** (if the person is already suffering from it);
- **Nasal congestion;**
- **Conjunctivitis signs:**
 - Itchy eyes;
 - Purulent discharge from the eyes;
 - Redness of the eyes;
 - Swelling of the eyelids;
 - Watery eyes;
- **Clear and abundant nasal discharge;**
- **Repetitive sneezing;**
- **Headache;**
- **Tingling and itching:**
 - Nose, throat, ears.

Side Effects

The **side effects** of seasonal rhinitis also affect the quality of life of the allergic person and his or her family. Daily activities or sports, recreation and work or school performance can be disrupted by **fatigue, irritability, concentration problems, sleep disorders.**

Complications

Complications due to untreated seasonal rhinitis may also occur such as **recurrent sinusitis, symptoms of allergic asthma** such as coughing, shortness of breath and wheezing (for adults) and **ear infections** (for children).

Treatment of symptoms

You can rinse the nasal passages with salt water or use over-the-counter antihistamines to relieve symptoms. However, if your symptoms persist and affect your quality of life, if they are not relieved by over-the-counter medications and / or if you do not tolerate the side effects of the medications, it would be wise to see a doctor, who may prescribe antihistamines to limit allergic reactions and eye drops in case of conjunctivitis.

You could also make an appointment with an allergist to perform tests to identify the source of your allergy and possibly make you desensitized if the symptoms are too troublesome.

Prevention

- Shower, wash your hair, wash your hands and change clothes frequently (especially before sleeping);
- Avoid opening windows in your home and car during the day;
- Limit walks in nature and any place where pollen concentration is high;
- Avoid mowing the lawn or picking up dead leaves;
- Do not dry your clothes outdoors;
- Clean more regularly;
- Wear sunglasses outdoors;
- Eliminate ragweed on your property;
- Avoid going outside when the concentration of pollen is higher, that is to say between 7 am and 1 pm, in hot or dry weather and / or on windy days. Note that there is no pollen in the air when it rains;
- Use an air conditioning system that recycles the air in your home or has a pollen filter;
- Avoid contact with other irritants, such as tobacco smoke, perfumes, air pollution that may increase allergy symptoms.



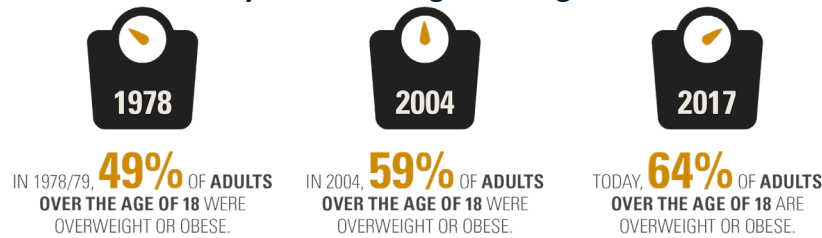
Allergy Forecast Tool: On the Meteomedia website at <https://www.theweathernetwork.com/forecasts/pollen/list/caqc/all>



GETTING BACK TO PHYSICAL EXERCISE AFTER A LONG PERIOD OF INACTIVITY



Rates of obesity and overweight among Canadian adults



Try to keep in mind that practicing sports is a synonym of good health

This will help you lose weight, improve your heartrate and improve your breathing. Your blood will be detoxified, you will eliminate all the toxins from your body, you will release the accumulated tensions, you will reduce your stress. You will also feel better, you will be stronger and more flexible, you will sleep better during the night, etc.

The first step to get back to sport is always the hardest

It is often very difficult to respect one's exercise routine. We often stop practicing sport for a variety of reasons: a baby, a change of job or an injury. We are waiting for all the conditions to be met to resume our activity. If you have not done anything for a long time, the recovery will be very difficult, and you will certainly feel like you have never done exercises in your life. Once you get used to moving, practicing sports will be more enjoyable. The first week of adaptation is very important. **If you manage to complete a full month of routine, there is little chance you will give up.**

Tips for getting back to exercising

Keep in mind your motivation to practice sports

Do not forget to set specific goals before you start practicing your physical activity.

Start an exercise gently

Your sporting abilities will obviously be different and lesser compared to the period when you exercised. Be patient and do not ask too much of your body. Start slowly, then increase the loads, the difficulties and times.

Be realistic and set reasonable goals

You will not be in good shape after the first few days of recovery because you have not exercised for several months. Persevere, and you will feel better. Do not be too hard on yourself, because exercising should be something positive.

Free yourself of time

Do not take the excuse of lack of time not to practice sports. By organizing well your schedule, you can exercise two to three times a week for one hour a day.

Vary the exercises

This will help you to be more motivated, not to get bored and you will not want to give up. Opt for disciplines that entertain you, and that you love. Try different activities every day or every week.

Resting well after exercise

Rest a full day after a difficult routine. If you are sick, do not play sports. You may grant yourself the right from time to time to miss an exercise session. But always from the moment it is the exception, not the rule.

Look for companions to exercise

Practicing sports alone or in groups is totally different. It's a great way to stay motivated by having a good time. Be careful to stay focused if you choose a group exercise.

Reward yourself

Whenever you reach a goal, reward yourself. This will motivate you more when you exercise, and you will easily reach your goals.

