

# April Health & Wellbeing Newsletter



*Happy Easter to you all, we hope you enjoy the bank holiday break!  
What else is happening in April?*

## Allergy Awareness Week – 23 April 2018

An allergy is a reaction the body has to a particular food or substance.

Allergies are very common and are thought to affect one in four people in the UK at some point in their lives.

Substances that cause allergic reactions are called allergens, the more common ones include:

- Grass and tree pollen (known as hay fever)
- Dust mites
- Animal dander
- Food – particularly nuts, fruit, shellfish, eggs and cow's milk
- Insect bites and stings
- Medication – ibuprofen, aspirin and certain antibiotics
- Mould - these can release small particles into the air that you can breathe in
- Household Chemicals – including those in detergents and hair dyes

Allergic reactions usually happen quickly within a few minutes of exposure to an allergen, they can cause:

- Sneezing
- A runny or blocked nose
- Red, itchy, watery eyes
- Wheezing and coughing
- A red, itchy rash
- Worsening of asthma or eczema symptoms

Most allergic reactions are mild, but occasionally a severe reaction called anaphylaxis or anaphylactic shock can occur, this is a medical emergency and needs urgent treatment.

The most effective way of managing an allergy is to avoid the allergen that causes the reaction whenever possible.

There are also several medications available to help control symptoms of allergic reaction, including:

- Antihistamines
- Decongestant
- Lotions and Creams
- Steroid medication

See your GP if you think you may have had an allergic reaction to something, the symptoms of an allergic reaction can also be caused by other conditions and your GP can help determine whether it's likely you have an allergy.

## London Marathon – 22 April 2018



The London Marathon, a 26.2 mile race around the streets of London is one of the key London events in spring and this year the event is held on 22<sup>nd</sup> April where it attracts just as many supporters as participants.



We would like to wish the best of luck to all our colleagues at GLLM that are taking part in the event on the 22<sup>nd</sup>.

## World Parkinson's Day – 11 April 2018

Millions of people around the world are living with Parkinson's. But does the rest of the world know what Parkinson's is?

Parkinson's is a progressive neurological condition. This means that it causes problems in the brain and get worse over time. There is currently no cure for Parkinson's but there are lots of different treatments, therapies and support available to help you manage the condition.

This video from the Parkinson's organisation explains more about the causes of Parkinson's <https://youtu.be/ODX2-C2uEAs>

On the 11<sup>th</sup> of April people affected by the condition around the world are coming together on a bigger scale than ever.

To help spread the word the Parkinson's organisation are focusing their efforts on World Parkinson's Day to raise awareness of the condition with their #UniteForParkinsons campaign.

For further information on how you can join in on the campaign why not visit their website [parkinsons.org.uk](http://parkinsons.org.uk)

