



Health@News

Your Guide to a Healthier Lifestyle

VOLUME 5 ♦ ISSUE #2

Allergies & Sinusitis

MAKE THE CONNECTION

According to the American Academy of Allergy, Asthma and Immunology, approximately 50 million Americans currently suffer from allergies. Allergies can be seasonal or perennial. While seasonal allergies generally cause symptoms for weeks or months at a time, perennial allergies cause symptoms throughout the year. In many cases, allergies lead to inflammation of the sinuses, called sinusitis, which develops in approximately 31 million Americans each year.

Allergies

Allergies are adverse reactions to particular substances called allergens that may trigger an overreaction from the body's immune system. Pollen, mold, dust mites, and dog and cat dander are common allergy triggers. Allergy symptoms include sneezing; nasal or sinus congestion; sneezing; itchy or runny nose; and itchy, watery eyes.

Sinusitis

Affecting approximately 16 percent of American adults, sinusitis is one of the most diagnosed diseases in the United States, according to the American Academy of Allergy, Asthma and Immunology. Sinuses are air-filled pockets above, below, and around the eyes that serve as an air filter for the nasal cavity. When the sinuses become inflamed or infected, they cannot function correctly which commonly leads to sinusitis. Symptoms of sinusitis include head congestion and headache; facial swelling; constant tiredness; yellow-green nasal discharge; and in some cases, fever.

continued on next page...

Colon Cancer

Cancers of the colon and rectum—or colorectal cancers—are the third most common cancer among men and women in the United States, not counting skin cancer. The American Cancer Society reports that colorectal cancers will cause approximately 52,180 deaths this year. Fortunately, the death rate associated with the disease has been decreasing over the last 15 years, primarily due to improved screening and treatment methods.

Symptoms of Colorectal Cancer

If you experience the following symptoms, it is important to consult your doctor right away. Note that having one or more of the symptoms does not necessarily mean that you have cancer.

- A change in bowel habits—such as diarrhea, constipation, or narrowing of the stool—that lasts for more than a few days
- Rectal bleeding or blood in the stool
- A feeling that a bowel movement is necessary that is not relieved by one
- Cramping or steady abdominal pain
- Weakness and fatigue

continued on next page...

Brought to you by:

 **St. Luke's**
HOSPITAL
Our specialty is you.

Allergies continued from previous page...

The Connection between Allergies and Sinus Disease

People who suffer from allergic diseases, such as allergies and asthma, have a higher likelihood of developing sinusitis compared to people who do not have allergic diseases. This occurs because allergies can trigger inflammation in the sinuses and therefore prevent them from flushing out bacteria.

Treatment

Untreated allergies can lead to health problems such as ear infections and asthma, as well as sinusitis. Fortunately, allergy symptoms are manageable. The most effective method of prevention is to identify which allergens trigger a response and to minimize exposure to those particular substances. In most cases, allergies can be treated with medication or a series of shots. Typically, sinusitis is treated with medication or a combination of medications.

If you suspect that you suffer from allergies or sinusitis, consult a physician.

Colon Cancer continued from previous page...

Risk Factors for Colon Cancer

The following risk factors are associated with colorectal cancer. While some risk factors cannot be controlled, others, such as diet and physical activity, can be modified.

- **Age** – Approximately 90 percent of colorectal cancer cases are found in individuals older than 50 years of age.
- **Race** – African Americans have the highest number of colorectal cancer cases of all racial groups in the United States.



- **Diet** – A diet that primarily consists of high-fat foods, particularly from animal sources, can increase one's risk of colorectal cancer.
- **Physical inactivity** – Lack of physical activity causes an individual to have an increased risk of developing the disease.
- **Obesity** – Being very overweight increase one's chances of developing colorectal cancer.
- **Smoking** – According to the American Cancer Society, smokers are 30 percent to 40 percent more likely than nonsmokers to die of colorectal cancer.
- **Alcohol intake** – Colorectal cancer has been associated with heavy alcohol use.
- **Diabetes** – Individuals who have diabetes have a 30 percent increased chance of developing colon cancer than people who do not have diabetes.
- **Family or personal history of colorectal cancer** – Risk increases for individuals who have a family history of the disease, and people who have had colorectal cancer before have a greater risk for developing new cancers in the colon and rectum.
- **Colorectal polyps** – People who have had some types of polyps (particularly large or many) have an increased risk of developing colorectal cancer.
- **Personal history of bowel disease** – Doctors generally recommend that people who have bowel disease undergo colon cancer screenings more often.

Screening Saves Lives

Early Detection saves lives! For this reason, the American Cancer Society recommends that, beginning at age 50, both men and women at average risk for developing colorectal cancer follow one of five recommended screening options:

Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) every year
Flexible sigmoidoscopy every 5 years
FOBT or FIT every year plus flexible sigmoidoscopy every 5 years
Double-contrast barium enema every 5 years
Colonoscopy every 10 years

For additional information on colorectal cancers, contact your physician.

Spirit of Women

Join Spirit of Women Today!

Join St. Luke's Spirit of Women for retailer discounts and informative events by visiting www.stlukes-stl.com

Programs

Conversations for Women... How to Wear Your Genes

*Jean Fashion Show by Anatomy of Style
Saturday, April 25*

11 a.m. to 2:15 p.m.

- Enjoy a light and healthy lunch
- Find out which style jean is perfect for your figure
- Learn how genetics influence your risk for disease
- Discover how your life can be "Exactly Right" with author and life-coach, Suzanne Tipton Offner
- Hear inspirational stories of success and healing from our Healthy Woman Award winners.
- Speak individually with physician specialists and health professionals at the Health Coaching Session.

Fee: \$15

Grills, Guys and Good Health

Monday, June 15 · 6 to 7:30 pm.

Ladies...bring your guys to this mouth-watering event and learn how to turn your favorite grilled foods healthy from Chef, Mark Novy! Handyman Matters, Chuck Healy, will answer home repair questions.

Fee: \$15 per couple or \$8 per person.

Visit www.stlukes-stl.com to register or for a complete listing of classes.



Our specialty is you.

232 S. Woods Mill Road
Chesterfield, MO 63017
www.stlukes-stl.com

3-0583