

Prevention of allergies

Allergens are substances that can cause an allergic reaction in an individual, which can manifest clinically as:

- Anaphylaxis,
- Allergic rhinitis,
- Allergic conjunctivitis,
- bronchial asthma,
- Urticaria,
- Atopic eczema,
- Contact eczema.

Prevention

Prevention is part of a complex of measures aimed at reducing the occurrence of allergic diseases. These measures can be divided into:

- **General measures** are measures that apply to the entire population. They try to reduce the incidence of allergic reactions by supporting positive factors (suitable diet, contact with microbes, availability of medical care) and eliminating negative factors (smoking, unhealthy lifestyle, unhealthy housing, polluted air, contact with allergens - pets, mites, molds, pollen).
- **Targeted measures** concern individuals with a higher risk of developing allergies. Depending on the stage at which they intervene in the development of the disease, we distinguish:

Primary prevention

Primary prevention is to prevent sensitization in utero and also in the early stages after birth. The risk group is individuals whose both parents are allergic, or one of the parents and an older sibling is allergic. We can also detect maternal allergens in the amniotic fluid. They thus come into direct contact with the skin of the fetus, can get into the lungs and are also swallowed. As part of prevention, the following measures are recommended:

- **Environment:**
 - no smoking, not even passive;
 - eliminate or eliminate exposure to allergens (pets, dust mites, mold);
 - eliminate humidification in apartments;
 - prevent the influence of pollutants (nitrogen and sulfur oxides, etc.).
- **Nutrition:**
 - breastfeeding for at least the first 4 months after birth;
 - give non-dairy products only after 4 months.

Secondary prevention

Prevention aimed at individuals who have already experienced **allergic sensitization**. Its aim is to prevent the development of allergic inflammation. It consists of several components:

- **Ecological intervention:**
 - Elimination of allergens, but also triggers of allergic problems in the environment. Regular ventilation is recommended (with the exception of smog and pollen periods), frequent wet mopping of floors, removal of carpets and curtains, frequent washing of bedding, no smoking and no pets in the apartment. By occasionally freezing fabric children's toys in the freezer, we can kill the mites contained in them..
- **Immunological intervention:**
 - It consists primarily of allergen immunotherapy and is a causal treatment of pollen, mite, insect, animal and mold allergies. This treatment effectively intervenes in the sensitization process, and if it is correctly indicated and carried out, its therapeutic effect lasts up to 5 years after the end of the treatment..
- **Pharmacotherapy:**
 - antihistamines,
 - corticosteroids,
 - non-steroidal drugs.

Tertiary prevention

It concerns allergy sufferers with manifest manifestations and its aim is to alleviate the symptoms of the disease, to induce a state of rest, to prevent the occurrence of acute deterioration and possibly other complications.

- **Environment Check :**
 - eliminate from the home and work environment substances that could contribute to triggering an allergy, as well as allergens for which immunological tests were negative.
- **Preventive pharmacotherapy:**
 - it is important in recurrent or chronic forms. This includes steroid and non-steroidal drugs and antihistamines.

- **Allergen immunotherapy.**
- **Rehabilitation, reconditioning** (recuperative stays in spa facilities, by the sea, in the mountains, breathing exercises – playing the flute, swimming).

Links

Related articles

- Allergens

References

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