

Don't forget asthma preparedness in your fall checklist

Autumn is right around the corner, but there's more to prepare for than the start of school and cooler temperatures.



Rake leaves

Fallen leaves can contain mold. Breathing in spores to those allergic to mold can trigger an asthma flare up.¹

Vacuum carpets & wash beddings

The majority of households have detectable levels of dust mites. Up to 90 percent of people with allergic asthma in the U.S. are sensitized to dust mites.³

Prep for Asthma Peak Week

It's the third week in September when the highest number of asthma flare-ups and hospitalizations take place. So have a plan in place to reduce triggers and minimize exacerbations.

Replace furnace filter

Pet dander can be airborne and spread through your air ducts. An allergy to animals (specifically dogs) is a risk factor for developing asthma and allergic rhinitis.²

Check those pollen counts

Certain pollens like ragweed reach their peak during the fall. The presence of allergic rhinitis commonly exacerbates asthma.

Get a specific IgE blood test

If you don't know whether you have any allergies, but you have asthma, talk to your healthcare provider to determine if an allergen blood test is appropriate.

Did you know?



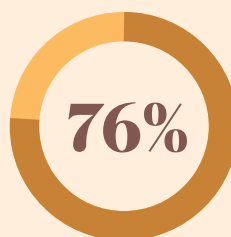
Up to **90%** of children with asthma suffer from allergies.⁴



Up to **60%** of adults with asthma suffer from allergies.⁵



Studies show that asthma patients who also have allergies are more likely to be hospitalized with asthma symptoms.⁶



of children hospitalized for asthma had allergic sensitivities and allergen exposure in a recent study.⁶

Be on the lookout

The culprits in allergic asthma are a familiar cast of characters.

59%

of adults with asthma also showed an allergy to one or more of 8 common allergic triggers:⁵



Mold



Bermuda grass



Birch



Cockroach



Common ragweed



Dust mites



Cat dander

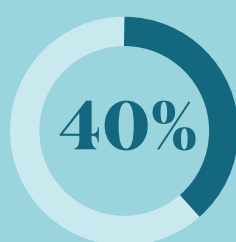


Rye grass

Time to take action

You can lower your exposure to allergic triggers and be better prepared to keep your asthma under control. Knowing what triggers to avoid is the first step.

Specific IgE blood testing can help identify your allergic triggers. When you're empowered with the right information, you and your healthcare provider can make a plan to better manage your asthma symptoms.



Providers considered changes in their patients' asthma management in 40% of cases, when armed with information from allergy tests.⁵

Your healthcare provider can order a test for you. Be ready this fall to tackle your asthma battle head on.

Schedule an appointment now



1. Mold Allergy [Internet]. Mayo Clinic; 2021 Jun 21 [cited 2023 July 30]. Available from: <https://www.mayoclinic.org/diseases-conditions/mold-allergy/symptoms-causes/syc-20351519>
 2. Polovic N, et al. Dog saliva - an important source of dog allergens. Allergy. 2013;68(5):585-92. doi: 10.1111/all.12130. Epub 2013 Mar 7. PMID: 23464525; PMCID: PMC3652036. Available from: <https://onlinelibrary.wiley.com/doi/full/10.1111/all.12130>.
 3. Home Allergy Management [Internet]. American College of Allergy, Asthma & Immunology [cited 2023 July 30]. Available from: <https://acaai.org/resources/tools/home-allergy-management>.
 4. Host A, Halcken S. Practical aspects of allergy-testing. Paediatr Respir Rev. 2003; (4) 312-318.
 5. Allen-Ramney F, Schoenwetter W, Weiss T, et al. Sensitization to Common Allergens in Adults with Asthma. JABFP. 2005;(18)5 434-439.
 6. Gavala, M, Bertics, P, Gern, J. Rhinoviruses, allergic inflammation and asthma. Immunological Reviews. 2011 June 20; 242(1): 69-90, 11-12/51. <https://doi.org/10.1111/j.1600-065X.2011.01031.x>