

AIR POLLUTION

the invisible enemy
of allergy

Battle air pollution which can aggravate allergic rhinitis symptoms with top tips from the World Allergy Organization's President, Professor Ignacio Ansotegui



Air Pollution: The Invisible Enemy Of Allergy

Allergies can affect anyone.

This guide explores the connection between air pollution and a common condition called **allergic rhinitis** that affects up to 40% of the worldwide population.¹

What the eyes can't see, allergy sufferers can feel, as air pollution can aggravate allergic rhinitis symptoms by making the body more sensitive and responsive to allergens.²

This guide reveals that we are not safe from air pollution when we seek refuge indoors. Some pollutants are up to five times more concentrated indoors compared to outdoors.³ This is of real concern to allergic rhinitis sufferers.

So this World Allergy Week, try to learn more about how the air pollution in and around your home may be affecting your health and, if anyone in your family suffers with allergic rhinitis, think about what you could do to help them.

What Is Allergic Rhinitis?

Allergic rhinitis occurs when a person's immune system reacts to allergens in the air, such as pollen, dust mites, moulds and pet dander, causing the lining of the inside of the nose to become inflamed.⁴ Allergic rhinitis caused by plant pollen is commonly called 'hay fever'.



DID YOU KNOW?

55% of working people say their allergies or allergic rhinitis affects them at work.⁷

Almost 1 in 2 people feel uninformed about allergies or allergic rhinitis.⁸

Allergic Rhinitis Symptoms

Allergic rhinitis isn't just seasonal – symptoms can occur all year round and are caused by many different things other than just pollen.

Physically, allergic rhinitis can result in:⁹

- Sneezing
- A blocked or runny nose
- Itchy or watery eyes
- An itchy nose or throat

Allergic Rhinitis Triggers



DID YOU KNOW?

Currently, **400 Million** people suffer from allergic rhinitis worldwide.⁶

By 2050, **1 in 2 people** will suffer with allergies across the globe.¹⁰

“ Air pollution can have a serious impact on allergic rhinitis, as it aggravates the symptoms of the condition. Many dismiss allergic rhinitis as trivial, yet its symptoms do have a major impact on those who suffer, impacting their psychological and physical wellbeing. Symptoms such as a blocked or runny nose and itchy eyes can prevent a person from performing at their best – impacting their ability to perform at work or in the many roles they play in their personal lives. ”



Professor Ignacio Ansotegui,
President of the World Allergy Organization

Air Pollution and Allergic Rhinitis

What the eyes can't see, allergy sufferers can feel.

There are many sources of air pollution including:¹¹



Combustion
Engines



Industrial
Production



Burning
Fossil Fuels



Fire



Pollen

An individual with allergic rhinitis can be affected by sick building syndrome, a form of indoor pollution, such as fatigue, headache and irritation in upper respiratory tract such as a sore throat.¹²

Sources of indoor air pollution include:¹³



Cooking



Cleaning
products
and VOCs



Pet hair
and dander



Mould Spores



Smoking



Dust Mites

DID YOU KNOW?

We spend up to **90%** of our lives indoors.¹⁴

How Much Do You Know About Air Pollution?

Get to know the invisible enemy of allergy by testing yourself with these questions. Find the answers on the next page.

QUESTION 1. Which of the following are sources of air pollution?

- Particulates from diesel exhaust
- Candles
- Fossil fuels
- Cleaning products
- Fumes from cooking



QUESTION 2. Which air is more polluted, outdoor air or indoor air?

- Indoor air
- Outdoor air



QUESTION 3. How many people per year do you think die from illnesses connected to air pollution?

- 2 million
- 5 million
- 8 million
- 9 million



How To Reduce Indoor Air Pollution and Beat Those Enemies

The symptoms of allergic rhinitis can be aggravated by air pollution.¹⁵ We can never completely avoid outdoor air pollution but there are some simple things we can do to reduce the indoor air pollution levels in our homes.

This **World Allergy Week** provides a key opportunity for everyone to consider how allergies can affect our daily lives or our loved ones, and what actions we can take to prevent, reduce and fight against them. Whether you suffer from allergic rhinitis or not, make our homes a healthier place.

Leading tips from the President of World Allergy Organization Professor Ignacio Ansoategui:

SOME AIRBORNE ENEMIES TO YOUR HEALTH	HOW TO BEAT THOSE ENEMIES!
House Dust Mites/ Pet dander/ Moulds	Wash/vacuum floors weekly
	Wash your bed sheets at least once per week
Gas cooking	Turn on an extractor fan while cooking or open a window
Volatile organic compounds (VOCs)	Choose floor varnishes, waxes and furniture with low VOC levels to lessen effects on allergic rhinitis
	Avoid burning candles and incense sticks
Smoking inside	Open windows to keep fresh air flow daily

For more information on how to tackle allergic rhinitis, please visit www.Sanofi.com or speak to a healthcare practitioner.

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How Do You Know About Air Pollution? Answers

Answer 1. All of these are sources of air pollution both in the home and outside. **Answer 2.** Indoor air is more polluted. Some pollutants are up to five times more concentrated inside buildings, compared to outside. **Answer 3.** 9 million is the correct answer, unfortunately. A 2017 report published in the Lancet estimated that 9 million people die each year from air pollution-related illness.