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### ***Medical Homes Program***

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Dear Neighbor,

**Happy New Year!** As the weather gets colder, many of us began retreating into our homes--only coming out when necessary. We believe that our homes will protect us from catching an illness that the cold winter season seemingly brings. That is why this month we will be discussing some ways your home can make you sick. We will list the symptoms and possible causes for the sickness. We encourage you to **keep a log of your symptoms and talk with your doctor** if your symptoms persist for more than a week.

### **Is Your Home Making You Sick?**

<b>Symptoms</b>	<b>Possible Cause</b>
Learning difficulties, weight loss, abdominal pain, constipation	Lead (from paint and/or if you're living in an home built before 1978)
Shortness of breath, sneezing, itchy red or watery eyes, frequent awakening, cough	Allergies (to dust mites in the carpets, bedding, curtains and/or mold)
Severe headaches, dizziness, nausea	Carbon Monoxide (deadly gas that cannot be seen or smelled)
Trouble breathing (at home or the workplace)	Fiberglass insulation or asbestos (check with your doctor for more information) Also Check with the ANC to see if your home qualifies for the Weatherization Program

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For more info about these topics, come into the ANC and pick up 'A Guide to a Healthy Home' booklet

Here is a **crossword puzzle** with answers that can give you ideas of more health topics to discuss with your doctor. Complete the puzzle and turn it in to a staff member at the Allen Neighborhood Center for your chance to win a great **prize!**

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**Across**

**Down**

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|--|---|
| <ul style="list-style-type: none"> <li>3. Develop a ___with your doctor that fits your lifestyle</li> <li>6. A___from unsecured windows can cause homes to be colder</li> <li>9. Coughing, congestion</li> </ul> | <ul style="list-style-type: none"> <li>1. Always sanitize your___after blowing your nose</li> <li>2. ___mites can be found in bedding, curtains, and other places in the home</li> <li>4. Keep a detailed___of your symptoms to discuss with your doctor</li> <li>5. Found in paints and homes built before 1978</li> <li>7. A__leak of carbon monoxide could be fatal</li> <li>8. found in moist, dark places in the home</li> </ul> |
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**No phone? No problem! No Internet? Don't stress! Stop by Allen Neighborhood Center and use our phone and internet service to handle your healthcare/medical needs! Come tell us about your medical home and how things are working out for you.** As always, feel free to give us a call for any reason! We love to hear from you!