

## Health Spotlight – Allergy & Asthma Season

April showers bring May flowers—and for many, a host of airborne allergies, too. It's a beautiful time of year on the Coast, but going outside can make you sneezy and snifflly.

Here's what you can do to alleviate your symptoms:

- Avoid backyard burning. Do not breathe the smoke.
- Exercise outside early in the day, before pollens fill the air.
- Wash your skin and hair after you've been outside, and definitely before retiring to bed.
- If you've been outside during high pollen count, change your clothes as soon as you come inside. Change in the laundry room so you don't spread pollens throughout your house.
- Hang laundry out only during low pollen count times, such as early morning.
- Keep windows closed, if possible.

Remember that you and the healthcare professionals on your team share a common goal of reducing your allergy symptoms. Be sure to ask if you have any questions.

**Did you know that airborne allergies can result from more than just natural pollens and dust?** In the Greater Vancouver region, studies suggest that increased air pollution has caused more incidences of respiratory (and cardiac) diseases such as asthma, bronchitis, and emphysema.

In fact, a strong link exists between high levels of airborne "inhalable particulate matter" and increases in emergency room visits, hospital admissions and even death. Children, seniors and those with respiratory ailments are particularly susceptible. Of course, indoor air can trigger allergies, too.

For more about helping you and your community can breath easier, visit the official website of Clean Air Day, June 07, 2006. [www.cleanairday.com](http://www.cleanairday.com)

You'll find Greater Vancouver air quality reports online at [www.gvrd.bc.ca/air/quality.htm](http://www.gvrd.bc.ca/air/quality.htm)



Want to know more about allergies and asthma? Consult the BC Health Guide, available free of charge at Howe Sound Pharmacy. (It's also online on the BC Ministry of Health website [www.bchealthguide.org](http://www.bchealthguide.org))



## Healthy Living – Free Physical Activity Guide

Check out Canada's **Physical Activity Guides** from the federal Public Health Agency. They're free, and are designed to help all ages fit beneficial activity in to their daily routine.

Take the next step toward improving your health, preventing disease, and getting the most out of life.

Howe Sound Pharmacy offers **private fitness consultations** with professional trainer Laurel Lightbourn, by appointment. In consultation with your healthcare professionals, she'll suggest activities that suit your interests and overall health condition. Ask our pharmacists for details.

Visit [www.phac-aspc.gc.ca/pau-uap/paguide/](http://www.phac-aspc.gc.ca/pau-uap/paguide/) for more info.

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## Healthy Moving – Spring Fever: Step out, start moving (and keep it simple)

Who can resist spring fever? It just makes you want to step outside and get active.

Physical activity is as important to your health as eating right and taking care of yourself—yet did you know that less than half of all Canadians are active enough to benefit their health?

It's easy to get started. And you don't have to run a marathon or spend hours at the gym. Beneficial activity is something that everyone can do—no matter what age or ability.

Here's how—incorporate simple physical activity in to your daily routine. Set realistic goals to keep yourself motivated. (Track your steps with a pedometer—available at Howe Sound Pharmacy.)

### How about:

- Walking at least 20 minutes, once a day. It's free, it's easy, and good for your inner health, too.
- Walking to the mail or your morning coffee. Meeting up with friends and take in the coast's level beach walking spots.
- Using the stairs instead of the elevator.
- Parking away from the mall entrance. Or riding transit on days you won't be making large purchases.
- Leaving the sofa behind! (As well as your TV and computer.)
- Getting outside and playing with your kids.
- Discovering your community's walking, hiking, and cycling trails. (Call your local government for more info and maps)

## Healthy Eating – Eat Your (Spring) Greens

Spring brings us many tender new veggies best enjoyed right now. How about delicate baby salad mix—or BC Grown asparagus and peas? You can find fresh ingredients at local supermarkets. Pier 17 also carries specialty olive oils.

### Asparagus Salad with Ginger Dressing

*1 pound fresh asparagus, steamed and chilled*

*2 cups baby salad mix*

*1 tablespoon minced sushi ginger*

*1 tablespoon sesame seeds, toasted*

Arrange greens on platter. Top with asparagus. Sprinkle with ginger and sesame seed. Drizzle with dressing. Serve immediately.

### Dressing

Whisk together:

*2 tablespoons sesame oil*

*1 tablespoon low-sodium soya sauce*

*1 tablespoon granulated sugar or Splenda*

*Garlic or other Asian-style seasoning, to taste*

**Variation:** substitute tender snow (or sugar snap) peas in place of asparagus.

Short of time? Fresh asparagus or snow peas are a taste-treat simply steamed and drizzled with olive oil. Season with garlic, pepper or a dash of sea salt.

500 grams (approx. 1 pound) of fresh asparagus serves four. For more fresh asparagus recipes, visit [www.asparagus.on.ca](http://www.asparagus.on.ca)

### Baby Spring Greens with Strawberries, Chevre, Almonds and Orange-Infused Olive Oil

Gently rinse and dry 4 cups baby spring greens and 2 cups fresh strawberries. Hull and slice berries. Toss in salad bowl with greens. Sprinkle with 1/2 cup crumbled chevre (fresh goat cheese; optional) and 1/2 cup sliced almonds. Drizzle with orange-infused olive oil. Serves four.

**Variation:** Add cooked shrimp or chicken.



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\*Delivery available Monday to Friday, Port Mellon to Redrooffs. Certain prescription refills may require a doctor visit. Please call us for further details.

Visit our website for more recipes and healthy living info  
[www.soundcare.ca](http://www.soundcare.ca)