

Wesley Nurse Corner:

3 John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

Dear LWMUMC Family,

We hope to see the promised May flowers this month.

May is Asthma and Allergy Awareness month. The Asthma and Allergy Foundation of America

<https://www.aafa.org/asthma-and-allergy-awareness-month/>

provides a moth long of ideas to help increase awareness of both and encourage management of these conditions. They list areas of the country with more problems as well as information about both conditions. If want more information, or you have asthma and want to down load an “asthma action plan”, take a look at the link. It is always advised for patients to discuss and make a written **Asthma Action Plan** with their provider. You can download a copy of an asthma action plan template and take to your provider to make your own individualized plan along with your PCP. <https://www.aafa.org/asthma-treatment-action-plan/>

Another resource for asthma and allergies is the Asthma and Allergies Network which provides information, webinars, etc. for both patients and providers. You can find them at: <https://allergyasthmanetwork.org/>

Covid 19 home test kit safety. Since the launch of the home test kits some safety problems have arisen. One should be aware of and prevent problems if possible. More information can be found at the FDA at:

<https://www.fda.gov/medical-devices/safety-communications/use-and-store-home-covid-19-tests-properly-avoid-potential-harm-fda-safety-communication>

Key points in avoiding potential harm from having home test kits are:

- 1) Follow all manufacturer’s directions
- 2) Store them out of the reach of children/pets
- 3) They are Safe and Effective when used properly-so follow each step carefully in instructions
- 4) Do not let the liquid touch your skin or mucous membranes (mouth, nose)
- 5) Do not let the liquid touch your eyes

- 6) Do not swallow the liquid
- 7) Store them in the box and as recommended
- 8) Follow the steps Exactly as stated in instructions
- 9) Dispose of parts and wash up as instructed
- 10)

Asparagus is the vegetable highlighted for the month of May:

Asparagus is a source for folate, fiber, and vitamins A, C, E, and K. It also has antioxidants, so treat yourself to this asparagus dish knowing that you are feeding your body with some important nutrients.

[Asparagus with Gremolata Sauce](#) (see link to recipe)

Or for more spring recipes including pea pesto and fruit pizza:

<https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/spring-recipes#recipe-2486>

Raw Honey- benefits and an important precaution

<https://www.healthline.com/health/food-nutrition/top-raw-honey-benefits>

Try something new this month.

Your Wesley Nurse,

Bonita