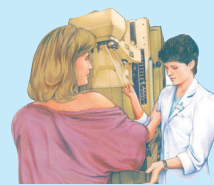




Spring chores are a great way to jump-start your fitness goals



Mammograms and self-exams aren't the only ways to check for breast cancer

HEALTH CARE

Special pullout section

Shouldering the pain with ultrasound therapy

Dr. Robert Jones of the Chiropractic and Sport Injuries Centre treats patient Jacob Harris with ultrasound therapy, after Harris partially separated his shoulder in a recent hockey tournament. The clinic is located at 211 Guelph St., Suite 4.



Photo by Ted Brown

Don't let allergies get you down

Those who experience seasonal allergies are well aware of how frustrating their symptoms can be. Runny noses, itchy and watery eyes and sneezing are just some of the unpleasant symptoms that have the greatest impact on sufferers.

Almost one-quarter of Canadians cope with seasonal allergies each year. Unfortunately, most people don't consider allergy related symptoms as being serious or debilitating. In many cases, more consideration should be given to the emotional impact that allergies can have on sufferers and their overall wellbeing.

"The symptoms that accompany seasonal allergies can be very irritating," says Toronto allergist, Dr. Mark Greenwald. "But many people aren't aware of the significant emotional impact that allergies can have on a person."

A recent survey by Harris-Decima for Reactine found that allergy symptoms impact the mood of 79 per cent of allergy sufferers, making them feel more irritable, annoyed and frustrated. Women's moods also seem to be more impacted by allergy related symptoms than men.

"Sufferers struggle to alleviate their misery, and as a result, their symptoms can have a negative emotional impact," says Dr. Greenwald. "Physicians need to educate their patients on the proper ways of managing their allergies and the importance of the regular use of an antihistamine such as Reactine."

Knowing how to manage and treat overall symptoms can help sufferers better manage the emotional impact of allergies as well.

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