

## MANAGEMENT OF INHALANT ALLERGY

The ideal management of allergens is complete avoidance of the offending substance. Unfortunately, this is rarely possible since the most common allergies are to dust, molds, weeds, grasses and tree pollens.

Reducing the body's sensitivity to inhalants can usually be achieved by a series of injections of the offending substances tailored to fit the patient's individual needs. Receiving the injection at specific intervals is essential for maximum benefits.

Following these suggestions will greatly help in decreasing exposure to these substances. Since over one half of the time is spent in the home, most of the efforts can be directed here, especially in the bedroom areas.

1. Heavy, old draperies should be removed from the bedroom and replaced with washable ones. Much dust and mold accumulate in these drapes.
2. Old overstuffed furniture should be avoided.
3. Old rugs should be replaced or cleaned thoroughly.
4. Books, which are excellent mold growers should not be stored in the bedroom.
5. Mattresses, if more than two years old should be covered with a plastic cover or replaced.
6. Pillows should be foam rubber, dacron or polyester and should be no more than one year old.
7. Pets should be kept out of the bedroom.
8. Air conditioner filters should be changed or washed every two to three weeks.
9. Avoid working in the garden or around cut grass since not only are plant pollens a problem, but mold grows on the leaves.
10. Avoid irritating chemical fumes and smoke since they often make the nose and throat more sensitive to the inhalants.