



### Growing to Meet Your Needs!

## Schedulers Standing By

Like many businesses, Desert West OB/GYN has been working hard to fill important staff positions. This includes our Scheduling office that interacts with each new and existing patient. It is our pleasure to announce that we now have a full team of trained and experienced schedulers standing by from 7 am - 5 pm Monday through Thursday and from 7 am through 3:30 pm on Friday. We sincerely thank you for your patience during the past few months and look forward to your calls!

### Fighting Allergies During Pregnancy

Allergy symptoms reach their peak in the Valley during springtime when trees, weeds plants and grass come back to life after the winter. While allergy relief is top of mind for the millions impacted by seasonal allergies, treatment has some limitations for those who are pregnant.

If you're considering taking an allergy medication, talk to your obstetrician about the risks and benefits. They may recommend an oral antihistamine such as loratadine (Claritin, Alavert) or cetirizine (Zyrtec Allergy) to manage mild allergy symptoms, or a nonprescription corticosteroid spray in addition to an oral antihistamine for moderate to severe symptoms. Before taking allergy medication, consider ways to reduce your symptoms:

- Limit exposure to anything that triggers allergy symptoms.
- Use saline nasal spray or use a neti pot with a saline nasal solution to relieve symptoms.
- Adhesive nasal strips can help keep your nasal passages open.
- Elevating the head of the bed by 30 to 45 degrees can help nasal passages drain.

## Calorie Counting Likely More Effective in Weight Loss than Intermittent Fasting

Body weight and the value of intermittent fasting continues to be a topic of conversation during many medical visits. New research published in the Journal of the American Heart Association reveals that weight loss/gain is determined more by the frequency and size of meals rather than the time between first and last meal.

In the six-year study that analyzed the electronic health records of approximately 550 adults, research showed that eating fewer large meals and less overall can be a more effective weight management strategy than restricting meals to a narrow time window. The time interval from first to last meal was not associated with weight change during the study.