

Members' Digest

Allergy Season Newsletter

Highlights

Member Story: Emily

Spotlight Dr. Ivan Hanna

Understanding Allergies

Tips for Managing Allergy Symptoms

Improving Your Well-being During Allergy Season

MHI News: Discovery+ update



Allergy Season Around the Corner

As the winter chill begins to thaw and the promise of spring fills the air, many Canadians eagerly anticipate warmer weather and longer days. However, for millions of individuals across the country, the arrival of spring also signals the onset of allergy season.

From seasonal sniffles to more severe symptoms, allergies can have a significant impact on daily life. In this edition of Members' Digest, we'll explore common allergies in Canada, offer tips for managing symptoms, and provide insights on improving overall well-being during allergy season.

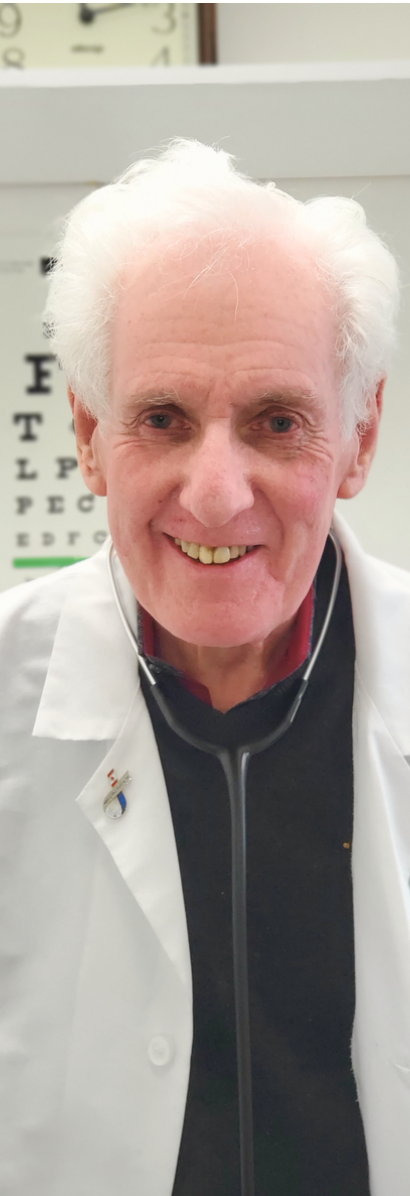
Member Story

Hi, I'm Emily, juggling a demanding career and motherhood. Despite years of battling allergies and trying countless remedies, relief remained elusive. Desperate for a solution, I turned to MembersHealth, leveraging my workplace benefits.

Dr. Hanna's attentive ear quickly pinpointed my allergens: pollen and dust mites. Collaboratively, we crafted a tailored treatment regimen encompassing medications, allergy shots, and lifestyle adjustments.

The impact was immediate; my quality of life soared as symptoms significantly abated. With unwavering support from the MembersHealth care team, I regained mastery over my health. Now, I relish outdoor adventures with my family, free from incessant sneezing.

While I recognize there's no magic cure for allergies, having MembersHealth by my side makes life infinitely more manageable.



Dr. Spotlight Dr. Ivan Hanna

Dr. Ivan Hanna, a highly esteemed medical professional whose dedication to patient care has left a lasting impact on the community. With a career spanning several decades, Dr. Hanna's journey in medicine is one of unwavering commitment and compassionate service.

Specialization and Expertise

Driven by a passion for excellence, Dr. Hanna pursued specialization in obstetrics and gynecology, earning his DRCOG (Diploma of the Royal College of Obstetricians and Gynaecologists) after rigorous study. His dedication to advancing his skills and knowledge reflects his commitment to providing the highest quality of care to his patients.

A Career of Service

Upon immigrating to Brampton, Ontario, in 1968, Dr. Hanna began his residency at Peel Memorial Hospital, where he worked diligently as an ER Doctor. Over the years, he transitioned seamlessly with the hospital's evolution to William Osler Hospital, remaining an integral part of the medical staff.

Continuing Legacy

Dr. Hanna's dedication to healthcare persists. He continues to provide virtual consultations for MembersHealth, ensuring that his expertise remains accessible to those in need. Join us in celebrating the remarkable career and contributions of Dr. Ivan Hanna, a shining example of excellence and compassion in medicine.



Understanding Allergies

Allergies are widespread in Canada, affecting people of all ages and backgrounds. According to recent statistics, approximately one in five Canadians suffers from allergies, with rates continuing to rise.

Common allergens include pollen from trees, grasses, and weeds, as well as dust mites, pet dander, and mold spores. As spring approaches, tree pollen tends to be the primary culprit, triggering symptoms such as sneezing, congestion, and itchy eyes.

Tips for Managing Allergy Symptoms

While allergies can be bothersome, there are steps you can take to minimize discomfort and improve quality of life during allergy season:

Monitor Pollen Counts:

Stay informed about local pollen counts and try to limit outdoor activities on high pollen days. Consider keeping windows closed and using air purifiers indoors to reduce exposure to allergens.

Practice Good Hygiene:

Wash your hands frequently, especially after spending time outdoors, to remove pollen and other allergens from your skin. Showering before bedtime can also help prevent allergens from being transferred to your bedding.

Try Natural Remedies:

Some people find relief from allergies through natural remedies such as saline nasal rinses, steam inhalation, and herbal supplements like butterbur and stinging nettle. However, it's essential to research and consult with a healthcare professional before trying any alternative therapies.

Use Allergy Medications:

Over-the-counter antihistamines and nasal sprays can provide relief from allergy symptoms. Be sure to consult with your healthcare provider before starting any new medication, especially if you have underlying health conditions.

Create an Allergy-Friendly Home:

Regularly clean and dust your home to reduce allergens such as dust mites and pet dander. Consider investing in allergen-proof mattress and pillow covers to minimize exposure while sleeping.

Improving Your Overall Well-being During Allergy Season

In addition to managing allergy symptoms, it's essential to focus on improving overall well-being during allergy season. Here are some lifestyle tips to help you feel your best:

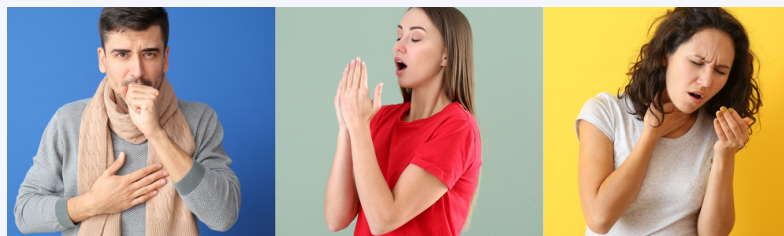
Eat a Balanced Diet: Incorporate plenty of fruits, vegetables, whole grains, and lean proteins into your diet to support immune function and reduce inflammation. Avoid foods that may trigger allergic reactions or exacerbate symptoms.

Stay Hydrated: Drink plenty of water throughout the day to stay hydrated and flush out toxins from your system. Herbal teas and clear broths can also help soothe sore throats and alleviate congestion.

Prioritize Sleep: Aim for seven to eight hours of quality sleep each night to support immune function and overall well-being. Create a relaxing bedtime routine and minimize exposure to electronic devices before bedtime to promote restful sleep.

Get Regular Exercise: Regularly exercise to boost circulation, reduce stress, and support overall immune health. Choose low-impact exercises such as walking, cycling, or swimming, especially if outdoor allergens are a concern.

Practice Stress Management: Chronic stress can weaken the immune system and worsen allergy symptoms. Incorporate stress-relieving activities such as yoga, meditation, deep breathing exercises, or spending time in nature to promote relaxation and resilience.



Conclusion

While allergy season can pose challenges for many Canadians, it's possible to manage symptoms effectively and improve overall well-being with the right strategies in place. By staying informed, adopting healthy lifestyle habits, and seeking support when needed, you can navigate through allergy season with confidence and vitality.

We hope you find these tips and insights helpful as you prepare for the arrival of spring. Stay tuned for more updates and resources from Members' Digest to support your health and wellness journey.

Discovery+

With Discovery+ you count on our Doctors and our team to provide early disease screening such as cancers and chronic health issues like Diabetes and Coronary Heart Disease that affects thousands of Canadians everyday.

With early detection, one can act early to detect possible gaps in their health and move forward to a healthy lifestyle with reduced negative health outcomes. Early screening can come in multiple forms from lab tests, imaging, and assessments by a doctor. With a comprehensive interpretation of these tests and assessments, our medical team can advise on steps towards a healthier lifestyle.

In addition to disease screening, MembersHealth. will offer its members an option to unique genetic testing that is designed to improve one's health and well-being with personalized insight to help one make the best lifestyle choices for them. Some of the genetics tests will include looking at drug and food sensitivities, obesity risks, and mental-well being.

With Discovery+, we want to provide personalized health screening and help you discover positive health outcomes made just for you.

MembersHealth At The Canadian Health and Wellness Innovations Conference

Kevin Delahunt, Director of Business Development Eastern Canada, at the recent Health & Wellness Innovations Conference held in Victoria, BC, there were some great discussions around the similarities and differences between mental health, mental stress, and mental illness.

- **Mental Health** embodies the equilibrium where individuals flourish, navigating daily stressors with resilience and contributing meaningfully to society.
- **Mental Stress** is the natural response triggered by challenging situations, with prolonged exposure holding the potential for harm.
- **Mental Illness** encompasses health conditions affecting brain circuitry, influenced by a myriad of factors. From experiences to environmental elements, these conditions disrupt emotions, thoughts, and behaviours.

Recognizing these distinctions is crucial for fostering comprehensive support systems. Within union leadership teams, understanding these intricacies is proving to be more and more important. Acknowledging the differences equips leadership teams to tailor benefits effectively, fortifying the mental well-being of their members. In essence, fostering a culture of mental health awareness within leadership is not just a responsibility but a fundamental aspect for building a resilient and thriving workforce.

To learn more about your benefits or if you have questions, Contact us at:



1-800-484-0152



info@membershealth.ca



www.membershealth.ca