



House Dust Mite (HDM) Allergy

**Having an allergy to house dust mites is very common. It can cause an allergic reaction, which may trigger asthma, eczema and rhinitis.
Reducing the number of dust mites at home may reduce these reactions. (BSACI)**

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Introduction – Some *“Not So Fun”* Facts

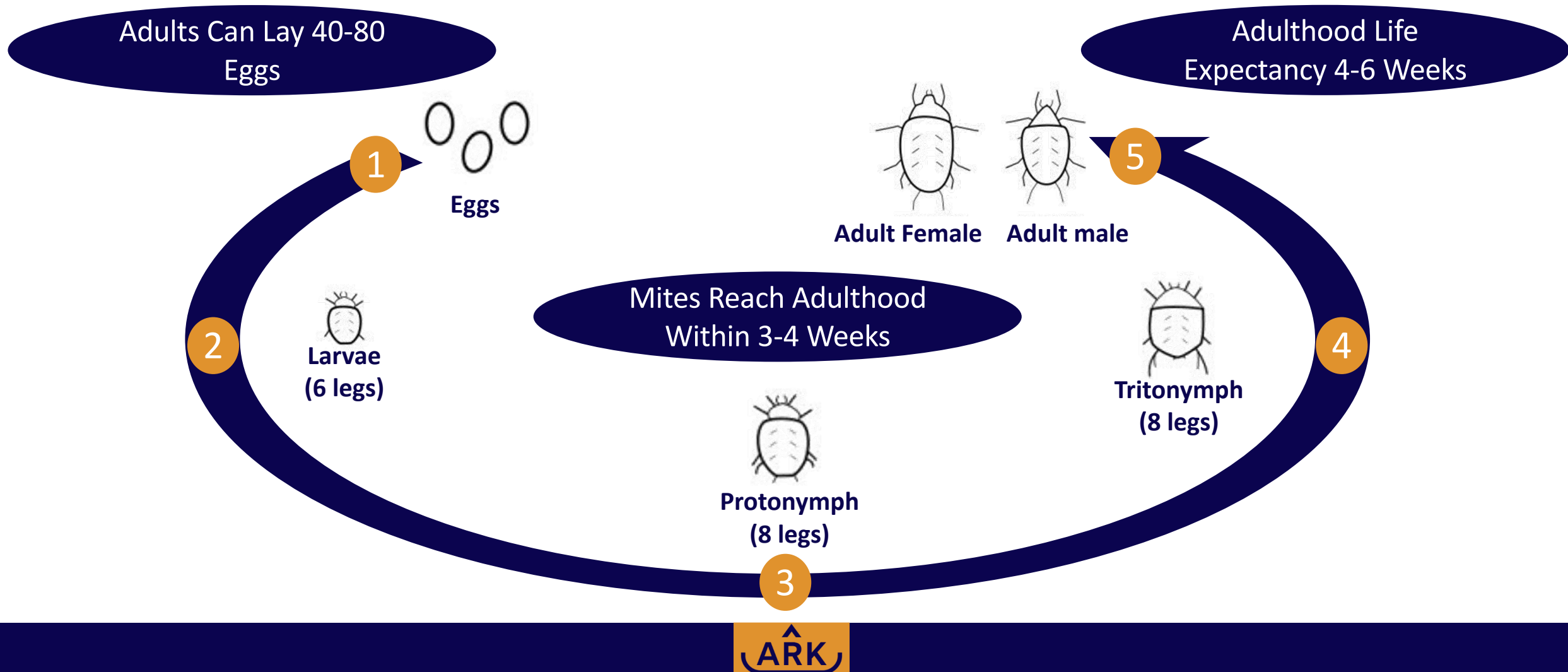
- At least 10–15% of the global population are allergic to dust mites
- Approximately 80% of allergy sufferers are allergic to dust mites
- Allergic symptoms are caused by breathing in allergens contained in dust mite droppings
- During its lifespan, the average dust mite produces about 20 waste particles per day
- Dust mites are too tiny to be seen by the naked eye
- About a half teaspoon of dust could contain as many as 1,000 dust mites
- Depending on its age, your mattress may contain between 1 million to 10 million dust mites
- The weight of the average mattress can double after approximately ten years due to dust mite infestation
- Dust mites can increase the weight of an average pillow by 10% after just one year

House Dust Mites – *What are they?*

- Dust mites are arthropods like spiders
- Adults have 8 legs
- They live in temperatures of between 68-77^of
- They like humidity levels of 70-80%
- Human flakes of skin are their main food
- Common dust mite hideouts are mattresses, bedding, pillows, carpets, rugs, upholstered furniture and soft toys
- A dust mite allergy is predominantly caused by its faecal matter (poo) and their remains



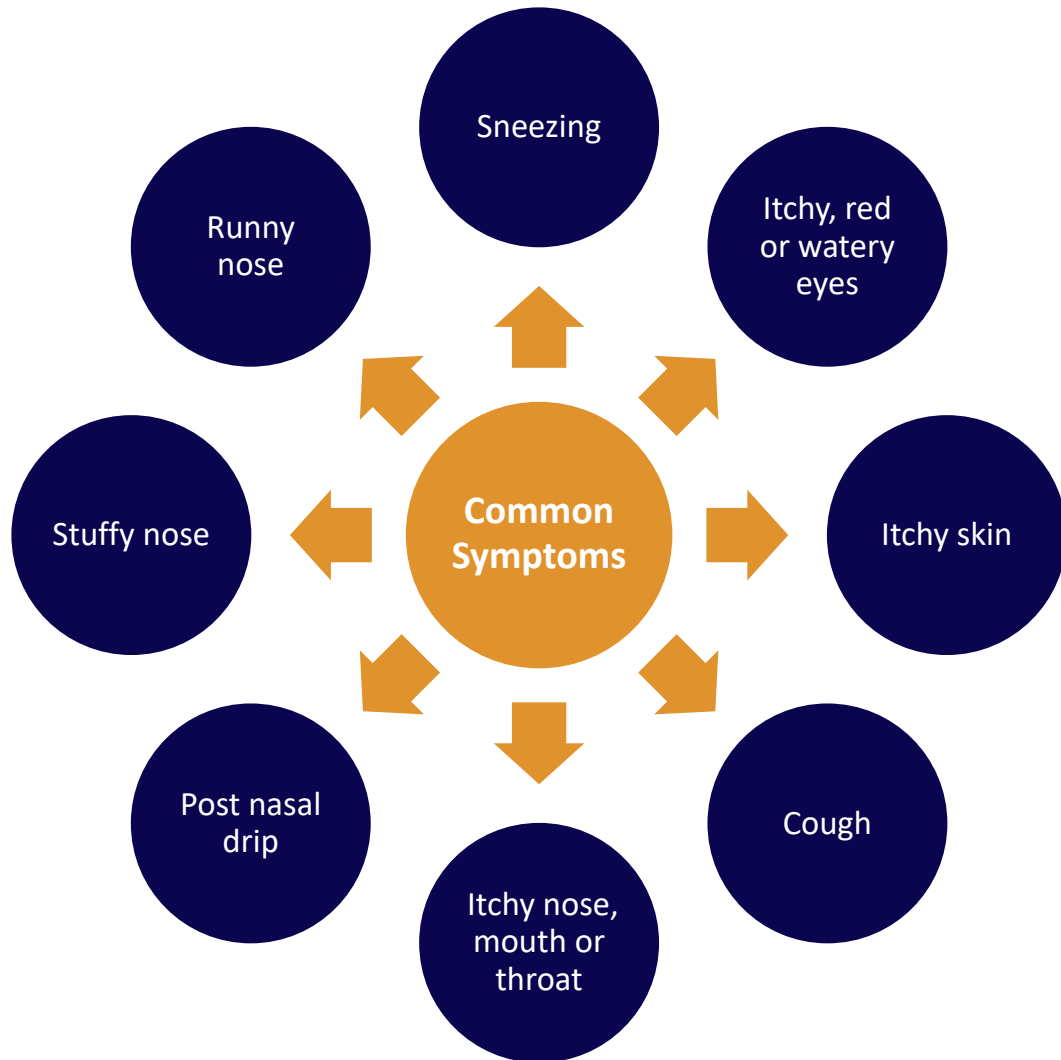
5 Stage Life Cycle





Symptoms and Diagnosis

Common Symptoms



Dust mite allergies can range from mild to severe. Mild symptoms can include a runny nose, watery eyes and sneezing. In severe cases, the condition may be chronic. This results in persistent sneezing, coughing, congestion, facial pressure or even a severe asthma attack.

Diagnosis

- **Skin Prick Test (SPT)**

Skin prick testing is when a small drop of the possible allergen is placed on your skin. Then, the nurse or doctor will lightly prick or scratch the spot with a needle through the drop. If you are allergic to the substance, you will develop redness, swelling and itching.

- **Specific IgE Blood Test**

Blood tests are helpful when people have a skin condition or are taking medicines that interfere with skin testing. They may also be used in children who may not tolerate skin testing.

The results of these tests will be considered by a medical professional alongside your family history and your symptoms before you are diagnosed with an allergy.



Treatment and
environmental measures

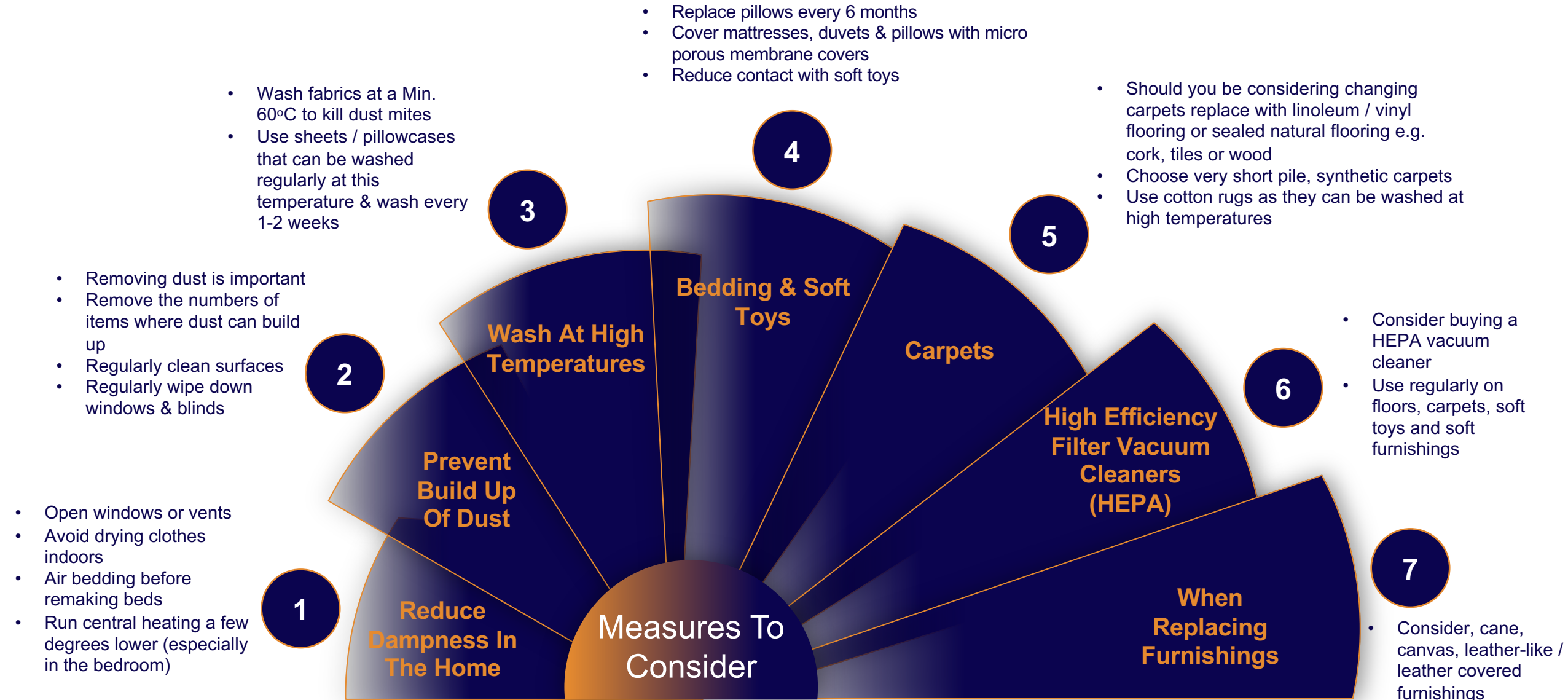
Common Treatment Options

- Antihistamines
- Nasal steroids
- Decongestants

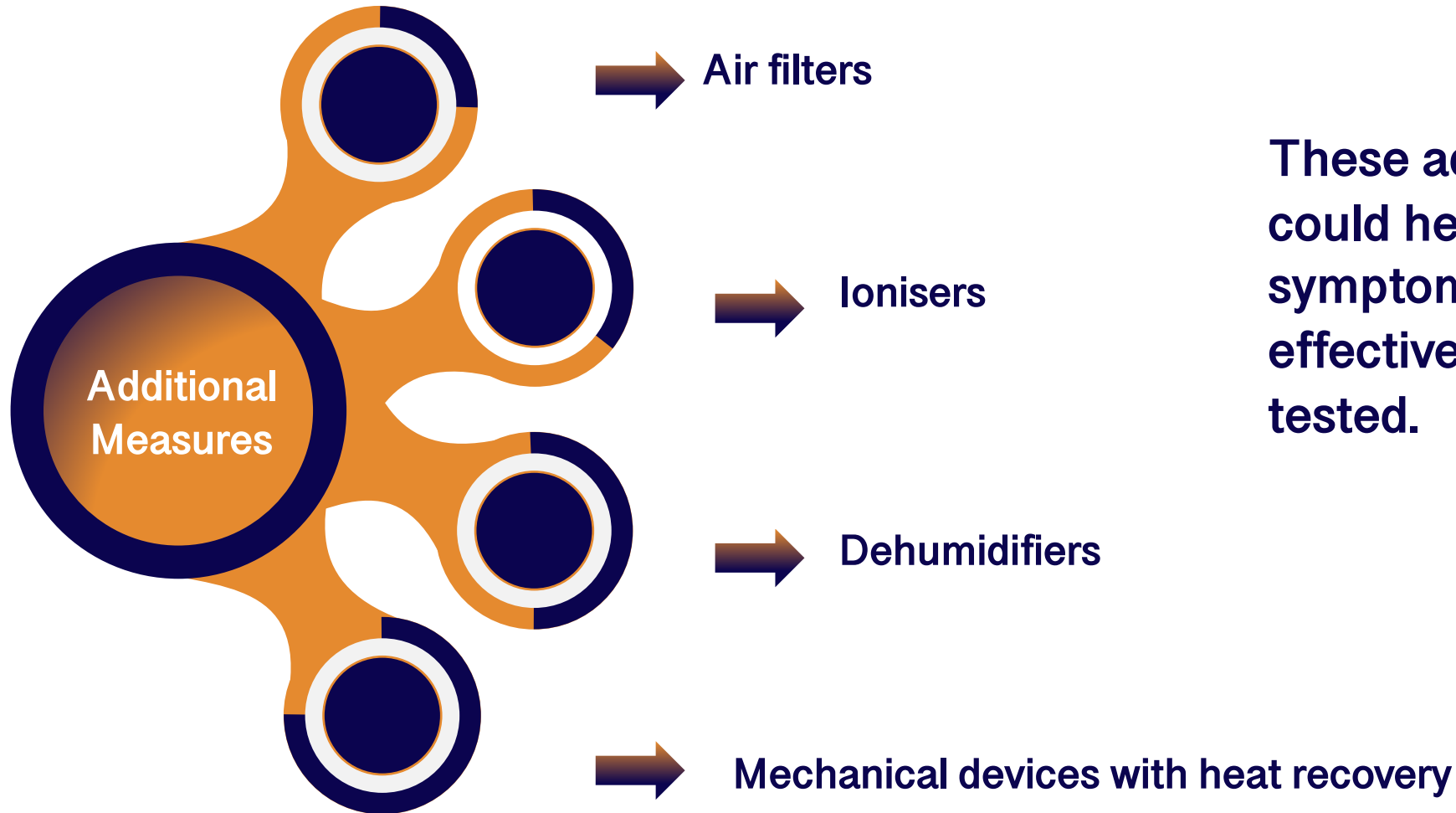
Other treatment options are available from your local GP

The most important step is to avoid dust mites as much as possible. Limiting your exposure to dust mites will reduce your symptoms. However, it's nearly impossible to completely get rid of dust mites in your environment. You may also need medication to control symptoms.

Environmental Measures To Consider (BSACI)



Other Possible Measures^(BSACI)



These additional measures could help to reduce allergic symptoms but their effectiveness has not been fully tested.



If you regularly wake up with a congested, runny nose, watering eyes, itching or sneezing, you may have dust mite allergy.