

# hapitimes



## Kids and Asthma Know the Common Triggers

Asthma is a chronic disease that affects the airways — the tubes that carry air in and out of the lungs. If your child has asthma, the inside walls of her airways become sore and swollen. In the U.S., about 20 million people have asthma. Nearly 9 million of them are children.

Children have smaller airways than adults, which makes asthma especially serious for them. Children with asthma may experience wheezing, coughing, chest tightness and trouble breathing, especially early in the morning or at night. Many things can cause asthma, including:

- Allergens: mold, pollen, animals
- Irritants: cigarette smoke, air pollution
- Weather: cold air, changes in weather

- Exercise
- Infections: flu, common cold

When asthma symptoms become worse than usual, it is called an asthma attack. Asthma is treated with two kinds of medicines: quick-relief medicines to stop asthma symptoms and long-term control medicines to prevent symptoms.

Talk with your child's doctor about creating an asthma action plan. Learn the best ways to keep asthma under control so that it has less effect on your child's daily activities and so that asthma attacks occur less frequently.

— Source: U.S. National Library of Medicine

## High Blood Pressure You Can't Feel It, but It Can Be Deadly

Blood pressure is the force of blood pushing against the walls of the blood vessels as the heart pumps blood. High blood pressure is often called "the silent killer" because it usually has no symptoms. Occasionally, headaches may occur. Some people may not find out they have high blood pressure until they have trouble with their heart, kidneys or eyes.

When high blood pressure is not diagnosed and treated, it can lead to other life-threatening conditions, including heart attack, heart failure, stroke and kidney failure. It can also lead to vision changes or blindness. Have your blood pressure checked when you see your



doctor. Your pharmacy may also have a free blood-pressure monitor.

— Source: National Institute on Aging

## Hapi Meals

### White Bean Hummus

#### Ingredients:

1/3 tbsp. olive oil

3 garlic cloves

30 oz. small white beans

1 lemon, juiced

1/2 cup(s) tahini nut butter  
(alternative: peanut or almond butter)

1-2 cups carrots, cucumbers, and/or other raw vegetables

8 oz. multi-grain pita chips

#### Instructions:

In a food processor, combine olive oil, garlic, beans, lemon and tahini or nut butter; pulse until smooth, remove and put in a bowl. If you don't have a food processor, blend well in a bowl.

Serve with raw vegetables and/or pita chips.

*Recipe adapted from H-E-B; [www.heb.com/recipe](http://www.heb.com/recipe)*



## Inside The Landmark

### Ground Work: Garden Update

In preparation for the installation of the community garden at The Landmark, the kids learned about the life cycle of plants and planted seeds. Soon we will be planting carrots, broccoli, and tomatoes in the garden, with help from Lowe's and U.S. Lawns.



### Ground Workout: Benefits of Push-Ups

Michael at The Landmark has been taking the kids in the after-school program outside for some fun workouts, which include push-ups. Why they're so good for us: They build upper-body and core strength; they keep bones strong; and they get the blood pumping! If you're tired, they'll give you a quick pick-me-up, too!... There is always room for more kids to join the after-school program. Come on down!



## Health Facts

Apple juice is a popular beverage, but you're better off going for the whole apple. Apples are 85% water, so they're just as thirst-quenching. Plus, the skin of an apple contains nutrients, and the flesh is a good source of fiber.

## Food For Thought

"... as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world."

—Food writer Michael Pollan,  
on gardening