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ALLERGY – DUST MITES

Dust mites and house dust are actually separate allergens. House dust allergen may contain mite, dirt particles, human and animal danders and mold. Mite allergen consists of a specific mite. Guanine, found in mite excrement, is the most allergenic component of dust, therefore doctors choose to test for both dust mix and mite, or specific mites, molds and danders.

There are millions of tiny dust mites living in your home. It does not matter how clean your house is, the dust mite will continue to reproduce at an astounding rate. Mites feed from the dander of humans and animals.

Mites make their home in areas where there is ample epithelium and environmental factors are favorable. Pillows, mattresses, carpets are excellent environments for the dust mite. Normal cleaning systems are of little help in eliminating dust mites. There are, however, products that your physician may recommend to eliminate these “critters”.

Avoidance – A Key To Feeling Better:

- Cover the mattress, pillow and box spring with encasements.
- Change sheets and pillow cases 2-3 times a week.
- Avoid heavy drapes, stuffed animals and other dust catchers in the bedroom.
- Clean and dust room frequently.
- Use vent covers for additional filtration.
- Consider using an air filter for the bedroom and/or the living room or den.
- Listen closely to your doctor’s advice and the advice of the nurse or technician.
- Use a facemask while cleaning, vacuuming or making beds.

Remember, dust mites propagate in relatively high humidity and thrive at temperatures between 68 and 84 degrees F. Decrease your humidity and keep your bedroom cool and clean. If your physician recommends shots for allergies, stick to the program. Follow the tips listed herein, and you will be well on your way to feeling better.

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