

MAKING IT EASIER TO GET THROUGH THE DAY

Given the right circumstances, mold can occur anywhere, which is why it is difficult to completely avoid contact with it. Even so, if you just take a few simple tips to heart, you will be able to effectively reduce your symptoms:

EVERYDAY TIPS



Air out your home regularly by shortly opening the windows wide. Make sure that your home is sufficiently heated and ensure that the humidity never rises above 60%.



Refrain from using air conditioning and humidifiers. Additionally, ensure good ventilation in the bathroom after showering/bathing.



Immediately dispose of moldy foods and clean your refrigerator regularly. Peel fruits and vegetables.



Empty your household waste regularly and do not keep compostable food waste in your home.



Avoid gardening or contact with compost.



Refrain from keeping potted plants and check any hydroponics regularly for mold.



Avoid irritants such as fog or car/ industrial exhaust as these can exacerbate your symptoms. Refrain from smoking entirely.

GET MORE TIPS AND INFORMATION

If you would like additional information, visit us at our Patient Information Portal.

www.allergie-freizeit.de



For instance, you will find a practical allergy test here along with many other useful tips. (Note: Website in German)



A symptom calendar and many helpful questionnaires are also available for you under downloads: www.allergie-freizeit.de/downloads/ (Note: Documents in German)

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Leidest du oder dein Kind unter folgenden Beschwerden? Wenn ja, wie häufig?
Bitte ankreuzen.

	Nie	Manchmal	Häufig bis sehr häufig
Nasennücken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nasenlaufen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Verstopfte Nase	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Niesen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Augenrötung und -reizung	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Augenjucken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Augentränen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Atemnot, Luftnot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronischer Husten	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ZURÜCK WEITER



In 2022 again, our website allergie-freizeit.de received the „MeinAllergiePortal Digital Health Heroes Award“ as a very well-designed and helpful communication service for allergy sufferers.

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What, when and how in case of allergies

MOLD ALLERGY

Explanation, Therapy, Tips for You



UNDERSTANDING MOLD ALLERGIES

The word allergy essentially means „foreign reaction“. This fairly accurately describes what happens in your body in case of an allergy. An allergy is nothing more than an exaggerated defense reaction of the immune system to certain, normally to harmless environmental substances. These substances are called allergens.

In the case of a mold allergy, these environmental substances are mold spores or hyphae. If they are able to enter the body through the respiratory tract or contaminated food, or through contact with the skin, they can trigger the following allergic reactions:

POSSIBLE SYMPTOMS OF A MOLD ALLERGY



NOSE

Allergic rhinitis with sneezing, congested or runny nose, swollen mucous membrane



EYES

Allergic conjunctivitis with itchy eyes, redness and burning, runny eyes



LUNGS

Allergic asthma with dry cough and shortness of breath, irritated throat (dryness, clearing the throat), bronchitis



SKIN

Atopic dermatitis with itchy red rash, hives with wheals and redness



WELL-BEING

Headaches, fatigue

Depending on the species, mold can establish itself outdoors as well as inside closed rooms (see table on the following page). Indoors, mold thrives year round, particularly in damp, warm, poorly ventilated environments such as damp basements or the backs of cupboards. Outdoors, mold is particularly present in the spring and summer.

PREVALENCE OF THE MOST COMMON MOLDS WORLDWIDE

	PREVALENCE OUTDOORS	PREVALENCE INDOORS
ALTERNARIA	On grains, grasses, in soil and on rotting wood (May – Nov.)	Food (fruit and vegetables), damp houses, textiles
ASPERGILLUS	In soil, on rotted plant material, in compost piles (Jan. – Dec.)	Food, compost, damp houses, potting soil, food, air conditioners
CLADOSPORIUM	On grasses and leaves, in good weather most common outdoor spore form, high spore count when pruning trees or cutting grass, in soil, on rotted plant material (Jun. – Aug.)	Household waste, damp houses, air conditioners, potting soil
PENICILLIUM	In soil, on plants (Jan. – Dec.)	Spoiled food (fruit and vegetables), household waste, compost, house dust, damp houses, damp wall paper, refrigerator
PHOMA		Fruit and vegetables, on damp surfaces
BOTRYTIS	On grapes as “noble rot”, e. g. in the case of late harvest wines (“Beerenauslese”) (May – Oct.)	“Grey mold” on food, damp houses, house plants
RHIZOPUS	In soil (Jan. – Dec.)	Vegetables, fruit, bread, household dust, in damp houses, food



A mold allergy should be taken seriously because the illness can move from the upper to the lower respiratory tract and develop into allergic asthma.

KNOW YOUR TREATMENT OPTIONS

If you are experiencing an allergic reaction, your doctor will likely recommend medications to you to mitigate the symptoms. For acute situations, a so-called anti-allergic pharmacotherapy is used. However, with this treatment method, the allergy symptoms can only be alleviated for the duration of its use. This will not address the cause of your allergy.

ALLERGEN IMMUNOTHERAPY

The cause of mold allergies can only be treated with allergen immunotherapy. Through regularly administering the allergy causing substances, your immune system can be positively influenced, which allows your body to build its own tolerance to the allergens.

IMPORTANT FACTS

- Allergen immunotherapy is the only treatment that targets the root cause of your mold allergy.**
- It can lead to a permanent reduction in your symptoms and improve your long-term quality of life.**
- It should be undertaken as early as possible in the course of the disease.**
- It can be administered by injections, drops or tablets. For successful therapy, treatment must be administered without interruption for at least three years.**