

# Healthy Environment



# The healthy way to treat allergies

Do you want to know if you are allergic or have an allergy related disease? Just answer the questions below<sup>1</sup>:

- 1) Have you noticed in the past 6 months any symptom such as: sneezing, nasal obstruction, or runny nose as if you had a cold?
- 2) During those 6 months, have those nasal symptoms come followed by itchy and watery eyes?
- 3) For the past 12 months, have you had nasal secretion followed by jawbone and frontal headache?
- 4) Have you ever had trouble breathing for the past 12 months without having a cold?
- 5) Have you ever gotten breathless associated with whistling noise when you breathe (wheezing)?

In the event you have answered “yes” to questions 1 and 2, you have respiratory symptoms<sup>1</sup> possibly associated to allergic rhinitis<sup>2</sup>;

In case you have answered “yes” to question 3, you might be a sinusitis carrier;

In case you have answered “yes” to questions 4 and 5, you might be an asthma carrier.

This questionnaire is just indicative and under no circumstance substitutes medical consultation.

## Have I got an allergy or flu?

Some symptoms such as obstructed nose, sneezing, itchy eyes, nose and throat, are not just originated from allergies, as they can also be a sign of flu. The flu is caused by viruses and the symptoms usually disappear after a few days, different from the allergies. It is very usual to see allergic patients that before finding out about their disease, used to believe that they had a "constant flu". The allergic reactions start to act while the person is exposed to certain proteins, for example, the airborne allergens - airborne substances responsible for the appearance of inflammatory reactions susceptible individuals. Other substances can be so irritating that they can aggravate the inflammatory process, like strong odors, toxic Ozone, and some times just cold air. Toxic Ozone is not only present in the atmospheric layer protecting Earth from the UV rays but also in the environment that we live. In this case, toxic Ozone can cause irreversible damage to the lungs, besides causing asthmatic crisis<sup>9</sup>.

# Main airborne allergens

**Dust Mite allergens.** The house dust mites are usually found in mattresses and couches. Their main food sources are fungus and human skin flakes. The dust mite allergens are found in their skeletons and especially in their fecal matter. Because they are so light weighted, those allergens are thrown in the air after any movement in the environment.

**Mold.** Mold is a kind of fungus that throws spores in the air which are their reproductive structures, invisible to the naked eye that when inhaled, may be responsible to trigger allergic reactions and in some cases, even infections.

**Pet Dander.** The allergy causing substances and mostly found in pet's oil glands, skin and saliva. They are small sized proteins that might stay airborne for hours or even days. Besides, they are easily transported between environments, this way they can be found in places where there are no animals<sup>3</sup>. Many researches relate asthmatic crisis to the presence of pet dander in homes<sup>3,4</sup>.

**Pollen Allergens.** Pollen may cause seasonal rhinitis which occurs in a determined period of the year. Usually it may appear in Spring time, when the flowers bloom. The pollen is extremely light weighted and disperses itself through the air. When inhaled it may deposit itself on the nasal mucous the existing proteins of the grains may trigger allergic reactions<sup>5</sup>

In other words, the allergic rhinitis is characterized by nasal inflammation after exposure to the allergens<sup>2</sup>. On the other hand, asthma is a chronic inflammatory disease that leads to the obstruction of the respiratory airways<sup>6</sup>. Studies demonstrate that the allergic rhinitis usually precedes asthma and that about 38% of the people who have rhinitis also suffer from asthma<sup>7</sup>.

In the case of sinusitis, it may be said that it is a disease characterized by the inflammation of the nasal mucus, which leads to obstruction, pain and a pressure feeling on the cheeks. It may also be caused due to infections caused by viruses, bacteria infections, or allergic reactions<sup>8</sup>.

## Knowledge

Did you know that some dust mite and fungus are intimately related?

Laboratory tests suggest that some dust mites species can not survive in the absence of fungus<sup>10</sup>.

Fungus other than being a food source for dust mites they are also responsible for the pre digesting of human skin flakes<sup>11</sup>.

# How to improve the quality of life of one allergic person

Allergies and its inconvenient symptoms are responsible for the reduction the quality of life and even loss of productivity at school and work<sup>2</sup>. The main way to avoid allergies is to prevent allergens to be inhaled by people. For that to occur, two measures need to be taken: to treat the air (contamination means) and to fight contamination sources.

## *These are some important tips:*

- 1- When washing bed sheets try to do it using hot water (131F) every 7 days, in order to eliminate the dust mites;
- 2- If possible, use anti-dust mite covers on mattresses and pillows and avoid feather pillows and comforters;
- 3- In there is presence of mildew, use a 1 part of chlorine for each 4 parts of water solution for cleaning. Do not mix chlorine based products with ammonia based products. The mixture liberates toxic gases;
- 4- Clean up all mildew stains that you find. If the material is too porous and cannot be totally cleaned, throw it away;
- 5- Wait until the surfaces are completely dry before placing objects over it;
- 6- Use exhaust fans in kitchens and bathrooms. This measure will decrease humidity levels and reduces the installation of germs;
- 7- Ventilate closed spaces like attics. In fact, the relative humidity of any environment should always be kept below 50%, because over that fungus, bacteria and dust mites will proliferate quicker.
- 8- Clean up the air conditioning system and dehumidifiers on a regular basis, because those devices accumulate humidity and dirt inside, helping fungus and bacteria growth.
- 9- When water damages occur like during floods, the contaminated materials should be cleaned and dried within 24 hours;
- 10- Remove any allergic person from the room whenever vacuum cleaning or changing bed sheets, because the quantity of dust mites, fungus and bacteria in the air increase during the cleaning process;
- 11- Allergic people should avoid carpets because the vacuum cleaners cannot remove all dust mites and fungus out of its wool;
- 12- Use ClearAir air purifier to maintain a good air quality level in the environment.

# Why ClearAir

ClearAir quietly, constantly, and efficiently purifies the air which is the transmitting mean between the contamination sources and the allergic person.

ClearAir is the high efficiency air purifier that reduces up to 99% of airborne micro-organisms and allergens, besides reducing in 26% the amount of Ozone, duly confirmed by many independent test reports performed by Universities, Laboratories, and Institutions in several countries.

## Air quality is a health issue.

## ClearAir Enviro

**Efficient:** ClearAir efficiency is proven in real working environments (no simulations) by worldwide known and independent institutes and laboratories. ClearAir destroys any micro-organisms that pass through its patented ceramic core regardless of how small or hazardous they might be.

**Silent:** Completely noiseless

**Exclusive:** ClearAir is the only air purifier in the market that reduces toxic ozone levels whereas most other products generate it.

**Economic:** There is no maintenance such expensive filters, or UV lamps to replace. ClearAir power consumption is lower than of a 50W light bulb.

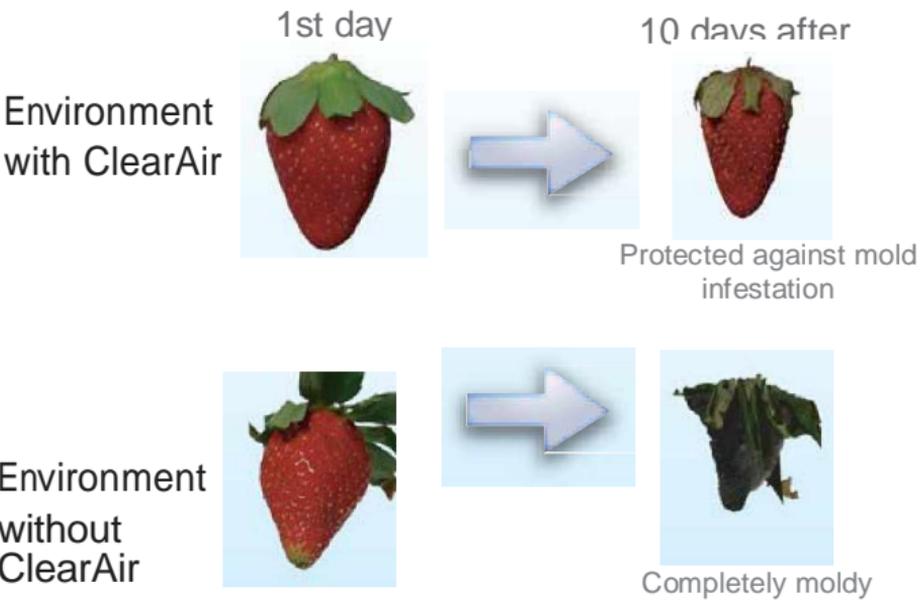
**No installation required:** Just plu in the device .



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# See the strawberries 10 days test\*:



\*test made in two separated closed chambers  
**Efficiency Test: microorganism reduction**

