

# Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

This time of year many children may be suffering from allergic rhinitis or hay fever. Allergic rhinitis is a reaction that occurs in the nose when airborne irritants (allergens) trigger the release of histamine. Histamine then causes an inflammation and fluid production within the nasal passages, sinuses, and eyelids. Children with allergic rhinitis will experience sneezing, itching, congestion and a running of the nose. Sometimes they may have a bad cough that is worse at night or nose bleeds. The most common causes of allergic rhinitis include dust mites, pollen, mold, and animal dander. The best treatment for your child's allergic rhinitis will be avoidance of the allergens that are causing the problem. For pollen allergies, keeping windows closed and using the air conditioning can help minimize the amount of pollen and mold that circulates indoors. For dust mite allergies, washing your child's bedding frequently in hot water or using plastic covers on mattresses and pillows can also minimize exposure. Cleaning the house thoroughly and frequently also helps. Children with a pet allergy should simply avoid being around pets. When environmental measures such as the ones described above are inadequate to control your child's symptoms your provider may recommend the use of prescription or nonprescription medications. Over the counter antihistamines like Benadryl, Dimetane, Dimetapp, and Atarax, help to decrease the release of histamine, possibly

decreasing the symptoms of itching, sneezing or runny nose. These medications generally cause drowsiness and can also cause drymouth, gastrointestinal upset, and irritability. Other antihistamines less likely to cause drowsiness such as Zyrtec, Claritin, or Allegra may also be prescribed by your physician. Decongestants may also help in treating your child's allergy symptoms. These medications work by making blood vessels in the nose smaller and can relieve nasal congestion, but have no effect on itching, sneezing, or nasal discharge. The most commonly used decongestant is pseudoephedrine. When antihistamines and decongestants do not sufficiently control your allergy symptoms, prescription nasal sprays such as Flonase, Rhinocort, Nasonex, Vancenase, or Nasarel may be added to your treatment. These medications work to decrease inflammation and swelling in the nose and work best before the symptoms start, but can also be used during a flare-up. Maximal relief from steroid nasal sprays may not be obtained for as long as weeks, so decongestants or antihistamines may be used temporary for relief of symptoms. If your child does not respond to avoidance or to the above medications, your child's provider may then recommend allergy shots or immunotherapy. Immunotherapy usually involves a three to five year course of repeated injections or specific allergens to decrease the reaction to these allergens when your child comes into contact with them.

Wright Times July 12, 2002

## LWS BRIEFS

### CPTS Change of Command



Miller

In a ceremony held Monday at the enlisted club, Maj. Karla Miller took command of the 4th Comptroller Squadron. She took over for Maj. David Zorzi, who has moved to an assignment at the Pentagon. Miller comes to Seymour from the Air Command and Staff College at Maxwell Air Force Base, Ala.

Miller received her Master's Degree in Public Administration from Troy State University in Alabama. She was commissioned a second lieutenant in 1988.

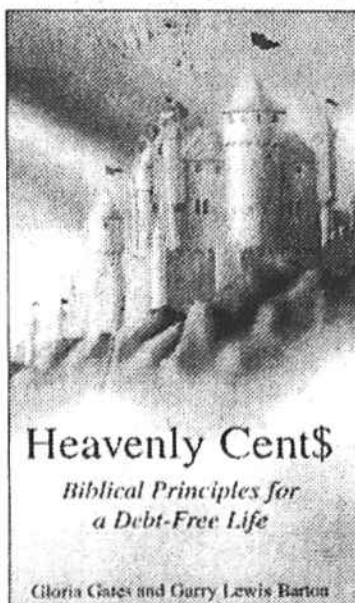
### Poetry contest could yield \$1,000

**Pembroke-** A \$1,000 grand prize is being offered in a special religious poetry contest sponsored by Friendly Poets Society, free to everyone. There are over 50 prizes in all, totaling almost \$5,000. To enter, send one poem of 21 lines or less to Free Poetry Contest, 2255 N. University Pkwy Ste 15 # 196, Provo, UT 84604. Or enter online at [www.friendlypoets.com](http://www.friendlypoets.com). The deadline for entering is May 24. Poems may be written on any subject, using any style, as long as there is spiritual inference. A typical poem might be a love poem, or nature poem, one that inspires the reader. Be sure your name and address appears on the page with your poem. A winner's list will be sent to all entrants.

## Copycat Printing

P. O. Box 3837  
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## New self-help book is hot off the presses



**Heavenly Cent\$**  
Biblical Principles for a Debt-Free Life

A new self-help book, co-authored by Gloria Gates of Graham, N.C., and her brother, Garry Lewis Barton, production manager at the Marlboro Herald-Advocate newspaper in Bennettsville, S.C., is hot off the presses and available for purchase for \$10. The 68-page book is entitled "Heavenly Cent\$, Biblical Principles for a Debt-Free Life."

The first section,

"Spiritually Speaking," lives up to the title's claim by presenting scriptures proving that God wants everyone to prosper, and explaining how one can become "debt-free" by applying biblical principles.

The second section, "Practically Speaking," presents practical applications for becoming "debt-free." Written primarily by Gloria Gates, who has decades of experience working in the area of finances, it includes chapters dealing with checking accounts, savings accounts, credit cards, and ways to become debt-free, just to name a few.

To order a copy, send a check or money order for \$14 (includes \$10 for the book plus \$4 for shipping and handling) to: Gloria Gates, P.O. Box 182, Saxapahaw, N.C. 27340. Or, Garry Lewis Barton, P.O. Box 3501, Pembroke, N.C. 28372. Be sure to include your mailing address.

3 John 1:2 declares: "Beloved, I wish above all things that thou may prosper and be in health..."

Stop struggling with your finances. Call and order your copy of "Heavenly Cent\$" today.

**Carolina Indian Voice**  
is Published every Thursday by  
First American Publications  
207 Union Chapel Rd.  
Post Office Box 1075  
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is Published every Thursday by  
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## Pembroke Senior High School Class of 1973 Reunion

**When:** November 29, 2003

**Where:** Porter Plaza

**Cost:** \$25.00 per person

For more information please contact:

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**TERRORISM FORCES US TO MAKE A CHOICE. WE CAN BE AFRAID. OR WE CAN BE READY.**

- Lui Sun Ye, Office of Emergency Management -

Next time there's a terrorist alert, you can feel helpless or you can feel prepared. It's up to you. The steps to readiness are not difficult. First, make an emergency supply kit for yourself and your family. Set aside supplies to survive three days at home. Water, food, first-aid supplies, clothing, a flashlight and a battery-powered radio. Next, develop a family communications plan so your family can stay in touch during an emergency. Third, learn how to respond to the different types of terrorist threats, such as biological, chemical and radiological.

That information, along with details about kits and plans, is available at [www.ready.gov](http://www.ready.gov). Or, call 1-800-BE-READY (1-800-237-3239) for a free brochure, "Preparing Makes Sense. Get Ready Now."

**READY**



Part of a campaign from the U.S. Department of Homeland Security and the Advertising Council. Richard Linnell, Photographer.

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