

PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER May 2022



What Is Asthma?

Asthma is a disease that affects your lungs. It is one of the most common long-term diseases of children, but adults can have

asthma, too. Asthma causes wheezing, breathlessness, chest tightness, and coughing at night or early in the morning. If you have asthma, you have it all the time, but asthma attacks occur only when something bothers your lungs. We don't know all the causes of asthma, but genetic, environmental, and occupational factors have been linked to developing asthma.

If someone in your immediate family has asthma, you are more likely to have it. "Atopy," the genetic tendency to develop an allergic disease, can play a big part in developing allergic asthma. However, not all asthma is allergic asthma.

Being exposed to things in the environment, like mold or dampness, some allergens such as dust mites, and secondhand tobacco smoke have been linked to developing asthma. Air pollution and viral lung infection may also lead to asthma.

What Is an Asthma Attack?

During an asthma attack, the sides of the airways in your lungs swell and the airways shrink. Less air gets in and out of your lungs, and mucous that your body makes clogs up the airways. An asthma attack may include coughing, chest tightness, wheezing, and trouble breathing.

What Causes an Asthma Attack?

An asthma attack can happen when you are exposed to "asthma triggers." Some of the most common triggers are tobacco smoke, dust mites, outdoor air pollution, cockroach allergen, pets, mold, smoke from burning wood or grass, and infections like flu.

Your asthma triggers can be very different from someone else's asthma triggers. Know your triggers and learn how to avoid them. Watch out for an attack when you can't avoid your triggers.

How Is Asthma Treated?

Asthma medications come in two types—quick-relief and long-term control. Quick-relief medications control the symptoms of an asthma attack. Long-term control medications help you have fewer and milder attacks, but they don't help you during an asthma attack. Take your medicine exactly as your doctor tells you and stay away from things that can trigger an attack to control your asthma.

https://www.cdc.gov/asthma/world_asthma_day.htm



Bike to School Day is May 4

Bike to Work Week is May 16-22

Bike to Work Day is on Friday, May 20.

Whether you are an essential worker biking to get to work, looking for a fun activity with the family, or just need some exercise or some time alone, bicycling can help all of us maintain our physical and mental health. Even short rides have massive benefits, including reducing stress and anxiety, and improving happiness, mental focus, and sleep.

<https://bikeleague.org/bikemonth>

May is National Arthritis Awareness Month



<https://www.health.state.mn.us/diseases/arthritis/docs/letswalktoolkit.pdf>

May is High Blood Pressure Month

Healthy Blood Pressure for Healthy Hearts

Blood pressure higher than 130/80 mm Hg can cause serious health problems:

- Heart disease
- Kidney disease
- Stroke
- Dementia

Have your blood pressure checked at least once a year.



Taking small steps like eating healthy, getting regular physical activity, managing stress, and aiming for a healthy weight can help keep blood pressure and #OurHearts healthy. <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth/toolkits/high-blood-pressure-month/social-media>

PREVENT TICK BITES!

- WEAR REPELLENT
- CHECK FOR TICKS DAILY
- SHOWER SOON AFTER BEING OUTDOORS
- CALL YOUR DOCTOR IF YOU GET A FEVER OR RASH

For more information: www.cdc.gov/tyme

In Minnesota, adult ticks will usually emerge right after the snow melts and reach peak spring-time activity during the month of May. The adult ticks will typically stay active throughout June. Adults will also become active again in the fall, usually by

the end of September and through October, until temperatures drop below freezing or snow covers the ground.

In Minnesota, there are about a dozen different types of ticks. Three types that people may come across are the blacklegged tick (aka deer tick), the American dog tick (aka wood tick), and the lone star tick.

Blacklegged tick nymphs start to become active in mid-May and reach peak activity at the end of May through the month of June. The blacklegged tick causes by far the most tickborne disease in Minnesota. People in Minnesota are often bitten by American dog ticks but they rarely spread diseases. American dog ticks may spread Rocky Mountain spotted fever and tularemia. Lone star ticks are

rarely found here, but can spread diseases such as ehrlichiosis and tularemia.

<https://www.health.state.mn.us/diseases/tickborne/ticks.html>

Parenting Tips

Now that the weather is starting to get beautiful and the days are getting longer, we as parents should get outside along with our kids and make some memories.

Camping in your yard, roasting marshmallows. Hey why not a good old game of hide and seek. Think about all the activities you did as a child and do those with yours. You can lay on your back and look up at the stars. You don't need to spend any money; you just need to spend your time. You can and will make memories that will last a lifetime. And don't forget one of the best games of all. Tag you're it.



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