



Welcome to the April 2011 Edition of "On the Move"

Fragrance Sensitivities on Vans

Did you know that your favorite perfume can really cause another vanpooler to experience serious discomfort? A growing number of people suffer from reactions to odors that can trigger a variety of symptoms. Smelling or wearing strong fragrances or perfumes, using heavily fragranced laundry detergents, and exposure to deodorizers and fragrances in the air can all trigger allergy like symptoms in many people.



Unlike pollen or dander, fragrances are not allergens but irritants that cause many uncomfortable symptoms. These symptoms can include the following:

- Headaches
- Difficulty breathing
- Wheezing
- A tight feeling in the chest
- Worsening asthma symptoms
- Runny and stuffy nose
- Sneezing
- A skin allergy like contact dermatitis — an itchy, red rash that appears on the skin

To make matters worse if you are someone that already suffers from seasonal allergies you may find yourself more susceptible to discomfort due to fragrances and odors.

In addition to fragrances, offensive body odor can greatly impact the morale of your van. Everyone should keep in mind that many people are unaware of their own odors.

Many factors can contribute to body odor. The odor itself is created by bacteria breaking down sweat from apocrine glands, which are typically found in the armpits or scalp. Hot weather conditions, hygiene, diet, and stress are other factors contributing to body odor.

In addition, some people may be affected by the medical condition hyperhidrosis, which causes excessive sweating. With this in mind every vanpool member should make sure they take regular baths or showers and use underarm deodorant to keep body odor under control. If body odor is a problem for you consider reapplying deodorant during the day or purchase an extra-strength product. In extreme cases of hyperhidrosis you will need to consult a physician in order to receive prescription strength remedies. Information taken from <http://smallbusiness.chron.com/body-odor-workplace-1245.html>

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Visit us at: www.ridek2k.com
Or Contact Us At: info@ridek2k.com
PO Box 2010, Chester, VA 23831
Local: (804) 706-6491 Fax: (804) 706-6492

