

What is dust mite allergy?

Diagnosis and treatment of dust allergy at Allergy Centre, Australian Polyclinic, Lahore

Dust mites are small bugs which are found in household dust. These are microscopic bugs which cannot be seen with the naked eye. These are usually found in bedding, upholstery furniture, carpets and curtains. There are certain proteins present in their fecal matter and dead bodies which can turn into fine particle and if inhaled, can cause allergic reaction in susceptible people. We have established a state-of-the-art allergy centre, in Lahore, where we can diagnose and manage these conditions appropriately.

Dust mites do not drink water, rather they absorb humidity from the air hence these mites tend to prosper in high humidity warm to hot areas. They feed on dead skin material of human or other animals and generally there is plenty of food available for them to grow in any household environment. Dust mite can be killed very easily by steam or hot water.

Symptoms of dust mite allergy:

The most common symptoms of dust mite allergy include runny nose, congested nose, sneezing, itchy nose, itchy/watery eyes. It can cause cough and can exacerbate asthma symptoms which may include breathlessness and wheezing too. It may also cause itchy skin and eczema flare up. If someone has significant allergic rhinitis or asthma, they can have significant symptoms related to flare up of the underlying disease process. Headache can be significant if someone is suffer from allergic rhinitis.

Diagnosis of dust mite allergy:

The diagnosis of dust mite allergy is established by clinical findings and confirmed by skin prick testing. There are also blood tests which can be performed. These patients may also be allergic to other allergens that need to be checked usually with skin aeroallergen testing. We can perform multiple allergen panels looking for other allergens which may be associated with dust mite allergy.

Management of dust mite allergy:

Avoidance of allergen/dust mite

The exposure to the dust mite can be reduced by using allergen proof mattress and pillow covers. Washing the bedding, curtains and other clothes in hot water regularly helps. Vacuum cleaning can be helpful to remove any dust mite from the carpet but it is important to use the proper HEPA filter with any vacuum cleaner. Keeping the humidity level down can help to reduce the growth of dust mite which otherwise can prosper in high humidity area.

Medication

it is important to control the inflammation by using inhaled medication for the lung symptoms or the nasal medications for allergic rhinitis symptoms. Sometime if symptoms are quite

bothersome, we may need to use oral anti-histamine tablet and occasionally steroid tablets to get the inflammation under control.

People who have significant ongoing symptoms related to dust mite could be considered for dust mite immunotherapy which consist of other sublingual treatment or injections. This may need to be taken over many years to be effective.

If you suffer from any dust mite related allergic symptoms, you could consider visiting your nearest physician or come to us and we will go through your symptoms thoroughly and perform the appropriate testing to determine whether you are allergic to dust mite or not and advise appropriate management plan.

We have established first private, state of the art breathing laboratory, Australian Pulmonary Function Laboratory in Lahore where <https://australianpolyclinic.com/australian-pulmonary-function-tests-laboratory-apfl/> comprehensive pulmonary function tests can be performed. The lab also has the facility to perform bronchial challenge test, skin allergy test and sleep studies.

Dr Sarwar Chaudhry <https://australianpolyclinic.com/doctor/dr-g-sarwar-chaudhry-pulmonologist-in-lahore-dha> has trained in Australia, and he has vast experience how to manage patients with complex lung issues and sleep disorders. He also manages the lab and reports the tests.

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