

Health Hints

Tips On Gaining Control Of Your Allergies

(NAPSA)—If you find yourself sneezing and wheezing from allergies or asthma, you have lots of company.

According to the Asthma and Allergy Foundation of America (AAFA), allergies and asthma afflict 60 million Americans—more people than are affected by diabetes, heart disease, cancer and stroke combined. And the most common allergy, allergic rhinitis, affects people outdoors and indoors.

The good news is that many allergy sufferers can improve their symptoms significantly by reducing household dust, dust mites, pollen, pet hair and dander, and other substances in the home that trigger allergic reactions.

Reducing the Triggers

There are three approaches that have proven to be effective:

- **Keep the home clean.** Using a built-in central vacuum system has been clinically proven to reduce allergy symptoms by up to 61 percent.

Brian Campbell, spokesman for BEAM Central Vacuums, says having the system's power unit outside the living area ensures that no air is blown into the living area to stir up dust from upholstery and other surfaces.

- **Filter the air.** A whole-house HEPA air filtration system is designed to remove airborne dust and allergens that surface cleaning can't capture. For instance, a BEAM HEPA Air Filtration System is said to remove 99.98 percent of particulates from the air.



Many allergy sufferers can improve their symptoms by reducing household dust and other allergy triggers.

- **Keep the humidity low.** Areas of the country with the highest relative humidity are also the areas with the worst allergy problems.

Dust mites thrive in humid conditions. The AAFA recommends homeowners consider using a dehumidifier to keep the relative humidity in the home at 50 percent or lower—a level that will limit dust mite concentrations.

Inform Your Physician

Most importantly, keep your physician informed about what you are doing to control allergy symptoms and follow your doctor's recommendations.

For more tips and to learn more about improving indoor air quality, visit www.beamvac.com.