

THINK act be healthy



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Seasonal Allergies

If you are one of the many Canadians who suffer with seasonal allergies, you know that itchy, water eyes, runny nose and sneezing are just a few of the symptoms your body produces when exposed to allergens. Allergy season typically runs from the beginning of April until the beginning of October with grass pollen being the main culprit from June through September.

Tips to help lessen allergy symptoms

- Keep windows in your home closed during the day to reduce the amount of pollen that enters your home
- Wet clothes, hung on the clothes line to dry, traps pollen. Hang them to dry in your home
- Pollen counts are lower in the evening and after a rainfall. Plan your outdoor activities at these times to reduce your pollen exposure
- For allergy medications to work properly they must be taken at the right time and in the right amount.



It is important to remember that some allergy decongestant medications should be used with caution in patients with heart problems or high blood pressure. **Check with your PPN Pharmacist before starting any allergy medications.**

Source - <http://www.lawtons.ca/pharmacy/health-help/allergy-and-sinus>

Food for Thought...

Sobeys Better food for all.

Healthy Eating During Summer Vacation

Summer days are filled with travel, visits and relaxing with family and friends. Eating well during this time can be a challenge. Whether you take day trips or make longer journeys, you can stay on track with your eating.

On the Go: Make better choices at the drive-thru by getting vegetables, fruits and milk in your order

On the Road: Plan ahead. Keep healthy foods on hand to take with you rather than relying on restaurants or corner stores

On the Plane: Take healthy snacks on board like whole wheat crackers, granola bars, muffins or nuts and seeds

At your Destination: Find a grocery store and buy foods for quick meals and snacks



Body & Mind

If you haven't already started, take your exercise routine to the outdoors. The natural surroundings and fresh air will provide you with a sense of wellness. No matter what your fitness choice, apply your sun protection and head on out!

MHCSI Preferred Provider Network (PPN) Pharmacies include:



Do you know what each of your Medications are used for?
If you have questions – Your PPN Pharmacist has Solutions!▶

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