

What is Dust Mite allergy?



Understanding the root cause of dust mite allergy and preventing it effectively



Dust mite allergy is an allergic reaction to *microscopic arachnids* that live in our homes and feed on *dead skin cells* that we shed everyday.

They do not bite or harbor diseases, but they excrete *enzyme-filled fecal droppings*, which are allergens to our immune system.



Q: What are the symptoms of dust mite allergy?

A: Dust mite allergy may range from *mild to severe*. A mild allergy may cause *runny nose, watery eyes and sneezing*, while a severe allergy may result in *eczema flare-up or a severe asthmatic attack*.



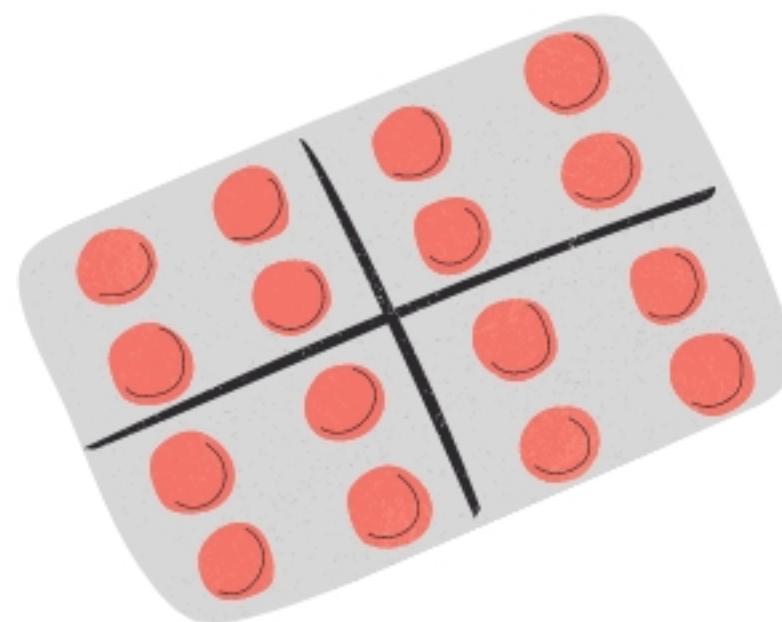
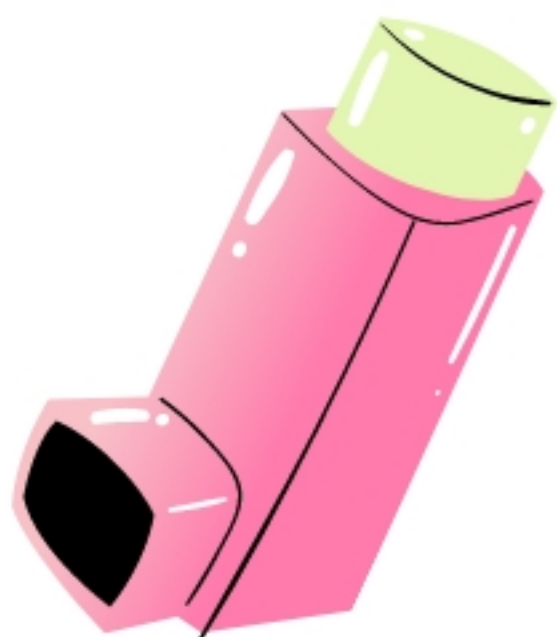
facebook.com/PSAAIallergy



psaai_info

Q: What is the treatment for dust mite allergy symptoms?

A: The most effective treatment for dust mite allergy is prevention by removing the cause. However, symptoms of dust mite allergy may be relieved by over-the-counter medications such as antihistamines and nasal sprays, or your usual asthma medications. If these medications don't help, or your symptoms are worsening, visit your doctor immediately.



facebook.com/PSAAIallergy



psaai_info

Q: Is there a long-term treatment for dust mite allergy symptoms?

A: Yes. This can be done through allergen immunotherapy also called "allergy shots" wherein dust mite allergens are repeatedly administered in gradually increasing doses until one's sensitivity to that allergen is decreased.

This overall decreased sensitivity provides lasting relief and protection against dust mite allergy symptoms.

Types of allergen immunotherapy



Sublingual immunotherapy (SLIT)



Subcutaneous immunotherapy (SCIT)



facebook.com/PSAAIallergy



psaai_info

Q: How can you prevent dust mite allergy?

A: To prevent dust mite allergy, it is important to effectively reduce 3 things:

- 1) mite population,
- 2) mite allergen level, and
- 3) exposure to these allergens.

Here are some ways on how you can do this:



Reduce dust mite population by decreasing humidity

Since dust mites cannot seek or drink water, they rely on moisture from the air. Hence, they thrive in places that we frequent such as our living and bed rooms, where humidity is high due to our breathing and perspiration. To reduce humidity, you can:



Reduce relative humidity to <math><50\%</math> by: 1) Improving ventilation 2) Installing a dehumidifier

Minimize use of carpets, draperies & upholstered furniture since these retain moisture



facebook.com/PSAAIallergy



psaai_info

Reduce dust mite allergen levels by cleaning your surroundings and the air you breathe



Wash sheets, pillow cases & mattress pads weekly with hot water (55°C or higher)



Vacuum weekly while wearing a mask using a vacuum cleaner with a double-thickness bag or a HEPA filter



Remove carpets, stuffed animals, and clutter from the bedroom



Replace carpets, draperies and upholsteries regularly



Install an air purifier or air cleaner

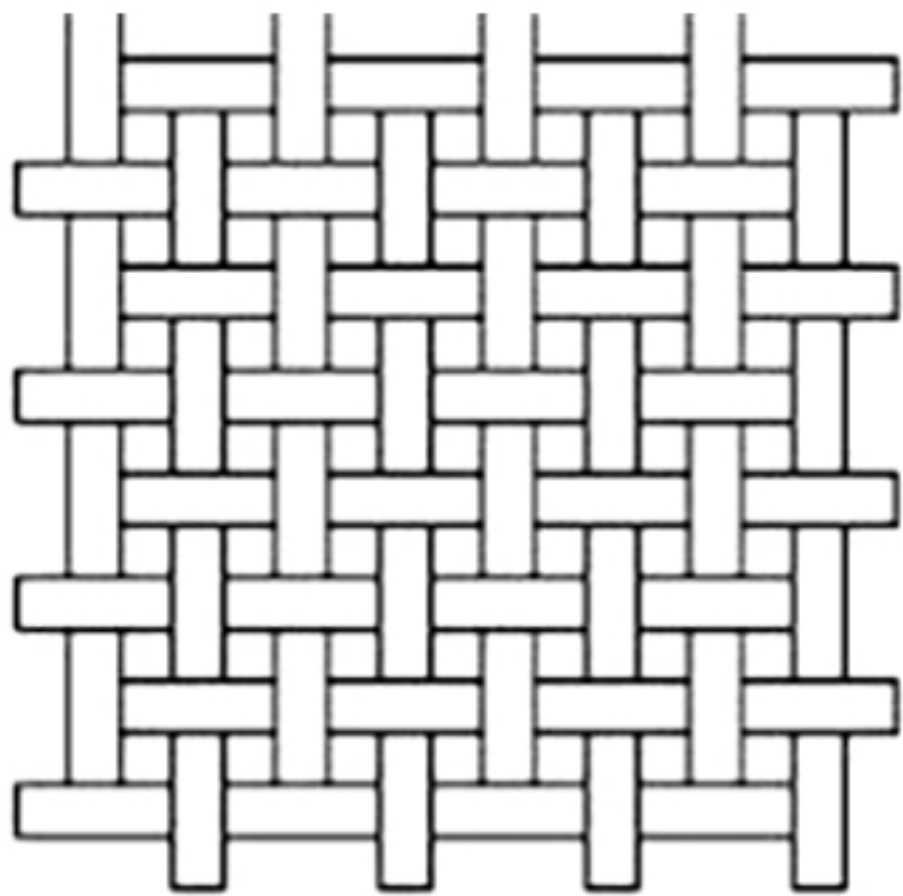


facebook.com/PSAAIallergy

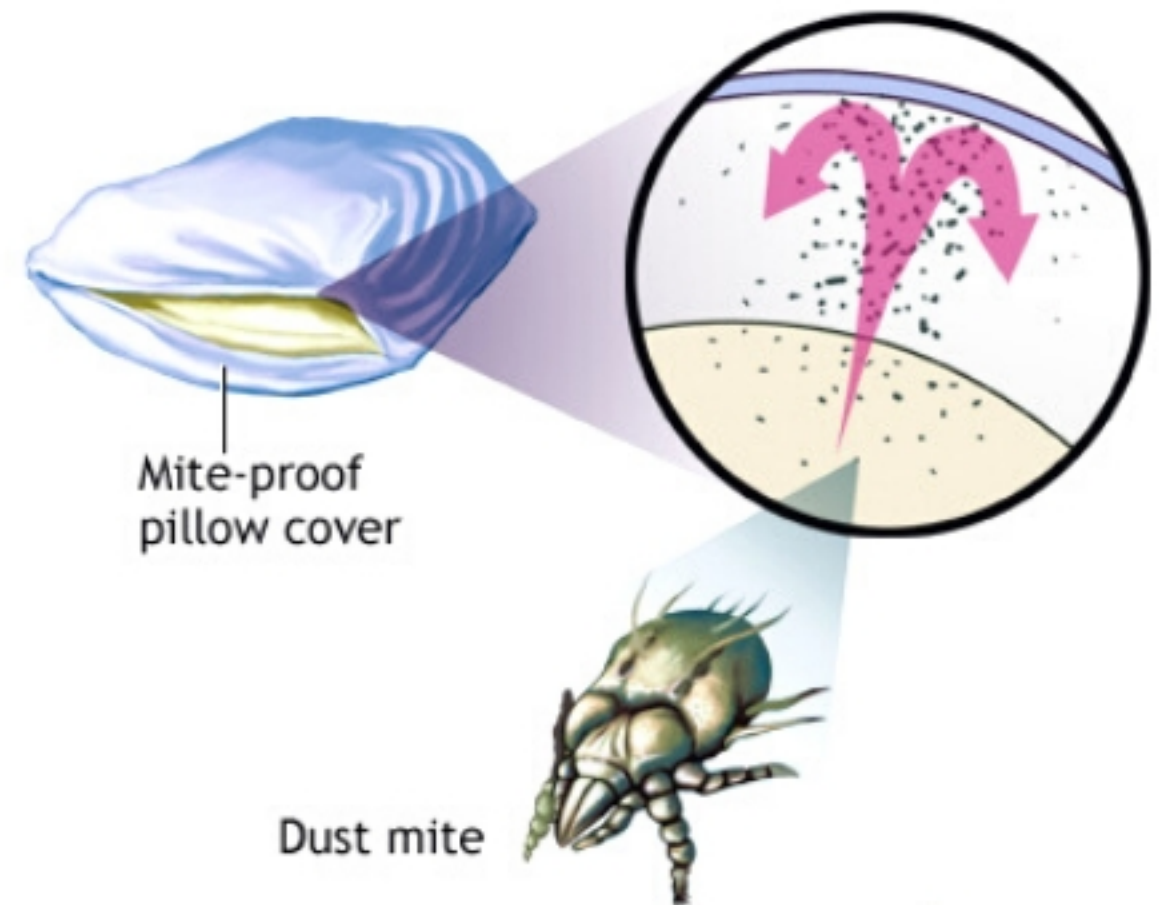


psaai_info

Reduce exposure to dust mite allergens by using finely woven or coated mattress and pillow case encasements



Finely woven fabrics with a pore size of $20\mu\text{m}$ or less can block all mites



Plastic - or polyurethane-coated covers are impermeable to dust mites



facebook.com/PSAAIallergy



psaai_info

Image citation

How to know if you have a dust mite, accessed August 15, 2021, <<https://www.google.com/https://homeairadvisor.com/wp-content/uploads/2019/09/how-to-know-if-you-have-dust-mites.jpg>>

American house dust mite, accessed August 15, 2021, <<https://www.google.com/https://cdn.britannica.com/63/147863-050-E1B4DC17/American-house-dust-mite.jpg>>

Dust mite, accessed August 15, 2021, <https://www.google.com/https://ei.marketwatch.com/Multimedia/2011/08/17/Photos/MW-AM181_dust_m_20110817132513_MD.jpg?uuiid=e9b9c712-c8f5-11e0-a28c-00212803fad6>

AASpost4, accessed August 31, 2021, <<https://www.google.com/https://www.phillymag.com/wp-content/uploads/sites/3/2016/10/AASpost4.jpg>>

Asthma house dust mite, accessed August 23, 2021, <https://www.google.com/https://mk0mydrtest3eri40dsq.kinstacdn.com/wp-content/uploads/2019/04/asthma_house_dust_mites.jpg>

Home ventilation, accessed August 17, 2021, <<https://www.google.com/https://images.theconversation.com/files/351807/original/file-20200807-14-1uc9757.jpg?ixlib=rb-1.1.0&q=45&auto=format&w=1000&fit=clip>>

Dehumidifier, accessed August 17, 2021, <<https://www.google.com/https://pyxis.nymag.com/v1/imgs/d6e/11d/ecc8f4c5c50efd1d9f0f18193881989770.jpg>>

Rolling up carpet, accessed August 17, 2021, <https://www.google.com/https://st.depositphotos.com/1017986/4242/i/600/depositphotos_42423393-stock-photo-close-up-of-male-hands.jpg>

Changing your sheets, accessed August 17, 2021, <https://www.google.com/https://www.sleepmaker.com.au/wp-content/uploads/2018/09/Cleaning-your-sheets3_1180x800.jpg>

Stuffed toy, accessed August 17, 2021, <https://www.google.com/https://st2.depositphotos.com/13193658/i/600/depositphotos_422404836-stock-photo-teddy-bear-floor-blurred-background.jpg>

Hang curtains without nails, accessed August 17, 2021, <<https://www.google.com/https://www.homenish.com/wp-content/uploads/2020/05/hang-curtains-without-nails-1200x799.jpg>>

Vacuum cleaner, accessed August 17, 2021, <<https://www.google.com/https://images.squarespace-cdn.com/content/v1/5ba519c17a1fbd36114237ec/1538514568510-N1Q970R9HZP9P680GBC0/Vacuum+Housecleaning.jpg?format=2500w>>

Air purifier, accessed August 17, 2021, <<https://www.google.com/https://cdn.luxe.digital/media/2021/05/27155431/best-air-purifier-hathaspace-review-luxe-digital%402x.jpg>>

