

Lake City Reporter

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share their
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'TIS THE SEASON: Top Tips for Allergy Management



(StatePoint) Allergy symptoms can lead to a major disruption in quality of life. And unfortunately, they affect a lot of people. Nearly 60 million Americans suffer from allergic rhinitis (also commonly known as hay fever), according to the American College of Allergy Asthma and Immunology.

Luckily, many allergy sufferers are interested in learning more about what causes their allergies and how they can manage them. In fact, 70 percent of allergy sufferers say they wish they had a better understanding of the science behind their allergies, according to a recent survey of over 1,000 allergy sufferers in the US, which was sponsored by Sanofi Consumer Healthcare and conducted online using Toluna's QuickSurveys methodology.

With that in mind, Sanofi is sharing some helpful information and tips for allergy sufferers to keep in mind this season.

Know Your Triggers

Determine what allergens or "triggers" cause your symptoms, whether it's pollen, pet dander, etc. While you may already have some idea of what triggers your symptoms, an allergist can give you a comprehensive check-up for a proper diagnosis.

Avoid Exposure

If pollen is one of your triggers, check the pollen count before planning that picnic. If it's your furry friend giving you grief, spend some time vacuuming your rugs and furniture. Once

you know your triggers, take steps to avoid or minimize them whenever possible.

Learn the Science Behind Your Symptoms

When an allergy sufferer comes into contact with certain allergens, their body produces a variety of chemical responses that cause those symptoms that can make them feel miserable. According to the recent survey of allergy sufferers, more than half of them said histamine is the only chemical response to allergens that they are familiar with, but there are actually several — including leukotrienes, cytokines, prostaglandins and eosinophils. To relieve allergy symptoms, it's important to stop these chemical reactions from taking place.

Visit the Allergy Aisle

Several prescription strength treatment options are available over-the-counter for the relief of allergy symptoms. For example, Nasacort is a scent- and alcohol-free nasal spray that provides 24-hour relief of nasal allergy symptoms like sneezing, itchy runny nose and congestion for adults and children two years of age and older. It does this by stopping the body's chemical responses to allergens and reducing inflammation in the nasal passages. To learn more and download a coupon, visit Nasacort.com.

This season, be proactive about your allergies. Educate yourself about your triggers and make sure you have an effective treatment on hand to provide symptom relief.

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AT EASE: 5 Great Ways to Reduce Stress

(StatePoint) The constant juggle of work, family and other responsibilities can cause anybody to feel stressed. And stress is not only unpleasant, it can have negative ramifications on your health, including stomach upset, fatigue, headache and even depression and drug abuse, according to the Mayo Clinic.

Luckily, a bit of self-care goes a long way. Here are five great ways to ease tension and reduce symptoms of stress.

1. Have a spot of tea.

Drinking black tea leads to lower post-stress cortisol levels, according to a University College London study. Brew yourself a cup and take a few minutes to relax.

2. Play piano.

Playing piano can reduce stress, according to a study published in the International Journal of Music Education. And you can play whenever you need to take a minute to reduce stress, as keyboards come in all sizes these days. Check

out Casio keyboards and music gear, which features models fit for any level of musical ability or physical space you have available to play.

3. Keep a journal.

Spend a few minutes each day or when the mood strikes putting pen to paper. Writing in a journal can help you get things off your chest, and can have effects similar to meditation.

4. Get moving.

Aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep and improve self-esteem. Even five minutes of aerobic exercise can stimulate anti-anxiety effects. So, put on some sneakers and get moving.

5. Get together with friends.

Close friendships are a great outlet to express oneself, get positive feedback and laugh, which can ease stress and tension. Even when you're busy, be sure to carve out time for friends.



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AGING EYES: 3 Ways Seniors Can Protect Their Vision

(StatePoint) While you may take healthy eyes for granted, it's important to know that as you age, you become more susceptible to conditions that can impair your vision. The effects of vision loss can be devastating, harming one's quality of life and independence.

Fortunately, there are proactive steps you can take to see better and help keep eyes healthy.

1. Annual ophthalmology appointment.

Regular ophthalmological exams are critical, especially for seniors. Even if you think your vision is unchanged, it's important to make an appointment annually. A thorough eye exam not only assesses prescription updates, it includes a range of tests looking for signs of cataracts, glaucoma and macular degeneration. Catching these issues early means earlier intervention and a greater chance at preserving your vision.

2. Monitor and treat macular degeneration.

Over 15 million Americans have macular degeneration (AMD), a progressive disease which can lead to severe central vision blind spots in both eyes. In the most advanced form, End-Stage AMD, it becomes difficult or impossible to recognize faces, read, watch TV or complete tasks requiring detailed vision. However, new advances are helping those living with macular degeneration.

For example, the CentraSight treatment program uses a pea-sized telescope implant. Implanted in one eye only, the FDA-approved and Medicare-eligible device is proven to restore vision and improve quality of life those 65 and older. The other eye remains "as-is," to maintain the patient's peripheral vision, because some is lost in the operated eye after the out-patient surgery.

"Remarkably, within a few weeks after the telescope implant surgery, my mom was able read her newspapers from front to back, every little thing. Thankfully, she is also back to knitting and together we are watching English football on the weekends. It's a huge relief to both of us that the surgery and training was a success," said Jennifer Rowe of North Carolina.

After surgery, people work with a low vision therapist to learn how to use their new vision, practicing looking at things that are stationary or moving. The telescope implant is not a cure for End-Stage AMD. As with any medical intervention, potential risks and complications exist with the telescope implant. Possible side effects include decreased vision or vision impairing corneal swelling. Individual results may vary. To learn more, visit CentraSight.com or call 877-99-SIGHT.

3. Eat right.

Certain nutrients have been identified as good for eye-health. Be sure to get plenty of zinc, Vitamins E and C, lutein and zeaxanthin in your diet. While supplements can help you ensure you meet your daily requirements, you can also seek out foods that contain these nutrients. Sweet potatoes, flax seeds, leafy greens, eggs, citrus and nuts are all good choices. The good news is that these items can be good for your overall health as well.

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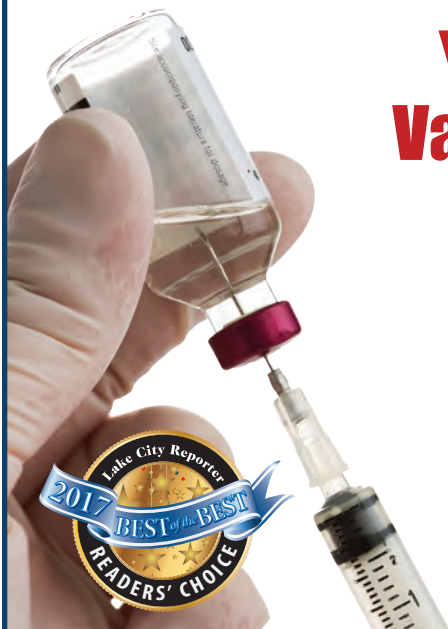
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Stronger T



Lake City's Kyle Lammers and Megan Contini are each other's favorite workout partners

By **KAYLA LOKEINSKY**

(Cover and story photos by **KATRINA POGGIO**)

FOR MOST COUPLES,

their idea of spending time together consists of going to the movies or out to dinner. Kyle Lammers and Megan Contini aren't like most couples. On the weekends you can usually find them racing through mud or going on 30-mile bike rides. Fitness is the foundation of their relationship, and together they inspire others to get up and get moving.

The couple got started on their fitness journeys in different ways. Kyle, 33, was born and raised in Lake City, and he started working out at his hometown gym in an effort to lose weight.

"When I came out of college I was drastically overweight," Kyle said. "I was about 230 pounds and I just sort of came in here and piddled around and didn't really have any motivation."

Kyle started working out at Anytime Fitness in Lake City. He began by taking fitness classes, then eventually he was working out twice a day and eating healthier. Within a year he had lost 65 pounds.

"I just stuck with it," Kyle said. "It's gotten me into mud runs and triathlons and all kinds of stuff. I've just stayed active ever since."

Now, Kyle is a fitness instructor and personal trainer at Anytime Fitness, earning the job after the gym staff saw how much progress he made after losing weight. Through his work he is able to help others reach their personal fitness goals.

"When I lost all of my weight it kind of helped motivate me to help motivate other people to do the same," Kyle said.

For Megan, 32, her journey began after she signed up to do a mud run, a race that takes participants through a physically-demanding, muddy obstacle course.



(Courtesy of **KYLE LAMMERS**)



“I’m not going to lie, she carries me half the time on the runs. I want to stop and she’s just steady going. It pushes me even further.”

— Kyle Lammers on partner Megan Contini

“It was about a little over a year ago I started coming to the gym,” Megan said. “I had never really been to a gym before. I was motivated because my brother and sister-in-law do a lot of mud runs and I wanted to do one.”

Megan, who moved to Lake City from Sebastian, Fla. and is currently a pediatric nurse practitioner at Children’s Medical Center, soon realized that she had some work to do in order to prepare for the race.

“I signed up for it and found out that I was not able to do a lot of the stuff I felt like I should be able to do, so I was like, ‘I gotta do something about that,’” Megan said. “So I joined the gym,



met Kyle and started working out like crazy.”

After meeting at the gym, Megan and Kyle have been dating for nearly a year. Together they do a lot of Spartan workouts, which is what a lot of the mud runs consist of. Their high-intensity workouts vary from running in preparation for a biathlon or doing 300 burpees with various workouts in-between.

On the weekends, they put themselves to the test with biathlons, triathlons, mud runs and Tough Mudder events (a Tough Mudder is a 10-mile race with over 20 obstacles, all through the mud). The workouts they do during the week are all in preparation for race day, and they’re each

other’s biggest supporters.

“Just doing it together makes it motivating,” Megan said.

The couple pushes each other to finish the race and finish strong.

“I’m not going to lie, she carries me half the time on the runs,” Kyle said. “I want to stop and she’s just steady going. It pushes me even further.”

“I think it works both ways because the whole time I’m like, ‘I wish I could stop but he’s still going so I have to keep going,’” Megan added. Kyle and Megan plan to continue pushing each other and working together to complete any obstacles they face.



AT WORK ALL DAY? How to Incorporate Exercise Into Your Life

(StatePoint) Leading a sedentary lifestyle can have a serious impact on one's health. In fact, too much sitting can increase your risk of cardiovascular disease, according to the American Heart Association, which cites a study that showed that adults who watch more than four hours of television daily had a 46 percent increased risk of death and an 80 percent increased risk of cardiovascular disease.

Unfortunately, work environments are not always conducive to physical activity, with tight deadlines and long to-do lists often gluing people to their work stations for hours on end.

If you spend a majority of the day at work, here are some great ways to move more during your free time.

Go Beyond Traditional Exercise

Becoming active doesn't necessarily mean limiting yourself to elliptical machines and running laps. Find outlets for exercise that excite you, such as hip-hop dance, yoga or even kickboxing. If you want to add a bit of competition to the mix, long distance races or obstacle courses may be just the motivation you need. Such events can be a great excuse to travel, as they take place all over the world.

Get Active with Co-Workers

Many experts agree that leaning on friends and co-workers as exercise partners can help boost motivation. In fact, the exercise habits of people you know have a positive influence on your own routine, according to a study pub-

lished in "Psychology of Sport and Exercise."

Luckily, there are new and fun ways you can get active as a group. For example, to help you and your co-workers get moving, Aflac, the official supplemental insurance provider for Tough Mudder, is taking team building to the next level by inviting co-workers to participate in these high-endurance obstacle course challenges as a team. "The Small Business Challenge" encourages employees to enter on behalf of their company by sharing how teamwork has helped them succeed. If the employees and their business win, they will receive complimentary tickets to participate in a Tough Mudder event and put their teamwork skills and athletic ability to the test. You can find the official rules and enter for a chance to win at toughmudder.com/aflac.

Squeeze It In

Long workdays are just a reality for many. So, find ways to get your blood flowing while you're working. Set an alarm that reminds you on the hour to move around or stretch. Consider a desk that converts to a standing position so you can be on your feet a portion of the day. Use the stairs. There are many ways to squeeze in short bouts of exercise that allow you to continue being productive.

Do your heart and health a favor and get moving. With so many great new forms of exercise and athletic competition available today, spending time outside of work engaged in physical activity is easier than ever before.



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(StatePoint) Regular exercise is an important part of helping to keep your family healthy and strong. Indeed, physical activity can help you live longer, improve your mood, reduce your risk for life-threatening diseases and strengthen bones and muscles, according to the Centers for Disease Control and Prevention.

September 30 is Family Health and Fitness Day USA, and a good time to think about ways of getting the family to move more together. Today's modern families may find incorporating new technology into their fitness plans will help motivate everybody to participate. Here are a few ideas.

Get on Your Feet

Whether it's a rainy day or you just want to do something super fun right at home, you can make an afternoon of playing a dance video game. Many gaming systems support dance games, and these days there are so many choices featuring various dance styles and genres of music — from hip hop to pop to Broadway. This is a super fun way to exercise that won't even feel like a workout.

Fitness Wearables

Rugged, water-resistant wearable tech gear can enhance your outdoor fitness experience. For example, the WSD-F20 Pro Trek Smart Outdoor

EXERCISE DAY: Tips to Get Your Family Moving and Boost Fitness

Watch from Casio features GPS plus a full-color map, altimeter and compass, helping hikers, mountain bikers and other outdoor adventurers take expeditions further afield. Low power consumptions GPS and location memory can help your family map your course and stay on track.

Movement Apps

New apps, many with a gaming component, can remind users to get on their feet and move at periodical intervals. Whether you're on a family road trip, or you're vegging out on the couch for a movie marathon day, simple notifications will remind you to pull over the car or pause the movie for a short stretch or walk. Many such apps even guide you through a brief routine targeting the entire body.

This Family Health and Fitness Day USA, find ways you can make exercise fun for the entire family.



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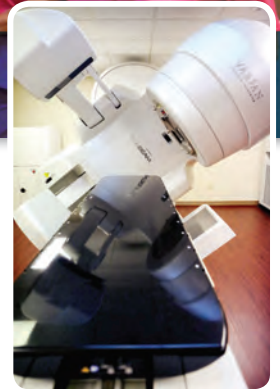
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HOME SAFETY: Tips to Prevent Slips, Trips and Falls

(StatePoint) Slips, trips and falls that cause injury and death are all too common, and they disproportionately affect older people. Indeed, one-third of older U.S. adults suffer falls each year, according to the Centers for Disease Control and Prevention. What's more, a fear of falling can alter habits, negatively impacting one's quality of life.

Fortunately, many such falls are highly preventable. Changes in vision, balance and muscle strength that can occur as one ages can be addressed, and other external risk factors can be prevented.

Staying Vital

Regular exercise is important for maintaining the physical strength and mobility needed to reduce the risk of falls. Taking classes to improve balance, such as tai chi, has also been shown to reduce the risk of falls.

Many community centers and fitness clubs offer classes designed for older individuals, so be sure to consult your healthcare provider for an exercise routine that is appropriate for you.

"Set a reminder to get regular health screenings for bone density, vision and other fall risk factors. Staying aware of these physical changes and adapting to them, can help you remain healthy and independent," says Carrie Nie, director, Safe Communities America, National Safety Council.

Home Modifications

"Most falls happen at home, so it's important for individuals, caregivers and loved ones to focus on keeping the home free of safety hazards



that increase the likelihood of falls," says Nie. Installing grab bars, additional handrails and extra lighting can make it easier to maintain balance, improve vision and avoid tripping hazards. You should also free walking areas of tripping hazards, such as electrical and phone cords and open drawers and cabinets. To avoid slips, use non-skid rugs, clean up spills immediately and wear proper footwear.

Community Engagement

Individuals and loved ones should look into local resources available that can help prevent falls and maintain older adults' independence, as well as get involved in efforts to make their community more accessible.

Many communities are already engaged in such efforts. For example, counties, cities, towns and universities accredited by the National Safety Council Safe Communities America program, put initiatives into place to raise awareness of the risk of falls and increase older adult independence and safety at the local level. The program also works with volunteer groups to make the homes of older adults safer. For example, one such volunteer group, "Team Handyman," installs grab bars, hand rails and other safety features in the homes of older adults in Midland, Michigan.

To learn more about fall prevention, as well as community safety efforts, visit NSC.org.

While aging itself is not the cause of falls, older people are at greater risk of taking a spill. To reduce your risk of falling, keep your home safe, your body strong and your community engaged.

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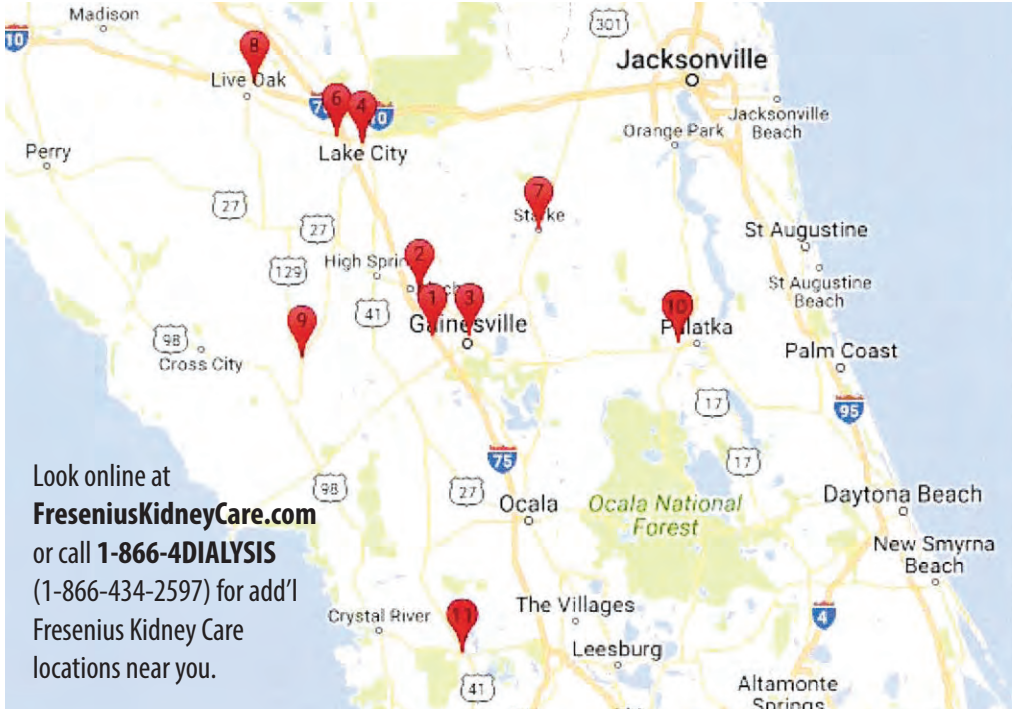
Keri Southall, DNP, ARNP, CPNP, PMHNP

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