



MAY 2016

### ASTHMA AND ALLERGY AWARENESS MONTH:

May is Asthma and Allergy month and we wanted to promote awareness and education regarding these two very common issues that affect millions of Americans. According to the Centers for Disease Control 1 in 14 people have Asthma, which is about 24 Million Americans. It also is the cause of about 2 million emergency room visits a year, and the average hospital stay is 3.6 months. What many people don't know is each day 3,630 Americans die from Asthma, which is avoidable with proper treatment, care and education.



- **What is Asthma:** Asthma is a chronic lung disease that makes it harder to move air in and out of your lungs, and it can start at any age.
- **How does Asthma Affect the Body?** Asthma is swollen airways that become extra sensitive to things you are exposed to; these are called "Triggers"
- **Common Triggers:** Respiratory infections, Allergens, Chemicals, odors, physical activity, emotions and seasonal changes.
- **How to tell if you are experiencing Asthma symptoms?** A tight feeling in the chest, shortness of breath, coughing and wheezing.
- **How to tell if someone is having an Asthma attack?** Wheezing, they can't stop coughing, have trouble walking or talking and a pale sweaty face.

For more information about Allergies, please see the Wellness Newsletter.

### ASSOCIATE HIGHLIGHTS:

This month Premier would like to highlight the following associates that completed April's Fitbit Challenge to accumulate 175,000 steps. The Wellness Committee congratulates:

- |              |               |                |
|--------------|---------------|----------------|
| • Kevin F.   | • Anna B.     | • Natasha J.   |
| • Dauna y.   | • Brian S.    | • Elizabeth H. |
| • John L.    | • Dennis P.   | • Jackee J.    |
| • Melinda B. | • Yesenia C.  | • Nicole       |
| • Jason P.   | • Luis P.     | • Bridget L.   |
| • Sherene    | • Jennifer R. | • Amanda G.    |
| • Teresa W.  | • Chris W.    |                |

Premier accumulated a total of 6,665,450 steps which equals to 2,981.05 miles in the month of April.

### UPCOMING WELLNESS HIGHLIGHTS:

**Eric Patrie 5k** - Premier Eye Care would like to invite you and your family to participate in the "4th Annual Firefighter Eric Patrie 5K Run/Walk" on Saturday May 14th, 2016 right here in Delray Beach. This will be Premier's 3rd year participating in this race, and we are excited to see Premier's associates once again supporting the local fire departments as well as being active together.

- All runners will receive a t-shirt and goodie bag.
- The 5K takes place along A1A in Delray Beach.
- Participants will be able to see Fire Engines on display.
- Please contact the Wellness Committee at [Wellness@premiereyecare.net](mailto:Wellness@premiereyecare.net) with any questions about attending the event.

### ABOUT PREMIER EYE CARE

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.

