



## 'Tis the Season for Allergies and Asthma

Since 1984, the Asthma and Allergy Foundation of America (AAFA) has declared May to be “National Asthma and Allergy Awareness Month.” It’s a peak season for people with asthma and allergies, and a perfect time to educate patients, family, friends, co-workers, and others about these diseases.

### More Than Asthma, More Than Food Allergies

- More than 60 million Americans overall have asthma and allergies.
- More than 26 million Americans have asthma.
- More than 6 million children have asthma.
- More than 10 people die every day from asthma.
- More than 6 million children have food allergies.

“Allergies and asthma often occur together,” states John Hall, MHA, FNP, at Legacy. “The

same substances that trigger allergy symptoms, such as pollen, dust mites and pet dander, may also cause asthma signs and symptoms. As a result, asthma can be mistaken for allergies, as they share similar symptoms such as frequent cough and wheezing. In fact, allergies and asthma often go hand-in-hand. Additional symptoms that point to asthma include wheezing, shortness of breath, coughing at night, and chest tightness.”

The numbers paint a picture of how many people in the U.S. are managing asthma and allergies. Yet, these conditions are still widely misunderstood, as are many of the people who have them.

Source: Asthma and Allergy Foundation of America (AAFA)



## May is Mental Health Awareness Month

May is the time to inspire others, raise awareness, and take part in sharing information, resources, and support for mental health conditions.

### Mental Health Facts

- 1 in 5 adults in the U.S. lives with a mental health condition.
- 1 in 25 (10 million) adults in the U.S. lives with a serious mental illness.
- 43.8 million people in the U.S. face the day-to-day reality of living with a mental illness.
- Half of all lifetime mental health conditions begin by age 14 and 75% by age 24, but early intervention programs can help.
- 90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S., but suicide is preventable.
- The best treatments for serious mental illnesses today are highly effective

### What is stigma?

People experiencing mental health conditions often face rejection, bullying, and even discrimination. This can make their journey to recovery longer and more difficult. Stigma is when someone, or you yourself, views you in a negative way because you have a mental health condition. Navigating life with a mental health condition can be tough, and the isolation, blame, and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support, and living well. Learning how to cope with, avoid, and address stigma is important for all of us.

The providers at Legacy can help you seek treatment if you are experiencing mental illness. Make an appointment for an assessment as soon as possible.

Source: National Alliance on Mental Illness (NAMI)

## What You Need to Know about Measles

You may be hearing a lot about measles lately. And all of this news on TV, social media, Internet, newspapers, and magazines may leave you wondering what you really need to know about this disease. CDC has put together a list of the most important facts about measles.

**Measles can be serious.** Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. Some of the more common measles symptoms include fever, rash, runny nose, and red eyes.

**Measles is very contagious.** Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected.

**You can still get measles in United States.** Even if your family does not travel internationally, you could come into contact with measles anywhere in your community. Every year, measles is brought into the United States by unvaccinated travelers (Americans or foreign visitors) who get measles while they are in other countries.

**Protect yourself with a safe and effective vaccine.** The best protection against measles is a measles-mumps-rubella (MMR) vaccine. The MMR vaccine provides long-lasting protection against all strains of measles. Children need two doses of MMR vaccine for best protection:

- The first dose at 12 through 15 months of age
- The second dose 4 through 6 years of age

Source: cdc.gov