

## 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:

### EVERYDAYTIPS



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.



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

[www.allergie-freizeit.de](http://www.allergie-freizeit.de)

The website has been awarded with the "MeinAllergiePortal Digital Health Heroes Award 2018".

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What, when  
and how in case  
of allergies

### MOLDALLERGY

*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. 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

Neurodermatitis 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

	SPORES	PREVALENCE OUTDOORS	PREVALENCE INDOORS
<b>ALTERNARIA</b> (worldwide)	May – Nov.	On grains, grasses, in soil and on rotting wood	Food (fruit and vegetables), damp houses, textiles
<b>ASPERGILLUS</b> (worldwide)	Jan. – Dec.	In soil, on rotted plant material, in compost piles	Household waste, compost, damp houses, potting soil, food, air conditioners
<b>CLADOSPORIUM</b> (worldwide)	June – Aug.	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	Household waste, damp houses, air conditioners, potting soil
<b>PENICILLIUM</b> (worldwide)	Jan. – Dec.	In soil, on plants	Spoiled food (fruit and vegetables), household waste, compost, household dust, damp houses, damp wall paper, refrigerator
<b>PHOMA</b> (worldwide)	Jan. – Dec.		Fruit and vegetables, on damp surfaces
<b>BOTRYTIS</b> (worldwide)	May – Oct.	On grapes as “noble rot”, e. g. in the case of late harvest wines (“Beerenauslese”)	“Grey mold” on food, damp houses, house plants
<b>RHIZOPUS</b> (worldwide)	Jan. – Dec.	In soil	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 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

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