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ALLERGY – MOLDS

Everywhere you go, you are surrounded by mold and fungi. As you walk through the woods you will see them on trees or decaying leaves. You find them in your bread. When you are sick, the doctor may give you Penicillin, which is also made from fungus. A handful of soil contains thousands of fungi.

Prevention Tips:

The mold allergic patient must keep his environment as free from mold as possible. Here are some preventive measures to try:

- Discard old newspapers, magazines, books, leather and cloth as well as old furniture.
- Moisture-proof your basement or crawl space; keep it dry with a dehumidifier.
- Remove plants, dried flowers, aquariums and terrariums.
- Vent clothes dryer to the outside of the house.
- Discard old pillows, especially feather ones.
- Cover pillows, mattresses and box springs with suitable encasements.
- Use air-conditioning whenever possible.
- Clean air vents and filters at least monthly.
- Consider using an air filter.
- Replace old furnace filters with a permanent allergen-removing filter.
- Choose upper level bedrooms and apartments when possible.
- Wear an allergy mask when working in moldy or musty areas.
- Use a mold-removing product to clean areas of mold growth.
- Keep your diet free of mold/yeast containing foods.

- Discourage allergic children from playing in heavily wooded areas or near stagnant water.
- Relative humidity of no more than 65% will curtail mold growth.
- Quickly refrigerate foods to retard mold growth.
- Avoid cheeses, alcohol, mushrooms, vinegar, breads, pastries, smoked meats, sour cream, buttermilk, yogurt, dried fruits and vegetables, fish that is more than 24 hours old, leftover meats, products containing citric acid (citric acid is usually made from aspergillus mold).

These are a lot of “tall orders” for you to feel better. However, you will need to limit your exposure to molds. Unlike pollens, molds are a year round problem. If your doctor thinks that you should take allergy “shots” stick to it. If you are going to try and change your environment stay with the program. If you follow your doctor’s advice and the aforementioned “tips” you should be on your way to better health!

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