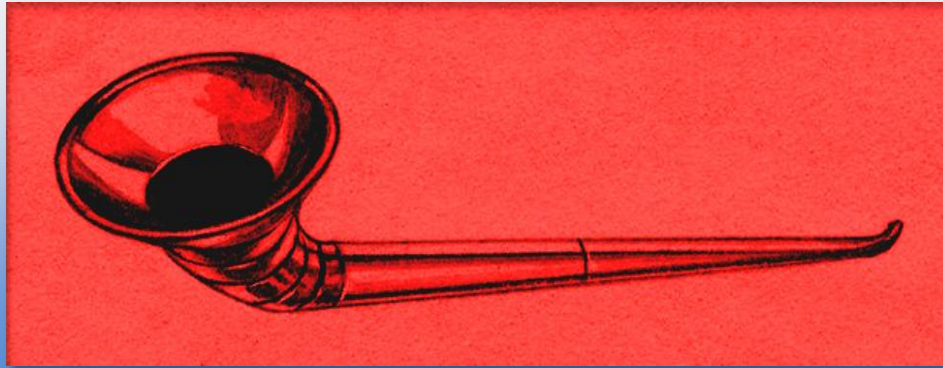


The Trumpet-Ear

A PUBLICATION OF LAKE MARY EAR, NOSE, THROAT & ALLERGY
DR. CECILIA DAMASK



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- *Hanukkah begins (December 2)*
- *National Pearl Harbor Remembrance Day (7th)*
- *First Day of Winter (21st)*
- *Christmas Day (25th)*
- *Kwanzaa Begins (26th)*
- *New Years Eve (31st)*



December Fun Facts:

- ✓ Flower of the Month: Paperwhite Narcissus
- ✓ Birthstone: Blue Topaz / Turquoise
- ✓ Christmas was declared a national holiday in 1870
- ✓ Christmas trees take 7-10 years to mature!
- ✓ The use of a Christmas wreath as a decoration on your front door, mantel or bay window symbolizes a sign of welcome and long life to all who enter
- ✓ The festival of Hanukkah has become more commercial with the giving of gifts, due to its proximity to Christmas. Earlier giving gifts was not a part of its tradition.

Give the Gift of Hearing for the Holidays!

The holiday season is here. It's a time to celebrate with friends and family. But for some, this is not a time for happiness and cheer. Hearing loss, even a mild hearing loss, can be a source of anxiety and dread. Think about it. What fun can it be to be at a holiday gathering of friends, co-workers or family and have to strain to hear a conversation? How much fun is it when you nearly always miss the punch line of a joke or don't really know the name of the person to whom you have just been introduced?

Give that special person the gift of hearing with one of our gift certificates! It's a wonderful way to show a loved one how much you care about their health and a perfect gift for any occasion! Certificates may be used toward the purchase of testing, hearing aids, batteries, supplies, or any of our other products or services.

Hearing aid prices vary, however you may decide to give any amount, whether it covers only a part of the purchase or the entire amount. The gift certificate is applicable towards any hearing aid, from basic conventional to premium digital. Having a gift certificate in hand might encourage your reluctant friend or family member to finally take the first step toward better hearing.

We will not fit hearing aids on someone who is not a hearing aid candidate.



Allergy Tips for a Safe Holiday

Allergies and Asthma During the Holidays

All during the year, the possibility exists for people with respiratory problems to suffer from allergy attacks. During the holiday season, however, more hidden dangers to health exist. Here are some tips for everyone - especially those suffering from asthma, allergies and other respiratory diseases - to stay healthy during the holiday season.

Close Contact

During the holidays, family and friends gather in celebration. People are hugging and kissing hello and goodbye and, unfortunately, respiratory viruses get passed around. If you have a cold, use good judgment about close physical contact.

Irritating Odors and Cold Air

People with allergies may be exposed to smoke at parties and irritating odors. One person's fragrant cologne is another's irritant. Also, kids with viral illnesses and asthma may be affected by the cold winter air. To prevent an onset of respiratory problems caused by breathing cold air, encourage children to breathe through their noses instead of their mouths and cover noses and mouths with scarves to keep cold air out of the airways.

Festive Foods

Food preparation is an issue for those with food allergies. You can eat your own turkey dressing but what if you go to a party where the hostess makes hers with walnuts and you're allergic to walnuts? In extreme cases, you may have to bring your own meal. But generally, it's sufficient to let the hostess know about allergies well before the gathering, especially if kids have food allergies. Call ahead. Take time to be prepared. And don't leave your medications at home - bring your medications with you so that you're ready to react in an emergency. Especially your EPI pen!

Gift Giving

Gifts are seasonal delights, but consider a child's possible allergies before you bring goodies to the cash register. Let parents make the decision about gifts such as stuffed animals or live pets that can trigger allergic reactions. Look for toys that don't have strong odors associated with them.

Frenzied Schedules

Staying up late, eating junk food and getting excited can all trigger asthma attacks. People who have chronic problems such as asthma should pay attention to their normal preventive measures and make sure they're taking their preventive medications regularly. It's important to monitor chronic illnesses around holidays and when on vacation, while normal schedules aren't followed.

Christmas Tree Allergies

Christmas trees are often cited as the source of allergy attacks during the holidays, but molds, associated with watering live trees and the chemicals sprayed on the trees are more likely irritants. There are very few cases among allergy patients in which the tree is the culprit. Allergic reactions usually occur shortly after an encounter with an allergen, such as dust mites or molds. Unpacking the Christmas ornaments can trigger allergic reactions. Decorations stored in a damp basement harbor molds, dust mites and other allergens. Moving, carrying and unpacking the Christmas boxes stirs up dust and transfers allergens to the hands and the respiratory system. Many people are first aware of the symptoms while decorating the Christmas tree and assume that the tree is the cause.

Keep ornaments and decorations stored in dry areas, off the floor, in plastic bags. Also, wash your hands after unpacking decorations. If you're very concerned about allergy symptoms, allow others to trim the tree.

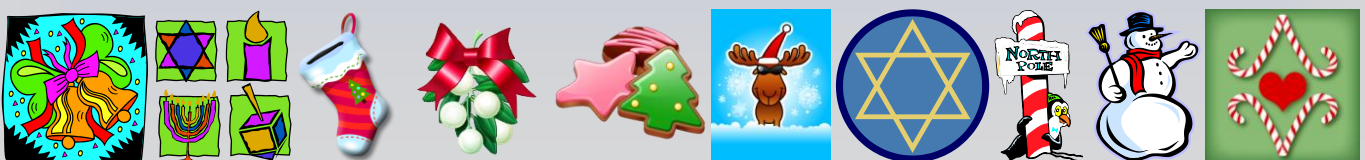




Dear Friends,

Because the goodwill of those we serve is the foundation of our success, all of us at Lake Mary ENT & Allergy want to let you know that it is our pleasure at this holiday time to say "Thank You" as we wish you a full year of happiness and prosperity.

The gift of love. The gift of peace. The gift of happiness. May all of these be yours this holiday season!





LAKE MARY HEARING CENTER
GIFT CERTIFICATE

To: _____

From: _____

Date of issue _____
Authorized by Administrator

Value \$ ANY

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