

Healthy Environment

Hayfever Guide



Hayfever under control

Rhinitis, the most common type of respiratory allergies, affects 10 to 25% of the world population¹. The symptoms include nasal obstruction, nasal discharge, sneezing (often more than 20 times a in sequence), itching in the nose, throat and eyes^{1,2}.

There are two types of rhinitis: perennial and seasonal³. Perennial is triggered by different environment allergens while seasonal is associated with allergens in specific seasons of the year.

Hay Fever affects 15 to 20 % of the population in Britain being a seasonal rhinitis triggered by pollens^{2,3,4}. Therefore, it is more frequent in the spring (march to may), when plants blossom. There are plants like perennial rye and timothy grass (very common in England) that release pollens in different seasons, in this case, symptom peak occurs during June and July².

Pollens are extremely lightweight and are dispersed trough the air, when inhaled they deposit in the mucous provoking inflammatory allergic reactions. Warm, sunny, dry, and windy days are the worst days for people who are allergic to pollen because the pollen spores are more easily spread.

Hay Fever is prevalent in Northern Hemisphere countries and it has been increasing over the past two decades⁶. That is in part due to the high emission levels of nitrogen dioxide, and ozone from vehicles in the industrialized countries. Exposure to air pollution and pollen exacerbates the symptoms of Hay Fever^{2,7}.

Quality of Life

Besides being uncomfortable rhinitis symptoms affect the quality of life of patients. Amid several symptoms the most common are:

Nose symptoms

- Sneezing
- Runny nose
- Blocked nose
- Nose, throat, and deep ear itching
- Headache due to sinusitis caused by swelling

Eye symptoms

- Watering
- Redness
- Itching
- Gritty feeling
- Swelling of the white portion

Chest symptoms

- Wheezing or feelings of tightness. In fact those are actually symptoms of asthma and should be treated as such.

In order to minimize symptoms and allergic crisis, medicines are necessary. Some medicine is quite expensive and can bring unpleasant side effects such as drowsiness and tiredness, and may also impose on your ability to drive, as well as affecting concentration in school, at work and in other activities.

In 1997, the Health System in the United States of America spent about USD 7.9 billions just on rhinitis.

Preventing an allergic crisis is far better than taking medicines therefore allergic people should avoid contact with pollens whenever possible.

How to avoid contact with pollen?

Some preventive measures should be taken mainly in spring time:

- Keep the windows closed in your car and at home to avoid pollens from outside to entering.
- Use glasses or sunglasses to partially avoid direct contact with eyes;
- Avoid open areas with lawns mainly at dawn and at night (periods with more pollen dispersion);
- Use a pollen filter in the car.
- Do not cut grass.
- Always clean furniture with an humid cloth, this is where pollen most commonly accumulates.



Airfree[®] Role

On the top of all these measures, in order to control allergies, it is essential that the remaining airborne pollen particles be destroyed.

Airfree silently and efficiently incinerates airborne organic particles like pollens. Pollens are essentially made of protein, because of this when submitted to high temperatures they suffer a denaturizing process resulting in an alteration of its original form and consequently being destroyed.

Airfree[®] Products

Efficient: Airfree is tested in real working environments with people circulating in them by credible ISO 17025 independent laboratories and universities in several countries. Airfree destroys any microorganism such as mold spores, bacteria, viruses, and dust mite allergens when passing through its patented high efficiency thermodynamic sterilizing system known as TSS[™] technology regardless of how hazardous and small they might be.

Faster performance: Microorganism reduction starts in 15 minutes.

Silent: No sound emission.

Exclusive: Airfree uses just heat TSS[™] technology to destroy and incinerate airborne microorganisms. No fiber glass filters, triclosan coated paper or any kind of material that can be harmful to those operating or disposing of it.

Ozone Reduction: Airfree exclusive TSS[™] technology is the only one reducing ozone while destroying microorganisms.

Economic: Airfree's electric consumption is lower than a 50W light bulb. No replacement parts required like filters that may cost hundreds of dollars a year.

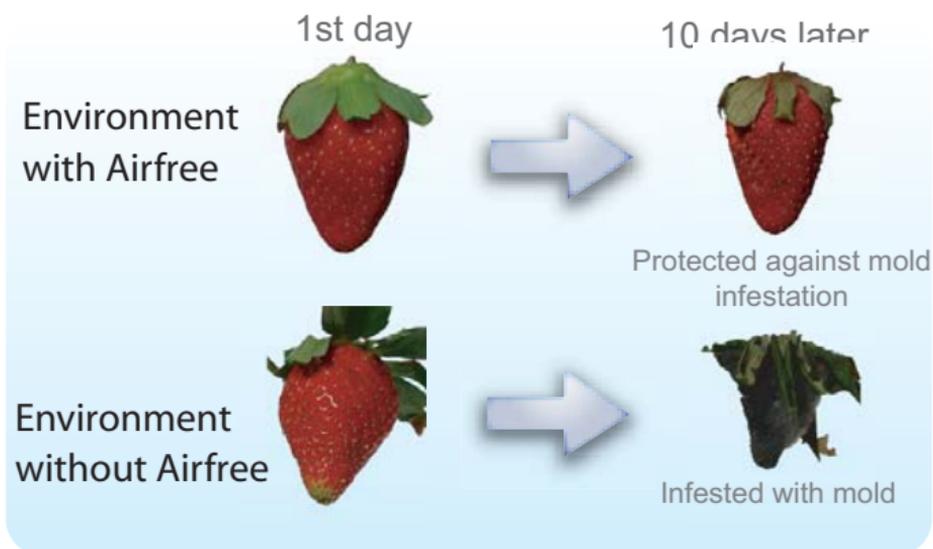
Easy Installation: Just place Airfree on the floor and plug it into the nearest electric outlet. No need for maintenance or special cleaning.



Bibliographical References

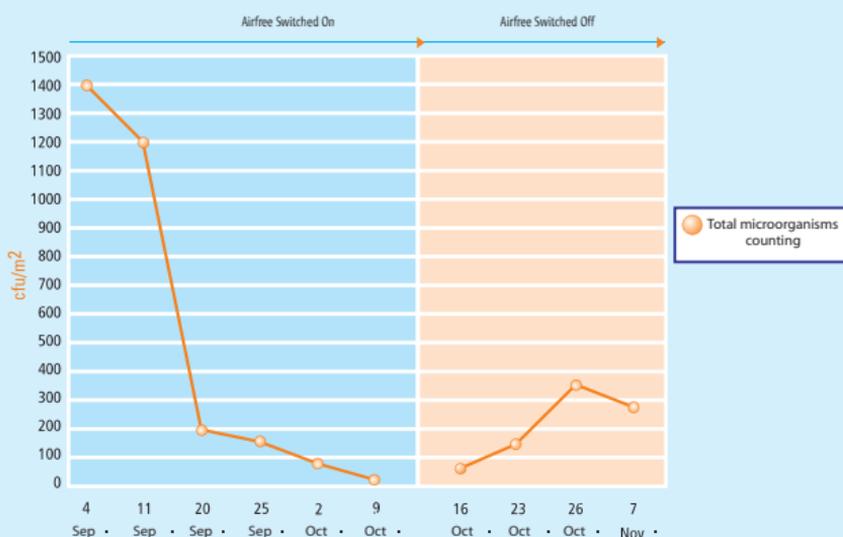
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- All the microbiological information contained herein was reviewed by Dr. Cristiane Minussi, biologist from the University of Sao Paulo.

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*test made in two separated closed chambers

Efficiency Test: microorganism reduction



Test realized by SGS Natec - Germany - Test M00-4990
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www.airfree.com

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