

MAKING IT EASIER TO GET THROUGH THE DAY

If you are allergic to dust mites, avoiding the allergy causing substances is an important step. This includes creating unfavorable living conditions for the mites in order to reduce their numbers. The following practical, every day tips will help you to reduce your allergy symptoms.

EVERYDAY TIPS



Whenever possible, avoid textile-based furniture such as upholstered chairs, carpets or curtains.



Cover mattresses, blankets and pillows with mite and allergen-proof covers.



By airing out your home and refraining from humidification, you can create a hostile environment for mites. Keep a constant room temperature of under 72 °F, or even 64 °F in the bedroom.



If possible, wash your clothing and bed linen at 140 °F for at least 60 minutes.



Clean your rooms and textiles thoroughly with a vacuum cleaner fitted with a fine dust filter.



Preferably, refrain from smoking entirely.



Take your vacations in the mountains. Above 4265 ft (1300 m), dust mite numbers fall to nearly zero. Prefer rooms specially maintained for people with allergies. Avoid rooms that you can't ventilate properly.

GET MORE TIPS AND INFORMATION

If you would like additional information, visit us at our Patient Information Portal.

www.allergie-freizeit.de



For instance, you will find a practical allergy test here along with many other useful tips. (Note: Website in German)



A symptom calendar and many helpful questionnaires are also available for you under downloads: www.allergie-freizeit.de/downloads/ (Note: Documents in German)

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Leidest du oder dein Kind unter folgenden Beschwerden? Wenn ja, wie häufig?
Bitte ankreuzen.

	Nie	Manchmal	Häufig bis sehr häufig
Nasenjucken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nasenlaufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Verstopfte Nase	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Niesen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Augenrötung und -reizung	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Augenjucken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Augentränen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Atemnot, Luftnot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronischer Husten	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ZURÜCK WEITER



In 2022 again, our website allergie-freizeit.de received the „MeinAllergiePortal Digital Health Heroes Award“ as a very well-designed and helpful communication service for allergy sufferers.

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What, when and how in case of allergies

DUST MITE ALLERGY

Explanation, Therapy, Tips for You



UNDERSTANDING DUST MITE ALLERGY

The word allergy essentially means „foreign reaction“. This fairly accurately describes what happens in your body in case of an allergy. An allergy is nothing more than an exaggerated defense reaction of the immune system to certain, normally harmless environmental substances. These substances are called allergens.

In the case of a dust mite allergy, often referred to as a dust allergy, the body reacts to allergens arising from the feces and dead bodies of the mites. These collect on dust particles which allows them to be spread.

THE POSSIBLE SYMPTOMS OF A DUST MITE ALLERGY



NOSE

Allergic rhinitis with sneezing, congested or runny nose, chronic inflammation of the sinuses, reduced sense of smell



EYES

Allergic conjunctivitis with itchy eyes, redness and runny eyes



LUNGS

Allergic asthma with dry cough and shortness of breath



SKIN

Atopic dermatitis with itchy red rash (in the case of a cross-reactive food allergy)



MOUTH

Swelling and itching in the oral area



WELL-BEING

Sleep disturbances

Dust mite allergies, as opposed to pollen allergies for example, do not depend on the season. Instead, those affected will have a permanently stuffy nose, sneezing attacks and a runny nose for a time, followed by symptom-free intervals, as well as a reduced sense of smell.

IN CONTACT WITH DUST MITE ALLERGENS

Due to their small size, the development of dust mites is highly dependent on the climate of their environment.

They require a relatively high humidity level (75% rel. humidity at 59 °F is optimal) which, in a house, can only be reached in cases of high external humidity or microclimatic “niches” such as mattresses.

The prevalence of dust mites in rugs, carpets and upholstery varies depending on the time of year: They are most prevalent during the summer months when heating systems are turned off, while the dust mite population is relatively low at the end of the heating period (dry air).

However, in the autumn and winter, large quantities of mite feces and dead bodies are present which have been dried out by the heating system and stirred up into the air. Moreover, we also tend to stay indoors more often during the winter than in the summer, which means that the symptoms (list on front) can be even more severe during the cold seasons.



A dust mite allergy should be taken seriously because the disease can move from the upper to the lower respiratory tract and develop into allergic asthma.

TREATMENT OPTIONS

If you are experiencing an allergic reaction, your doctor will likely recommend medications to you to mitigate the symptoms. For acute situations, a so-called anti-allergic pharmacotherapy is used. However, with this treatment method, the allergy symptoms can only be alleviated for the duration of its use. This will not address the cause of your allergy.

ALLERGEN IMMUNOTHERAPY

The cause of dust mite allergies can only be treated with allergen immunotherapy. Through regularly administering the allergy causing substances, your immune system can be positively influenced, which allows your body to build its own tolerance to the allergens.

IMPORTANT FACTS

- 1 Allergen immunotherapy is the only treatment that targets the root cause of your dust mite allergy.
- 2 It can lead to a permanent reduction in your symptoms and improve your long-term quality of life.
- 3 It should be undertaken as early as possible in the course of the disease.
- 4 It can be administered as injections, drops or tablets. For successful therapy, treatment must be administered continuously for at least three years.