

Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

Arthur F. Fost, M.D. ▪ David A. Fost, M.D. ▪ Antonio A. de la Cruz, M.D. ▪ Satya D. Narisety, M.D.

HOW TO REDUCE ALLERGIES

The only “cure” for allergies is to get rid of the cause. This is sometimes possible, as with cat, shrimp and penicillin, for example, but often difficult (pollen, mold, dust), so we try to **reduce** the exposure. This is as important for relief as medications and allergy shots.

Where do I start?

In the bedroom – this is where we spend almost one-third of our lives, and where the allergy exposure is most concentrated.

What is the main cause of allergy?

For most people the main cause is dust mites. Dust mites are found almost exclusively in the bedroom. It can be seen only with a microscope, but builds up over years. Did you know that the average mattress will double its weight in 10 years as a result of being filled with dead dust mites and their products?

Ugh, how do I get rid of those critters?

It can be done. Mattress, pillow, and box spring dust mite proof encasings are important. Getting rid of carpeting in the bedroom is recommended. Getting rid of all dust collectors (books, toys, and curtains) in the bedroom will help.

Finally, regular dusting with a damp mop and rag.

How about air-cleaners, carpet cleaners, pesticides, sprays, ect. that are advertised?

Most do not work very well, and rarely are worth the cost, especially as compared to the simpler measures.

How about air-conditioning, humidifiers, and vaporizers?

Air conditioning is helpful, both in the car and house, especially during the pollen season. Unfortunately, vaporizers and humidifiers **promote** the growth of dust mites and molds.

What is the ideal bedroom temperature?

The cooler the better. We all breathe (and sleep) best if the bedroom is kept at 65 degrees Fahrenheit at night. No, you cannot get a cold from the cool air!

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197 Bloomfield Avenue
Verona, NJ 07044
(973) 857 – 0330
Fax (973) 857 – 0980

89 Sparta Avenue
Sparta, NJ 07861
(973) 726 – 8850
Fax (973) 726 – 8924