

Reduce dust to control allergies

Going back to school often means a change in living habits for college students - and that could mean allergy problems for many. The American Academy of Allergy and Immunology offers the following tips for controlling and treating allergies.

Mold and dust mites are common allergens found in many typical college settings. Old mattresses, pillows, even blankets that have been stored over the summer in basements or attics, are havens for mold and dust. Mold spores and dust mites also can be found in stuffed animals, indoor plants, carpets, and books.

Dust mites carried in from the outdoors can be found in the breakdown of fibers in furniture coverings and stuffings, and plant materials. In addition, dust mites may live in mattresses and carpets.

Reducing dust and mold indoors can help to alleviate the discomfort of allergies for sufferers.

Wash blankets and other bedding that has been in storage, even if it was washed before it was put away. Use plastic casings around mattresses and box springs, which are prime nesting areas for dust mites and molds.

Keep room surfaces free of clutter that collects dust. For some sufferers, bare walls and bare floors may be recommended. Posters and other wall decorations should be dusted frequently, as well as desks, dressers, stereo equipment, and books. If the room is carpeted, be sure to vacuum frequently and thoroughly, and vacuum after dusting the room, not before, to remove as much dust as possible.

Try to find living and study areas that are free of dust, other allergens, and irritants including cigarette smoke, animals, heavy perfumes, and cosmetics.

Pollen also can aggravate allergies. If possible, keep windows closed during heavy pollen times,

especially at night and between 5 p.m. and 10 a.m. Try to minimize outdoor activity in the early morning and later afternoon, and on days with high winds and humidity.

Allergy medication can help to relieve some of the symptoms of allergies, including runny noses, itchy eyes, and sinus congestion. Ask your pharmacist to help with questions about the many different over-the-counter antihistamines. Eye drops, decongestants, and limited use of nasal sprays also may help to relieve symptoms.

If over-the-counter antihistamines do not relieve allergy symptoms, or if they cause side effects, see a trained allergist.

For more information about allergies and a list of trained allergists in your area, call the American Academy of Allergy and Immunology's toll-free Physicians' Referral Information Line at 1-800-822-ASMA(2762).



Dietician joins Student Health Center

The Student Health Center at UNLV pleased to announce that registered dietitian Lisa Sherman-Cavaretta will be available to our students to provide programs and answers to questions about diet and nutrition.

Starting Tuesday, September 4, 1990, Lisa will conduct an informal series of nutrition classes. Sessions will meet at the Health Center from 2p.m. to 4p.m. Participants may attend as many of

the workshops as they would like free of charge.

W.I.N. (Wisdom In Nutrition) Classes will stress the importance of eating habits for self-management of weight, good health, and personal fitness. This class will also provide guidance for those who are trying to lose weight and adopt a happier and healthier lifestyle.

Sherman-Cavaretta is especially interested in what she calls

the Diet Cycle. "Many individuals don't realize that the more they diet, the more difficult it is to lose weight. Some people actually gain weight on a diet". She stressed realistic eating patterns and a long term exercise program as keys to weight management.

Sherman-Cavaretta is a registered dietitian with a Master's Degree from the University of Illinois and a Bachelors of Science Degree from Bradley University. She is a trained nutrition educator with special presentation and group leadership skills, being nationally recognized for her dynamic workshops. Sherman-Cavaretta is president of the Southern Nevada Dietetic Association and an appointed board member of the Southern Nevada Extension Nutrition Council.

The Student Health Center can now offer students professional nutrition expertise to help get and keep them fit for the school year. Call 739-3370 for more information.

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Cocaine lecture scheduled

"All Cracked Up - Crack Cocaine, The Whole Story" will be the topic of a public lecture presented by the City of Las Vegas Stewart/Mojave Sports Center, 275 N. Mojave Road. Frank Keefe of HCA Montevista Hospital presents the public forum at 6:30 pm, September 4. Admission is free to card-holding members; non-members pay \$2.

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